

CURRICULUM VITAE

PERSONAL DATA

Name: Dr. Lois Englberger
Place of birth: Hamburg, Iowa USA
Nationality: USA
Mailing Address: P. O. Box 1995, Kolonia, Pohnpei 96941, Fed. States of Micronesia
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EDUCATIONAL RECORD

University of Queensland (UQ), Brisbane, Australia. PhD, 2000-2003
Division of International Health, School of Population Health. Honors.

Cornell University, Ithaca, New York. Master of Nutritional Science,
Divisional of Nutritional Sciences. Honors. 1971-1974

University of Missouri, Columbia, Missouri. Bachelor of Science,
School of Home Economics. Cum Laude. 1966-1970

LANGUAGES

English: Mother tongue. German: Fluent, written and oral. Excellent knowledge.
French, Arabic, Tongan: Fair. Experience in written and oral. Some Pohnpeian.

COMPUTER LITERACY: Microsoft Word, Excel, Epi-Info, SPSS, Foodworks.

PRESENT WORK:

Providing leadership for the Island Food Community of Pohnpei (www.islandfood.org) as Research Advisor and Acting Director, in helping it get established with its own training center and staff. We now have three local staff, one for whom we have been able to assist in obtaining a scholarship for an appropriate 7-month training program. During the summer of 2009, we had an 11-member team, which included our two high school interns and four overseas researcher students, collaborating with us on master's level research projects and program experience. We also have a US Peace Corps Volunteer assisting us as Office Manager.

Nutritionist Consultant for the Asian Development Bank from November 2008 to March 31, 2009, on a Technical Assistance project titled AusAID/ADB Initiative and NZAID/UNICEF Partnership on the Response to Rising Food Prices. Working collaboratively with agencies in the four states of the Federated States of Micronesia, Marshall Islands and Kiribati.

Other past consultancies include: United Nations Children's Fund (UNICEF) in the Republic of Kiribati Infant Feeding Study 2007; Secretariat of the Pacific Community; Food and Agriculture Organization (FAO) of the United Nations on development of nutrition education materials for the Republic of the Marshall Islands and Republic of Kiribati 2006-2007; expert for the FAO-led Expert Consultation on Nutrition Indicators for Biodiversity 8-9 June 2009 in Washington DC; World Health Organization as speaker at Nutrition, Diet and Lifestyle Workshop, 23-27 February 2009, Nadi, Fiji.

Academic leader of the 12th Case Study in a global health project led by the Centre for Indigenous Peoples' Nutrition and Environment, McGill University, Canada, and member of the United Nations Task Force on Indigenous Peoples' Food Systems and Nutrition. Supported by :Sight and Life; Secretariat of the Pacific Community (SPC) Pacific German Regional Forestry Program; SPC Regional Germplasm Centre; Pacific Agriculture Plant Genetic Resource Network (PAPGREN); New Zealand, Australian, and German Governments; Global Environment Facility; Centers for Disease Control and Prevention/United Nations Children's Fund. Local partners: Pohnpei Office of Economic Affairs/Pohnpei Agriculture; Peace Corps Micronesia; Pohnpei Education and Health Departments; College of Micronesia-FSM; FSM Department of Health, Education, and Social Affairs; RMI Ministry of Resource and Development; ROK Ministry of Environment, Lands, and Agricultural Development, and RMI Ministry of Resources and Development, Health, and WUTMI. Assisting a non-profit, non-governmental organization, the Island Food Community of Pohnpei, (<http://www.islandfood.org>), as the Executive Officer and Secretary/Treasurer/Researcher.

AWARDS.

Profiled in a 2-page story with photograph in the 2008 Rome-based publication *Geneflow*
See this website:

<http://www.biodiversityinternational.org/publications/publications/geneflow/2008.html>

Featured as success story by CDC, see this website for the whole list:

<http://www.chronicdisease.org/i4a/pages/index.cfm?pageid=3299>

and this website for our Go Local story:

http://www.chronicdisease.org/files/public/SSS_FSM_GoLocal_WEB.pdf

Invited to contribute to an international development journal issue in 2008, see:

http://ictupdate.cta.int/en/feature_articles/going_local

Founder Member of the World Public Health Nutrition Association, as one of the 100 selected people from around the world.

Pacific Magazine 2007. Listed among the 370+ Pacific Leaders for the Pacific region. Nov/Dec 2007 issue, p. 25.

Pacific Magazine 2006. Listed among the 293 Pacific Leaders for the Pacific region. Nov/Dec 2006 Issue, p. 41.

Dean's Commendation from The University of Queensland for an outstanding PhD thesis (Commendations are awarded to fewer than ten percent of graduating research higher degree students each year.)

Invitee to the IPGRI Nutrition Stakeholders Meeting, February 16-17, 2006, Rome, Italy. Organized in collaboration with the CBD Secretariat and FAO.

Regular reviewer for the *Journal of Food Composition and Analysis*, *Asia Pacific Journal of Clinical Nutrition*, *Food and Nutrition Bulletin*, *Food Policy*, *Fruits*, and *Journal of Agricultural and Food Chemistry*.

Member of the Editorial Board for the First International Symposium on Breadfruit Research and Development, 2007, for a publication with *Acta Horticulturae*.

Member of the Editorial Board for the Pacific Health Dialog, 2009, upcoming issue.

