

Ms. Kathleen M. Hoss-Cruz

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Education

Kansas State University, 2023.

Major: Adult Learning & Leadership

Supporting Areas of Emphasis: Nutrition education

MPH, University of Minnesota, 2008.

Major: Public Health Nutrition

Dissertation Title: "Health claims made in infant formula advertisements in pregnancy and early parenting magazines"

Graduate Certificate, Saint Louis University, 2004.

Major: Dietetic Internship

Supporting Areas of Emphasis: Public Health

BS, Missouri State University, 2003.

Major: Dietetics

Supporting Areas of Emphasis: Spanish

Language Certificate, Academia Tica, 2002.

Major: Spanish

Work History

Academic - Post-Secondary

Instructor, Kansas State University. (August 2014 - Present).

Adjunct Faculty, University of New Mexico-Valencia Campus. (August 2010 - May 2014).

Teaching Assistant, University of Minnesota School of Public Health. (August 2007 - December 2007).

Maternal and Child Health Trainee, University of Minnesota School of Public Health. (August 2006 - August 2007).

Professional

Clinical Dietitian, Genesis Healthcare. (May 2011 - August 2014).

Clinical Dietitian, Aramark Healthcare. (December 2010 - May 2011).

Nutrition Care Manager/Assistant Director of Dining Services, Morrison Senior Living. (March 2008 - July 2010).

Community Nutritionist, Family Care Health Centers. (September 2004 - August 2006).

Licensures and Certifications

Registered Dietitian, Academy of Nutrition & Dietetics. (2004 - Present).

Professional Memberships

American Association of College & University Women. (2019 - Present).

Kansas Academy of Nutrition & Dietetics. (2017).

Hunger & Environmental Nutrition Dietetics Practice Group of the Academy of Nutrition & Dietetics. (2008 - 2017).

New Mexico Academy of Nutrition & Dietetics. (2008 - 2017).

Academy of Nutrition & Dietetics. (2002 - 2017).

Dietetics in Health Care Communities Dietetics Practice Group of the Academy of Nutrition & Dietetics. (2008 - 2016).

TEACHING

Teaching Experience

Kansas State University

FNDH 132, Basic Nutrition, 51 courses.

FNDH 510, Life Span Nutrition, 9 courses.

Awards and Honors

Academy Scholar, Academy of Student-Centered Learning. (May 2015).

Greek Professor of the Month, Panhellenic Council. (April 2015).

RESEARCH

Published Intellectual Contributions

Refereed Journal Articles

Stang, J., Hoss-Cruz, K. M. & Story, M. (2010). "Health claims made in infant formula advertisements in pregnancy and early parenting magazines". *Journal of Infant, Child, Adolescent Nutrition*, 2(1), 16-25. <http://journals.sagepub.com.er.lib.k-state.edu/doi/abs/10.1177/1941406409359806>

Conference Proceedings

Hoss-Cruz, K. M. & Kang, H. (2017). *Utilizing adult learning principles to understand students' perception of integrating open-access resources into nutrition curriculum: A survey research* (2017 ROUND-TABLES (NORMAN, OK) ed.). Manhattan, KS: New Prairie Press. <http://newprairiepress.org/aerc/2017/roundtables/2>

Periodicals

Hoss-Cruz, K. M. (2004). *"Room for Improvement: Increasing the palatability of pureed diets"* (1st ed., vol. 23, pp. 3). Dietetics in Physical Medicine and Rehabilitation.

Hoss-Cruz, K. M. (2003). *"Was Atkins Right!?"* (Fall 2003 ed.). St. Louis, Missouri: St. Louis Dietetic Association.

Other

Hoss-Cruz, K. M., Muj Garcia, M. L., Juracan Cumes, M. L., Secara Mancia, I. D., Bixcul Cumil, L. A., T Sanchez Sandoval, D. M. & Florez Perez, C. A. (in press). *Monitoreo 2019*.

Wang, Y., Hoss-Cruz, K. M. & Kidd, T. (2019). *Nutrition Banking: Monetary concept Increases awareness of nonhealthy nutrients among college students*. Manhattan, Kansas: Kansas State University.

Piland, D. K. & Hoss-Cruz, K. M. (2003). *Improving fiber content and palatability of pureed diets using Spanish pureed soups and fruit smoothies*. (9th ed., vol. 103, pp. A-30). Chicago, IL: Academy of Nutrition & Dietetics.

Presentations Given

Yarrow, L. (Presenter/Co-author), Hoss-Cruz, K. M. (Presenter/Co-author), Troike, A. (Presenter/Co-author), Community Engagement Symposium: Student Success and the Public Good, "Student International Service Learning: Making a Difference and Changing Lives," Center for Engagement and Community Development; Kansas State University, Manhattan, KS, United States. (March 2020).

Hoss-Cruz, K. M., GIFTS 2018 Summer Reading Workshop, "Applying What We Have Learned," Teaching & Learning Center; Kansas State University, Manhattan, AK, United States. (July 16, 2018).

Hoss-Cruz, K. M., Effective Online Discussions, "Effective Online Discussions," Global Campus Kansas State University, Manhattan, KS, United States. (April 3, 2018).

Hoss-Cruz, K. M., Have a Byte, "Citizen Educator: Taking Responsibility for Fostering Student Persistence," Kansas State University Global Campus, Manhattan, KS, United States. (September 22, 2017).

