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DEPARTMENT OF FOOD, NUTRITION, DIETETICS AND HEALTH
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EDUCATION

December 2012 **Master of Public Health**
Emphasis in Public Health Nutrition
Report: Implementing Group Nutrition Education in
Ogden, Kansas
Kansas State University
Manhattan, KS

May 2011 **Bachelor of Science in Dietetics**
Kansas State University
Manhattan, KS

May 2004 **Bachelor of General Studies in Human Biology**
Emphasis in Chemistry and Anthropology
University of Kansas
Lawrence, KS

CREDENTIALS

Registered Dietitian Nutritionist, August 2011, Commission on Dietetic Registration #1031809

WORK EXPERIENCE

January 2017 – present Instructor
Kansas State University, Manhattan, KS

August 2014 – May 2016 Adjunct Instructor
Kansas State University, Manhattan, KS

January 2013 – April 2019 Extension Associate/Project Coordinator
Kansas State University, Manhattan, KS
USDA Award #: 2012-68001-19619

May 2012 – October 2012 MPH Student Intern
K-State Research and Extension, Manhattan, KS

November 2011 – January 2013 Registered Dietitian

	Truman Medical Centers, Women, Infants and Children, Kansas City, MO
May 2011 – August 2011	Kitchen Director Prairie Star Ranch/Camp Tekakwitha, Williamsburg, KS
January 2011 – May 2011	Dietetic Intern, Clinical Practicum Truman Medical Center, Hospital Hill, Kansas City, MO
August 2010 – December 2010	Dietetic Intern, Management Practicum Mercy Regional Health Center, Manhattan, KS
June 2010 – August 2010	Dietetic Intern, Community Nutrition Practicum Platte County Health Department, Parkville, MO
August 2008 – May 2010	Graduate Research Assistant Department of Human Nutrition Kansas State University, Manhattan, KS

TEACHING EXPERIENCE

January 2017 – present	Instructor Kansas State University, Manhattan, KS Courses: Nutritional Assessment, Personal Wellness
January 2016 – May 2016	Adjunct Instructor Kansas State University, Manhattan, KS Course: Nutritional Assessment
August 2014 – December 2015	Adjunct Instructor Kansas State University, Manhattan, KS Course: Life Span Nutrition (Global Campus section)
May 2009 – July 2009	Graduate Teaching Assistant Kansas State University, Manhattan, KS Course: Science of Food

PUBLICATIONS

Muturi N, Kidd T, Daniels AM, Kattelman K, Khan T, **Lindshield E**, Zies S, Adhikari K.
Examining the role of Youth Empowerment in preventing adolescence obesity in low-income communities. *Journal of Adolescence*, 2018; 68: 242-251.

- Chen B, Kattelman K, Daniels AM, Zies S, **Lindshield E**, Kidd T. Rural Adolescents' Barriers and Facilitators to Physical Activity. *Health Behavior and Policy Review*, 2018; 5(3): 36-49 (14). doi: <https://doi.org/10.14485/HBPR.5.3.4>
- Muturi N, Kidd T, **Lindshield E**, Kattelman K, Zies S. Motivation for obesity prevention among adolescents in low-income communities in three U.S. States. *Journal of Communication in Healthcare*, 2017; 10(3): 169-179.
- Muturi N, Kidd T, Khan T, Kattelman K, Zies S, **Lindshield E**, Adhikari K. An Examination of Factors Associated with Self-Efficacy for Food Choice and Healthy Eating among Low-Income Adolescents in Three U.S. States. *Front Commun*, 2016; 1(6): 1-9. doi: <http://dx.doi.org/10.3389/fcomm.2016.00006>
- Kidd T, **Lindshield E**, Kattelman K, Adhikari K, Muturi N, Zies S. Ignite-Sparking Youth to Create Healthy Communities: A Protocol for a Community-Centered Effort for the Prevention of Adolescent Obesity. *Int J Nurs Clin Pract*, 2016; 3: 189. doi: <http://dx.doi.org/10.15344/2394-4978/2016/189>
- Comstock C, Kattelman K, Zastrow M, McCormack L, **Lindshield E**, Li Y, Muturi N, Adhikari K, Kidd T. Assessing the Environment for Support of Youth Physical Activity in Rural Communities. *J Nutr Educ Behav*, 2016; 48(4): 234-241.
- Kumar J, Adhikari K, Li Y, **Lindshield E**, Muturi N, Kidd T. Identifying barriers, perceptions and motivations related to healthy eating and physical activity among 6th to 8th grade, rural, limited-resource adolescents. *Health Education*, 2016; 116(2): 123-137.
- Kumar J, Kidd T, Li Y, **Lindshield E**, Muturi N, Adhikari K. Using the Community-Based Participatory Research (CBPR) Approach in Childhood Obesity Prevention. *Int J Child Health Nutr*. 2014; 3:170-178.
- Medeiros DM, **Bono E**. (2011) The Iron Factor in Bone Development. In Philip J. Klemmer (Ed.), *Diet, Nutrients, and Bone Health* (203-211). Palm Beach County, Florida: CRC Press.

