

RESEARCH BRIEF FOR AFFILIATES

Name	Sharon M. (Shelly) Nickols-Richardson		
Department/Group:	Food Science & Human Nutrition		
Title(s)	Professor		
Degrees	Degree, discipline	Year	School
	Ph.D. Foods and Nutrition	1998	University of Georgia at Athens
	M.S. Foods and Nutrition	1994	University of Georgia at Athens
	B.S.	1987	
Emphasis	Food Systems		Food Security
	<input type="checkbox"/> Production <input type="checkbox"/> Post Farm <input checked="" type="checkbox"/> Consumer <input type="checkbox"/> Sustainability <input checked="" type="checkbox"/> Social/Economic <input type="checkbox"/> Legal/Policy		<input type="checkbox"/> Availability of food <input type="checkbox"/> Access to food <input checked="" type="checkbox"/> Utilization of Food <input checked="" type="checkbox"/> Nutrition <input type="checkbox"/> Stability of availability/access/utilization
<p>The purpose of Dr. Nickols-Richardson's long-term research program is to identify determinants of obesity prevention and body weight regulation across the life span. Using a variety of research designs and settings, these determinants are incorporated into theory-based interventions to lower the burden of obesity. Her works focuses primarily on incorporation of optimal food intake and physical activity patterns to promote healthy body weight regulation that prevents chronic diseases, ranging from metabolic syndrome to osteoporosis. Specific aims of ongoing research in her laboratory include testing promotion of healthy choices in meal planning, food preparation and intake of vegetables and fruits in children, adolescents and adults. She serves as the PD/PI or Co-I on several human nutrition studies, including laboratory-oriented clinical trials and community-based interventions with individuals and families.</p> <p>Her program of research is currently domestic in nature, working with individuals and families toward healthy eating to achieve desirable health for optimal functioning. Her current USDA grant is aimed at implementing the principles of the 2010 US Dietary Guidelines for Americans, which serves as the primary policy for food assistance programs in the US, including for food secure and insecure individuals and families. By teaching basic food handling and preparation skills, along with menu planning and grocery shopping techniques to pre-teens, food security may be modified as food behaviors change.</p>			
Publication highlights			
<p>Nelson SA, Nickols-Richardson SM. A systematic review of peer nutrition education in childhood and adolescence. <i>Health Behavior and Policy Review</i>. 2014;1:247-264.</p> <p>Nelson SA, Corbin MA, Nickols-Richardson SM. A call for culinary skills education in childhood obesity-prevention interventions: current status and peer influences. <i>Journal of the Academy of Nutrition and Dietetics</i>. 2013;113:1031-1036.</p> <p>Britten P, Cleveland LE, Koegel KL, Kuczynski KJ, Nickols-Richardson SM. Impact of typical rather than nutrient-dense food choices in the US Department of Agriculture food patterns. <i>Journal of the Academy of Nutrition and Dietetics</i>. 2012;112:1560-1569.</p> <p>Britten P, Cleveland LE, Koegel KM, Kuczynski KJ, Nickols-Richardson SM. Updated US Department of Agriculture food patterns meet goals of the 2010 Dietary Guidelines. <i>Journal of the Academy of Nutrition and Dietetics</i>. 2012;112:1648-1655.</p> <p>Andress EL, Nickols SY, Peek GG, Nickols-Richardson SM. Seeking food security: environmental factors</p>			

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influencing home food preservation and wellness, Part II: 1960-2010. Family and Consumer Sciences Research Journal. 2011;39:233-245.

Nickols SY, Andress EL, Peek GG, Nickols-Richardson SM. Seeking food security: environmental factors influencing home food preservation and wellness, Part I: 1910-1959. Family and Consumer Sciences Research Journal. 2010;39:122-136.

Rose N, Serrano E, Hosig K, Haas C, Reaves D, Nickols-Richardson SM. The 100-mile diet: a community approach to promote sustainable food systems impacts dietary quality. Journal of Hunger and Environmental Nutrition. 2008;3:270-285.