Member of the Scientific Committee for the International Symposium on Underutilized Plants, 3-7 March 2008, Arusha, Tanzania. Coordinated by the International Centre for Underutilized Crops, based in Colombo, Sri Lanka.

Member of the Scientific Advisory Committee Member for the 7th OCEANIAFOODS conference, 13-15 April, 2004, Wellington, New Zealand.

International Postgraduate Research Scholarship from UQ for PhD studies.

United Nations Children's Fund Directory of Breastfeeding/Infant Feeding/Care Experts.

Assisting in video productions shown internationally:

KP Studios. 2007. "Traditional Foods and Our Health, Pohnpei, FSM."

Sight and Life. 2006. " Battling with the Double Burden of Malnutrition."

Secretariat of the Pacific Community. 2007. "Let's Go Local: Looking after Plant Diversity and our Health."

IFCP/Micronesian Seminar/Sight and Life. 2006. Going Yellow.

Serving as site supervisor for field research/program experience for master's degree public health school students: six from Rollins School of Public Health, Emory University from 2004 to 2009; one from McGill University 2007; University of Arizona 2009; Johns Hopkins University 2009, internship supervisor for one University of Hawaii student 2006; and supervisor for eight local Pohnpei college and high school student interns.

PROFESSIONAL ORGANIZATIONS

World Public Health Nutrition Association

American Society for Nutrition

International Carotenoid Society

Association for Social Anthropology in Oceania

Nutrition Society of Australia Incorporated

Pacific Island Nutritionists and Dieticians Association

World Public Health Nutrition Association

OTHER AFFILIATIONS:

- Honorary Research Advisor with UQ, School of Population Health, 2003 to 2006.

EMPLOYMENT HISTORY:

Past Post: Health and Nutrition Advisor

Name of employer: United Nations Children's Fund

Position Held from: November 1997 to February 2000

Description of work: I worked under a UNICEF project in a Health and Nutrition Education Project based at the Federated States of Micronesia (FSM) National Health Services serving the four states of the FSM. The main areas of work were program oriented and capacity building in the following areas: Vitamin A Deficiency, Baby Friendly Hospital Initiative, Family Food Production and Nutrition, and the Convention on the Rights of the Child. Assisted in re-writing a curriculum for nutrition for the primary

schools, this included 8 sets of documents, a teacher's guide and a student's workbook for each class; this was later published for all 4 states and included with the science curriculum. Local Micronesian bananas were sent for HPLC analysis, and found to be high in provitamin A carotenoids; this is the first report of vitamin A-rich bananas in the world, offering potential for interventions in alleviating vitamin A deficiency. Funds were secured from different agencies, including the Task Force Sight and Life, and a successful project was carried out locally to promote and increase production of the Pohnpei karat banana, Fe'i Australimusa Series, *Musa troglodytarum*.

Past Post: Nutrition Advisor

Name of employer: Central Planning Department. Government of Tonga/New Zealand Bilateral Aid Nutrition Consultancy Project

Position Held from: October 1994-October 1997

Description of work: I organized activities for the Tonga National Food and Nutrition Committee, and carried out nutrition planning and policy work (including developing the first Tonga National Plan of Action for Nutrition), and developed nutrition education materials. I organized the Tonga National Weight Loss Program, the first national weight loss program in the world. With the support of the King of Tonga (who himself had lost and maintained the weight loss of 70 kg), this program received international and regional coverage (60 Minutes, CNN News, Japanese documentaries; BBC, Australian, New Zealand international radio interviews) and increased awareness and progress locally.

Previous Post: Nutrition Planning Coordinator

Name of employer: Central Planning Department, Government of Tonga/
UNICEF Nutrition Education and Planning Project

Position held from: 1982- December 1987

Description of work: I established the Tonga National Food and Nutrition Committee and carried out nutrition planning and policy work, development of nutrition education materials, initiation and implementation of the National Nutrition Survey.

Previous Post: Nutritionist

Name of employer: Catholic Relief Services/Ministry of Health; Sana'a, Yemen Arab Republic

Position held from: June 1977-June 1979

Description of work: I established a trainee program for Yemeni girls to be certified as nutrition/health educators in the government mother and child health clinics, conducting health and nutrition sessions for Yemeni women attending the clinic, and giving counseling on topics of health and nutrition, including village out-clinics.

Previous Post: Nutritionist

Name of employer: International Voluntary Services/Ministry of Health, Sana'a, Yemen Arab Republic

Position held from: June 1973-December 1976

Description of work: I advised Yemeni mothers attending mother and child health clinics on health and nutrition, training two nurse counterparts.

OTHER OVERSEAS EXPERIENCE:

-Master's research carried out in Bogota, Colombia, and the Yemen Arab Republic on Lactose Intolerance in Children.

-International Farm Youth Exchange Delegate to India, 1970-1971. Delegate from the state of Missouri. A program of the 4-H Foundation.

FIELD SUPERVISOR ASSISTANCE

Providing field supervisory assistance as follows:

Allison Corsi, June-July 2004. Masters Degree research, Emory University.
Sarah Shaeffer June July 2005. Masters Degree research, Emory University.
Angela Parvanta June July 2006. Bachelors Degree Intern, Univ of Hawaii, Manoa.
Laura Kaufer June July 2007. Masters Degree research, McGill University.
Rupesh Naik June July 2007. Masters Degree research. Emory University.
Blanche Greene-Cramer June July 2008. Masters Degree research. Emory University.
Stephanie Clayton June July 2008. Masters Degree research. Emory University.
Sueko Matsumura June July 2009. Masters Johns Hopkins University.
Kaleigh Emerson June July 2009. Masters Degree research. Emory University.
Kim Del Guercio June August 2009. Masters Degree research. Emory University.
Alyssa Bittenbender June Aug 2009. Masters Degree research. University of Arizona.
Clinton Sears June August 2009. Masters Degree research. Emory University.

