

JENNIFER A. HANSON

Kansas State University
Manhattan, KS 66506

EDUCATION

Doctor of Philosophy, Human Nutrition, Kansas State University (2011)
Dissertation: Omega-3 Fatty Acids and Cognitive Outcomes in Soldiers Deployed to Combat

Dietetic Internship, University of Alabama, Birmingham (2002)

Master of Science in Nutrition, University of Nevada, Reno (2000)
Thesis: Correlates of Safe Food-Handling among Nevada's Elderly

Bachelor of Science in Nursing, University of Minnesota, Minneapolis (1989)

CURRENT CREDENTIALS

Dietetic Licensure, Kansas Department of Health and Environment (2004)

Dietetic Registration, Commission on Dietetic Registration (2004)

Board Certified Specialist in Sports Dietetics, Commission on Dietetic Registration (2013)

EXPERIENCE

8/2014-present

Assistant Professor, Department of Food, Nutrition, Dietetics and Health, Kansas State University, Manhattan, KS.

-Graduate Faculty Member, Masters of Public Health Program, (12/2014-current)

-Director, Didactic Program in Dietetics (7/2015-11/2016)

4/2015-9/2017

Assistant Professor (Adjunct), U.S. Military-Baylor Graduate Program in Nutrition.

-U.S. Army Reserve, Instructor for Vitamin & Mineral Metabolism

8/2012-8/2014

Assistant Professor, Nutrition and Dietetics Program, Louisiana Tech University, Ruston, LA.

6/2013-8/2013

Health/Environmental Analyst (Temporary), Kansas Environmental Public Health Tracking Program, Kansas Department of Health and Environment, Topeka, KS.

11/2011-03/2012

Clinical Dietitian, PRN, Stormont-Vail, Topeka, KS.

2/2011-9/2017 & 12/1985-12/1989

US Army Reservist, including Foodservice Specialist, Simultaneous Membership Program Cadet, and Commissioned Officer with highest rank of Major.

8/2006-8/2011

Graduate Teaching and Research Assistant, Department of Human Nutrition, Kansas State University, Manhattan, KS.

8/2010-12/2010

Adjunct Instructor, Cloud County Community College, Geary Campus, Junction City, KS. Instructor for *Nutrition* and *Medical Vocabulary*.

6/2004-5/2006

Adjunct Instructor, Kansas City Kansas Community College, Leavenworth, KS.
Instructor for *Nutrition* and *Introduction to Biology*.

1/2005-6/2006

Outpatient Dietitian, Diabetes Center, Providence Medical Center, Kansas City, KS.
Provided medical nutrition therapy in an outpatient diabetes center. Conducted assessments, developed meal plans, provided counseling, and conducted follow-up visits. Provided classroom and one-on-one education. Also conducted assessments and planned/coordinated care in a long-term care setting.

1/2005-6/2006

Clinical Dietitian, Cushing Memorial Hospital, Leavenworth, KS.
Conducted patient screening and assessments. Recommended nutrition interventions and provided education in an inpatient clinical setting.

8/2005-12/2005

Adjunct Instructor, University of Saint Mary, Leavenworth, KS.
Primary Instructor for *Principles of Nutrition*.

2/2003-7/2003

Licensed Dietitian/Nutrition Technician, Enterprise Nursing Home, Enterprise, AL.
Conducted patient screenings, assessments, and follow-up visits.

8/1995-5/1996

Teaching Assistant, Department of Nutrition, University of Nevada, Reno, Nevada 89557.
Teaching Assistant for *Diet Therapy*, *Human Nutrition*, and *Introduction to Dietetics*.

9/1992-5/1993

Nutrition Technician, Child Development Center, Pope Air Force Base, North Carolina 28308.
Responsible for menu planning, supervision of foodservice staff, food production, food safety, and adherence to state, federal, and Air Force regulations and guidelines.

1/1990-12/1990

Commissioned Officer, US Army Nurse Corps, Fort Rucker, Alabama 36362.
Staff nurse on medical/surgical/pediatric ward.

PUBLICATIONS/MANUSCRIPTS

Jindrich C, Daniels E, **Hanson J.** (in review). The impact of COVID-19 on foodservice operations within urban Kansas childcare centers. *Journal of Child Nutrition & Management*

Jindrich C, Sauer K, Daniels E, Procter S, **Hanson J.** (in review). Vegetarian menu substitution practices and nutrition professionals' involvement in the foodservice operations of urban Kansas childcare centers. *Journal of Child Nutrition & Management*

Hanson J, Dombrowski N, Davies K. (in press). Rethink tennis. *Journal of Physical Education, Recreation & Dance.*

