

medications can be daunting. “One pill can be so expensive that it wipes out an entire month’s income,” says fourth-year Theodore Yuo, who has helped raise money for the clinic. Now, a local pharmacy provides medications to the clinic for one dollar above wholesale. And, Yuo adds, students are learning that “there are other ways of treating these illnesses than the most expensive.”

Coordinators hope to expand the clinic’s services and offer counseling on diabetes, tobacco, and healthy lifestyle choices. “A patient’s health-care needs [go] well beyond their visit to a provider’s office,” says second-year James Town. “We’ve helped them identify lifestyle issues they can target, such as diet, exercise, and smoking cessation.” The students have also set up a website containing health tips (see [www.dartmouth.edu/~mascoma](http://www.dartmouth.edu/~mascoma)).

**Money:** The “growth-limiting factor” in the clinic is funding, says Laquer. Yet students find innovative ways to raise money, holding raffles, talent shows, and even a triathlon. The clinic has also been supported by grants—including a \$20,000 “Caring for Community” award from the Association of American Medical Colleges.

The clinic’s latest honor was Dartmouth’s 2007 Martin Luther King, Jr., Social Justice Award, in the student organization category. The “Mascoma Clinic’s success,” says M.D.-M.B.A. student Jessica Morgan, “is indicative that community service is an integral part of life here at DMS.”

DANIELLE THOMAS

## INVESTIGATOR INSIGHT



In this section, we highlight the human side of biomedical investigation, putting a few questions to a researcher at DMS-DHMC.

**Lisa Sutherland, Ph.D.**

**Research Assistant Professor of Pediatrics**

*Sutherland, a nutrition scientist, studies environmental influences on childhood obesity. Her research focuses on the impact of media—such as advertising and product placement in movies—on kids’ food and beverage choices. She joined the faculty in 2006.*

**How did you get interested in your area of research?**

I have a complete fascination with pop culture. Having the opportunity to combine that with nutrition and health trends is a win-win for me.

**What misconceptions do people have about your field?**

Most people still think of nutrition professionals as “lunch ladies.” Most of nutrition science training is actually basic science, with an emphasis on chemistry and metabolic pathways.

**What’s your favorite nonwork activity?**

I like to cook and travel. Any combination of the two is just a bonus.

**If you could travel anywhere, where would it be?**

I would like to travel Africa—from Morocco to Madagascar—and while there volunteer with USAID or the Hunger Project.



**What about you would surprise most people?**

I am quite shy and scared to death of large crowds. You won’t catch me at a mall or department store during the holidays.

**Of what professional accomplishment are you most proud?**

My work as one of the lead scientists on a nutrition rating system for Hannaford supermarkets. The work started out with a very specific purpose but has ended up creating national and

international discussion on flimsy nutrition and health-claim labeling standards and the need for a standardized rating system. We did what many said was impossible. I am very proud of our work.

**What is the greatest frustration in your work?**

How fast nutrition science continually changes and the confusion that causes for consumers.

**And the greatest joy?**

How fast nutrition science continually changes and the rapid advances in medicine, pharmaceuticals, and policy because of these changes. Nutrition is still a relatively new science. Vitamin C wasn’t isolated until 1928, and we didn’t have a health and nutrition monitoring system in the U.S. until the late 1960s. It’s bound to cause some conflict and confusion.

**What historical event would you most like to have been present at in person?**

The Last Supper. There’s got to have been good food, wine, and conversation, right?

**What websites do you use most often?**

J. Crew, Ann Taylor, Nordstrom’s, Pottery Barn, Williams-Sonoma . . . You see the trend.

**What do you ultimately want to discover?**

How to end world hunger. There is enough food produced to adequately nourish everyone in this world; the problem is inequitable distribution.

**What do you admire most in other people?**

Patience. I am lacking in this area but working on it constantly.

**What’s the hardest lesson you ever had to learn?**

How to live without my mom after she died when I was 18. I am a much stronger person from the experience, though.

**What is your idea of earthly happiness?**

Wine and dark chocolate.

**Do you have a treasured possession?**

Yes. My children, Parker, 14, and Samantha, 6.