PAPERS AND PUBLICATIONS:

Englberger L, Lorens A. Let's Go Local Initiative in Pohnpei, Micronesia for Promoting Underutilized Crops. In: Jaenicke H., Ganry J., Höschle-Zeledon I. and Kahane R. (eds.). 2009. Underutilized Plants for Food, Nutrition, Income and Sustainable Development. Proceedings of International Symposium held in Arusha, Tanzania, 3-7 March 2008. Acta Horticulturae 806. International Society for Horticultural Science. Leuven, Belgium. 739 pp.

Englberger L, Lorens A. 2008. Going Local. ICT Update 42:10.
http://ictupdate.cta.int/en/feature_articles/going_local

Englberger L, Lorens A, Pretrick M, Raynor B, Currie J, Corsi A, Kaufer L, Spegal R, Kuhnlein HV. 2009. Approaches and lessons learned for promoting dietary improvement in Pohnpei, Micronesia. Food-based Approaches for Combatting Micronutrient Deficiencies. Food and Agriculture Organization of the United Nations. In press.

Englberger L, Schierle J, Hoffman P, Lorens A, Albert K, Levendusky A, Paul Y, Lickaneth E, Elymore A, Maddison M, deBrum I, Nemra J, Alfred J, Vander Velde N, Kraemer K. 2009. Carotenoid and vitamin content of Micronesian atoll foods: pandanus (*Pandanus tectorius*) and garlic pear (*Crataeva speciosa*) fruit. *Journal of Food Composition and Analysis* 22(1):1-8.

Corsi A, **Englberger L**, Flores R, Lorens A, Fitzgerald MH. 2008. A participatory assessment of dietary patterns and food behavior in Pohnpei, Federated States of Micronesia. *Asia Pacific Journal of Clinic Nutrition* 17(2):309-316.

Englberger L, Lorens A. 2008. Let's Go Local Initiative in Pohnpei, Micronesia for Promoting Underutilized Crops. International Symposium: Underutilized Plant Species for Food, Nutrition, Income and Sustainable Development, 3-7 March 2008, Arusha, Tanzania, Book of Abstracts.

- Englberger L, Joseph Schierle, Klaus Kraemer, William Aalbersberg, Usaia Dolodolotawake, Julia Humphries, Robin Graham, Anne P. Reid, Adelino Lorens, Kiped Albert, Amy Levendusky, Eliaser Johnson, Yumiko Paul, Fernando Sengebau. 2008. Carotenoid and mineral content of Micronesian giant swamp taro (*Cyrtosperma*) cultivars. *Journal of Food Composition and Analysis*. 21:93-106.
- Englberger L, Lyons G, Daniells J, Foley W, Taylor M, Watoto C, Iramu E, Taki B, Murray JC, Murray JN, Wehi F, Wehi G, Warito P, and Tikai P. 2008. Screening and Awareness Work on Solomon Islands Sweet Potato and Banana Varieties Creates Interest. *ACIAR Papua New Guinea and Solomon Islands Nius Vol 3 Iss 1*. pages 1,3-5.
- Englberger L, Lorens A, Guarino L, Taylor M, Snowdon W, Maddison M, Mieger J, Thomson L, Lippwe K, Rimon B, Fitzgerald MH, Tibon J, Sohrab S, Ehmes O, Rally J, Shed P. 2007. Pacific issues of biodiversity, health and nutrition. *Pac Health Dialog* 14 (2) 111-114.
- Lorens A and **Englberger L**. 2007. The importance and use of breadfruit cultivars in Pohnpei, Federated States of Micronesia. *Acta Hort*. 757: 101-107.
- Englberger L, Lorens A, Alfred J, Iuta T. 2007. Screening of selected breadfruit cultivars for carotenoids and related health benefits in Micronesia. *Acta Hort*. 757:193-199.
- Englberger L, Lorens A, Daniells J, Levendusky A, Lusty C. Bananas. Chapter in book titled "Useful trees and plants from Oceania - diversity matters". Bioversity International. In preparation.
- Englberger L, Lorens A, Levendusky A. Yam, a Pacific crop important for culture, food and healthy lifestyles: Insights from Pohnpei, Micronesia. In: *The Yam Civilisation: a cultural project for the future* (book). Secretariat of the Pacific Community. In press.
- Englberger L, Lorens A, Levendusky A, Daniells J. 2009. Banana: An essential traditional crop on Pohnpei. Ch. 4. In: Balick MJ (ed) *The Ethnobotany of Pohnpei: Plants, People, and Island Culture*. University of Hawai'i Press, w Honolulu. pp. 89-131.
- Englberger L, Albert K, Lorens A, Levendusky A. 2009. Taro: an important Pohnpei staple food. Ch 5. In: Balick MJ (ed) *The Ethnobotany of Pohnpei: Plants, People, and Island Culture*. University of Hawai'i Press, Honolulu. pp. 132-164.
- Englberger L, Lorens A, Albert K, Pedrus P, Levendusky A, Hagilmai W, Paul Y, Moses P, Jim R, Jose S, Nelber D, Santos G, Kaufer L, Larsen K, Mihne Pretrick M. 2009. Let's Go Local! Pohnpei promotes local food production and consumption for health. In: HV Kuhnlein, B Erasmus and D Spigelski, eds. *FAO of the UN*.
- Englberger L, Lorens A, Levendusky A, Pedrus P, Albert K, Hagilmai W, Paul Y, Nelber D, Moses P, Shaeffer S, Gallen M. 2009. Chapter 6: Documentation of the Traditional Food System of Pohnpei. In: HV Kuhnlein, B Erasmus and D Spigelski, eds. *Indigenous Peoples' Food Systems: the Many Dimensions of Culture, Diversity and Environment for Nutrition and Health*. *FAO of the UN*.
- Kuhnlein HV and Englberger L. 2006. 2nd International Decade of the World's Indigenous Peoples Celebrate Diversity in Pacific Island Indigenous Food