Daniels E, **Hanson J.** (2021). Energy-adjusted dietary intakes are associated with perceived barriers to healthy eating but not food insecurity or sports nutrition knowledge in a pilot study of ROTC cadets. *Nutrients* 13(9), 3053. <https://doi.org/10.3390/nu13093053>

Hanson J, Dole A. (2021). Potential nutrition contributions to exercise-associated muscle cramping in four recreational half-marathoners: A case series. *International Journal of Strength and Conditioning, 1*(1). <https://doi.org/10.47206/ijsc.v1i1.43>

Dombrowski N, **Hanson J.** (2021). Tennis: A promising approach to family-centered physical activity and health promotion. *ITF Coaching and Sports Science Review*, 29(84), 9-11. <https://doi.org/10.52383/itfcoaching.v29i84.199>

Swaney-Stueve M, Elmore J, **Hanson J.** (2020). Students' in-school meal experiences: A study of K-5th graders' level of satisfaction. *Journal of Child Nutrition Management*, 44(2). https://schoolnutrition.org/uploadedFiles/5_News_and_Publications/4_The_Journal_of_Child_Nutrition_and_Management/Fall_2020/Students-In-School-Meal-Experiences-Fall2020.pdf

Hanson J, Elmore J, Swaney-Stueve M. (2020). Food trying and liking related to grade level and meal participation. *International Journal of Environmental Research and Public Health*, 17(16):5641. <https://doi.org/10.3390/ijerph17165641>

Hanson J, Wagner G, Dretsch M. (2020). Cognitive disinhibition and infrequent moderate to intense physical activity linked with obesity in U.S. soldiers. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, <https://doi.org/10.1007/s40519-020-00932-5>

Hanson J, Joyce J, Laursen D, Paez P. (2020). A Model for Improving Diet Quality within Child Nutrition Programs: The U.S. Army's Child and Youth Services Healthy Menu Initiative. *International Journal of Environmental Research and Public Health*, 17(8):2746. <https://doi.org/10.3390/ijerph17082746>

Hanson J, Cantrell O, Paez P, Brenes P, Laursen D. (2020). The impact of replacing breakfast grains with meat/meat alternates: An evaluation of child nutrition policy. *Public Health Nutrition*, 23(6) 1136-1141. <https://doi.org/10.1017/S136898001900377X>

Hanson J, Phillips L, Corson K, Hughes S. (2020). Attention-deficit/hyperactivity disorder, binge eating, and BMI in college students. *Journal of American College Health*, 68(5), 543-549. Epub 2019 Apr 22. <https://www.tandfonline.com/doi/abs/10.1080/07448481.2019.1583651>

Wallace W, Feigenberg S, Pope J, Erickson D, Tyer T, **Hanson J**. (2018). Body weight status, clinical factors, and short-term outcomes among head and neck radiation oncology patients. *Topics in Clinical Nutrition*, 33(1);69-78. <https://doi.org/10.1097/TIN.000000000000128>

Hanson J, Lin Y, Strandjord S, Haub, M, Dretsch M, Hibbeln J. (2016). Whole food, functional food, and supplement sources of omega-3 fatty acids and omega-3 HUFA scores among U.S. soldiers. *Journal of Functional Foods*, 23, 167-176. <http://dx.doi.org/10.1016/j.jff.2016.02.017>

Hanson J, Hughes S, Liu P. (2015). Use of Health Belief Model variables to examine self-reported food handling behaviors in a sample of U.S. adults attending a tailgate event. *Journal of Food Protection*, 78(12), 2177-83. <https://doi.org/10.4315/0362-028X.JFP-15-077>

Lin Y, **Hanson J**, Strandjord S, Salem, N, Dretsch, M, Haub M, Hibbeln J. (2014). Fast transmethylation of total lipids in dried blood by microwave irradiation and its application to a population study. *Lipids*, 49(8), 839-51. <https://doi.org/10.1007/s11745-014-3918-3>

Hanson J, Haub M, Walker J, Johnston D, Nelson Goff, B, Dretsch M. (2012). Attention deficit hyperactivity disorder subtypes and their relation to cognitive functioning, mood states, and combat stress symptomatology in deploying U.S. soldiers. *Military Medicine*, 177(6), 655-662. <https://doi.org/10.7205/MILMED-D-11-00340>

Hanson J, Rosenkranz R, Holcomb C, Haub M. (2012). Content validity and reliability of a food frequency questionnaire to measure eicosapentaenoic acid and docosahexaenoic acid intakes in young adults: A pilot study. *Functional Foods in Health and Disease*; 2(12); 501-507. DOI: 10.31989/ffhd.v2i12.77

Hanson J, Benedict J. (2002). Use of the Health Belief Model to examine older adults' food-handling behaviors. *Journal of Nutrition Education and Behavior*; 34; S25-S30. [https://doi.org/10.1016/S1499-4046\(06\)60308-4](https://doi.org/10.1016/S1499-4046(06)60308-4)

