

Diana K. (Bucey) Cuy Castellanos, PhD, RD

Education

Doctoral of Philosophy in Nutrition and Food Systems	May 2011
University of Southern Mississippi	
<i>Dissertation title: Examining dietary acculturation in Hispanic males residing in Mississippi</i>	
Master of Arts in Nutrition and Dietetics	May 2006
Marshall University, Hattiesburg, WV	
Bachelor of Science in Nutrition and Dietetics	May 2000
University of Cincinnati, Cincinnati, OH	

Registration and Licensure

<i>Registered Dietitian</i>	Commission of Dietetic Registration Registration Number: 915126
<i>Licensed Dietitian</i>	State Medical Board of Ohio

Professional Experience

Academic Experience

<i>Associate Professor</i>	2013 - present
University of Dayton Department of Health and Sport Science	
<i>Assistant Professor</i>	2011 – 2013
Marywood University Department of Nutrition and Dietetics	
<i>Visiting Instructor</i>	2010-2011
University of Southern Mississippi Department of Nutrition and Food Systems	
<i>Graduate Research Assistant</i>	2007-2010
University of Southern Mississippi Department of Nutrition and Food Systems	
<i>Graduate Assistant</i>	2000-2001
Marshall University Department of Nutrition and Dietetics	

Industry Experience

<i>Clinical Registered Dietitian</i>	2007
Xenia Regional Hospital, Xenia, OH	
<i>Café developer and Manager</i>	2006-2007
Un Mundo Café, Springfield, OH	
<i>Co-Director of Community Nutrition and Health</i>	2002-2005
Student's International/Mission Impact, Santa Maria de Jesus Guatemala	

Research and Scholarly Activities

Refereed Journal Articles

25. **Cuy Castellanos, D.**, Daprano, C., Blevins, C., & Crecelius, A. (2020). The theory of planned behavior and strength training in college-aged women. *Journal of American College Health*, <https://doi.org/10.1080/07448481.2020.1775606>
24. **Cuy Castellanos, D** & Miller, B. (2020). Exploring factors associated with sugar-sweetened beverage intake in The Latinx population. *Journal of Nutrition Education and Behavior*, 52(3), 281-289.
23. **Cuy Castellanos, D.**, Holcomb, J., Fernando, F., Schneider, K., McCullough, D. (2019). Exploring dietary behavior in at risk youth participating in an after-school agricultural program. *Journal of Hunger and Environmental Nutrition*. DOI: 10.1080/19320248.2019.1649779
22. Evans, J, **Cuy Castellanos, D.** (2019). Assessing the Use of Cooking Demonstrations on Healthy Eating Barriers in City Bus Riders. *American Journal of Undergraduate Research*, 16(1), 65-73.
21. **Cuy Castellanos, D.** & Holcomb, J. (2018). Food insecurity, financial priority and nutrition literacy of university students at a mid-size private university. *Journal of American College Health*. DOI: 10.1080/07448481.2018.1515762
20. Dunfee, M. & **Cuy Castellanos, D.** (2018). Bridging the gaps between ecology and nutrition: A middle school-university collaboration. *Journal of Hunger and Environmental Nutrition*. DOI: 10.1080/19320248.2018.1484312
19. **Cuy Castellanos, D.** & Miller, B. (2017). Adapting an evidence-based nutrition intervention to a Hispanic population. Lessons learned from the field. *Journal of Family Medicine and Community Health*, 4(5), 1121-112
18. Taylor, E. & **Cuy Castellanos, D.** (2017). The feasibility of using the Supertracker website for behavior changes in the adolescent population. *Journal of Technology, Research and Media in Kinesiology*, [Online Serial]. <http://www.sports-media.org/index.php/jtrm-in-kinesiology/>
17. Palacios, A., Villanueva, L., **Cuy Castellanos, D.**, Reinhart, G. (2017) Aceptabilidad de un Atole Fortificado con 21 Micronutrientes e Impacto en la Salud y Nutrition de Ninos entre los 6 y 72 meses de edad en la Ciudad de Guatemala. *Archivos Latinoamericanos de Nutricion*, 67(1), 15-22
16. **Cuy Castellanos, D.**, Jones, J., and Christaldi, J. (2017) Perspectives on the Development of a Local Food System: The case of Dayton, Ohio. *Agroecology and Sustainable Food Systems*.41(2), 186-203
15. **Cuy Castellanos, D.**, Keller, J. and Majchrzak, E. (2016). Exploring the connection between community food security initiatives and social-cognitive factors on dietary intake. *Journal of Agriculture, Food Systems and Community Development*, 7(1), 21-31
14. Bachman, J., Christaldi, J., Tomasko, A., and **Cuy Castellanos, D.** (2016). Translating MyPlate into food selections that meet Dietary Guidelines recommendations. *Journal of Human Science and Extension*,4(3), 111-123.
13. Ma, R., **Cuy Castellanos, D.**, and Bachman, J. (2016). Identifying Factors Associated with Fast Food Consumption among Adolescents in Beijing China Using a Theory-based Approach. *Public Health*, 136, 87-93
12. **Cuy Castellanos, D.**, Downey, L. et al. (2016). An Emerging Dietary Acculturation Conceptual Framework for Hispanic Males Residing in the Southern US. *Journal of Human Science and Extension* 4(2), 45-65
11. **Cuy Castellanos, D.** (2015). Dietary acculturation in Latinos/Hispanics in the United States. *American Journal of Lifestyle Medicine*. 9(1), 31-36