- (Poster) FAO/IDRC/CINE.
- Englberger L, Schierle J, Aalbersberg W, Hofmann P, Humphries J, Huang A, Lorens A, Levendusky A, Daniells J, Marks GC, Fitzgerald MH (2006). Carotenoid and vitamin content of Karat and other Micronesian banana cultivars. *International Journal of Food Science and Nutrition*. 57:399-418.
- Englberger L, Wills RBH, Dufficy L, Blades B, Daniells JW, Coyne T (2006) Carotenoid content and flesh color of selected banana cultivars growing in Australia. *Food Nutr Bull*;27:281-291.
- Englberger L, Lorens A, Alfred J, Iuta T, Aalbersberg W, Schierle J, Hoffman P, Humphries J, Huang A (2006) Provitamin A carotenoid in bananas? The surprisingly high level of Micronutrients in several staple foods from Micronesia. 30th National Nutrient Databank Conference: The Role of Food Composition in Improving Dietetic Practice, September 18-20, 2006, Honolulu, Hawaii. Abstract p 37.
- Englberger L. (2006) Going Yellow video promotes healthy food in Micronesia. *Sight and Life Newsletter* 1/2006. page 31-34.
- Kuhnlein H, Erasmus B, Creed-Kanashiro H, **Englberger** L, Okeke C, Turner N, Allen L, Battacharjee L (2006) Indigenous peoples' food systems for health: Finding interventions that work. *Public Health Nutrition* 9(8)1013-1019.
- Englberger L, Aalbersberg W, Dolodolotawake U, Schierle J, Humphries J, Iuta T, Marks GC, Fitzgerald MH, Rimon B, Kaikairiete M. (2006) Carotenoid content of pandanus fruit cultivars and other foods of the Republic of Kiribati. *Public Health Nutrition* 9(5) 631-643.
- Englberger L, Aalbersberg W, Schierle J, Marks GC, Fitzgerald MH, Muller F, Jekkein A, Alfred J, Velde NV (2006) Carotenoid content of different edible pandanus fruit cultivars of the Republic of the Marshall Islands. *Journal of Food Composition and Analysis* 19:484-494.
- Thomson LAJ, **Englberger** L, Guarino L, Thaman RR, Elevitch C. (2006). Pandanus tectorius (pandanus). *Species Profile for Pacific Island Agroforestry* at <http://www.traditionaltree-org> (book chapter).
- Englberger L, Lorens A, Albert K, Levendusky A, Alfred J, Iuta T. Micronesian Staple Foods and the "Yellow Varieties Message." Presented February 2006, IPGRI, Rome, Italy. Accessed 30 May 2009 on the World Wide Web at: http://www.biodiversityinternational.org/Themes/Nutrition/Cross-cutting_Initiative/pdf/Micronesia_staple_foods.pdf
- Englberger L, Lorens A, Raynor B, Levendusky A, Paul Y, Hagilmai W, Currie, J., Weilbacher, P., Mauricio, R., Pretrick, E., Kostka, W., Ehsa, E., Andreas, R. and Billens, W (2005) An NGO approach to approaching the nutrition dilemma: Pohnpei focuses on awareness, food analysis, conservation, and food processing. *Pac Health Dialog* 12:79-84.
- <http://www.spc.int/phs/PPHSN/Publications/PHDSurveillance/Surveillance-pages79-84.pdf>
- Englberger L, Marks GC, Fitzgerald MH, and Timothy J (2005). Dietary intake of vitamin A and other nutrients by children and caretakers in Kosrae, Micronesia. *Ecology of Food and Nutrition* 44:307-338.
- Englberger L, Marks GC, and Fitzgerald MH. (2005). Food composition data from the Federated States of Micronesia. *Micronesica* 37(2)1-19.
- Englberger L, Lorens A, Levendusky A, Marks GC, Fitzgerald MH (2005). Indigenous Food Resources in the Federated States of Micronesia. *Annals of*