PRESENTATIONS

- Kidd T, **Lindshield E**, Kattelman K, Zies S, Adhikari K, Muturi N. Adolescent Obesity Prevention Project Yields Policy, System, and Environmental Changes in Middle Schools, Society for Nutrition Education and Behavior 2019, poster presentation
- Kidd T, **Lindshield E**, Kattelman K, Zies S, Adhikari K, Muturi N. Community-Based Participatory Research Targeted Toward the Prevention of Adolescent Obesity. Epsilon Sigma Phi National Conference 2018, poster presentation

- Adhikari K, **Lindshield E**, Muturi N, Sempa J, Li Y, Kattelman K, Zies S, Kidd T. Does community-based participatory intervention help increase the intake of vegetables and fruits in adolescents? Eighth European Conference on Sensory and Consumer Research, September 2018, poster presentation
- Chen B, Kattelman K, Zies S, Jess M, **Lindshield E**, Kidd T. Using Community-Based Participatory Research to Ignite Youth to Create Healthier Communities, Society for Nutrition Education and Behavior 2018, poster presentation
- Kidd T, **Lindshield E**, Kattelman K, Zies S, Adhikari K, Muturi N. Community-Based Participatory Research Targeted Toward the Prevention of Adolescent Obesity: Ripple Effect Mapping Outcomes, Society for Nutrition Education and Behavior 2018, poster presentation
- Chen B, Kattelman K, Daniels AM, Adhikari K, Zies S, **Lindshield E**, Kidd T. Clustering of Youth Empowerment and Health Behaviors among Sixth to Eighth Grade Adolescents. Avera/SDSU Research Symposium, Brookings 2017, poster presentation
- Kidd T, **Lindshield E**, Kattelman K, Zies S, Adhikari K, Muturi N. Preliminary Outcomes of a Community-Based Participatory Research Project Targeted Toward the Prevention of Adolescent Obesity. Society for Nutrition Education and Behavior 2017, poster presentation
- Chen B, Kattelman K, Daniels AM, Adhikari K, Zies S, **Lindshield E**, Kidd T. Clustering of Youth Empowerment and Health Behaviors among Sixth to Eighth Adolescents. Society for Nutrition Education and Behavior 2017, poster presentation
- Kattelman K, Chen B, Erickson M, Zies S, Jess M, Li Y, Muturi N, **Lindshield E**, Remley D, Kidd T. Igniting Youth to Create Healthier Communities: Year 4 Policy Changes. Experimental Biology 2017, poster presentation
- Chen B, Kattelman K, Daniels AM, Zies S, **Lindshield E**, Kidd T. A Qualitative Examination of Barriers and Facilitators to Physical Activity for Rural Adolescents. Experimental Biology 2017, poster presentation
- Muturi N, Kidd T, **Lindshield E**, Kattelman K, Zies S. Media Usage and Obesity Prevention among Adolescents in Low-income Communities in Three States. Kansas Public Health Association 2017, poster presentation
- Muturi N, Khan T, Kidd T, **Lindshield E**, Kattelman K, Zies S. Examining the role of Youth Empowerment in preventing Adolescence obesity in Low-income communities. D.C. Health Communication Conference 2017, poster presentation
- Chen B, Kattelman K, Daniels AM, Zies S, **Lindshield E**, Kidd T. Rural Adolescents' Barriers and Facilitators to Physical Activity. Avera/SDSU Research Symposium, Brookings,

October 2016 & 4th Annual Sanford Health-SDSU Biomedical Research Symposium,
November 2016, poster presentation

Kidd T, **Lindshield E**, Kattelman K, Zies S, Adhikari K, Muturi N. A Data Summary of a Community-Based Participatory Research Project Targeted Toward the Prevention of Adolescent Obesity. Society for Nutrition Education and Behavior 2016, poster presentation.

Li Y, Kidd T, **Lindshield E**, Adhikari K, Muturi N, Kattelman K, Zies S. The Relationship between Self-Efficacy and Physical Activity Behaviors in 6th to 8th Grade, Rural, Limited-Resource Adolescents in Kansas. Society for Nutrition Education and Behavior 2016, poster presentation.

Chen B, Kattelman K, Daniels AM, Zies S, **Lindshield E**, Kidd T. Rural Adolescents' Barriers and Facilitators to Physical Activity. Society for Nutrition Education and Behavior 2016, poster presentation.

Muturi N, Kidd T, Kattelman K, Adhikari K, Zies S, **Lindshield E**. Participatory Research in Health Communication: Challenges for Measuring Outcomes. International Association for Media and Communication Research 2016, poster presentation.

Muturi N, Kidd T, Kattelman K, Adhikari K, Zies S, Khan T, **Lindshield E**. Self-efficacy for Food Choice and Healthy Eating in Preventing Adolescent Obesity among Adolescents. International Association for Media and Communication Research 2016, poster presentation.

Li Y, Kidd T, **Lindshield E**, Adhikari K, Muturi N, Kattelman K, Zies S. Analyses of the Built Environment and Perceptions Related to Nutritious Foods in Rural Low Income Ethnic Communities in Kansas. Food and Nutrition Conference and Exposition 2015, poster presentation.