10. Alakaam, A., **Cuy Castellanos, D.**, Bodzio, J., & Harrison, L. (2015). The factors that influence dietary habits among international students in the US. *Journal of International Students*, 5(2), 104-120
9. **Cuy Castellanos, D.**, Christaldi, J & Borer, K. (2014). Using the Diffusion of Innovations to Develop Healthy Cooking Demonstrations at a Farmers' Market. *Journal of Hunger and Environmental Nutrition*, 9(4), 471-484
8. Christaldi, J., & **Cuy Castellanos, D.** (2014). Identifying Factors, Barriers and Solutions Related to Food Insecurity in Lackawanna County Pennsylvania. *Journal of Hunger and Environmental Nutrition*. 9(2), 170-182
7. **Cuy Castellanos, D.** & Borer, K. (2014). Using the PRECEDE-PROCEED model to assess dietary needs in the Hispanic population in northeastern Pennsylvania. *Hispanic Healthcare International*. 12(1), 43-53
6. **Cuy Castellanos, D.**, Downey, L., Graham-Kresge, S., Yadrick, K., Zoellner, J., & Connell, C. (2013) Examining the Diet of Hispanic Males using the Precede-Proceed model: Predisposing, enabling and reinforcing dietary factors. *Journal of Nutrition Education and Behavior*, 45(2), 109-118
5. Anderson-Lewis, C., **Cuy Castellanos, D.** et al. (2012). Utilizing Mix Methods to Measure the Perception of Community Capacity in an Academic-Community Partnership for a Walking Intervention. *Health Promotion Practice*.13(6), 788-796
4. **Cuy Castellanos, D.** (2010). The nutrition transition in Guatemala. *Synergy*, 1, 37-43
3. **Cuy Castellanos, D.**, Connell, C., Lee, J. (2010). Factors Affecting Weight Gain and Dietary Intake in Latino Males Residing in Mississippi: A Preliminary Study. *Hispanic Healthcare International*, 9(2), 91-98
2. Downey, L. H., **Cuy Castellanos, D.** Yadrick, K., Avis Williams, M., Graham Kresge, S. & Bogle, M. (2010) Perceptions of CBPR in the Delta NIRI: An academic perspective. *Health Promotion Practice*, 12(5), 744-752
1. Downey, L. H., **Cuy Castellanos, D.**, Yadrick, M., Threadgill, P., Kennedy, B., Strickland, E., Prewitt, E., Bogle, M. (2010). Capacity building for health through community based participatory nutrition intervention research in rural communities. *Family and Community Health*, 33(3), 175-185.

Published Book Chapters/Instructor Supplement

3. Christaldi, J and **Cuy Castellanos D.** (2017). Child and Adult Food Security in the United States. *The Intersection of Food and Public Health: Examining Current Challenges and Solutions in Policy and Politics*. CRC Press/Taylor & Francis.
2. **Cuy Castellanos, D.** (2016). Nutritional Consideration in Hispanics: Ch.18. In Rippe, J. (Ed.3), *Nutrition in Lifestyle Medicine*. Springer.
1. **Cuy Castellanos, D.** (2015). *Sports Nutrition for Health Professionals - Instructor's Guide*. Philadelphia, PA: F. A. Davis Company.

