

Michelle Battista Hesse

Dr. Michelle Battista Hesse is currently a faculty member in the Department of Health Sciences Dietetics Program at James Madison University where she teaches a number of courses including Lifecycle Nutrition, Clinical Nutrition and Experimental Foods, among others. Her research interests include the application of nutrient density scoring systems, nutritional quality of foods in food banking systems and childhood obesity prevention. Dr. Hesse received her PhD from The Ohio State University Nutrition Program in 2010 and completed a dietetic internship through Iowa State University's distance program in 2011. Before coming to James Madison University, Dr. Hesse served as a project manager for The Ohio State University College of Education and Human Ecology, consultant to the Food Innovation Center, and Wellness Director of Campus Dining at The Ohio State University.

VAFCS 2017 Presentation Abstract

The lifecycle presents with dynamic shifts in nutrient requirements to support specific physiological functions. Optimal nutrition is essential, particularly during these times, for growth and development and disease prevention. This presentation will discuss nutritional needs across the life cycle while evaluating alternative dietary trends and patterns, how they compare to the Dietary Guidelines for Americans and their potential promises and/or pitfalls to growth, development and health.