

# Public Health/Community Nutrition Practice Group Member Spotlight

## Lisa Mays, BS

Lisa Mays is a graduate of North Carolina State University where she earned a Bachelor of Science degree, and is a currently student in the [Public Health Nutrition MPH Program at the University of Minnesota](#). Lisa feels that the opportunity to work in a variety of settings through her dietetic internship, particularly those which serve low-income populations, has been most beneficial to her professional growth. Additionally, Lisa is a trainee in the [Maternal and Child Health Training Program](#) and recently won 1<sup>st</sup> place for her poster presentation at annual meeting for the [Association of State Public Health Nutritionists \(ASPHN\)](#)! Her research focuses on how retail characteristics influence fruit and vegetable voucher redemption by Special Supplemental Nutrition Program for Women, Infants and Children (WIC) participants.



Lisa grew up in Raleigh, North Carolina. After pursuing a degree and working in media, marketing and sales, Lisa discovered that her true desires and professional interests were in nutrition, agriculture and health policy. Lisa discovered that she a passion for improving the lives of those with limited means, and returned to school to pursue a career in nutrition. Her decision to pursue public health nutrition, in particular, was strongly influenced by her work with the Food Bank of Central and Eastern North Carolina.

As a student member of the Public Health/Community Nutrition Practice Group (PHCNPG), Amanda joined the group to connect with dietitians in the field of public health and community nutrition. She is interested in sharing strategies and successes in moving communities toward healthier lifestyles.

In her free time, Lisa enjoys cooking and spending time outdoors hiking, camping and gardening. She also enjoys listening to music from new bands and watching movies. Lisa has a passion for learning about other cultures through food, and enjoys trying new recipes - using local and seasonal ingredients when possible.

PHCNPG wishes Lisa well as she pursues the next steps in her path to becoming a nutrition and dietetics professional!