

Your Guide to Diet and Diabetes



About the Authors

Karen Chapman-Novakofski, RD, LDN, PhD, earned her bachelor's degree from the University of Illinois at Urbana-Champaign (UIUC), her master's degree from Eastern Illinois University, and her doctorate from UIUC. She completed her dietetic internship at the University of Alabama in Birmingham, was a dietitian at the VA Medical Center in Danville, Illinois for 11 years, and has been at UIUC in the College of Medicine since 1983 and in the Department of Food Science and Human Nutrition and Division of Nutritional Sciences since 1991. Dr. Chapman-Novakofski has over 150 abstracts/proceedings/journal publications. Her research and publications address chronic disease, especially diabetes and osteoporosis; and nutrition education strategies for these conditions. She has also authored four continuing education manuals for nutrition professionals, more than 50 Extension and outreach publications, and six book chapters.



In 2004, Chapman-Novakofski was honored with two awards: the Mid-Career Award in Nutrition Education from the Society for Nutrition Education and the Innovative or Outstanding Team Program from Illinois Extension for their Extension team's community-based diabetes education program. Karen is a member of the American Dietetic Association, including the Dietetics Practice Groups of Diabetes Care, Research, and Nutrition Education for the Public. She is a member of the Society for Nutrition Education as well as the American Society for Nutritional Sciences.

Dr. Chapman-Novakofski is the Editor-in-Chief for the Journal of Nutrition Education and Behavior, as well as ad hoc reviewer for the Journal of the American Dietetic Association, the American Journal of Clinical Nutrition, the Journal of Nutrition, Health, and Aging, and the Journal of the American College of Nutrition and serves on the Editorial Board for nutritiongate.com, CABI Publishing, a division of CAB International, United Kingdom.

Karen is married to Jan Novakofski, a professor of animal sciences, and has two children. When she isn't trying new recipes, gardening, or renovating furniture with her husband she likes to travel, especially if she has the opportunity to fish, snorkel, or ski.

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Trina Sprengelmeyer received her bachelor's degree in dietetics from Western Illinois University. She is completing her master's degree in the Division of Nutritional Sciences at UIUC, and will then complete a dietetic internship. Trina's research focus is diabetes education via the web, but she has a special interest in culinary arts as well.

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Dr. Burkholder is a graduate of Manchester College. He completed his medical training at Johns Hopkins School of Medicine with a Medicine Internship at John Hopkins and medicine residency at the University Hospitals, Ann Arbor, Michigan. After service in the US Public Health Service Commissioned Corps, Dr. Burkholder joined the Rockford Clinic and practiced there from 1965 to 1998. Since 1999 Dr. Burkholder has been full-time faculty at the University of Illinois College of Medicine, Rockford (UIUC-R) where he collaborates with the UICOM-R Chronic Disease Management Team and the National Center for Rural Health Professions in varied research projects that focus on diabetes, the metabolic syndrome and other chronic diseases, as well as the administration of the Northern Illinois Diabetes Coalition. Dr. Burkholder is board certified in Internal Medicine & Endocrinology & Metabolism, is a professional member of the American Diabetes Association and a member of the Endocrine Society.

Shirley Camp, MS, RD

Shirley received her Bachelor's degree in Home Economics Education from Western Illinois University and her Master's degree in Extension Education from the University of Illinois. Shirley completed an American Dietetic Association-approved preprofessional practice at the University of New Mexico and is a Registered Dietitian and is licensed in the state of Illinois. She currently is a Nutrition & Wellness Educator with University of Illinois Extension. Prior to being an

educator, Shirley worked with Extension in Henry, Carroll and McDonough Counties. Working with audiences of diverse background, her programs include those of food safety and safe food handling as well as those concerning health and wellness, including diabetes and cardiovascular disease and diet.

