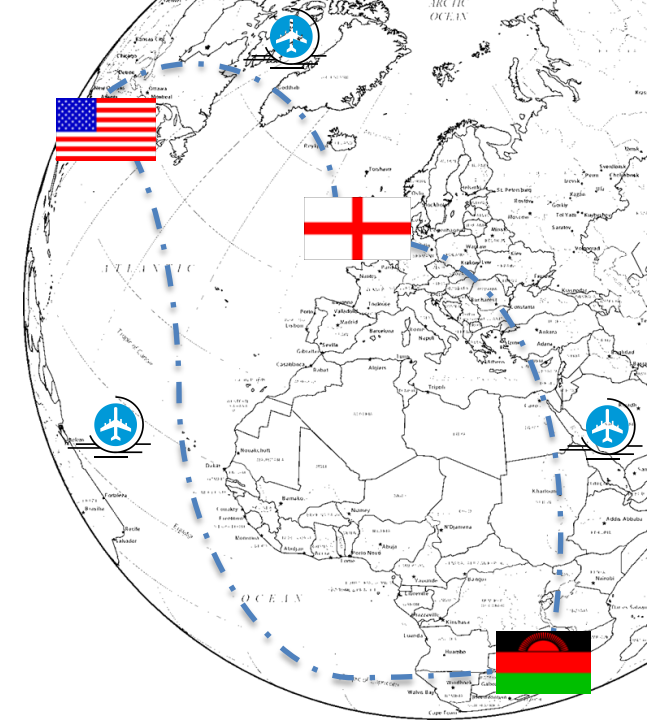


global nutrition.

THE SPECTRUM OF FOOD AND HEALTH



i. MALAWI: UNDERNUTRITION VIA ON-THE-GROUND FIELDWORK

The International Food Policy Research Institute (IFPRI), headquartered in Washington DC, conducts policy research on an international scale, studying the links to food and various sectors ranging from agriculture to economic markets. While in Malawi, I worked with Dr. Monica Fisher and Malawi's Ministry of Agriculture in the capital city of Lilongwe and conducted fieldwork research in rural Mulanje (Southern Malawi). I designed a research project investigating the links between farmers' perceptions of climate change, crop diversification patterns, and household food security. During fieldwork, I led a household survey of semi-structured interviews in four villages in Mulanje District, supervising six enumerators. From the results, I performed data analysis and created a research report distributed to policymakers at Malawi's Ministry of Agriculture to guide future food security policies and programs.



Conducting household visits in Mbewa with enumerator Tiferanji

immersion.

Working in the field and on the policy level was intense and incredible. Every person I met had his or her own story to tell. As I immersed myself in each community, I gained a deepened understanding of independence, priorities, and the dynamics of relationships.



Learning how to make nsima, Malawi's staple food, from my Malawian grandma

reflection.

Engaging in public health efforts on both extremes of the food spectrum brought perspective to the vast differences and similarities between the populations. I have grown to respect research and development work in so many ways.



Surveys of marketing tactics used by EU Pledge companies, including Walt Disney

orientation.

I designed my summer wanting to explore the links between food and health on both ends of the spectrum via on-the-ground fieldwork and on a macro policy level. Thank-you to all those who helped make this happen.

intention.

From the start, I recognized at times efforts must be seen with a long-term perspective. By the end, I left with even greater intentions than going in, gaining a greater appreciation for impact on the global, community, local, and individual level.



International Congress on Obesity 2010 in Stockholm, Sweden with top experts in the field of public health



ii. UNITED KINGDOM: OBESITY VIA MACRO POLICY PERSPECTIVE

The International Obesity Task Force (IOTF) serves as a network for researchers focusing on the obesity epidemic across the world, conducting research for various international organizations including the World Health Organization (WHO). I worked with Dr. Tim Lobstein, an expert in the field, on a multitude of projects related to food marketing to children in developed and developing nations. I developed advocacy materials for the Global Obesity Knowledge Management System and STANMARK Project, which aims to bring together researchers and policymakers to establish a set of standards for marketing foods and beverages. I also conducted research and street surveys on the marketing of high fat / high sugar foods in different localities in London, surveying availability, promotion in supermarkets, labeling and related marketing methods based on the EU Pledge.

**Alice Yen, Benjamin N. Duke Scholar 2012
International Summer of Service 2010**