Funded Research Grant Support

9. Eating Experience and Celiac Disease, Co-Primary Investigator
Exploring the Eating Experience in Person's with Celiac Disease
School of Education and Health Science Summer Research Grant, \$5700
8. Social Wellbeing and Dietary Intake in At-risk Youth, Co-investigator
Addressing Toxic Stress in At Risk Youth through an Agriculture-Based After-School and Summer Program, 2018
Marianist Foundation, \$615

7. Dayton Foodbank Aquaponics Grant, Co-investigator
Designing an aquaponics umbrella system for local food distribution, 2018
Dayton Foundation, \$4,800
6. Hispanic Formative Nutrition Research Project, Co-Investigator
Using the Theory of Planned Behavior to explore sugar-sweetened beverage intake and inform smartphone application development in Hispanics, 2017
Miami University Internal Research Seed Grant, \$6,000
5. Hispanic Formative Nutrition Research Project, Primary Investigator
Adapting the SIP~~smart~~ER intervention to the Hispanic male population, 2016
University of Dayton Research Council Seed Grant, \$5,000
4. Fresh Food Initiative Research, Primary Investigator
Local fresh food initiatives in low-income areas in Dayton, OH. A process and outcome evaluation, 2014
University of Dayton Research Council Seed Grant, \$5,000
3. The role of MyPlate in food selections, Co-Investigator
Examining the role of MyPlate in food selections in middle class adults, 2013
Marywood University Internal Research Seed Grant, \$1,500
2. Cooking demonstrations at a Farmer Market,
Using the Diffusion of Innovation Theory to examine the effect of cooking demonstrations on dietary behavior at a local farmer's market, 2012
Marywood University Internal Research Seed Grant, \$6,000
1. Hispanic Dietary Needs Assessment, Primary Investigator
Examining the dietary needs of the Hispanic community in Lackawanna County, PA and surrounding areas, 2011
Marywood University Internal Research Seed Grant, \$6,000

Referred National Conferences and Symposium Presentations

18. Callen, E, Schneider, K. & **Cuy Castellanos, D.** (2020). Addressing Food Insecurity through Innovative Healthcare System Collaborations. *Journal of the Academy of Nutrition and Dietetics (in press)*.
17. **Cuy Castellanos, D.** & Holcomb, J. (2020). Examining skill, stress and time in food procurement and preparation in food insecure university students. *Journal of Nutrition Education and Behavior, Suppl. 52(7)*, S31.
16. Miller, B., **Cuy Castellanos, D.**, & Newton, O. (2019). Beverage consumption in older adults with obesity: A Descriptive Study, *Obesity Society. LB-3622*.
15. **Cuy Castellanos, D.**, & Holcomb, J. (2019). Identifying factors influencing food insecurity at a privateuniversity. *Academy of Nutrition and Dietetics, Suppl.3, 119(10)*, A-145.
14. **Cuy Castellanos, D.**, & Pu, H. (2019). Developing methods to measure cultural competency and learning in undergraduate dietetic and health profession students. *Academy of Nutrition and Dietetics, Suppl.3, 119(10)*, A- 124.
13. **Cuy Castellanos, D.**, Flora, B., & Al Hamad, R. (2018) Examining food insecurity in students attending a private university. *Journal of the Academy of Nutrition and Dietetics, Suppl;118(9)*, A-87.
12. **Cuy Castellanos, D.** & Miller, B. (2018). Determining SSB and dairy consumption within the Hispanic population residing in Southwest Ohio. *Journal of the Academy of Nutrition and Dietetics, Suppl 1;118(10);A127*

