



17 de junio del 2014  
NU-677-2014

Doctor  
Luis Bernardo Villalobos Solano  
Decano  
Facultad de Medicina

UCR FM 14:26 17/06/14

Estimado señor:

Solicito su colaboración para elevar al Consejo Asesor de Facultad la solicitud de permiso con goce de salario para que la Dra. Xinia Fernández Rojas quien ha sido invitada a la Universidad de Indiana para participar en una pasantía corta del 08 de setiembre al 03 de octubre 2014.

Esta pasantía le permitirá realizar un mes de trabajo exhaustivo en análisis de datos que han sido generados a través de los proyectos ejecutados por la Dra. Fernández en el tema de Obesidad Infantil desde el 2006, con el propósito de escribir al menos una publicación en colaboración con profesores de la Universidad de Indiana. Se adjunta la carta de invitación del Director de la Escuela de Salud Pública de la Universidad de Indiana, el programa y cronograma de actividades, así como la carta de solicitud de permiso presentada a esta dirección por la Dra. Fernández

Agradeciendo una pronta respuesta, se despide, atentamente,

M.Sc Emilce Ulate-Castro  
Directora  
Escuela de Nutrición





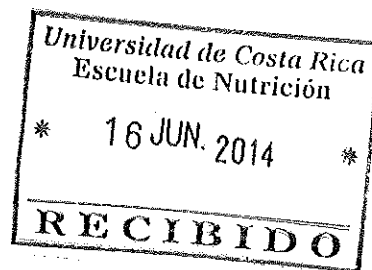
UNIVERSIDAD DE  
COSTA RICA

Facultad de Medicina  
Escuela de Nutrición

**VII CONGRESO**  
UNIVERSIDAD DE  
COSTA RICA  
2014 año del Congreso Universitario

16 de junio 2014

NU-674-2014



Señora

Emilce Ulate, MSc.

Directora Escuela de Nutrición

Estimada Señora

Sirva la presente para solicitar permiso con goce de salario para poder participar en la pasantía a la Universidad de Indiana a la que he sido invitada del 8 de setiembre al 3 de octubre 2014, y que estará cubierta financieramente por la Universidad de Indiana y la UCR.

Esta pasantía me permitirá realizar un mes de trabajo exhaustivo en análisis de datos que he generado con los proyectos ejecutados en el tema de Obesidad Infantil desde el 2006.

La Escuela de Salud Publica de la Universidad de Indiana, me ha extendido la invitación formal para poder presentar esta solicitud y ha preparado un cronograma de actividades que se adjunta. También me ha asignado a la Dra. Alyce Fly como profesora anfitriona.

Me comprometo a organizar ese tiempo para que mis obligaciones durante ese periodo no comprometan la docencia ni la ejecución de los proyectos de investigación y acción social a mi cargo.

Considero que es una oportunidad de gran valor para poder realizar análisis que permitirán aumentar mi producción académica y la de la Escuela de Nutrición.

Agradeciendo de antemano su apoyo a la presente,

Xinia Fernandez Rojas, Ph.D

Profesora Asociada



Adjunto carta de invitación y cronograma de actividades a realizar



## SCHOOL OF PUBLIC HEALTH

INDIANA UNIVERSITY

Office of the Dean  
Bloomington

April 21, 2014

Dr. Xinia Fernandez-Rojas  
Associate Professor and Researcher  
School of Nutrition, Room 118  
City of Research, University of Costa Rica

Dear Dr. Fernandez-Rojas,

It is my pleasure to inform you that your application for Visiting Research Scholar status in the School of Public Health-Bloomington at Indiana University has been approved. We look forward to your visit from September 8 to October 3, 2014. Your host will be Dr. Alyce Fly, Associate Professor, Department of Applied Health Science.

As a visiting scholar, our understanding is that you will work with Dr. Fly to exchange research methods and develop ideas for collaboration on childhood obesity prevention. For an overview of the activities for your visit, please see the attached document.

While you are here, you may be permitted to observe classes with the permission of your host faculty and the instructors; consult with professors; and with proper university identification, use the university library, computing and recreational facilities. You will also be permitted to use office space or laboratory facilities as available.

Our understanding is that your visit will be contingent on successful funding through the exchange between Indiana University and the University of Costa Rica, which would cover the costs associated with your visit. We understand that you will cover any additional costs for your visit.

We are looking forward to receiving you as our guest and colleague, and will do our utmost to ensure that your stay at Indiana University is both professionally stimulating and personally rewarding. Please let us know if we can be of further assistance as you make specific plans for your stay at Indiana University.

Sincerely,

Mohammad R. Torabi, Ph.D., MPH  
Dean and Chancellor's Professor  
School of Public Health-Bloomington  
Indiana University  
cc: Department of Applied Health Science



## SCHOOL OF PUBLIC HEALTH

INDIANA UNIVERSITY  
Bloomington

**Tentative visit plan for Visiting Scholar Xinia Fernandez-Rojas, Associate Professor, University of Costa Rica**

**Host:** Dr. Alyce Fly, Associate Professor, Indiana University School of Public Health-Bloomington

**Overview:** The goal for Dr. Fernandez-Rojas' visit is to exchange research methods and develop ideas for collaboration on childhood obesity prevention with faculty in the IU School of Public Health-Bloomington.