- Nutrition & Metabolism. Abstracts: 18th International Congress of Nutrition. September 19-23, 2005, Durban, South Africa, Page 97.
- Maddison M, **Englberger L**, Alfred J, Iuta T, Marks GC, Fitzgerald MH (2005). Marshall Islands and Kiribati pandanus fruit cultivars are identified and promoted as atoll island sources of provitamin A carotenoids. *Annals of Nutrition & Metabolism. Abstracts: 18th International Congress of Nutrition. September 19-23, 2005, Durban, South Africa, Page 97.*
- Guarino L, Taylor M, Englberger L (2005). Conserving the genetic diversity of Traditional food crops in the Pacific. PIN Newsletter.
- Englberger L, Aalbersberg W, Schierle J, Hoffman P, Humphries J, Huang A, Marks GC, Lorens A, Alfred J, Iuta T, Fitzgerald MH (2005). Identification of micronutrient- rich locally grown foods in the Federated States of Micronesia, Marshall Islands, and Kiribati. *Proceedings of the Seventh Oceaniafoods Conference. Innovations in Nutrient Information, 13-15 April 2005. Wellington, New Zealand. P. 103-110.*
- Englberger L, Lorens A, Paul Y, Timothy J, Alfred J, Nemra J, Iuta T, Ioanne T, Marks GC, Fitzgerald MH (2005). A novel approach for presenting food composition data in the Federated States of Micronesia, Marshall Islands, and Kiribati. *Proceedings of the Seventh Oceaniafoods Conference. Innovations in Nutrient Information, 13-15 April 2005. Wellington, New Zealand. P. 138-145.*
- Englberger L and Lorens A (2004) Pohnpei Bananas: A Photo Collection: Carotenoid-rich Varieties. Island Food Community of Pohnpei and Secretariat of the Pacific Community: Suva, Fiji. (book)
- Englberger L. (2004). An Assessment of National Capacity to Address Agrobiodiversity Issues. National Biodiversity Strategy and Action Plan Project II. Supported by Global Environment Facility through the United Nations Development Programme. Presented to the FSM Department of Economic Affairs August 2004.
- Englberger L and Lorens A. (2004) Banana cultivars in Micronesia: newly recognized sources of provitamin A and total carotenoids and other nutrients. *International Banana Congress, Penang, Malaysia, July 6-9, 2004. p. 241. Abstract.*
- Englberger L, Aalbersberg B, Marks GC, Fitzgerald MF, Alfred J, Iuta T. (2004) Marshallese and Kiribati pandanus fruit: atoll island sources of provitamin A Carotenoids. *The FASEB Journal. Experimental Biology April 2004, Washington DC. Abstract #595.10 on page # A899*
- Englberger L, Marks GC, Fitzgerald MH, Johnson E (2004) Micronesian carotenoid-rich bananas and other foods: successes and lessons learned for preventing vitamin A deficiency. XXII International Vitamin A Consultative Group (IVACG) Vitamin A and the Common Agenda for Micronutrients. Program Abstracts. Lima, Peru, 15-17 November 2004. p 30. Abstract.
- Englberger L, Marks GC, Fitzgerald MH (2004). Dietary vitamin A intake and factors influencing it among Micronesian children and caretakers. XXII IVACG Vitamin A and the Common Agenda for Micronutrients. Program Abstracts Lima, Peru, 15-17 November 2004. p 30. Abstract.
- Englberger L, Marks GC, Fitzgerald MH, Lorens A (2004). Micronesian taro cultivars: rich dietary sources of zinc. International Zinc Consultative Group

- (IZINCG) Symposium 2004. Moving Zinc into the Micronutrient Program Agenda, Lima, Peru, 19 November 2004. Program and Abstracts. Abstract # 33. p. 25.
- Englberger L and Siren M (2004). Chuuk Bananas: A Preliminary Photo Collection. May 2004. A recommendation of the Chuuk National Biodiversity Strategy and Action Plan workshop held in Chuuk, April 16-17, 2004.
- Englberger L and Kiribati National Nutrition Committee. 2004. Te Tou, Kanam Ni Kakakibotu Ao Ni Kamarurung Ngkoe Te I-Kiribati (Pandanus Varieties of Kiribati) Printed in Apia, Samoa with design assistance by Tiapapata Art Centre, Samoa and funding and coordination by the Food and Agricultural Organization of the United Nations.
- Englberger L. (2004). Nutritional Value of Kiribati Pandanus. Report on a Visit to Tarawa May 17-June 3, 2004. In conjunction with Kiribati Division of Agriculture, Ministry of Environment, Lands, and Agriculture Development.
- Englberger L (2003). Nutritional Value of Kiribati Pandanus August 1-September 30, 2003. Supported by the Food and Agriculture Organization, Secretariat of the Pacific Community, and Sight and Life.
- Englberger L, Marks GC, Fitzgerald MH, Schierle J, Aalbersberg W, Chand K. (2004) Analyses for provitamin A carotenoids in the Pacific region: banana, taro, breadfruit, and pandanus. Proceedings of the Sixth OCEANIAFOODS Conference, Brisbane, Australia, 8-9 February, 2002. Cunningham J, Trevisan L (Ed). Food Standards Australia, New Zealand. p 53-59. Available electronically: Retrieved April 28, 2004, from the World Wide Web at http://www.foodstandards.gov.au/_srcfiles/ACF81F.pdf.
- Englberger L, Elymore J. Country Report: Federated States of Micronesia. Proceedings of the Sixth OCEANIAFOODS Conference, Brisbane, Australia, 8-9 February, 2002. Cunningham J, Trevisan L (Ed). Food Standards Australia, New Zealand. P 38-40. Available electronically: Retrieved April 28, 2004, from World Wide Web at http://www.foodstandards.gov.au/_srcfiles/ACF81F.pdf. pages 38-41.
- Englberger L, Fitzgerald MH, Marks GC (2004). Cultivar recognition in Micronesia: Banana; breadfruit, taro and pandanus. *IPGRI Plant Genetic Resources Newsletter* No. 142, 2005.
- Englberger L, Marks GC, Fitzgerald MH (2004). Factors to consider in Micronesian food-based interventions: a case study of preventing vitamin A deficiency. *Public Health Nutrition* 7(3)423-431.
- Englberger L (2003). A community and laboratory-based assessment of natural food sources of vitamin A in the Federated States of Micronesia. PhD Thesis. University of Queensland, Australia.
- Englberger L (2003). Report on the visit to the Pohnpei atoll island of Mwoakilloa: Documenting and Promoting Local Food Crops. Supported by PAPGREN, Secretariat of the Pacific Community, and Sight and Life.
- Englberger L. (2003). Carotenoid-rich bananas in Micronesia. *INFOMUSA* 12(2)2-5.
- Blades BL, Dufficy L, **Englberger L**, Daniells JW, Coyne T (2003). Bananas and plantains as a source of provitamin A. Proceedings of the Nutrition Society of Australia 2003. Asia Pacific Journal of Clinical Nutrition Vol 12. Supplement S36.
- Englberger L, Darnton-Hill I, Coyne T, Fitzgerald MH, Marks GC (2003). Carotenoid-rich bananas: a potential food source for alleviating vitamin A deficiency. *Food and Nutrition Bulletin* 24(4) 303-318.

