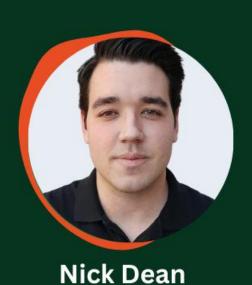
Healthy Eating Research

Amplifying Your Research Using Digital Platforms

Thursday, October 23 12:00-1:00 p.m. EST



Burness



Lee Sova-Claypool Burness



Lauren Au
UC Davis



Megan Lott HER

Logistics

Participants will be automatically muted when joining

Ask any tech or logistics questions for the host in the chat bar

15 minutes of audience Q&A at the end of the session – ask questions for the presenters in the Q&A bar



Today's webinar

Presentations (20 minutes)

- Lee Sova-Claypool, Deputy Director of Digital Strategy at Burness
- Lauren Au, PhD, RDN, Associate Professor of Nutrition at the University of California, Davis

Moderated Discussion (35 minutes)

Facilitated by Lee Sova-Claypool

- Megan Lott, MPH, RDN, Deputy Director of Healthy Eating Research
- Nick Dean, Senior Vice President of Digital and Creative, Burness
- Lauren Au, PhD, RDN, Associate Professor of Nutrition at the University of California, Davis

Amplifying your research online

How LinkedIn can extend your reach and support your goals



Agenda

- Why LinkedIn?
- Content best practices
- Engagement tips



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Why LinkedIn?

Why are we focusing on LinkedIn today?

- The professional social network
- Algorithm prioritizes expertise, "valuable knowledge and advice"
- Easy to find and target specific audiences



Supports long posts, info-heavy post types

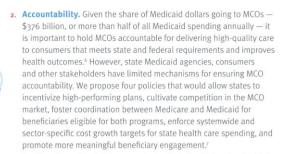
Medicaid Managed Care: Transparency/Accountability/Qual... • 30 pages **FAMILIESUSA** FAMILIESUSA.ORG **Achieving Transparency,** Accountability and **Quality in Medicaid Managed Care: A State** and Federal Policy

> Policymakers and consumers should have an accurate and transparent accounting of how health care entities spend the tax dollars they receive. Despite \$376 billion in Medicaid spending going to managed care organizations, the Centers for Medicare & Medicaid Services (CMS) and states are not using all the levers at their disposal to ensure appropriate oversight of these funds. This policy agenda examines mechanisms to increase transparency and accountability within Medicaid managed care and offers a set of policy proposals designed to give CMS, states, consumers and taxpayers the tools they need to ensure the managed care system lives up to its promise to lower Medicaid costs while delivering high-quality care.

Agenda

Executive summary

Medicaid is a joint federal-state program that provides comprehensive health care coverage to about 80 million low-income people in the United States.1 Forty-one states (including the District of Columbia) contract with private Medicaid managed care organizations (MCOs) to deliver services to some or all Medicaid beneficiaries in their state, including children, pregnant women,





These proposals would give CMS, states, consumers and taxpayers the tools they need to determine where managed care plans are effective, where improvement is needed, and whether current and future MCO plans deliver quality care and good health outcomes for the beneficiaries they serve.

FAMILIESUSA ORG

What Is Medicaid Managed Care?11

Medicaid managed care is a system for health care delivery and payment. Under a typical managed care arrangement, the state Medicaid agency pays a private Medicaid managed care organization (MCO) a set per member per month payment (capitated payment). In return, the MCO agrees to provide covered services to Medicaid recipients enrolled in its plan and handle a range of functions, including establishing provider networks and managing costs, utilization and quality of care.

Alternatively, states can choose to offer Medicaid benefits on a fee-for-service (FFS) basis. In this model, the state pays providers directly for Medicaid-eligible services received by beneficiaries.12