ABSTRACTS/PRESENTATIONS

Carvalho F, **Hanson J**. (2021). Switching from low-fat milk to plant-based beverages: Impact on the diet quality of preschool-age eating patterns. *Journal of the Academy of Nutrition and Dietetics*; 121(10), PA 156. <https://doi.org/10.1016/j.jand.2021.08.097>

Jindrich C, **Hanson J**, Sauer K. (2021). The Impact Of COVID-19 on Foodservice Operations in Childcare Centers Located in Kansas Urban Areas. *Journal of the Academy of Nutrition and Dietetics*; 121(9) supplement, A63. <https://doi.org/10.1016/j.jand.2021.06.186>

Jindrich C, **Hanson J**, Sauer K. (2021). Vegetarian Menu Substitutions in Urban Kansas Childcare Centers. *Journal of the Academy of Nutrition and Dietetics*; 121(9) supplement, A64. <https://doi.org/10.1016/j.jand.2021.06.190>

Hughes A, **Hanson J**, Daniels E. (2021). University students' knowledge and perceptions regarding the nutrient content of plant-based beverages, *Current Developments in Nutrition*, 5, Supplement 2, 555, https://doi.org/10.1093/cdn/nzab043_007

Jindrich C, **Hanson J**, Daniels E. (2021). A Comparison of the Nutrient Content of Standard and Vegetarian Childcare Lunches, *Current Developments in Nutrition*, 5, Supplement 2, 138, https://doi.org/10.1093/cdn/nzab035_046

McGraw E, Kidd T, **Hanson J**. (2021). Development and evaluation of an intuitive eating infographic for athletes. *37th Annual Sports, Cardiovascular, and Wellness Nutrition (SCAN) Virtual Symposium*.

Hanson J, Watkins T, Brenes P, Laursen D. (2020) Intention to stay, job satisfaction, and communication satisfaction among childcare food program staff. *Journal of the Academy of Nutrition and Dietetics*; 120(10), PA124. <https://doi.org/10.1016/j.jand.2020.09.008>

Dole A, **Hanson J**. (2020). Exercise associated muscle cramping in recreational half-marathoners: A case series. *Journal of the Academy of Nutrition and Dietetics*; 120(10), PA134. <https://doi.org/10.1016/j.jand.2020.08.067>

Wagner G, Jindrich C, Hughes A, Daniels E, **Hanson J**. (2020). Macronutrient impact of plant-based milks in childcare menus. *Journal of the Academy of Nutrition and Dietetics*; 120(9) supplement, A45. <https://doi.org/10.1016/j.jand.2020.06.127>

Hughes A, Jindrich C, DeMeyer O, Daniels E, **Hanson J**. (2020), An Evaluation of vegetarian and standard childcare menus. *Journal of the Academy of Nutrition and Dietetics*; 120(9) supplement, A46. <https://doi.org/10.1016/j.jand.2020.06.128>

Hanson J, Laursen D, Wagner G, Paez P. (2019). The U.S. Army Child and Youth Services Healthy Menu Initiative: A model for improving the food environment throughout military communities, presented at AMSUS (The Society of Federal Health Professionals) Annual Continuing Education Meeting, December 3, 2019.

Dombrowski N, **Hanson J**. (2019). Feasibility of a tennis-based, family-centered obesity prevention program, presented at the Kansas Public Health Association Conference, Topeka, KS. September 25, 2019.

Hanson J, Padin O, Paez P, Brenes P. (2018). Macronutrient content of a menu based on the updated CACFP meal standards. *Journal of the Academy of Nutrition and Dietetics*; 118(9) supplement, A53.

Hanson J, Dretsch M. (2018). Compromised executive functioning associated with greater BMI in soldiers. *Journal of the Academy of Nutrition and Dietetics*; 118(9) supplement, A52.

Williams J, **Hanson J**, Paden O, Johannes E, Mulcahy E. (2018). Health & health care in Kansas communities: A qualitative interview study. Kansas Public Health Association Conference, Wichita, KS. October 3, 2018.

Hanson J, Paden O, Paez P, Laursen D. (2018). Cultural foods made creditable. Workshop presentation at the National CACFP Conference, April 20, 2018 in San Antonio, TX.

Brenes P, **Hanson J.** (2018). An Infographic menu: Improving decision making in residents with dementia. Kansas and Missouri Academies of Nutrition and Dietetics Joint Conference, Overland Park, KS April 5-7, 2018.

Hanson J. (2018). Family-based weight management strategies and interventions. Family and Consumer Science Updates, February 13, 2018. K-State Research and Extension, Kansas State University.

Spencer A, **Hanson J.** (2017). Associations between apolipoprotein B and disease risk factors among worksite wellness participants. *Journal of the Academy of Nutrition and Dietetics*; 117(9) supplement, A18.

