

Public Health/Community Nutrition Practice Group

Member Spotlight

Tyronica J. Dowdy, BS

Tyronica Dowdy is a recent graduate of Fontbonne University in St. Louis, Missouri, where she earned a Bachelor of Science degree in Dietetics. Tyronica currently participates in the [Community Research Fellows Training Program](#) at the Washington University School of Medicine, Division of Public Health Sciences, where she will learn to identify and address health disparities in the St. Louis community. Tyronica also volunteers as an instructor with the [A Taste of African Heritage](#) wellness program sponsored by Oldways, a non-profit organization that promotes healthy eating by educating participants about the foods of their ancestors to reduce diet-related diseases. She was recently recognized in the [St. Louis Post-Dispatch](#) for her involvement in the program. Through her undergraduate training, Tyronica appreciated the opportunity to get hands-on experience in the various areas of nutrition and dietetics, including clinical, community and food service operations. She also valued the real-world experience that faculty shared with students, and the emphasis that the program placed on serving others in whichever professional area students choose to pursue.



Tyronica grew up in St. Louis, Missouri, and chose to pursue nutrition and wellness as a non-traditional student after recognizing that African Americans are underrepresented in the field of nutrition and dietetics, yet are disproportionately affected by diet-related diseases. She is inspired to continue her training to serve as a nutrition and dietetics professional to make a difference in her community.

Tyronica joined the Public Health/Community Nutrition Practice Group (PHCNPG) for the networking opportunities and to learn about opportunities in public health and community nutrition. Tyronica was one of 15 students supported by PHCNPG to attend the 2013 Food & Nutrition Conference & Expo™ (FNCE®) through the 2013 FNCE® [Student Stipend Program](#).

In her free time, Tyronica enjoys sewing and writing. In fact, from 2007 to 2011 she authored a quarterly opinion column for the [Suburban Journals of Greater St. Louis](#), North County edition, on nutrition-related topics. Her favorite foods include ethnic-inspired dishes such as Indian and African cuisine. PHCNPG wishes Tyronica well as she pursues the next steps in her path to becoming a nutrition and dietetics professional!