Kidd T, **Lindshield E**, Kattelman K, Zies S, Adhikari K, Muturi N. Starting the Spark: An Updated Protocol for the Community-Based Participatory Research Model in the Prevention of Adolescent Obesity. Society for Nutrition Education and Behavior 2015, poster presentation.

Li Y, Kidd T, **Lindshield E**, Adhikari K, Muturi N. Measurements of the Built Environment for Nutrition and Physical Activity in Rural Low-Income Ethnic Communities in Kansas. Society for Nutrition Education and Behavior 2015, poster presentation.

Comstock C, Kattelman K, Zastrow M, Li Y, **Lindshield E**, Kidd T. Mind Over Matter: Physical Activity in Rural Communities. South Dakota Public Health Association 2015, poster presentation.

Hemmingson K, Leone R, Remley D, Zies S, **Lindshield E**, Kidd T, Adhikari K, Muturi N, Kattelman K. A nutrition environment evaluation of grocery and convenience stores in

low-income communities using the Nutrition Environment Measurement Survey for Stores (NEMS-S). Experimental Biology 2014, poster presentation.

Li Y, Kidd T, **Lindshield E**, Adhikari K, Muturi N, Kattelman K, Zies S. Perceptions related to nutrition, physical activity, and youth development in 6th to 8th grade, rural, limited-resource adolescents. National Obesity Week 2014, poster presentation.

Li Y, Kidd T, **Lindshield E**, Adhikari K, Muturi N, Kattelman K, Zies S. Analyses of the built environments and the perceptions related to physical activity of adolescents in rural low-income ethnic communities. National Obesity Week 2014, poster presentation.

Li Y, Kidd T, **Lindshield E**, Kattelman K, Zies S, Adhikari K, Muturi N, Hemmingson K, Leone R. Measurement of Built Environment That Support Physical Activity In Low-Income Communities. Society for Nutrition Education and Behavior 2014, poster presentation.

Muturi N, Kidd T, Adhikari K, Kumar J, **Bono E**, Li Y, Song X. Formative Research in Addressing Obesity among Adolescents in Hispanic Communities. Society for Nutrition Education and Behavior 2014, poster presentation.

Kidd T, **Lindshield E**. Starting the Spark: A Protocol for the Community-Based Participatory Research Model in the Prevention of Adolescent Obesity. Society for Nutrition Education and Behavior 2014, poster presentation.

Kidd T, **Bono E**. Connecting with Communities Through Community-Based Participatory Research. Society for Nutrition Education and Behavior, 2013 “SNEB Talks!” session.

PROFESSIONAL MEMBERSHIPS

Academy of Nutrition and Dietetics
Public Health/Community Nutrition Dietetic Practice Group
Hunger and Environmental Nutrition
Kansas Academy of Nutrition and Dietetics

SERVICE

Health Professions Exploration program presenter, July 2023
Three Minute Thesis Judge, February 2023
Chair of FNDH faculty and student affairs subcommittee (November 2022 – present)
GPIDEA K-State scholarship review committee for summer 2022 award– April 2022
Interprofessional Experience facilitator for dietetics and athletic training programs PE with DT 2021 and 2022
Professor Chats panelist February 2021
"Ask the RD" Public Health Community Nutrition Student Practice Group, March 2018

Kansas Academy of Nutrition and Dietetics, Internal Audit Review, January 2018 – April 2018
Kansas Academy of Nutrition and Dietetics, Nominating Committee, July 2017 – June 2018
Shugart Lecture planning committee, January 2016 - present
Kappa Omicron Nu, Co-Advisor, August 2015 – May 2021
Society for Nutrition Education and Behavior, session co-moderator of “SNEB Talks!” 2014
Guest lecturer for Science of Food (HN 413), Kansas State University, January 2013, January 2014
Kappa Omicron Nu, President, January - May 2010
Human Nutrition Graduate Student Organization, President, 2009-2010
Archdiocese of Kansas City Kansas, Prairie Star Ranch, Camp Tekakwitha, 2009 - 2010
Student Dietetic Association, Co-Activities Chair, January – December 2009
Fantasy Day, Kansas State University, Presenter, May 2009
Second Helpings, First Congregational Church, Manhattan, KS, 2009
Flinthills Breadbasket, Manhattan, KS, 2009

HONORS AND AWARDS

Dawley-Scholer Award for Faculty Excellence in Student Development, 2024
Making a Difference Award recipient, January 2023, College of Health and Human Sciences
Targeted Faculty Salary Enhancement Award, December 2022
XIX Chapter of Mortar Board awardee for outstanding faculty for the 2021-2022 academic year
Professor of the Week, 2018
Myers-Alford Teaching Award, 2018
Kathleen Newell Graduate Scholarship in Nutrition recipient, Fall 2010
Gwendolyn L. Tinklin Commemorative Fund award recipient, Fall 2010
Phi Kappa Phi, inducted 2010
Kappa Omicron Nu, inducted 2009