Hanson J, Joyce J, Paez P, Laursen D. (2017). Healthy Menu Initiative: Implementing a standardized healthy menu across the U.S. Army's Child and Youth Services. Panel presentation at the National CACFP Conference, April 20, 2017 in San Diego, CA.

Fuller A, Chen Y, Pope J, Erickson D, **Hanson J.** (2016). "Parents-as-Partners" tennis as a platform for obesity prevention. *Journal of the Academy of Nutrition and Dietetics*; 116(9) supplement, A9.

Liu P, Lin N, Nwadike L, Hughes S, **Hanson J.** (2016). Observed food handling practices among adults preparing food during a football tailgate. Oral presentation at the International Association for Food Protection, 31 July- 3 August 2016, in St Louis, MO.

Hanson J, Johnston D, Bradley R, Harris W. (2015). Fish/seafood consumption, dietary intake of EPA and DHA, and Omega-3 Index among deployed U.S. military personnel. *Journal of the Academy of Nutrition and Dietetics*; 115(9) supplement, A22. <http://dx.doi.org/10.1016/j.jand.2015.06.069>

Hanson J, Johnston D, Dretsch M, Lin N, Haub M. (2015). Food sources utilized by U.S. soldiers deployed on overseas combat tours. *Journal of the Academy of Nutrition and Dietetics*; 115(9) supplement, A59. <http://dx.doi.org/10.1016/j.jand.2015.06.209>

Wallace W, **Hanson J,** Feigenberg S. Pope J, Erickson D, Tyer T. (2014). Nutrition-related clinical outcomes among head and neck radiation oncology patients. *Journal of the Academy of Nutrition and Dietetics*; 114(9) supplement, A32.

Hughes S, **Hanson J,** Liu P. (2014). Safe food-handling cues to action, perceived threat of foodborne illness, and food-handling behaviors among adults attending a tailgating event. *Journal of the Academy of Nutrition and Dietetics*; 114(9) supplement, A90.

Liu P, **Hanson J,** Hughes S. (2014). Investigation of tailgaters' food-handling behaviors. Presented at the International Association for Food Protection, 3-6 August, 2014, Indianapolis, IN.

Hanson J, Phillips L, Kim Y, Corson K, Hughes S. (2013). The relationship between attention deficit hyperactivity disorder symptomatology and nutrition-related health behaviors among university athletes and non-athletes. *Journal of the Academy of Nutrition and Dietetics*; 113(9) supplement, A86.

Hanson J, Lin Y, Strandjord S, Hibbeln J. (2013). The relationship between omega-3 HUFA score and dietary intake of EPA and DHA among U.S. soldiers. *Journal of the Academy of Nutrition and Dietetics*; 113(9) supplement, A26.

Lin Y, **Hanson J**, Strandjord S, Hibbeln J. (2012). Microwave irradiation accelerated fatty acid analysis and its application in finger-pricked whole blood samples of deploying soldiers. Presented at the 10th biennial scientific meeting of the International Society for the Study of Fatty Acids and Lipids (ISSFAL), 26-30 May 2012, Vancouver, Canada.

Hanson J, Dretsch M, Junnila J, Johnston D, Haub M. (2011). Dietary supplement use among soldiers deploying to combat. *Journal of the American Dietetic Association*; 111(9) supplement, A30.

Hanson J, Haub M. (2010). Seasonal availability, culture, and religious practices appear to influence fish consumption throughout the year. *Journal of the American Dietetic Association*; 110(9) supplement, A79.

Hanson J, Haub M, Hibbeln J, Junnila J, Johnston D, Dretsch M. (2010). Dietary intakes of EPA and DHA among soldiers deploying to combat areas. Presented at the 9th biennial scientific meeting of the International Society for the Study of Fatty Acids and Lipids (ISSFAL), May 29-June 2nd, 2010, in Maastricht, the Netherlands.

Hanson J, Benedict J. (2000). Use of the Health Belief Model to examine safe food-handling among Nevada's elderly. *Journal of the American Dietetic Association*; 100(9) supplement, A36.

GRANT ACTIVITY

Butler M, **Hanson J. (PI, Multiple PI)**. Army/4-H Military Partnership, NIFA/USDA, Army Youth Services Menu Development, Award # 2020-48696-33295, \$513,000.00 (funded), 2020-2021. Of which **\$153,010 awarded to Hanson** for staff training and development of a series of food-based/culinary nutrition education lessons that will be developed for early childhood, grade school, and middle school/teens.

Hanson J. (PI). Global Campus Distance Learning Development Grant for Maternal and Child Nutrition, \$6,111(funded), 2018.

