



Dr. Jyotsna Sharman is the director and associate professor in the Nutrition and Dietetics program. She teaches courses on introductory nutrition, nutrition assessment, lifecycle nutrition with an emphasis on geriatrics, and community and cultural nutrition. She has more than 20-years experience in the field and has volunteered much of her time mentoring students in the nutrition industry and academia, and helping local communities by providing nutritional screenings, education and resources.

She serves as a national Program Reviewer for the Accreditation Council for Education in Nutrition and Dietetics (ACEND), and has received recognition by ACEND for her services. She has contributed continuing education units for the Commission on Dietetic Registration (CDR). The Academy of Nutrition and Dietetics recently recognized her as a Fellow for her accomplishments and significant contributions to the profession. This designation recognized Dr. Sharman's commitment to the field of dietetics and celebrated her professional accomplishments and pursuit of life-long learning.

Dr. Sharman serves as an Honors Faculty Fellow for Radford University's Honors Academy, in which role she participates in honors admission process, advises honors students on professional and academic matters, teaches honors courses, and mentors honors students for their contracts and capstone projects.

She serves on the Editorial Board of three peer-reviewed journals: Journal of Nutrition and Health, SM Journal of Nutrition and Metabolism, and Journal of Nutrition and Health Systems. Her research interests include nutrition informatics, food insecurity, obesity prevention, and botanicals in disease treatment and prevention.

With a high interest in integrative and functional medicine, Dr. Sharman and her research partner, Dr. Roofia Galeshi, an assistant professor in the School of Teacher Education and Leadership, are currently exploring the benefits of curcumin, which is a compound present in the culinary spice turmeric, in reducing or reversing cognitive and behavioral symptoms of dementia experienced by individuals diagnosed with Alzheimer's disease. After publishing a review article on therapeutic properties of turmeric, and conducting multiple focus groups of health care professionals and caregivers to explore feasibility of conducting an interventional study, this research team is now planning to conduct a clinical trial on the older adults in the New River Valley.

Having investigated health-seeking behaviors of college students, and understanding that food-insecure students experience a higher rate of anxiety, depression, lack of motivation, and ultimately higher rate of dropout, Drs. Sharman and Galeshi are also in the process of partnering with other academic institutions to investigate the impact of food insecurity on students' nutritional status, incidence of obesity due to unhealthy food choices, overall health, learning outcomes, and retention in higher education. The planned study will include providing an evidence-based intervention consisting of delivering an educational seminar-style course to students on healthy eating, where the students will learn strategies for eating healthy on limited financial resources.