11. Murray, L. & **Cuy Castellanos, D.** (2018). Breaking Down Barriers to Sustainable Eating at the University of Dayton. *Journal of the Academy of Nutrition and Dietetics*. 118(10);A144
10. Miller, B., & **Cuy Castellanos, D.** (2018). Exploring contributing factors to Sugar-Sweetened Beverage consumption within Hispanic persons residing in Southwest Ohio. *Journal of Nutrition Education and Behavior*, 50.
9. Boyer, H., & **Cuy Castellanos, D.** (2018). Assessing adequate caloric, micronutrient and macronutrient intake in collegiate athletes from various sports. *Sports, Cardiovascular and Wellness Nutrition*.
8. **Cuy Castellanos, D.**, & Miller, B. (2017). SIPsmartER: Adapting an evidence-based dietary intervention program to the Hispanic population. *Journal of Nutrition Education and Behavior*, 49(7S1), P140.
7. **Cuy Castellanos, D.** Jones, J., Christaldi, J., & Keller, J. (2016). Perspectives of Public, Private and Civil Sectors in the Development and Maintenance of a Local Food System, *Experimental Biology*, D72, 281
6. **Cuy Castellanos, D.**, Keller, J., & Majchzak, E. (2015). The influence of Community Food Security Initiatives and diet-related social cognitive factors on dietary intake in low-income residents. *Journal of Nutrition Education and Behavior*, 47(4), S2
5. **Cuy Castellanos, D.** Keller, J. & Majchzak, E. (2015). Community-based strategies for addressing food security. *Journal of the Academy of Nutrition and Dietetics*, Suppl 2, 115(2), A92
4. Anderson-Lewis, C., **Cuy Castellanos, D.**, Yadrick, K. (2014). A Community Capacity Building Framework for Developing, Implementing, Measuring and Sustaining a Community-Academic Partnership for Community Health and Wellness. *Society for Prevention Research*, 332
3. **Cuy Castellanos, D.** & Borer, K. (2013). Using the PRECEDE-PROCEED model to assess dietary needs in a Hispanic population in Northeastern Pa. *Academy of Nutrition and Dietetics*, Suppl3, 113(9), A72
2. **Cuy Castellanos, D.**, Downey, L...Connell, C. (2012). Development of a bidimensional dietary acculturation framework for the Hispanic male population. *American Public Health Association*, 140(3048)
1. **Cuy Castellanos, D.** & **Connell, C.** (2009). Dietary Habits among Low Acculturated Latino Men Living in the Southern US. *American Public Health Association*. 137(3044)

Referred Local/State Conference Presentations

11. Nichols, A. & Cuy Castellanos, D. (2020, April). Relationship between time and other dietary-related factors in city bus riders. *Ohio Academy of Nutrition and Dietetics Conference*, Columbus, OH
10. Evans, J., & **Cuy Castellanos, D.** (2018, May). Assessing the use of cooking demonstrations on health eating barriers in city bus riders. *Ohio Academy of Nutrition and Dietetics Conference*, Columbus, OH
9. Flora, B., Al Hamad, R., Peterson, A., & **Cuy Castellanos, D.** (2018). Exploring food insecurity, nutrition literacy, and food prioritization in a private mid-sized university. *Fifteenth Annual Russell Klein Nutrition Research Symposium*. Columbus, OH
8. Cuy Castellanos, D. (2017, November). Beyond food access. *Clark County Food Summit*. Springfield, OH
7. Antollini, S., & **Cuy Castellanos, D.** (2016, April). Effects of a peer developed nutrition education intervention on the fruit and vegetable intake of elementary school children. *Russ Klein Nutrition Research Symposium*. Columbus, OH
6. Jones, J. & **Cuy Castellanos, D.** (2016, November). Perceptions on the development of a local food system: The case of Dayton, Ohio. *Miami Valley Planning Conference*, Dayton, OH

5. Holcomb, J., **Cuy Castellanos, D.**, & Bohrer, K. (2016, November). Factors influencing food insecurity: Looking beyond food access. *Montgomery County Food Summit*, Dayton, OH
4. **Cuy Castellanos, D.** (2014, January). Mission of Mary urban garden project informative evaluation. *Thomas Hunt Faculty Research Forum at the University of Dayton*, Dayton, OH
3. **Cuy Castellanos, D.** & Christaldi, J. (2012, November). Cooking demonstrations at local farmer's market: Development, implementation and evaluation. *Northeastern Dietetic Association*, Wilkes-Barre, PA
2. **Cuy Castellanos, D.** (2012, April). Dietary Needs Assessment in the local Hispanic community. *Marywood Faculty Symposium*, Scranton, PA
1. **Cuy Castellanos, D.** (2010, April). Dietary Acculturation and Depression in Latino Men. *Graduate Senate Symposium*, Hattiesburg, MS