Hanson J. (PI). Air Force Youth Services Food Service Training, \$26,450 (funded), 2018. Planned and implemented healthy menu instruction for 50 Air Force youth program food service specialists. Training consisted of classroom instruction, group activities, and hands-on culinary activities. Topics included nutrition, food safety, culinary skills, and production management topics. Conducted post-training program evaluation.

Hanson J. (PI). United States Tennis Association, Tennis for Fun and Fitness. \$750 (funded), 2018.

Butler M, **Hanson J. (PI, Multiple PI)**. Army/4-H Military Partnership, NIFA/USDA, Army Youth Services Menu Development, Award # 2016-48696-25889, \$4,533,163.99 (funded), 2016-2021. Of which **\$297,796 awarded to Hanson** to continue staff training and menu development.

Verbrugge, M, **Hanson J. (Co-PI)**. Army/4-H Military Partnership, NIFA/USDA, Army Youth Services Menu Development, Award # 2014-48661-22370. Of which \$1,454,545.00 (funded). Of

which **\$124,185 awarded to Hanson** to plan and implemented healthy menu instruction for 260 Army youth program administrators and food service specialists.

Hanson J. (PI). Use of the Health Belief Model to Predict Observed and Self-Reported Food Handling Behaviors among Adults Preparing Meat or Poultry at an Outdoor Venue, College of Human Ecology (CHE) Sponsored Research Overhead (SRO) Funds Award, \$3,363.

Hanson J. Kids Eat Right Family Meals Mini-Grants, Academy of Nutrition and Dietetics Foundation, March 2013, \$200 (funded).

Hanson J. (PI) & Chen Y. College of Applied and Natural Sciences, Louisiana Tech University, “Parents-as-Partners” Tennis as a Platform for Obesity Prevention, Fall 2012, \$1,350 (funded).

Hanson J. (PI) Omega-3 Fatty Acids and Cognitive Outcomes in Soldiers Deployed to Combat Areas, Herbert D. and Nylda Gemple Research Grant, 2010, ADA Foundation, \$5,000 (funded).

AWARDS

Research Dietetic Practice Group Member of the Year 2017

Big 12 Faculty Fellowship, Office of the Provost and Senior Vice President, Kansas State University, 2015

Margaret D. Simko Memorial Award for Excellence at a Clinical Poster Session, Academy of Nutrition and Dietetics Annual Food and Nutrition Conference and Expo, 2013

American Society for Nutrition, Travel Award for the National Institutes of Health’s Office of Dietary Supplement (ODS) Research Practicum, 2011

Research and the State Finalist, Kansas State University, 2010

Kansas State University Research Foundation Doctoral Fellowship, 2009

Timothy Donahue Graduate Fellowship Award, 2008; Nutrition for Youth Graduate Scholarship Kansas State University 2007; Josephine E. Brooks Fellowship in Foods and Nutrition 2006; Kansas State University

Gogebic Community College Board of Trustees Scholarship

COMMUNICATION PRODUCTS FOR THE PUBLIC

Contribution to “Ask the Experts” section of 2021’s Most Overweight and Obese Cities in the U.S. *WalletHub*, Mar 3, 2021. https://wallethub.com/edu/fattest-cities-in-america/10532#expert=Jennifer_Hanson

Interview for *Baby Sparks*, “Toddler Nutrition Tips: Months 24-36.” August 19, 2019. <https://babysparks.com/2019/08/19/toddler-nutrition-tips-months-24-36/>

Invited speaker at *2019 Health Professions Summit*, Kansas State University, February 16, 2019.

Interview for K-State News: “Lunch break: Nutrition professor says what kids bring can affect their dietary choices for years to come.” September 28, 2017. <https://www.k-state.edu/media/newsreleases/2017-09/lunchnutrition92817.html>

Interview for K-State News: “Healthy and safe school lunches.”
Video interview with media stories report, October 2017.
<http://mms.tveyes.com/NetReport.aspx?ReportHash=1646fd40f0ec62b31a8ae8e78f5ce80a>

Contribution to K-State News: “Kansas State University experts share five guidelines for a happy, healthy 2016.” December 23, 2015. <https://www.k-state.edu/media/newsreleases/dec15/newyear122315.html>

Interview for DeChellis, J. The Army’s new mission: Creating healthy food for kids. *Food Manage* June 1, 2016. <https://www.food-management.com/news-trends/army-s-new-mission-creating-healthy-food-kids>

MEMBERSHIPS

Academy of Nutrition and Dietetics; Kansas Dietetic Association
Research Dietetic Practice Groups (Awards Chair)
Sports Cardiovascular and Wellness
Behavioral Health Nutrition Dietetics Practice Groups
United States Tennis Association