- Englberger L (2003) Eating the right foods can alleviate vitamin A deficiency, diabetes, and other chronic diseases. 20th Annual Pacific Educational Conference. Our Pacific Communities: Protecting the Environment Through Culture, Literacy, and Technology. July 21-24, 2003, Kolonia, Pohnpei, FSM.
- Englberger L (2003) What are children and women eating in Kosrae, Federated States of Micronesia. In: Workshop Report: SPC Regional Nutritionists Workshop, Nadi, Fiji, 22-26 September 2003. Theme: Regional Strategies, National Plans and Best Practice. Ed. by W Snowdon. Noumea, New Caledonia: Secretariat of the Pacific Community. Retrieved 6 November 2003 <http://www.spc.int/Lifestyle/Resources/Report%20on%20nutrition%20Workshop%20FINAL.doc> p.47-48.
- Englberger L (2003) Banana, Taro, Breadfruit, and Pandanus. In: Workshop Report: SPC Regional Nutritionists Workshop, Nadi, Fiji, 22-26 September 2003. Reference as noted above. p. 45.

Newspaper articles

- Englberger L (2008) Pohnpei Banana Booklet is presented on the GFU Global Website. *Kaselehlie Press* May 20, 2008.
- Englberger L (2008) Pohnpei banana varieties go to New Zealand for resistant starch analysis. *Kaselehlie Press* May 20, 2008.
- Englberger L (2008) Pohnpei recipe Kemelis in Mei selected internationally as recipe of the month. *Kaselehlie Press*. May 3, 2008.
- Englberger L (2008) Let's go local high school club learns to teach about local foods. *Kaselehlie Press* April 9-22, 2008. p15.
- Englberger L (2008) Global interest in Pohnpei island food promotion. *Kaselehlie Press*. March 19, 2008.
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- Englberger L (2008) National workshop discusses local food crops and plant genetic resources. *Kaselehlie Press*. February 20-Mar 4, 2008. p 15.
- Englberger L (2008) Karat coconut jam, a tasty new food product. *Kaselehlie Press*. February 6-19, 2008. p 15.
- Englberger L (2008) Colorful new poster presents findings on 11 Pohnpei pandanus varieties. *Kaselehlie Press*. January 9-22, 2008. p 15.
- Englberger L (2008) Pohnpei workshop focuses on banana and pandanus products. *Kaselehlie Press* Dec 12-January 21, 2007. p 15.
- Englberger L (2007) Pohnpei Work Highlighted in Regional Banana and Plant Genetic Resources Meetings. *Kaselehlie Press* Nov 28-Dec 11, 2007. p 19.
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- Englberger L (2007) Pohnpei Farmers Focus on the Right to Food. *Kaselehlie Press* October 31-November 13, 2007.
- Englberger L (2007) Lukop Youth to Youth Plant Rare Bananas. *Kaselehlie Press* October 17-30, 2007. p 19.
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- Englberger L (2007) Island Food Presents in PNG Video Seminar. *Kaselehlie Press* September 19-October 2, 2007.

- Englberger L (2007) CSP and Environmental Club Summer Camp Study Island Foods. *Kaselehlie Press* Aug 22-September 4, 2007.
- Englberger L (2007) Island Foods are Showcased at President's Inauguration (photo with the FSM President). *Kaselehlie Press* Aug 8-21, 2007.
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- Englberger L (1974) Lactose Intolerance in Colombian and Yemeni children. Master's Thesis. Cornell University.

Nutrition Education Materials Prepared for Use in the Pacific.