FAMILIESUSA.ORG



Policy proposals to improve public transparency

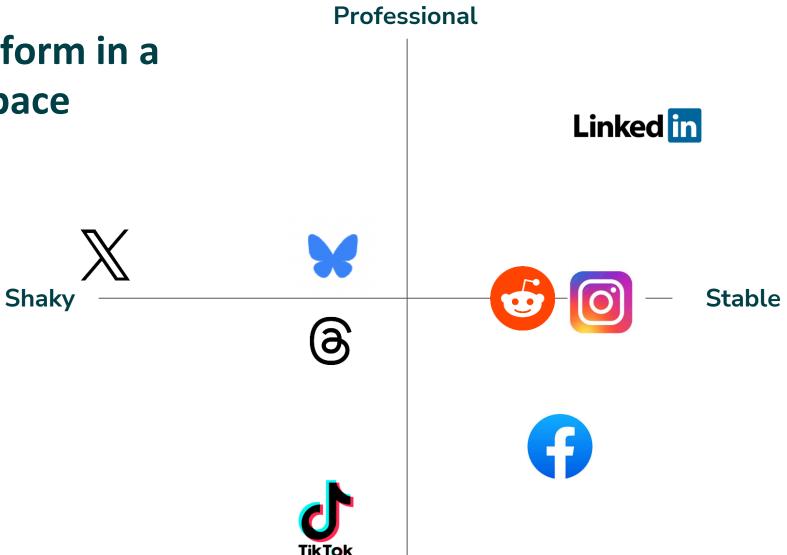
PROPOSAL 1: CMS should require MCOs to report publicly on prior authorization claims adjudication processes, clinical standards and algorithms, as well as require states to audit prior authorization denials.

Prior authorization is a policy many health plans have in place that requires a patient's provider to obtain approval in advance for certain health care services before the plan agrees to cover them.¹³ Insurers impose prior authorization requirements to reduce costs and prevent low-value care. However, prior authorization requirements can also lead to treatment denials or delays in accessing necessary care.14





It's a stable platform in a shifting social space



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Before posting



Optimize your profile

Fill out all profile sections



Teach the algorithm

Engage with content you want more of



Expand your audience

Connect + follow



Make a posting plan

Make it a priority



Content Tips

Add Value

- Entertain
- Inform
- Validate



Having friends is cool, but have you ever cut everyone off and disappeared for six months?

...see more



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Jamie Bussel ② · Following
Senior Program Officer at Robert Wood Johnson Foundation
4mo · €

A new **Urban Institute** study reveals that if the U.S. were to go into a recession as Congress simultaneously slashes SNAP funding and pushes program costs onto states, nearly 900,000 more people could be pushed into poverty.

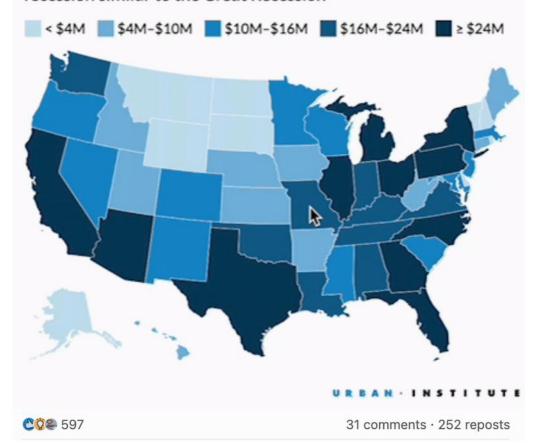
With some economists predicting that we are close to a recession, this study shows that the combination of additional people enrolling in SNAP due to job loss, and changes in how SNAP is funded could lead to an economic downturn. This is primarily due to states having to find millions of dollars in their budgets—previously supplied by the federal government—to keep the program running. That could lead to higher taxes or cuts to other state spending.

More likely than not, states would have to reduce participants' benefits or limit eligibility—resulting in more people struggling to put food on the table and make ends meet. Plus, our local economies would be impacted as people spend less.

Explore the analysis: https://lnkd.in/eR6JrYZm

Shifting SNAP Benefit Costs to States Would Mean Nearly \$1 Billion in Additional Costs to State Budgets During a Recession

Expected state budget increases if states take on a 10 percent cost share of SNAP benefits and the economy experiences a recession similar to the Great Recession





SHANNON WATTS (She/Her) • 1st



Speaker, author, organizer, "summoner of women's ...

"...it is normal – but not yet normalized – for women to feel both in love with and overwhelmed and overstimulated by the demands of parenting."



shannonwatts.substack.com • 5 min read

I Love You. Stop Touching Me.



Grab Attention

- Feeds are crowded
- Your posts need to find a way to "stop the scroll"







How can I grab attention with this information?