Invited Presentations

10. **Cuy Castellanos, D.** (2019, February). UD international initiatives. Presented at the University of Dayton Global Excellence Reception. Dayton, Ohio
9. Cuy Castellanos, D. (2018, October). Nutrition in Latin America. Presented to medical students in the course: MED 339. Global Brigades: Perspectives on Global Poverty and Health at the University of Dayton, Dayton, OH
8. **Cuy Castellanos, D.** (2017, September). Making life a little less sweet. STARS research event at the University of Dayton, Dayton, OH
7. **Cuy Castellanos, D.** & Dalton, J. (2016, November). *Ask a registered dietitian*. Presented to wellness members at the University of Dayton, Dayton, OH
6. **Cuy Castellanos, D.** (2016, September). *Phytochemicals and Health*. Presented to members of the Delta Phi Education Sorority Chapter in Springfield, OH
5. **Cuy Castellanos, D.** (2016, March) Nutrition for teachers and students. Presented to students in the University of Dayton's Teacher Education Program, Dayton, OH
4. **Cuy Castellanos, D.** (2015 and 2016, November). *Sports Nutrition for Physical Therapists*. Presented to students in the University of Dayton's Doctoral of Physical Therapy Program, Dayton, OH
3. **Cuy Castellanos, D.** (2014, September). Sport's nutrition for the UD athlete. Presented to athletic coaches at the University of Dayton, Dayton, OH
2. **Cuy Castellanos, D.** (2013, December). Hunger across the globe. Presented to students at the Junior Councils of World Affairs Youth Forum on Hunger, Dayton, OH
1. **Cuy Castellanos, D.** (2013 and 2014, December). *Fueling for a marathon*. Presented to members of the Special Wish Marathon Club, Dayton, OH

Print Media Articles

40. Cuy Castellanos D. *Nutrition while trying to get pregnant*. *Dayton Daily News*. January 15, 2018
39. Cuy Castellanos D. *Weight loss tactics: Loes weight slowly for long-term results*. *Dayton Daily News*. December 18, 2017
38. Cuy Castellanos D. *Role of the government in children's healthy eating*. *Dayton Daily News*. February 6,

2017

37. Cuy Castellanos D. *Can a diet really be the prescribed medicine?* *Dayton Daily News*. November 8, 2017
36. Cuy Castellanos D. *Nutrition while trying to get pregnant.* *Dayton Daily News*. January 15, 2017
35. Cuy Castellanos D. *It is candy time and the dentist says "thank you".* *Dayton Daily News*. October 10, 2017
34. Cuy Castellanos D. *Food Additives: Should I be worried?* *Dayton Daily News*. September 12, 2017
33. Cuy Castellanos D. *Pass the peanuts please.* *Dayton Daily News*. August 8, 2017
32. Cuy Castellanos D. *Are the National School Lunch Program Standards necessary?* *Dayton Daily News*. July 11, 2017
31. Cuy Castellanos D. *Turn off the TV and then eat.* *Dayton Daily News*. June 13, 2017
30. Cuy Castellanos D. *What is our community feeding our kids?* *Dayton Daily News*. March 14, 2017
29. Cuy Castellanos D. *Nutrition for the common cold.* *Dayton Daily News*. January 10, 2017
28. Cuy Castellanos, D. *Is social media connected to various eating disorders?* *Dayton Daily News*. December 6, 2016
27. Cuy Castellanos, D. *GMO, organic, all natural: What does it all mean?* *Dayton Daily News*. November 7, 2016
26. Cuy Castellanos, D. *Obesity: Is it due to our genes or environment?* October 10, 2016
25. Cuy Castellanos, D. *Expert: Navigating what to feed your child.* *Springfield News-Sun*. September 19, 2016
24. Cuy Castellanos, D. *Will US nutrition food policy ever be like this?* August 8, 2016
23. Cuy Castellanos, D. *Moving toward a slow food culture.* July 11, 2016
22. Cuy Castellanos, D. *A call for all to come to the table.* *Dayton Daily News*. June 7, 2016
21. Cuy Castellanos, D. *Eating healthy is cheap, timely and tasty.* May 3, 2016
20. Cuy Castellanos, D. *We aren't doing enough to make the school lunch program healthier.* March 28, 2016
19. Cuy Castellanos, D. *Getting kids to eat more produce.* *Dayton Daily News*. March 6, 2016
18. Cuy Castellanos, D. *What are our preschoolers eating?* February 2, 2016
17. Cuy Castellanos, D. *Phytochemicals should be your dietary friends.* *Dayton Daily News*. December 31, 2015

