

The Hormel Institute

UNIVERSITY OF MINNESOTA



RESEARCH

Minnesota State Fairgoers Contribute to The Hormel Institute Research

As the Electronic Nutrition Approaches for Cancer-Related Topics (ENACT) lab at The Hormel Institute, led by Professor Annie Lin, PhD RD, builds an inclusive, personalized health and nutrition app called CrunchFeed, Minnesota State Fair attendees had the chance to help guide its development.

A study, supported by a grant from the Masonic Cancer Center (MCC), took place in the Driven to Discover (D2D) building at this year's state fair, where visitors could take a survey on-site or after the fair to help the research team incorporate personal factors into the app, as well as the chance to weigh in on app design mock-ups.

“There is a popular concept that weight gain is caused by more calories in than calories out. While this formula has been used by many commercial mobile health apps, the saying is oversimplified and ignores the essential nutrients found in food,” said Dr. Lin. “The concept also fails to consider that diet change is a personal journey. We have different biological, environmental, and cultural influences on how we access and respond to food.”

This research will be the first step toward understanding how the team can personalize the app with the ultimate goal being the creation of a publicly available mobile app that is useful for users across a variety of Minnesotan communities, as well as for clinicians providing nutrition education.

[More about CrunchFeed](#)



NEWS

Arctis FIBmiller Arrives at The Hormel Institute

The Hormel Institute is excited that the Arctis Plasma FIB-SEM microscope arrived and installation has begun for the technology that is the first at an academic institution in North America.

Part of the Minnesota Bioimaging Center (MBiC), The Hormel Institute has established this regional imaging center that will further expand current state-of-the-art bioimaging capabilities and accelerate discoveries for diseases that range from cancer to Alzheimer's disease to chronic wasting disease.

We share our deepest thanks to U.S. Senators Amy Klobuchar and Tina Smith for providing the funding through CDS grants in 2023 to secure this technology!



SUPPORT

Thank You to Funders of Biofuels Research Project

Thanks to 15 different ethanol and biofuels funding agencies, The Hormel Institute's Biofuels Research Project is set to begin Phase 3a in partnership with researchers at the Energy Resources Center at University of Illinois Chicago and Case Western Reserve University School of Medicine. Thanks to Mr. Rick Schwarck and Absolute Energy for pioneering this innovative study that is leading to a better understanding of compounds in fuel that could be replaced by ethanol.

Finstad Visits The Hormel Institute

U.S. Congressman Brad Finstad met with regional healthcare providers to discuss issues with rural health care delivery. The group expressed gratitude for his second annual meeting to discuss providing more effective health care regionally.

Rep. Finstad also met with Dr. James Robinson of The Hormel Institute to discuss the importance of Department of Defense cancer research funding. Thank you for your time at The Hormel Institute!



Blooming Prairie Cancer Group Auction



ALL PROCEEDS GO TO THE BP CANCER GROUP 501C3 #27-1252726

SEPTEMBER 6TH & 7TH
2 BIG NIGHTS - FRIDAY & SATURDAY
UNDER THE BIG TENT OUTSIDE OF THE BLOOMING PRAIRIE CUE COMPANY

BID ON A 2024 TRIP TO HAWAII!
 OTHER GREAT TRIPS FEATURED, TOO!



STAY AT THE MARRIOTT'S KO OLINA BEACH CLUB
NOVEMBER 16TH - 23RD, 2024
 UNIT FEATURING:
 2 BEDROOMS & FULL KITCHEN
 SLEEPS 8 TOTAL, 6 PRIVATE
 2 BATHROOMS

FEATURED
THURSDAY
WORTH!

FRIDAY NIGHT
LIVE AUCTION

6:30 PM UNDER THE BIG TENT
SATURDAY EVENTS

4:30 PM FAMILY BINGO

GREAT PRIZES & FUN FOR ALL!