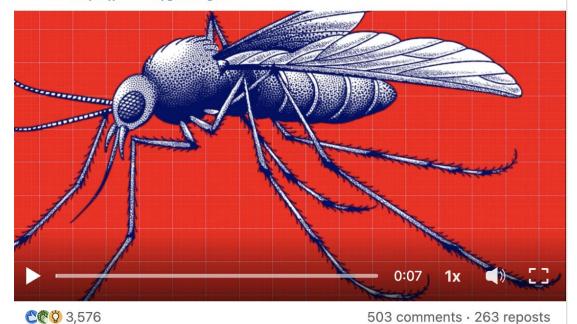
Bill Gates in • 3rd+

+ Follow

Chair, Gates Foundation and Founder, Breakthrough Energy View my newsletter

3d • 🕓

This World Mosquito Day, I'm thinking about a time when malaria was an American problem, and how we tackled the disease and transformed our public health system in the process. I'm also excited about a new innovation out of Tanzania that could help eliminate malaria transmission entirely. It's Mosquito Week on the Gates Notes: https://lnkd.in/gkTuag9B



Make It Easy

- De-jargon, keep it simple, digestible, and shareable
- Even smart people skim



How can I sound smart?





How can I make this as easy as possible for someone to digest?



Alright, I started a list. Here's what I have so far of all the ways the Medicaid cuts will take us further from a health system that works well for everyone. ...more

Ripple Effect of Medicaid Cuts:

- Hospital closures
- Births get more dangerous (almost half of births in the U.S. are covered by Medicaid)
- Healthcare workers losing jobs
- More kids in foster care
- Short staffing everywhere because employees are sicker for longer
- Emergency room wait times increase
- Copays likely increase for everyone (hospitals passing on costs due to losses)
- Rise in student absenteeism since kids who lose Medicaid may be sicker for

Make It Personal

- Why do you care?
- Why should they?



Enock Chikava • 3rd+

+ Follow ···

I-Director, Agricultural Development, Bill & Melinda Gat...

It was an inspiration and a pleasure to join AGRA, USAID, and Foreign,

Commonwealth and Development Office in Kenya to learn about Farm Africa's regenerative agriculture project! I spoke with village-based advisors & other experts about how Africa can sustainably feed itself and the world.





Lauren Au, PhD, RDN ② · 2nd + Follow · · · · · Associate Professor at University of California, Davis 1mo · Edited · ⑤

I've been swimming since I was 11. It helps me reset and stay continually motivated. In academia, you constantly face rejection and dissappointment. Unsuccessful grants or rejected manuscripts happen frequently and you have to keep moving forward.

Swimming allows me to find my inspiration. What is yours?

University of California, Davis UC Davis Nutrition



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Quality > Quantity

- Consistency is key
- Try one thing multiple ways
- Diversify post types

The Washington Pos

Climate & Environment COP26 COP26 FAQ Climate Solutions Invisible project 2C project

CLIMATE & ENVIRONMEN

Redlining means 45 million Americans are breathing dirtier air, 50 years after it ended

Boyle Heights, a heavily Latino area in Los Angeles singled out for its 'detrimental racial elements,' has one of the highest collution scores in California



Listen to article 8 mi



The Boyle Heights area of Los Angeles, reflected in a car window. The community was redlined by federal m

曲山口

Decades of federal housing discrimination did not only depress home values, lower job opportunities and spur poverty in communities deemed undesirable because of race. It's why 45 million Americans are breathing dirier air today, according to a landmark study released Wednesday.

The practice known as redlining was outlawed more than a half-century ago, but it continues to impact people who live in neighborhoods that government mortgage officers shunned for 30 years because people of color and immigrants lived in them.

The analysis, published in the journal Environmental Science and and Latino Americans live with more smog and fine particulate matter from cars, trucks, buses, coal plants and other nearby industrial sources in areas that were redilined. Those publicants inflame human airways, reduce lung function, trigger asthma attacks and can damage the heart and cause stroke or

"Of course, we've known about redlining and its other unequal impacts, but air pollution is one of the most important environmental health issues in the U.S.," said Joshua Apte, a co-author of the study and an My hometown of Austin, Texas is cut down the center by the horrid practice of redlining. When you cross under the highway, the inequities are visible - and, apparently, breathable.



washingtonpost.cor

Redlining means 45 million Americans are breathing dirtier air, 50 years after it ...

Decades of federal housing discrimination known as redlining accounts for the fact that 45 million Americans are breathing dirtier air today, according to a ...

Anecdote

"This groundbreaking study builds on the solid empirical evidence that systemic racism is killing and making people of color sick, it's just that simple." — @DrBobBullard in the @washingtonpost



washingtonpost.com

Redlining means 45 million Americans are breathing dirtier air, 50 years after it ... Decades of federal housing discrimination known as redlining accounts for the fact that 45 million Americans are breathing dirtier air today, according to a ...