ADDITIONAL COURSE WORK/TRAINING

2014 Biomedical Investigator Training, Collaborative Institutional Training Initiative
2014 Captains Career Course, US Army Medical Department
2013 Qualitative Data Analysis, University of Minnesota, School of Public Health
2012 United States Tennis Association Recreational On-Court Training Workshop
2012 Certificate of Training in Childhood & Adolescent Weight Management
2008 Fundamentals of Epidemiology, University of Minnesota, School of Public Health

SERVICE/VOLUNTEER ACTIVITY

Graduate Faculty Committee member, Master of Public Health (MPH) Faculty Committee member, Kansas State University, 2014-present
MPH scholarship review committee, 2019
Institute for the Health and Security of Military Families, board member, 2018-present
Shugart Lecture, continuing education coordinator Kansas State University, 2017-present
Coordinated Program/ MS Taskforce member, Program Area (Dietetics) Committee (PAC) member Kansas State University 2014-2018
Awards Chair, Research Dietetic Practice Group, 2016-2018
Research Dietetic Practice Group, National Award Nomination Committee, 2017-2020
Nominating Chair, Research Dietetic Practice Group, 2015
Nominating Committee Member, Research Dietetic Practice Group, 2013-14
Nutrition Education, Louisiana Tech University, Women’s Volleyball Team, 2014

Reviewer, *Military Medicine*, 2012-present

Reviewer, *Journal of the Academy of Nutrition and Dietetics*, 2016-present

Reviewer, *Nutrients*, 2019-present

University Senate, Louisiana Tech University, 2013-2014

Recruitment Committee, Mission and Vision Committee, Nutrition and Dietetics Program Development Committee, School of Human Ecology, Louisiana Tech University, 2012-2014

Food and Nutrition Conference and Expo, Abstract Criteria Ad Hoc Committee, April 2013

Presentation, Association of Catholic Tech Students, March 2013 & January 2014

President, Human Nutrition Graduate Student Organization 1/2008-5/2009

Member, International Activities Committee, Kansas State University 8/2008-5/2009

Nutrition Counseling, Kansas State University Women's Tennis Team, 2007-2010

Manhattan Catholic Schools Wellness Committee, 2008-10

Speaker: Lansing Middle School Wellness Club, Girl Scout Troop #5586, Boy Scout Pack #273, and Piper Middle School

GRADUATE COMMITTEES (Kansas State University)

Adina Johnson, MS Committee Chair

Non-Thesis Report: Development of an Intuitive Eating Educational Tool for Military Service Members, Fall 2021

Amanda D'Orsi, MS Committee Member

Non-Thesis Report: A review of exercise as an intervention for reducing the risk of gestational diabetes between the years 2002-2021, Fall 2021

Caitlin Jindrich, MPH Committee Chair

Thesis: The Nutritional Adequacy of Vegetarian Menu Substitutions in Urban Kansas Childcare Centers, Summer 2021

Lisa Ross, MPH Committee Member

Integrative Learning Experience Report: Systems Approaches for Healthy Communities: a web-based professional development program, Spring 2021

Lauren Ranley, MS Committee Member

Non-Thesis Report: A Plant-Based Diet and Type II Diabetes, Spring 2021

Patricia McKenna, MPH Committee Member

Integrative Learning Experience Report: GROing Neighborhood Gardening Teams in the Time of COVID, Fall 2020

Rachel Lorraine Van Gilder, MPH Committee Member

Integrative Learning Experience Report; Understanding the Complexities of Community Work, while Bettering the Local Food System of Riley County and the City of Manhattan, Kansas, Spring 2020

Erin McGraw, MS Committee Chair

Non-Thesis Report: Intuitive Eating Concepts for Athletes, Fall 2019

Rowan Zoeller, MS Committee Member

Non-Thesis Report: Sustainable Lunch Programs: Healthy Bodies, Healthy Planet, Fall 2019

Emily Valdez, MS Committee Member

Non-Thesis Report: The Effectiveness of Diabetes Self-Management Education among Latino Adults with Type-2 Diabetes in Low-Income, Rural Areas, Fall 2019

Kathleen Sanders, MS Committee Member

The Role of the Registered Dietitian Nutritionist in the Prevention and Treatment of Unintended Weight Gain during Rehabilitation for Traumatic Brain Injury, Fall 2019

Nicole Dean, MS Committee Chair

Non-Thesis Report: Consumption of Saturated Fats from Tropical Oils and Their Effects on Plasma Lipids and Cardiovascular Disease, Summer 2019

James McDonough, MS Committee Chair

Non-Thesis Report: Best practices for the Hemodialysis Registered Dietitian Preparing for a Disaster, Summer 2019

Olivia Cantrell, MPH Committee Chair

Integrative Learning Experience Report: Educating the Under-Served on Diabetes Prevention and Healthy Lifestyle Habits, Summer 2019

Jason Messner, MPH Committee Member

Integrative Learning Experience Report: Substance Use Prevention in Manhattan, Kansas, Summer 2019