6:30 PM LIVE AUCTION

ANNUAL PRIHODA
CANCER AUCTION
RAFFLE

TICKETS - \$10 EACH
 1ST PRIZE: \$1000
 2ND PRIZE: \$300
 3RD PRIZE: \$200

THIS YEAR'S RAFFLE IN MEMORY
 OF STEVE PRIHODA
 THANKS TO FAMILY & FRIENDS!
DRAWING SEPTEMBER 7TH

6:00 PM - BP CANCER AUCTION
 NEED NOT BE PRESENT TO WIN - K-2024

DONATIONS:

ANY DONATION CAN BE DROPPED OFF AT
 457 4TH STREET SW, BLOOMING PRAIRIE
 ALL DONATIONS MUST BE DROPPED OFF BY
WEDNESDAY, AUGUST 28TH
 TO BE INCLUDED IN THE AUCTION ITEMS LIST
 ITEMS DONATED AFTER AUGUST 28TH
 WILL BE FEATURED IN OUR NEW PENNY RAFFLE!
FOR MORE INFORMATION CONTACT:
 CONNIE THOM - 507-458-0845
 BRANDY BOYCE - 507-252-5066
 LORI LAMONTAGNE - 507-458-9471

JOIN US FOR SPORTSMAN'S BINGO!

FEATURING HIGHER END PRIZES
THURSDAY, SEPTEMBER 5TH
 UNDER THE BIG TENT - THE CUE COMPANY
 - DOORS AT 6:00 PM -
 - STARTS AT 7:00 PM -
 \$80 FOR 10 GAMES - TICKETS ARE LIMITED!
 MUST BE 18 YEARS OF AGE OR OLDER

September 6th & 7th Under the big tent
 outside of the Blooming Prairie Cue
 Company Auctions start at 6:30 pm



Thank You, Donors!

YOU make research possible!

Thank you to our community of donors for supporting Paint the Town Pink, Bowling for the Battle, and other fundraisers. Because of you, The Hormel Institute was able to give out over \$500k of internal grants to scientists in July 2024.

DONATE NOW



COMMUNITY OUTREACH & EDUCATION

In the Community



WOW at the Mower County Fair



WOW at the Mower County Senior Center



WOW at the Adams Emergency Services Building

August was a busy month with events at Mower County Fair, Dexter, Rose Creek, Mower County Senior Center, and Benin New Year where over 200 individuals this month received preventive screenings.

The Hormel Institute at The Minnesota State Fair

Thank you to all those who visited The Hormel Institute's booths at the Minnesota State Fair with Goldy vs. Cancer Day and our research in the Driven 2 Discover (D2D) building with Dr. Annie Lin and team. Dr. Vivek Verma gave an interactive presentation on stress and digestive health on the Crossroads Building stage.



Wellness on Wheels

We are collaborating with Mower County Health and Human Services to bring essential health services directly to rural Mower County communities and Austin. Our mobile unit will visit various locations to offer health screenings, education, and vital resource information.

Upcoming Events

Sept. 13: Wellness on Wheels at the Cedar River Farmers Market (across from Salvation Army), 4-6 p.m.

This program is possible with support from the Austin Area Foundation and Freeborn Mower County Cooperative Electric. If you are interested in helping support this important preventive community initiative, [donate today](#).



Science Saturday at Austin Public Library

You are invited to participate in Science Saturday, offered in collaboration with the Austin Public Library.

When: Sept. 21, 11 a.m. - 1 p.m.

Where: Austin Public Library

This free event features hands-on activities and fun for all ages. Participants will have the opportunity to interact directly with our researchers and experience the excitement of scientific collaboration. This initiative aims to bring science to life and nurture the next generation of innovators, fostering a passion for discovery and learning within our community.



Celebrating Wellness and Survivorship

Join us for this FREE event. You will be able to socialize while enjoying appetizers, learning about current programs, and giving feedback on the needs of our community in wellness and survivorship activities.

We will also showcase research at The Hormel Institute and provide a chance to practice wellness through music provided by [Philip Daniel](#). We hope to see you there!

When: October 5, 3-5 p.m.

Where: The Hormel Institute

[More event information](#)



Wellness & Survivorship

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New Post Baccalaureate Accelerated Career Experience (PACE) Program

We are thrilled to announce a new training program at The Hormel Institute: [PACE \(Post-Baccalaureate Accelerated Career Experience\)](#)—a one-year, full-time program.