16. Cuy Castellanos, D. *Putting something new on your holiday table*. *Dayton Daily News*. December 7, 2015
15. Cuy Castellanos, D. *How to get local fruit, veggies after summer*. *Dayton Daily News*. November 9, 2015
14. Cuy Castellanos, D. *Can what we eat decrease our cancer risk?*. *Dayton Daily News*. October 9, 2015
13. Cuy Castellanos, D. *Play it SMART with diet apps*. *Dayton Daily News*. September 28, 2015
12. Cuy Castellanos, D. *Vegetarian diets: Are they really healthy?*. *Dayton Daily News*. August 31, 2015
11. Cuy Castellanos, D. *Red meat: Here's a challenge for you*. *Dayton Daily News*. July 6, 2015
10. Cuy Castellanos, D. *Can we please make after-game snacks healthy?* *Dayton Daily News*. May 4, 2015
9. Cuy Castellanos, D. *Can you eat healthy at the ballpark?*. *Dayton Daily News*. April 6, 2015
8. Cuy Castellanos, D. *Healthy eating tips during pregnancy*. *Dayton Daily News*. March, 8, 2015
7. Cuy Castellanos, D. *Food Insecurity hits hard in area*. *Dayton Daily News*. February 2, 2015
6. Cuy Castellanos, D. *Obesity and undernutrition in developing countries*. *Dayton Daily News*. January, 5, 2015
5. Cuy Castellanos, D. *Feeding your toddler can be a challenge*. *Dayton Daily News*, December 10, 2014
4. Cuy Castellanos, D. *Why is health eating so confusing*. *Dayton Daily News*. November 10, 2014
3. Cuy Castellanos, D. *What should a young, growing athlete eat?* *Dayton Daily News*. October 10, 2014.
2. Cuy Castellanos, D. *The buzz around local food*. *Dayton Daily News*. September 8, 2014
1. Cuy Castellanos, D. *Dietetics On the Side of a Volcano*. *Today's Dietician*. June 2005: 46-50

Print and Broadcast Media Interviews

6. The Urban Farm Podcast Guest. *Lincoln Hill Garden on Community Green Space* (2017)
5. Quoted in article by Brittany Anas. *8-Carb heavy snacks that help you lose weight*. *Women's Health Magazine and Men's Health Magazine*, 2016.
4. Quoted in article by Michael D. Clark. *School cafeteria inspections reveals flaws, historic trend*. *Journal-News*. October 25, 2016.
3. Quoted in article by Michael Cooper. *Clark County school meals healthier, but could be better, experts say*. *Springfield News-Sun*. September 18, 2016.
2. Quoted in article by Michael Cooper. *Clark County fighting minority health disparities*. *Springfield News-Sun*. April 16, 2016.
1. Quoted in article by Aly Walansky. *This may be the simplest way to fight childhood obesity*. *Food and Wine magazine*. January 16, 2016.

Teaching

Courses

University of Dayton, 2013-present

1. HSS 431/531: Sport Nutrition, 2013-present, Fall semesters
2. HSS 295: Nutrition and Health Online and study abroad, 2014-present, summer semester 1
 - Developed and maintained online course platform
3. HSS 401: Nutritional Biochemistry I, 2014- present, Fall semesters
4. HSS 456: Nutritional Biochemistry II, 2014- present, Spring semesters
5. HSS 302: Community Nutrition, 2014- present, Spring semesters
 - Common Academic Program Course for Diversity and Social Justice, approved 2015
6. HSS 428: Research Methods in Physical Activity and Health, 2014- present, Fall semesters
 - Common Academic Program Capstone course, approved in 2015
7. HSS 384: Food Justice, 2015- present, Spring semesters
 - Developed course and obtained curriculum approval, 2015
 - Common Academic Program Course grant obtained, 2015
 - Common Academic Program Course for Diversity and Social Justice, approved 2016
8. HSS 395: Nutrition through the Life Cycle, 2018, Spring Semester
 - Developed course and obtained curriculum approval, 2017

Marywood University, 2011-2013

1. ND 312: Community Nutrition
2. ND 113: Nutrition I
3. ND 465: Research Methods
4. ND 591: Statistics
5. ND 507: International Nutrition
6. ND 223: Social and Cultural Aspects of Food

University of Southern Mississippi, 2009-2011

1. NFS 362: Fundamentals of Nutrition
2. NFS 385: Medical Nutrition Therapy 1

Faculty Development and Curricular Funding

1. Center of International Programs Intercultural Learning Workshop (2017)
2. Center of International Programs study abroad workshops on health and safety, MAXIE course development and financial preparation (2016-2018)
3. Global Educational Fellowship Recipient (2016-2017)
4. Learning and Teaching Center Studio Teaching Fellow (Fall 2015)
5. Common Academic Program Course Development Grant (Summer 2015)
6. Global Educational Seminar- Cohort 5 (2014-2015)

7. University of Dayton Faculty Development Course on Flipped Classroom Design (Spring 2014)
8. Quality Matters Course Participant (Fall 2013)