- Pohnpei Bananas: Uht Kan en Pohnpei. Carotenoid-Rich Varieties.
- Kosrae Vitamin A-rich Local Foods Posters Set (laminated and book format)
- Pohnpei Vitamin A-rich Local Foods Posters Set
- Kiribati Pandanus Cards (laminated and book format)
- FSM and Palau Giant Swamp Taro Card (laminated)

FSM Kapingamarangi Vitamin A-rich Cards (laminated and book format)
Marshall Islands Pandanus Cards (laminated and book format)
FSM Food Guide Poster
FSM National Dietary Guidelines
3 FSM Vitamin A posters and an information leaflet
FSM Calendar 1999 and 2001. Subject Vitamin A Rich Foods for Your Health
Assistance provided in revising the Sight and Life Vitamin A Poster
Tonga Calendars 1997, 1996, 1995- Subject Healthy Weight for Height and Diet/Exercise
Series of recipes and articles for the local Tongan Chronicle newspaper
Tonga National Dietary Guidelines, Tonga Foods for Good Health Sticker
Tonga Guide to Good Eating and Weight Losing. Tonga Weight for Height Poster
Bar Chart of Energy Values of Tongan Foods, Tonga Three Foods Group Poster
Nutrition Values of Tongan Food. 6 Bar Chart Poster Set and Guidebook
Tonga Snakes and Ladders Board Game and Guidebook
Tonga Food Cards Game
Tonga Breastfeeding Booklet, New Recipes for Tongan Local Food

Interviews and Overseas Media

“Fruits of research hold hope for chronic disease.” University of Queensland Press Release leading to an interview with the AAP National Medical Correspondent and an article in the Australian *Food Chain* Newsletter Dec 2001, Issue 7, page 23, two radio interviews (below), and article in the *Carotenoid News*, 2002, Vol 12 (1), p. 4.

-2 radio interviews with Australian media on findings on the Vitamin A-rich bananas and giant swamp taro. Radio programs on ABC Radio and Radio Australia; one program was broadcast throughout Pacific countries on the Pacific Beat program. 2001.

-On the Tonga Healthy Weight Loss Competition: 3 radio interviews- BBC London Radio, 1996-1997; 1 radio interview ABC National Radio Australia 1997; 1 radio interview with Robyn Williams “The Science Show”, ABC Radio National Australia, 1997; 1 radio interview. New Zealand International Radio 1995; and filmed in “60 Minutes New Zealand” television documentary titled “Giant Kingdom.” .

Trainings Taken

WHO/FAO Total Diet Survey Training. Brisbane, Australia, 4-15 February 2002.
UNICEF/SPC/WHO Breastfeeding Counselling Training. Apia, Samoa, 27-31 October 1997.

Grants Obtained:

Received in 2005: US\$25,664 for the Documentation of the Traditional Food System of Pohnpei from the Indigenous Peoples’ Nutrition and Environment (CINE) Canada; US\$5130 from the German Embassy, Manila, Philippines; US\$17,975 New Zealand Embassy, NZ AID; US\$2000 Australian Embassy, US\$3000 SPC Pacific German Regional Forestry Project, and US\$1000 SPC Regional Germplasm Centre.

Promotion of Healthy Eating and Healthy Lifestyles. Centers for Disease Control and Prevention/United Nations Children’s Fund, US\$56,828. Awarded in 2004.
Documentation and Promotion of Important Tree Crops and Cultivars of the

Traditional Pohnpei Agroforestry System. SPC/GTZ Pacific German Regional Forestry Project, US\$2000.

Promotion of Pohnpei Bananas and Other Traditional Island Foods and Documentation of Local Food Crops. Australian Embassy, Kolonia, Pohnpei. US\$6000.

Promotion of Traditional Foods for Improved Nutrition in Micronesia. Secretariat of the Pacific Community, Lifestyle Health, US\$5000 Awarded in 2003.

Promotion of Local Foods for Health and Food Security. Australian Embassy, Pohnpei. US\$2000. Awarded in 2003.

Documentation and Conservation of Traditional Staple Foods of Pohnpei. Secretariat of the Pacific Community. US\$4000. Awarded in 2003.

Nutritional Studies on Micronesian Staple Foods in the FSM, Marshall Islands And Kiribati. 2003-2004. Task Force Sight and Life \$US 12,000. Awarded in 2003.

PhD Research Project:
International Postgraduate Research Scholarship granted from the University of Queensland, tuition waiver + three years living allowance stipend, Task Force Sight and Life \$US 10,000 , Thrasher Research Fund \$US 10,000, Center of Disease Control and Prevention, Micronutrient Malnutrition Applied Research Project, Division of International Health, Epidemiology Program Office \$US 2,999 and a 3-week study period at CDC in Atlanta, Georgia, July 2001 including air fare from Micronesia and lodging, and travel grant for attending the Experimental Biology meeting in San Diego, April 11-15, 2003.

Travel Grant: International Congress of Nutrition in 2001.
Australian Nutrition Trust Travel Fund \$A 2,000
University of Queensland ACITHIN \$A 1,500

Travel Grant: For attending the First South East Asia and Pacific Regional meeting on Carotenoids in Bangkok, 2-5 Aug 2000. Air fare Brisbane Bangkok return, per diem. Task Force Sight and Life/International Carotenoid Society

Travel Grant: 1st International Banana Congress, Penang, Malaysia. Air fare from Micronesia and lodging.

Travel Grant: XXII IVACG Meeting in Lima, Peru, 2004. Task Force Sight and Life/IVACG Secretariat. Air fare from Micronesia and lodging.

Travel Grant: XXI IVACG Meeting in Marrakech, Morocco, 2003. Task Force Sight and Life/IVACG Secretariat. Air fare from Micronesia and lodging.

Travel Grant: XX IVACG Meeting in Hanoi, Vietnam, 2001. Task Force Sight and Life/IVACG Secretariat. Air fare from Micronesia and lodging.