PACE is designed to provide unparalleled research training opportunities to recent graduates of undergraduate programs to prepare them for success in postgraduate programs in the field of biomedical science.

It is dedicated to creating an inclusive, safe, productive environment that fosters individual growth, ensuring each trainee researcher can reach their full potential and contributes meaningfully to the advancement of biomedical research.

Learn more about this program at our first online informational session on Tuesday, Oct. 15, from 3-4 p.m.

[Register for the PACE info session](#)

[Apply for PACE](#)



POST BACCALAUREATE ACCELERATED
CAREER EXPERIENCE

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You can help contribute to community and education initiatives at The Hormel Institute by donating to our [Education Fund](#).

[DONATE NOW](#)

Blog: Cancer Disparities in Hispanic and Latino Communities

As we observe Hispanic Heritage Month from September 15 to October 15, 2024, it's essential to reflect not only on the rich cultural contributions of Hispanic and Latino communities in the United States, but also on the health challenges they face, particularly in the realm of cancer.



In this month's blog, we take a look at the cancer disparities among Hispanic and Latino communities—and how they can be addressed.

[More on cancer disparities](#)

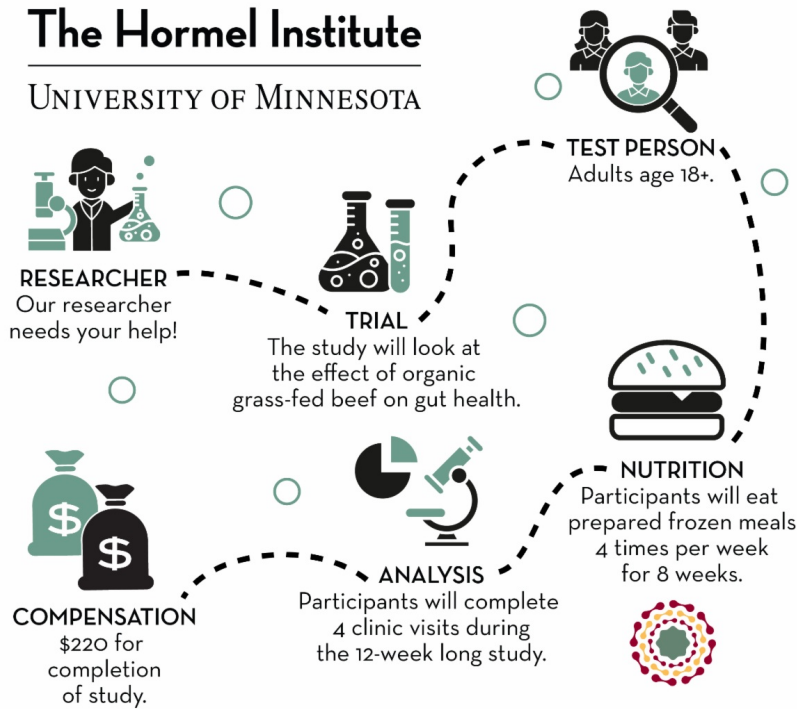


CLINICAL STUDIES

Participate in a Dietary Study

The Hormel Institute

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Help with important research! At The Hormel Institute, University of Minnesota, we are looking for men and women 18 years or older to take part in a 12-week long dietary research study looking at the effects of organic grass-fed beef on gut health. Participants will get four free meals per week for 8 weeks and compensation up to \$220. For more information, visit redcap.link/HormelBeefStudy.

10,000 Families Study

The Hormel Institute is partnering with the **10,000 Families Study (10KFS)** of the University of Minnesota. 10KFS is a study of family health across Minnesota, looking at how environment, genetics, and daily life affect health and illness over time. We are partnering to invite families from Mower County and broader Southeast Minnesota to join the study.

Let's make sure our region is represented in this landmark project! We offer the opportunity to come to the Institute for health visits, the in-person part of 10KFS, eliminating the need to travel to the Twin Cities to participate.

Want to see if your family is eligible to join 10KFS?
[Click here](#). Questions? Email tenkfs@umn.edu.



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Try email marketing for free today!