Andrew Dole, MS Committee Chair

Thesis: Case Study Series: Potential Nutrition Contributions to Exercise Associated Muscle Cramping in Four Recreational Half-Marathoners, Spring 2019

Kimberly Mannebach, MS Committee Member

Non-Thesis Report: SMOF Lipid use in infants for the prevention of parenteral nutrition-associated liver disease, Spring 2019

Erin Gonzalez, MS Committee Member

Benefits of Including a Non-Diet, Weight Neutral Approach in the Nutrition Curriculum and Impact on Students' Relationship with Food, Body, Physical Activity and Weightism, Spring 2019

Michelle Ivy, MS Committee Member

Non-Thesis Report: Whole Food Plant Based Diet and Chronic Disease, Summer 2018

Suzanne Fleming, MS Committee Member

Non-Thesis Report: Dietetics Practice in McPherson Hospital, Spring 2018

Traci Bolin, MS Committee Chair

Non-Thesis Report: Factors that Affect Human, Fall 2017

Nancy Sandoval, MS Committee Chair

Non-Thesis Report: Implementing Hands on Global Assessment for Dialysis Patients, Fall 2017

Valerie Donelan, MS Committee Member

Non-Thesis Report: Nutrition Label Use in a University Dining, Fall 2017

Angela Spencer, MS Committee Chair

Non-Thesis Report: Using Advanced Lipids and Fasting Insulin Levels to Individualize Nutrition Recommendations and Treat the Metabolic Syndrome, Spring 2017

Mardelyn Schultz, MS Committee Chair

Non-Thesis Report: Practice Paper on the Dietary Factors Involved in the Management of Inflammation, Fall 2016

Mania Fanaeian, MS Committee Member

Role of Clinical Dietitian in Acute Setting, Fall 2016

Erin Commons, MS Committee Chair

Non-Thesis Report: The Effects of an Interdisciplinary Health Coaching Model in Worksite Wellness: Weight Loss, Physical Activity, and Diet Quality – an Internal Research Study, Spring 2015

Emily Patton, PhD Committee Member

Dissertation: The Dietetics Leadership Identity Project: Leadership Taxonomy in Clinical Practice, Spring 2015

Meike Orlick, MS Committee Member

Non-Thesis Report: New Onset Diabetes after Transplant, Summer 2015

Rebecca Reisdorf, MS Committee Member

Non-Thesis Report: Environmental Scanning: A Review of the Dietetics Profession, Summer 2015

Sean O'Hara, MS Committee Member

Clinical Practice Recommendations for Dietetic Practitioners on the use of Oral Nutritional Supplements, Fall 2015

UNDERGRADUATE RESEARCH (Kansas State University)

Tiffany Standerwick, Mentor

Academy of Nutrition and Dietetics Foundation/ConAgra Foods Food Safety Student Challenge recipient-2014

Food Safety Workshops for Student Organizations

Nicholas Dombrowski, Undergraduate Research Mentor

Tennis for Fun and Fitness-2018

Abigail Hughes, Undergraduate Research Mentor

College of Health and Human Sciences Undergraduate Research Award recipient-2020

Plant-based milks: Consumption, Beliefs, and Nutritional Knowledge among College Students

Liz Daniels, Undergraduate Research Mentor

College of Health and Human Sciences Undergraduate Research Award recipient-2021

Barriers to Healthy Eating, Nutrition Knowledge, and Nutritional Assessment Outcomes among ROTC Cadets

GRADUATE COMMITTEES (Louisiana Tech University)

Whitney Johnson, Committee Chair

Thesis: Clinical Outcomes among Obese and Non-Obese Radiation Oncology Patients, Spring 2014

Lisa Phillips, Committee Co-Chair

Thesis: Attention-Deficit/Hyperactivity Disorder Symptomatology and Nutrient-Related Health Measures among College Students, Fall 2013.

Meredith McKinney, Committee Member

Non-Thesis Report: Relationship between Sugar-Sweetened Beverage Intakes and Body Mass Index in Caucasian Women, Spring 2013.

Marjorie Cordaro, Committee Member

Non-Thesis Report: Obesity in the United States and the Implication of Beverage Consumption as a Contributing Factor, Spring 2013.

Katie Wehmeier, Committee Member

Non-Thesis Report: The Effect of Pre-Surgical Glucose Levels on Surgery Outcomes, Spring 2013.

TEACHING EXPERIENCE

Kansas State University:

Instructor for FNDH 115 (Health and Nutrition Professions) Fall semester 2021. A course that provides a history of public health and exposure to health professions that pertain to nutrition and sports medicine

Instructor for FNDH 862 (Maternal and Child Nutrition) Fall semester 2018. A newly developed distance course offered for three credits. A critical examination of the behavioral, physiological, and public health issues impacting dietary and nutritional factors that support normal growth and development. The course content focuses on the early stages of the life cycle: gestation, lactation, infancy, preschool, school age and adolescence.