Promotion of vitamin A-rich foods and *Karat* banana in FSM in 1999
Task Force Sight and Life \$US 5,000, Secretariat of the Pacific Community \$US 5,000, AusAID Nutrition Education/FSM + Chuuk US\$10,000.

FSM Nutrition Program 1999, UNICEF support. UNICEF Pacific US\$ 19,800.

FSM Nutrition Program 1999, WHO support. US\$ 7,000 WHO Regional Office for the FSM Plan of Action for Nutrition.

Tonga National Weight Loss Program
New Zealand Overseas Development Program \$12,788, Australian Grants Program \$T 5000, World Health Organization, \$T 10,000, Secretariat of the Pacific Community \$T 5000, Japanese Volunteer Program \$T 5000, United Nations Children's Fund \$T 2000, Royal Tonga Air \$T 2000, Cable and Wireless \$T 500, Bank of Tonga \$T 400, Polynesian Airlines \$T 1500,

Fancy Foot & Wear \$T 80, Office Equipment \$T 100, Alatini Fisheries \$T 80

Award on PhD Research Project Oral Presentation

University of Queensland School of Population Health Research Higher Degree Students Conference, 26 November, 2001, Brisbane. Third Prize for an oral power point presentation. Competing against 31 others in public health fields.

Research and programs developing from my PhD Research

The International Network for the Improvement of Banana and Plantain (INIBAP) initiated a program on assessing micronutrient content (carotenoids, Fe, and Zn) in banana varieties in Cameroon and Ghana, funded by the HarvestPlus, Challenge Programme.

The International Network for the Improvement of Banana and Plantain (INIBAP) 2004 developed and submitted a proposal to ACIAR on the identification and promotion of carotenoid-rich bananas in the Pacific, based on my research work..

I submitted a Call for Ideas to the Grand Challenges funding opportunity in 2003, and this led to a further submission in conjunction with the University of Queensland, Department of Primary Industries, SPC, and INIBAP on identifying and promoting carotenoid-rich bananas.

The University of Queensland, in collaboration with the Queensland Department of Primary Industries, and The University of Newcastle, established a new project for analyzing bananas growing in Australia and having potential for high carotenoid content and possible commercialization in Australia as a functional food.

The Kosrae Department of Agriculture Tissue Culture Project received a US government grant of US\$50,000 for development of tissue culture of banana cultivars with high provitamin A content and for promotion of these cultivars in the community, based on the findings from my work on carotenoid-rich cultivars in FSM.

Oral Presentations at Conferences and Seminars

First International Symposium on Breadfruit Research and Development, 16-19 April, 2007, Nadi, Fiji. Breadfruit cultivars of Micronesia: rich carotenoid and other nutrient content offer valuable health benefits.

18th International Congress of Nutrition. Symposium 1.8 Interdisciplinary Understanding of Indigenous peoples' Food Systems. Indigenous Food Resources in the Federated States of Micronesia. September 2005.

National Nutrient Database Conference, Unique Foods of the Pacific Session. Honolulu, Hawaii. 2005.

<http://www.nal.usda.gov/fnic/foodcomp/conf/NDBC30/Sess6-3-Englberger.pdf>

2005. Identification of Micronutrient-rich Locally Grown Foods in the Federated States of Micronesia, Marshall Islands, and Kiribati. Oceaniafoods Conference, Wellington, New Zealand, 14 April, 2005.

Oceaniafoods 2005. A Novel Approach for Presenting Food Composition Data in the Federated States of Micronesia, Marshall Islands, and Kiribati. 15 April 2005, Wellington, New Zealand.

SPC/GTZ Pacific German Regional Forestry Program. Identification and Promotion of nutrient-rich Varieties of Agroforestry Food Crops in FSM. 30 September, 2004. Cliff Rainbow Hotel, Kolonia, Pohnpei, FSM. Power-point presentation (Pp).

26th American Pacific Nurse Leaders Council: Nurses, Moving Forward in Challenging Times. How can nurses help promote healthy eating habits...GO LOCAL. June 22, 2004 (Pp).

9th Pacific Basin Medical Association Conference. Identification and promotion of nutrient-rich island foods. 24 June 2004, PMA Lecture Hall, Kolonia, Pohnpei (Pp).

1st International Congress on Musa: Harnessing research to improve livelihoods Banana cultivars in Micronesia: newly recognized sources of provitamin A and total carotenoids and other nutrients. 6-9 July 2004, Penang, Malaysia (Pp).

SPC/GTZ Regional Forestry Program Workshop. Aspects of Agroforestry Food Crops in the Federated States of Micronesia. 26 Nov, 2003. Pohnpei, FSM (Pp).

Analysis of Pacific Island Foods. SPC Regional Meeting of Nutritionists. 22-26 Sept 2003. Nadi, Fiji (Pp).

Dietary survey in Kosrae. SPC Regional Meeting of Nutritionists. 22-26 Sept 2003. Nadi, Fiji (Pp).

Analysis of Traditional Local Foods. Intersectoral Pandanus Seminar. Tarawa, Kiribati. 16 September, 2003.

Eating the right foods can alleviate vitamin A deficiency, diabetes, and other chronic diseases. 20th Annual Pacific Educational Conference. Our Pacific Communities: Protecting the Environment Through Culture, Literacy, and Technology. July 21-24, 2003, Kolonia, Pohnpei, FSM. (Pp).

The role of traditional staple foods. Healthy Living in the Pacific Islands Workshop. 12-18 July 2003. Majuro, Marshall Islands. (Pp).

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