

## **Kaitlin Roke, PhD**

Dr. Roke is the Associate, Nutrition and Scientific Communications at the Canadian Sugar Institute (CSI). In this position, Dr. Roke is responsible for contributing to and creating new resources and presentations, seeking out and participating in professional and academic collaborations, and taking part in the project management of the nutritional information service. CSI also provides scientific support in the review of food and nutrition policy and guidelines related to sugars consumption and health.



Dr. Roke completed a PhD and MSc (Nutrition and Genetics) at the University of Guelph, Canada and a BSc (Human Kinetics, minor in Psychology) also at the University of Guelph, Canada. Research projects focused on omega-3 fatty acids, and examined the role of personalized nutrition and genetic variations related to omega-3 intake, as well as awareness of omega-3 fats and health. Dr. Roke recently completed a 1.5-year post-doctoral fellowship at Weight Watchers International, New York, United States, working on various projects which included scientific communication to members and staff, scientific evaluation as part of the business development team, and research on weight management and health. As a graduate student, Dr. Roke received the Ontario Graduate Scholarship for her studies. Dr. Roke has experience in infographic creation, and this work began after attending a workshop and taking initiative to reach out to the Canadian Nutrition Society to see if they would be interested in Infographics. Through this initiative, Dr. Shannan Grant provided mentorship and training, allowing Dr. Roke to improve, finalize, and create four Infographics for the Canadian Nutrition Society as a summary of their thematic conferences. Dr. Roke has subsequently mentored two graduate students to create Infographics on subsequent thematic conferences. Additionally, Dr. Roke has worked with the Nova Scotia Dietetics Association through a mentorship initiative and the Lifestyle Genomics Journal.