Pull quote

The health of our cities is dependent on uprooting racist policies + ensuring all future policies are just and fair

Look at how redlining—a policy that stopped 50 years ago—is still harming our health:



ashingtonpost.com

Redlining means 45 million Americans are breathing dirtier air, 50 years after it ...

Decades of federal housing discrimination known as redlining accounts for the fact that 45 million Americans are breathing dirtier air today, according to a ...

Key message

What will our cities be like in 50 years if we commit to ending all unjust and harmful policies now?



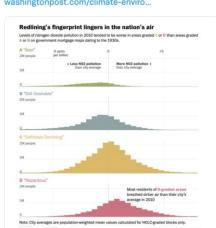
washingtonpost.com

Redlining means 45 million Americans are breathing dirtier air, 50 years after it ... Decades of federal housing discrimination known as redlining accounts for the fact that 45 million Americans are breathing dirtier air today, according to a ...

Redlining is still impacting our communities.

45 million Americans are breathing dirtier air some 50 years after the practice ended.

More from @washingtonpost: washingtonpost.com/climate-enviro...



Visual

Question

burness

Beyond Posting

Engage, engage, engage

- Social is social, engage with others!
- Helps grow your audience and increase post reach
- Helps specify and/or diversify your feed
- Builds trust + deepens relationships



Engagement opportunities

Light Lift (1 min)

- Following/connecting
- Reacting to a post
- Reposting

Medium Lift (2 mins)

- Leaving a comment
- Replying to comments and mentions
- Reposting with comments

Heavy Lift (3+ minutes)

- Working on a joint project and promoting it together
- Going live with a peer
- Engaging in groups

















Like

Celebrate

Support

Funny

Love

Insightful

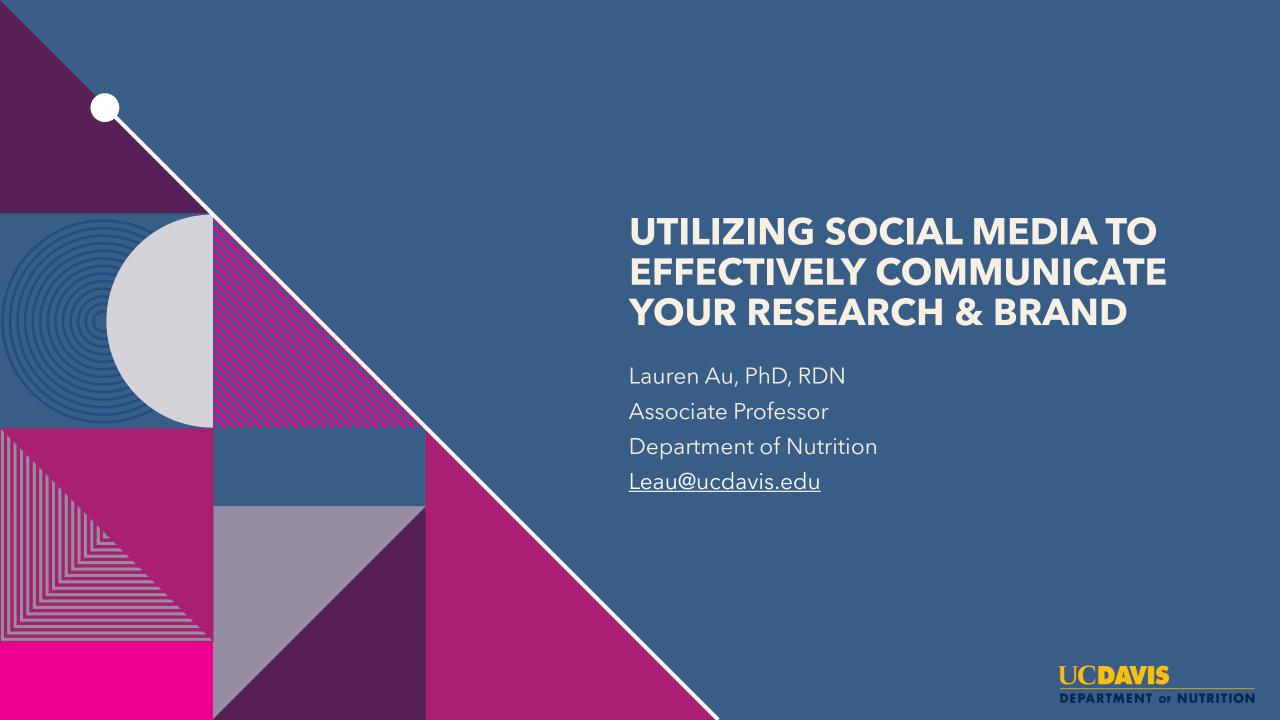
Each week...