Vance DeBruine, MS

Vance joined Illinois Extension in October of 2000 as a Nutrition and Wellness Educator. He was formerly based at The Quad Cities Extension Center in East Moline. Vance earned his undergraduate degree in home economics with a major emphasis in dietetics from Western Illinois University. He went on to receive a Masters Degree in Health Education and Promotion, also from Western Illinois University. Prior to joining Extension, Vance taught Nutrition and Medical Terminology at Black Hawk College in Moline and Health and Wellness at Scott Community College in Bettendorf. Vance became a Certified Personal Trainer with the National Council of Strength and Fitness in 2003.

Jananne Finck, MS, RD

Jananne is a graduate of the University of Illinois with a Bachelors Degree in General Home Economics. Her first position with University of Illinois Extension was Assistant Home Economics Adviser in Mercer County, with youth responsibility. In 1978, she completed a Masters Degree in Adult and Continuing Education/Extension from Iowa State University. She also holds a Masters Degree in Nutrition/Dietetics from Eastern Illinois University. Jananne is a Registered Dietitian and licensed in Illinois. She currently is a Nutrition & Wellness Educator with University of Illinois Extension. As a Nutrition and Wellness Educator, she works with various youth and adult clientele, ranging from limited income to professionals. Her programs include those of food safety/safe food handling (including the Food Manager's Refresher course), home food preservation, nutrition and wellness, Dining with Diabetes, Heart Healthy Cooking, healthy food preparation, and nutritious food buying.

Justine Karduck, MS, RD, LDN

Justine Karduck received her bachelors degree from Eastern Illinois University and her Masters degree from the University of Illinois, Urbana-Champaign (UIUC). After working as a clinical dietitian at Provena Medical Center for several years, Justine became the Nutrition Education Coordinator at McKinley Health Center at UIUC. Justine's master's degree research concerned diabetes education, which remains a focal point of her work. Justine is a Registered Dietitian, licensed in Illinois and is also certified in Adult Weight Management by the American Dietetic Association.

Kathryn S. Keim, PhD, RD, LDN

Dr. Keim has held positions at Louisiana State University (LSU), University of Illinois (UI), University of Idaho (UID), and Oklahoma State University (OSU) in academic, extension, and research appointments. She is currently an Associate Professor, Clinical Nutrition at Rush University, Chicago, Illinois. The majority of Dr. Keim's teaching has been in nutrition with teaching courses in introductory nutrition, community nutrition at the graduate level, cultural nutrition, and medical nutrition therapy at the undergraduate and graduate level. Her research focus is in the area of determining influences on food intake and health behaviors in diverse audiences and then using this information to develop assessment tools and nutrition education interventions. Populations of interest for education and research include low income, minority, persons with diabetes mellitus, and persons at risk of developing diabetes. Dr. Keim is a reviewer for Diabetes Care, Journal of Nutrition Education and Behavior, Nutrition Research, Ecology of

Food and Nutrition, and Journal of the American Dietetic Association. Dr. Keim has received numerous awards, such as the 2002 Oklahoma Outstanding Educator Didactic Program and the Golden Torch Faculty Award for Outstanding Scholarship, Leadership, and Service, sponsored by OSU Mortar Board, 2000. Dr. Keim is a Registered Dietitian, licensed in Illinois. Dr. Keim has been married for over 30 years and has lived in many different states across the US. She has a 19 year old son who will be a sophomore at Louisiana State University. Her favorite pass times include “easy” reading, walking, and looking for antiques.

Cheryl A. Metheny, MS, RD/LDN, CDE, CLC

Cheryl Metheny received her Bachelor’s and Master’s degrees from Southern Illinois University, Carbondale. She is a Registered Dietitian, licensed in Illinois, Certified Diabetes Educator and Certified Lactation Counselor. Her current position is coordinator of the Illinois Diabetes Prevention and Control Program. She has previously worked with the Kentucky Diabetes Control Program, the Special Supplemental Nutrition Program for Women, Infants and Children Program (WIC), and has hospital clinical and administrative experience. Ms. Metheny is a reviewer of professional continuing education programs for the American Association of Diabetes Educators and has been a reviewer for journal articles and books.

