

SUU Student Takes Nicaragua by Surprise

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In November of 2017, Naomi Beatty, a local Southern Utah University Student, traveled to Nicaragua to explore community nutrition practices, offer lectures on basic nutrition, and assess nutrition status of locals. This project, fondly dubbed “Nutrition in Nicaragua”, included months of preparation, a little over eight days in-country, and hours of condensing data.

Beatty, who is a Junior at SUU, says she’s always been interested in nutrition and how she can use her undergraduate knowledge to benefit a community. “After living for a short time in Nicaragua two years ago, I saw an amazing opportunity to help those who knew so little about nutritional needs,” Beatty said. “I wondered how I might be able to help and thought of the EDGE projects encouraged at SUU. That is how Nutrition in Nicaragua came to be.” The project was described as a three-fold benefit. Not only was much needed data regarding Nicaraguan eating habits collected, but the locals obtained sound nutrition information regarding overall health and Beatty received the key experience in teaching groups of varying sizes in a second-language.

The Nutrition in Nicaragua project is just one of many projects performed by students at Southern Utah University. These projects are proposed, planned, and performed by students in order to enhance their education and give them the necessary experience in their fields. Exclusively named EDGE (Education Designed to Give Experience), these projects are currently a requirement for graduation and usually involve more than one semester. The Southern Utah University Website describes this project as follows: “The end result of this type of education is more than just a transcript. It's personal brand that gives our students an edge over the competition.” To learn more about EDGE projects at www.suu.edu/edge. ###

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