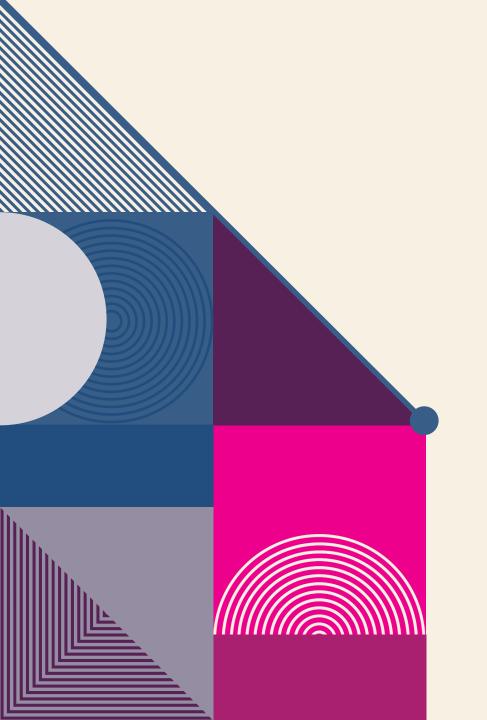
1 Post at least once.

2 Share **two** posts from others.

3 Log on and engage with others three times.

Questions?





SOCIAL MEDIA USES

Networking

Connection

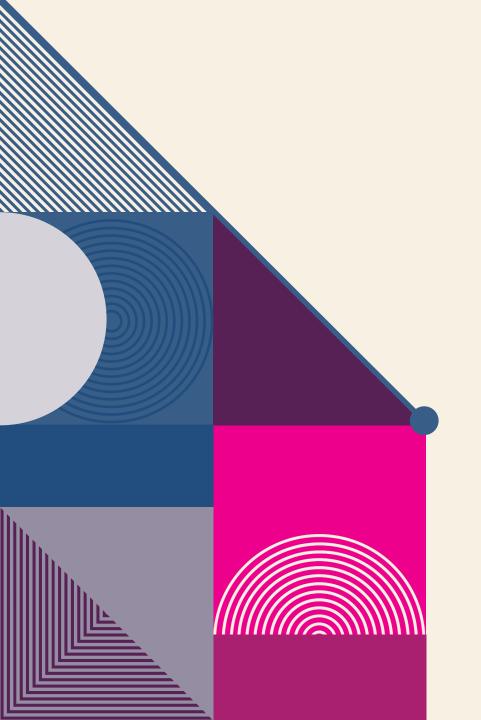
Motivation









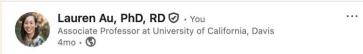


LINKEDIN in



- 1. Networking
- 2. Highlights
- 3. Trainee spotlights
- 4. Research
- 5. Milestones





Presenting at the Robert Wood Johnson Foundation's 20th Healthy Eating Research meeting at Duke University!

My first grant as a PI was from HER in 2015 and it led to numerous publications, future grant funding, and helped support my tenure promotion. Thank you Mary Story for your wonderful leadership and paving the way for impactful nutrition research for all.

University of California, Davis

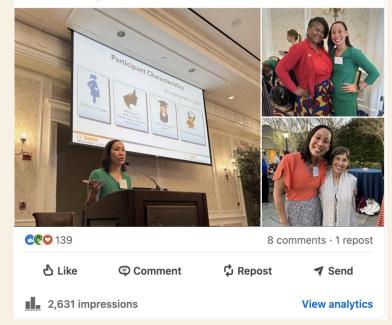
UC Davis College of Agricultural and Environmental Sciences

UC Davis Institute for Global Nutrition

RWJF

Healthy Eating Research

Nutrition Policy Institute



NETWORKING



Lauren Au, PhD, RD 🕢 · You Associate Professor at University of California, Davis

Interested in joining one of the top nutrition departments in the world? We are recruiting for a new tenure track Assistant Professor of Nutrition and Immunology at University of California, Davis. This is a fantastic opportunity for an individual interested in joining a strong, collegial department that supports interdisciplinary collaboration. Details can be found at the following link: https://lnkd.in/gwBfUVfS The deadline for applications is November 3 2024. Come work with us!