### Goals:

- 1) Measure the effect of Dr. Fernandez-Rojas' intervention model for childhood obesity prevention
  - a. Analyze data from 2009-2010 follow up for one school in Costa Rica (2009 control school and 2010 case school); ~300 cases.
  - b. Validate a predictive equation for fat percentage in a large subset (~1000 children from urban and rural schools); work with Dr. Fly to develop a paper based on this subject.
  - c. Analyze data collected from rural schools in 2012 and 2013.
- 2) To identify easy but powerful methodologies to measure changes in food practices and activity practices in order to design.
  - a. Potential future outcome: design an application for monitoring food intake and physical activity in parents and children
- 3) Exchange ideas on how to modify school and community spaces to promote physical activity and recreation for families and children.
- 4) Improve the design of a pilot surveillance system for school and nutrition health, to build on a current project being implemented by Dr. Fernandez-Rojas.
- 5) Analyze the effect of the PONGALE VIDA Model on leptin, ghrelin and insulin levels and the relationship with other biomarkers such as lipid profile and fasting glucose.

*Modifications can be made as needed for additional meetings with other faculty arises*

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1: Methods for measurement of Food Intake; Data Analyses, Writing	<p>Administrative Details:</p> <ul style="list-style-type: none"> <li>• Dr. Fly to greet and transport Dr. Fernandez-Rojas to Bloomington</li> <li>• Arrive at IU and meet with Jennifer Pearl, Director, Global Health Partnerships for the School of Public Health-Bloomington</li> <li>• Establish housing, university ID, email etc.</li> </ul>	<p>Organization of data analysis, writing projects, and timeline with Dr. Fly</p> <p>Other meetings on these days may include:</p> <ul style="list-style-type: none"> <li>• Meetings with university administrators outside School of Public Health such as representatives from the IU Office of the Vice President for International Affairs (OVPIA) and/or IU Center for Latin and American and Caribbean Studies</li> <li>• General Measurement of Food intake meeting: Dr. Ka He, Professor and Chair, Epidemiology and Biostatistics;</li> <li>• Introduction to multi-pass methods for 24 hour recall and Yesterday FFQ: Dr. Fly, Nutrient Data System for Research; Introduce relevant food frequency questionnaire: SPAN versions</li> <li>• Meeting with Pengcheng Xun, PhD, Assistant Scientist, consult on statistical analyses: discuss 3 studies: <i>2009-2010 follow up study; validation of predictive equation for fat percentage; analyze school data from 2012-2013 rural schools (follow-up) identify next steps for each project</i></li> </ul> <p>Tuesday and Thursday, 4:00-5:15 pm: Attend Epidemiology, taught by Dr. Juhua Luo</p>			<p>Exclusive Writing &amp; Research DAY – work with Dr. Fly: Data from study 1</p> <p>Dinner with students from Fly Lab</p>
2: Methods for measurement of Physical Activity, Data Analyses, Writing	<p>Meetings on these days may include:</p> <ul style="list-style-type: none"> <li>• Dr. Georgia Frey, general measures of physical activity;</li> <li>• Beth Mooradian, MS, physical activity in children;</li> <li>• Dr. Andrea Chomistek, physical activity epidemiology</li> <li>• Dr. Keith Chapin, PhD, Physical Activity in Schools;</li> <li>• EBIOS Statistical Consulting Center, statistical consultations</li> <li>• Dr. Donetta Cothran, PhD, Physical Activity in Schools;</li> </ul>				<p>Exclusive Writing and Research DAY – work with Dr. Fly: Data from study 2</p> <p>Dinner with Fly and School faculty/staff</p>

	Tuesday and Thursday, 4:00-5:15 pm: Attend <i>Epidemiology</i> , taught by Dr. Juhua Luo				
<b>3: Methods and measurements in the greater environment; school nutrition and physical activity programs</b>	<p>Meetings on these days may include:</p> <ul style="list-style-type: none"><li>• Meetings with Environmental Health Faculty TBD</li><li>• Meeting with Bernadette de Leon, Director SPH Geographical information systems measurement or Health Informatics faculty TBD</li><li>• Meetings with Recreation, Parks and Tourism Faculty TBD, including William Ramos, PhD, Physical activity and food intake in water recreation environments</li></ul> <p>4-5:15: Attend <i>Epidemiology</i>, taught by Dr. Luo</p>	<p>Exclusive Writing and Research Day with Dr. Fly</p> <p>Data from study 3</p> <p>Dinner with Dr. Fly and university or other school faculty</p>	<p>Writing and Research</p> <p>Meeting with Dr. Mohammad Torabi, Dean School of Public Health, Organization of the School of Public Health, TBD depending on Dean's schedule</p> <p>4-5:15: Attend <i>Epidemiology</i>, taught by Dr. Luo</p>	<p>Indianapolis meetings: Elizabeth Foland, MS, RD, Team Nutrition Specialist, Allie Caito-Sipe, Fresh Fruit and Vegetable Program, Sarah Kenworthy, MS, RD, Farm2 School Program and School Lunch Regulations, all from Indiana Department of Education, attend Indiana Nutrition Council Meeting to network with public health nutrition leadership in Indiana</p> <p>Catch up – other meetings – Farewell luncheon</p>	
<b>4: Planning for the Future</b>	<p>Summarizing the findings, future needs; discuss how methods learned during visit may apply to design of Fernandez pilot surveillance system for school and nutrition health</p> <p>Meeting with Pengcheng Xun, PhD, Assistant Scientist, consult on statistical analyses</p>	<p>Meeting with Pengcheng Xun, PhD, Assistant Scientist, consult on statistical analyses</p> <p>Pongale Vida model for leptin, ghrelin and insulin level set up analyses for relationship to lipid profile and fasting glucose</p> <p>4-5:15: Attend <i>Epidemiology</i>, Dr. Luo</p>	<p>Summarizing the findings, future needs; Writing and Research with Dr. Fly</p> <p>Community Partner Meetings – TBD</p> <p>Dinner with Dr. Fly and lab students</p>	<p>Develop timeline and concrete steps for future collaboration</p> <p>4-5:15: Attend <i>Epidemiology</i>, Dr. Luo</p>	