Instructor for FNDH 620 (Nutrient Metabolism) fall semester 2016. A three-credit course that provided basic concepts of the mechanisms of actions, interactions, and the processes of cellular assimilation and utilization of nutrients in humans. Emphasis on the coordinated control of nutrient utilization among the major organs.

Instructor for FNDH 880 (Graduate Seminar). One-credit class taught spring semester 2016-2021.

Instructor for HMD 570 (Introduction to Research in Dietetics Practice). One-credit class taught fall semester 2015. Introduction to basic research design in dietetics with application of the research to evidenced based practice using the Evidence Analysis Library of the Academy of Nutrition and Dietetics.

Instructor for FNDH 130 (Careers in Nutrition and Dietetics) fall semester 2015 and 2016. An introduction to career opportunities in the field of nutrition and dietetics with emphasis on academic preparation, acquisition of professional credentials, and career laddering. Guest speakers from various areas of professional practice will supplement lectures and student assignments.

Instructor for HMD 720 (Administration of Health Care Organizations) spring semester 2015-2021. This was a three-credit graduate course that provided a comprehensive review of today's health care institutions and their response to the economic, social/ethical, political/legal, technological, and ecological environments.

Instructor for HMD 220 (Environmental Issues in Hospitality) fall semester 2014 and spring semester 2015. This was a three-credit introductory course that provided an overview of environmental issues that impact the hospitality industry. The course included principles of foodborne disease, blood borne pathogens, Hazard Analysis Critical Control Point (HACCP) system, food safety principles and applications, workplace safety, conservation of natural resources, solid waste management, air quality, and governmental regulations in the hospitality industry.

Primary instructor for HN 132 (Basic Nutrition) spring semester 2009. This was a three-credit introductory course on the basic concepts of human nutrition and the application of these concepts to personal food choices and health. Nearly two hundred students were enrolled in this course.

Teaching assistant for HN 630 (Clinical Nutrition) spring semester 2007 and spring semester 2008. Lectured in Clinical Nutrition on: a) metabolic stress, b) liver and biliary tract diseases, c) counseling for change, and d) enteral and parenteral nutrition. I was also a teaching assistant for HN 600 (Public Health Nutrition) fall semester 2006 and lectured in Public Health Nutrition on: a) assessing nutritional status of populations, b) policymaking, and c) marketing health and nutrition.

U.S. Military-Baylor Graduate Program in Nutrition:

Instructor for MPN 5202 – Vitamin & Mineral Metabolism. I taught this course as an Army Reservist during a condense 3-week period in May of 2015-2017.

Louisiana Tech University:

Instructor for FNU 533 (Dietary Supplements in Human Health) spring quarter 2013. This is a three-credit online graduate course on wellness programs on vitamins, minerals, herbs, phytochemicals, and other compounds used as supplements in human nutrition.

Instructor for FNU 543 (Nutrition and Worksite Wellness) spring quarter 2013. This is a three-credit online graduate course on wellness programs in the community and includes assessment, planning, implementation, and evaluation of programs.

Instructor for FNU 253 (Sports Nutrition) winter and spring quarter 2013, fall and winter 2014. This is a three-credit introductory course on the nutrient needs and food related issues in exercise for wellness and training for competitive athletes.

Instructor for FNU 404 (Human Nutrition Biochemistry II) winter quarter 2013 and 2014. This is a three-credit upper division course designed to provide a means for integration of nutrition, biochemistry and physiology in relation to vitamins, minerals and water.

Instructor for FNU 547 (Childhood Weight Issues & Management) fall quarter 2012. This is an online graduate course designed to provide a comprehensive overview of the pediatric obesity epidemic, and the most recent recommendations regarding screening, assessment, and treatment of overweight youths.

Cloud County Community College:

Primary instructor for HE 124 (Nutrition) and BE 122 (Medical Office Vocabulary) fall semester 2010.

Kansas City Kansas Community College:

Primary instructor for BIOLO 121 (General Biology) summer semester 2004. This was a five-credit introductory biology course which included a laboratory component. I was also the primary instructor for BIOLO 145 (Nutrition) spring semester 2005 and spring semester 2006.

University of Saint Mary:

Developed and was the primary instructor for BI 161(Principles of Nutrition) fall semester 2005. This was a three-credit course newly added to support the re-established nursing program.

University of Nevada:

Teaching assistant for Diet Therapy fall semester 1995. I taught several laboratory classes for this course including nutritional assessment of adults and nutritional assessment of children. During spring semester 1996, I was a teaching assistant for Human Nutrition and Introduction to Dietetics.