Gerardo Mackenzie Peng Ji Christine Stewart Francene Steinberg Amy R. Nichols, PhD, MS, RDN Reina Engle-Stone Guodong Zhang Angela M Zivkovic Fawaz Haj Debbie Fetter, PhD Carolyn Slupsky Cassandra J. Nguyen, PhD Jennifer Smilowitz



Assistant Professor of Nutrition and Immunology

recruit.ucdavis.edu

CC 41

5 comments · 9 reposts

८ Like

Comment

□ Repost

Send



4,254 impressions

View analytics





I've been swimming since I was 11. It helps me reset and stay continually motivated. In academia, you constantly face rejection and dissappointment. Unsuccessful grants or rejected manuscripts happen frequently and you have to keep moving forward.

Swimming allows me to find my inspiration. What is yours?

University of California, Davis UC Davis Nutrition





CONNECTIONS



Alison Brown, PhD, RDN ⊘ · 1st

Public Health | Nutrition | Community and Partner Engagement

In addition to being committed to nutrition and health disparities research, I have always valued physical fitness and exercise as part of my self-care routine, not only for my physical well-being but also my mental and emotional health. To share a bit more personally, I set the goal to do a triathlon this year, and I am happy to share that I recently completed my first sprint triathlon. At moments when I wanted to give up, I had motivation from others along the course and the voice of resilience to push through.

With that said, in spite of the many roles you may play and the precarious season in society we find ourselves in, I hope everyone is taking time out for themselves and their health and well-being.

For their motivation and transparency on LinkedIn, I want to thank Lauren Au, PhD, RD in sharing her swimming journey and, for my Spelman sister, Nikki J-E Turner, who coaches professionals about balance and self-care.



126 comments



CCO You and 407 others

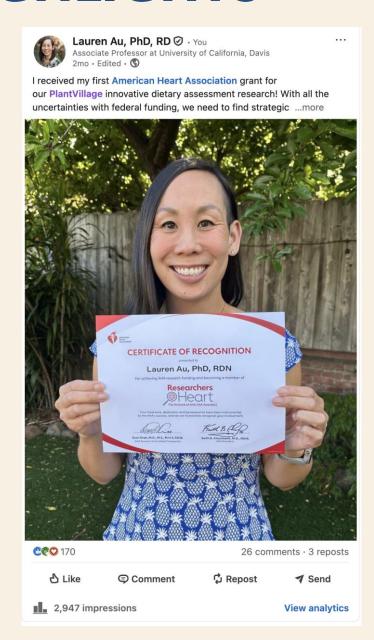


As a newly tenured Associate Professor at the University of California,
Davis effective today, I'm honored to receive the American Society for
Nutrition Mid-Career Award from the Community and Public Health
Research Interest Section in Chicago!

Thank you Drs. Christine Stewart and Lorrene Ritchie for the nomination, collaboration, and continued support.



HIGHLIGHTS







It's the start of Fall Quarter '25, and it feels like a great time to reflect on the past few months and my PhD journey.

First, I passed my PhD qualifying exam, such a proud milestone to accomplish at the end of my second year!

I also had the opportunity to present my research findings at the IUNS-ICN 2025 conference in Paris, which was truly the highlight of my summer. I was also honored to present at the University of California, Davis - School of Medicine Alumni Weekend among a distinguished panel.

Looking ahead to this academic year, I'm excited to share that I will be part of the 2025-2026 cohort of the UC Davis Leaders for the Future Fellowship. As part of this fellowship, I completed a four-day entrepreneurship academy, which was an enlightening experience.

Here's to a fulfilling PhD journey ahead! Grateful to my Pl, Lauren Au, PhD, RD, for being such a supportive mentor.

UC Davis Institute for Global Nutrition UC Davis Nutrition Aulo Gelli Katherine Kwon Caroline Joyce, PhD, MSc





34 comments · 2 reposts

TRAINEE SPOTLIGHTS



I'm proud to share that Alana Chaney, my first PhD candidate, received the University of California, Davis Dissertation Fellowship award! This prestigious award is given to only a handful of PhD students in their final year. Alana was also selected to be an American Society for Nutrition Science Policy Fellow! An incredible honor to represent one of the top nutrition professional organizations in the world. I'm excited to see what the future holds for this inspiring and talented young scientist.