Advising and Mentoring

University of Dayton, 2013-present

Undergraduate Academic Advising

- 2013-2014: 30 students
- 2014-2015: 27 students
- 2015-2016: 30 students
- 2016-2017: 27 students
- 2017-2018: 31 students
- 2018-2019: 21 students
- 2019-2020: 28 undergraduate and 3 graduate students

Chaired Graduate Thesis Committees

Completed

1. Clarissa Blevens: Spring 2019
“Using Theory of Planned Behavior to determine factors related to strength training in college-aged women”.
2. Lucas Sagaert: Fall 2017
“Comparing measured versus predicted resting metabolic rate among strength athletes”
3. Victoria Roy: Fall 2017
“Women’s participation in cardiac rehabilitation using the Theory of Planned Behavior”
4. Megan Mowers: Spring 2017
“How undergraduate student’s perceived stress, depression, and test anxiety affect fitness facility attendance”
5. Ebony Taylor: Fall 2016
“The feasibility of using the Supertracker website for behavior changes in the adolescent population”
6. Amanda Harris: Spring 2016
“Effectiveness of a weight loss program for nurses”
7. Li Shen: Fall 2015
“Examining the effects of exercise, protein and a combination of exercise and protein on bone density in postmenopausal women”

Committee Member of Graduate Thesis Committees

Completed

1. Emma Hirshman
“Acute consumption of sugar-sweetened beverage effect on microvascular function in Hispanic males”
1. Robyn Vanheste: Summer 2017
“Effect of cardiac rehabilitation on quality of life: Heart failure patients and a pilot deep slow breathing intervention”
2. Rob Smaldino: Spring 2017
“Comparative impact study of carbohydrate solutions on glycemic and lactate response in fasted exercising adults”
3. Andrew Kuecher: Spring 2017

“Glycemic response of a rice-based oral rehydration solution in healthy adults at rest”

4. Maria Mostaed: Spring 2017
“The lateral step-down test after anterior cruciate ligament reconstruction”
5. Brittney Stout: Spring 2016
“Benefits and Feasibility of an At-Home, Internet-Based Exercise and Nutrition Education Program in Child Cancer Survivors”
6. Tricia Smith: Spring 2016
“The Physical and Psychological Impacts of Exercise on Cancer Rehabilitation Patients”
7. Josh Keller
“Acute effects of sugar-sweetened beverage consumption on reactive hyperemia in young, healthy humans”

Ongoing

1. Claire Wilt
2. Gabrielle Palmeri
3. Maria Plervis
4. Elizabeth Miles
5. Abigail Hill

Chaired Undergraduate Thesis Committees

Completed

1. Sydney Antollini: Spring 2016
“Effects of a peer developed nutrition education intervention on the fruit and vegetable intake of elementary school children.”
2. Lauren Murray: Expected completion Spring 2019
“Breaking down barriers to sustainable eating at the University of Dayton.”
3. Gina Martinette: Expected complete Spring 2019
“Designing and implementing successful health fairs for the Hispanic population in Dayton, Ohio.”

On-going

1. Hannah Waters: 2019- present
“Assessing the dietary needs of the Latinx population residing in East Dayton.”

Undergraduate Research Mentorship

1. Sports Nutrition and Wellness Club research advisor, 2019
2. Addy Nichols, 2019
“Examining the issue of “time” as a barrier to healthy eating in a low-income population.”
3. Claire Garbsch, 2018
“Examining the impact of cooking demos on cooking skills and self-efficacy in a cohort of food pantry clients”
4. Julianne Evans, 2018
“Assessing the use of cooking demonstrations on health eating barriers in city bus riders”
5. Sports Nutrition Research team: Hannah Boyer, Ashley Marolo, Abigail Vichill and Ana-Alicia Varela, 2017
“Assessing adequate caloric, micronutrient and macronutrient intake in collegiate athletes from various sports”

Marywood University, 2011-2013***Undergraduate Academic Advising***

- 2011-2012: 31 students
- 2012-2013: 32 students

Chaired Graduate Thesis Committees

1. Casey Fox, Fall 2014
“Dietary acculturation in the Bhutanese population residing in Scranton, PA”
2. Katie Knabel, Spring 2014
“Effects of a gardening and nutrition intervention on diet-related attitudes and knowledge in children attending a Boys and Girls club program”
3. Anzeribiam Akum, Spring 2013
“Determinants of Food Choice and Dietary Habits of Women in the Northern Region of Ghana”
4. Ruowen Ma, Spring 2013
“Identifying Factors Associated with Fast Food Consumption among Adolescents in Beijing China Using a Theory-based Approach”
5. Amir Alakam, Fall 2012
“The factors that influence dietary habits among international students in the US”
6. Katie Abrahamsam, Fall 2013
“Nutrition needs assessment with the Hispanic population in Scranton, PA”.

