



## **Ardyth Marie Harris Gillespie, PhD**

### **Harrisdale Homestead**

#### **Contributing author:**

#### **Chapter 1: “Communication Is the Essence of Nutrition Practice”**

Ardyth M. H. Gillespie, PhD, has served for 32 years on the faculty of the Division of Nutritional Sciences, Cornell University Community Nutrition Program. She has bridged academic research, extension, and practice through her work in family food decision making, community collaboration and engagement, and nutrition communication. Through Collaborative Engaged Research – partnering with community food system stakeholders, change leaders, and scholars – she has focused on the complex relationships and dynamics of change in both food systems and food and eating practices. She seeks to create generative environments that foster innovative leadership for promoting more sustainable food systems and that (1) foster improved health and well-being and (2) build family and community capacity for nourishing and nurturing children and their families across generations. Gillespie has served as president of the Society for Nutrition Education and Behavior and as a board member of the Agriculture, Food, and Human Values Society. Currently residing in Cass County, Iowa, she is co-leader of Harrisdale Homestead Food Education and Research Center and serves on the board of the Lyson Center for Civic Agriculture and Food Systems.

#### **What led you to contribute your time and expertise to writing *Communicating Nutrition*?**

I believe this is a very important book for the profession. I’ve had the privilege of working with practitioners in multiple settings as well as students and colleagues to explore the depth and breadth of communication with a focus on food and nutrition. The invitation to contribute to this book seemed like a perfect way to pass it on and collaborate with Barb Mayfield and other outstanding leaders in the field.

**What is the impact you hope this book, and specifically the portion you helped write, has on the profession of nutrition and dietetics?** This book will enhance our profession’s understanding of the purposes of Nutrition Communication: “to develop a platform for inquiry and exchange of ideas, and to influence knowledge, understanding, attitudes, decision-making processes, or behavior.” In addition, the book shows how research and theory apply to the practice of communication. Practitioners who use communication theories—consciously or not—will find that applying them can enhance their ability to communicate effectively with their audiences. Beyond that, there is a synergy: thoughtful nutrition communication also advances nutrition communication theory; together they form an upward spiral of advancement in both.

#### **What is one piece of advice you would like to share with current and future nutrition communicators?**

As nutrition professionals, we need to understand that communication is a relational activity. That includes human interactions that can either enhance or impair effective communication between and among communicators and audiences. Relational communication enhances the other dimension of communication, instrumental or task-oriented which includes the message itself and the communication channel.

#### **Connect with Ardy:**

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