UC Davis Institute for Global Nutrition
UC Davis College of Agricultural and Environmental Sciences
UC Davis Graduate Studies







RESEARCH

Lauren Au, PhD, RD reposted this



Lauren Au, PhD, RD ② · You
Associate Professor at University of California, Davis
2w · ⑤

← Hot off the presses <a> ! Our Healthy Eating Research-funded project showing the importance of children staying on WIC for optimal nutrition and health <a> ..

Christabel Domfe Charles D Arnold Marianne Bitler Lorrene Ritchie Shannon E. Whaley Edward Frongillo

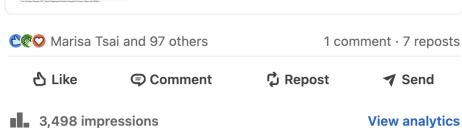
UC Davis Nutrition
UC Davis Institute for Global Nutrition
MCN UC Davis
UC Davis College of Agricultural and Environmental Sciences
Nutrition Policy Institute

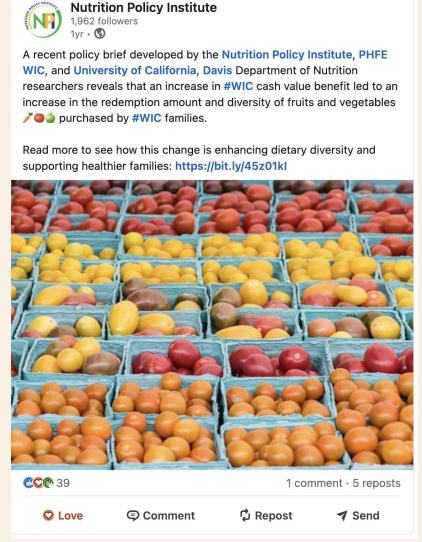
https://lnkd.in/gK3q3sCM



Diet Quality and Weight Status are Predicted by Federal Nutrition Assistance Program...

cdn.nutrition.org









I am celebrating 5 years as faculty at UC Davis Nutrition! The first picture is when I interviewed in 2020 when I was one month postpartum. I was so sleep-deprived and nervous about being able to convey my passion for research and teaching. I remember thinking if the faculty think I have potential at 70% capacity, just wait until they see me at 100%. Little did I realize that working parents rarely ever get back to 100%

Fast forward to today, I have built a lab filled with dedicated, intelligent, and hard-working graduate students. I have taught hundreds of undergraduates in 2 upper division nutrition courses, as well as masters students.

I am so proud of how far I have come these past 5 years. Academia is a marathon, not a sprint. And I am just getting started!

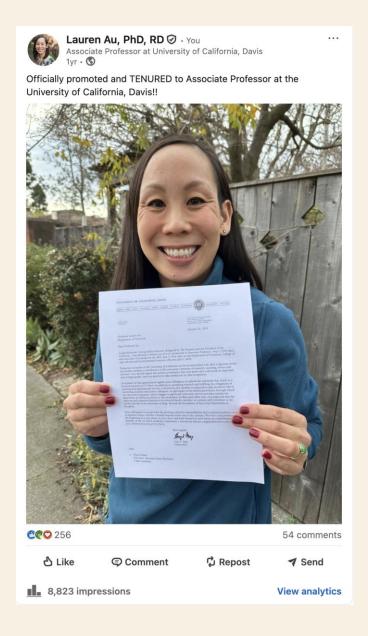
University of California, Davis
UC Davis College of Agricultural and Environmental Sciences
UC Davis Institute for Global Nutrition



View analytics

2,503 impressions

MILESTONES





HER LINKEDIN "INFLUENCERS"



Regional Dean of the UTHealth School of Public Health in Austin John P. McGovern Professor of Health Promotion at University of Texas School of Public Health

Austin, Texas, United States · Contact info

500+ connections

Daniel Hatfield, PhD, Lorrene Ritchie, and 49 other mutual connections







Daniel Hatfield, PhD, Lorrene Ritchie, and 66 other mutual connections

TIPS & TAKEAWAYS

- Would my grandmother approve?
- Be authentic
- Think strategically



THANK YOU Lauren Au Leau@ucdavis.edu



Q&A

Thank you for attending!

THE RECORDING WILL BE MADE AVAILABLE IN THE COMING DAYS.