Service

University Service***Appointed positions***

- HSI Strategic Visioning Team, 2019-2020
- SEHS Dean’s Search Committee, 2019-2020
- UD Food Insecurity Working Group, 2019-2020
- Community Innovation Center working group, 2018
 - Purpose: to provide recommendations to the president for the development of a UD Community Innovation Center
- HIR Fellow Community working group member, 2017-2018
 - Purpose: to collect data and provide recommendations to the CAP committee regarding the definition and action around the “Community” student learning outcome.
- Teaching a Global Student (TAGS) SEHS representative, 2016-present
 - Purpose: to provide recommendations to the university board and higher administration for supporting international students at UD.
- Sustainability, Energy and Environment (SEE) advisory board member, 2014-present
 - Purpose: to provide recommendations for continued growth and success of the SEE program.
- Presidents United to Solve Hunger forum, 2017, 2019
 - Purpose: to represent the University of Dayton at the annual forum for university presidents.

Elected positions

- Faculty Hearing Committee on Academic Freedom and Tenure
 - Purpose: Hear disputes regarding tenure, dismissal and/or academic freedom

Competitive application

- Global Educational Fellowship recipient, 2016-2017

- Purpose: to develop an international experience opportunity for UD students specific to sustainability and dietetics.
- Global Educational Seminar recipient, 2014-2015
 - Purpose: to explore opportunities for international research and education.

Unit Service

- Undergraduate Academic Advisory Committee member and chair, 2013-present
- School of Education and Health Science strategic visioning workgroup 1 Co-chair, 2017
- Educational Leadership doctoral comprehensive exam reader, 2016-2017
- Graduate Academic Advisory Committee member, 2014-2017

Departmental Service

- Faculty creator and co-chair for the Sports Nutrition Group in HSS 2018-present
- Faculty mentor for new faculty – Rebecca Gonter-Dray 2018-2019
- Site coordinator for HSS faculty-led study abroad, 2016, 2017 and 2018
- HSS department Peer Advisory Committee Chair, 2016-present
- Search committee chair for the Food Service Management position, 2017-2018
- Search committee member for the Sport Management position, 2016-2017
- Nutrition and Fitness program advisor, 2013-2017

Professional Service

- ACEND program reviewer, 2019 -present
- Hunger and Environmental Nutrition Practice Group Board Member: Website Chair, 2012-2017
- Peer-reviewer for Appetite, Journal of Nutrition Education and Behavior and the Journal of Men's Health, 2013-present
- Kids Eat Right Campaign Volunteer and Grant recipient, Academy of Nutrition and Dietetics Foundation, 2013-2017
- OSU Montgomery County Family and Consumer Science Extension Advisory Board Member, 2015-present

Professional Affiliations

- Ohio Dietetic Association Member, 2013-present
- Academy of Nutrition and Dietetics Member, 2001-present
- Sport, Cardiovascular and Nutrition Dietetic Practice Group Member, 2016-present
- Hunger and Environmental Nutrition Dietetic Practice Group Member, 2011-present

Nutrition-related Community Service

- Safe Harbor Nutrition Counseling, 2019
- Gem City Market Health Committee member, 2018
- Springfield Food Summit speaker, 2017
- Hispanic Health Fair outreach coordinator, 2017-present
- Hall Hunger Advisory Board member, 2016-present
- Dayton Food Summit committee member, 2016
- East End Community Center and Mission of Mary Farms volunteer, 2014-present
- MetroParks Vegetable Palooza cooking demonstrator, 2015
- Dayton Early College Academy guest speaker, 2016
- Springfield farmer's market cooking demonstration coordinator, 2014

Awards and Recognition

- Recognized Dietitian of the Year recipient from the Ohio Academy of Nutrition and Dietetics, 2020
- School of Education and Health Science Junior Scholarship Award recipient, 2015
- USM Graduate Student Innovation Award, 2011
- Yarbrough Scholars, 2010
- USM Graduate Symposiums department's top paper award, 2010
- USM Nutrition and Food Systems PhD student of the year, 2009

- Intern of the Year, 2001
- Cum Laude graduate, 2000