Hoss-Cruz, K. M. (Presenter/Co-author), Kang, H. (Presenter/Co-author), Adult Education Research Conference, "Utilizing adult learning principles to understand students' perception of integrating open-access resources into nutrition curriculum: A survey research," Norman, OK, United States. (June 11, 2017).

Media Appearances and Interviews

Internet

"Remote Teaching Fails Series," Teaching & Learning Center Kansas State University YouTube Channel. (September 8, 2020).

"Online communication for distance courses," Global Campus Website Kansas State University. (March 2020).

"Could Humans Live Off of Potatoes and Milk?," Spoon University. (April 26, 2017).

Newspaper

"Lafene dietitian aims to help students with eating habits, nutrition," Kansas State the Collegian. (February 18, 2021).

"Keto diet Q&A: Holy grail of health? Or fitness fad?," Kansas State Collegian. (September 27, 2018).

"Breaking down the gluten-free fad," Kansas State Collegian. (December 10, 2014).

Contracts, Grants and Sponsored Research

Grant

Hoss-Cruz, K. M. (Primary), "2019/2020 Distance Conference Opportunity Global Campus," Sponsored by Global Campus, Kansas State University, Internal/Institutional, \$1,000.00.

Kang, H. (Primary), Hoss-Cruz, K. M. (Secondary), "Are they really living better? A program evaluation of community engaged research.," Sponsored by Center for Engagement and Community Development, Kansas State University, Internal/Institutional, \$6,436.00.

Hoss-Cruz, K. M., P., "FNDH 132 Distance Course Redesign," Sponsored by Global Campus, Campus State University, Internal/Institutional.

Hoss-Cruz, K. M. (Primary), "Open-Access Resource Grant for FNDH 132 Basic Nutrition," Sponsored by Kansas State University, Other.

Awards and Honors

Phi Kappa Phi, Phi Kappa Phi; Kansas State University Graduate School. (February 2018).

Research, Scholarship, Creative Activity, and Discovery

"A pilot critical inquiry and interpretive phenomenological analysis of how women with children in the home perceive their roles in preparing nutritious food for their family." (On-Going). (September 2021 - Present).

The purpose of this pilot project is to learn from women who have had nutrition classes at K-State and with caregiving roles in their families (of children and/or elder adults) how they describe their role in and what challenges (if any) they face in providing healthy food to their families. This project wants to learn how these participants assess their ability to provide healthy meals to their families (especially since they now have some background nutrition knowledge). This project also wants to learn why women tend to be the ones with the responsibility of meal provision and questions that role. The goal of this pilot project is to contribute to a larger dissertation project.

"Monitoreo 2019" (Complete). (June 2019 - January 2020).

Assisting Vivamos Mejor (NGO in Guatemala) to develop, assess, and write up their program monitoring effort as part of an Engagement Extension Grant.

From the project narrative of the grant proposal:

Purpose and objectives. The purpose of this grant application is to request funding to support a research collaboration between a K-State research team and a non-governmental organization (*Vivamos Mejor*, ["**We Live Better**"]) in Guatemala to conduct a follow-up

program evaluation of their innovative multi-pronged health improvement project: *Proyecto Salud Nutricional Comunitario* (Community Nutritional Health Project). The purpose of this proposal is to provide funding for the K-State educational research and extension team to develop a follow-up evaluation, train *Vivamos Mejor* staff in how to carry out the follow up assessment data collection, help with initial data collection, use generated data to statistically analyze the impact of the program on participant health, assess if participants met program objectives, and offer suggestions for future improvements.
We have completed most of this work.

"Nutrition Banking Study" (On-Going). (2018 - Present).

The Nutrition Banking research study is for students enrolled in FNDH 132 about their dietary and physical activity behavior habits.

SERVICE

University Service

Committee Member, Student Organization Policy Review Workgroup. (September 2021 - Present).

Contributor: CHHS Common Core (Integrative Studies), CHHS Common Core (Integrative Studies). (July 2020 - Present).

Canvas Faculty Peer Coach, Kansas State University. (May 2015 - Present).

Contributor, FNDH: International Service Learning Program. (September 15, 2021).

Contributor: Faculty peer training for online transition during COVID, Global Campus. (March 2020).

Contributor, Support group for teachers of First Year Students. (October 2019 - December 2019).

Contributor, CAATE Site Visit. (November 5, 2019).

Contributor, CHHS Education Abroad Fair. (September 11, 2019).

Committee member, CHE Common Core Committee. (January 2019 - May 2019).

Contributor, Evening of Impact, College of Health & Human Sciences Spring 2019. (March 2019).

Sub-committee member, CHE Common Core. (October 2018 - December 2018).

Contributor, Guatemala Education Abroad. (September 1, 2017 - September 2018).

Designer, Guatemala Education Abroad. (September 1, 2017 - September 2018).

Contributor, Teaching & Learning Center. (June 2018 - July 2018).

Contributor, Food, Nutrition, Dietetics, & Health, Department of. (March 2017).

Committee Member, 2025 College of Human Ecology Strategic Planning Committee. (January 2015 - May 2015).

Professional Service

President, New Mexico Academy of Nutrition & Dietetics, Albuquerque, NM. (June 2013 - May 2014).

Board of Directors, New Mexico Academy of Nutrition & Dietetics, Albuquerque, NM. (June 2012 - May 2013).

Committee Member, Hunger & Environmental Nutrition Dietetics Practice Group. (2011 - 2012).

Chairperson, New Mexico Academy of Nutrition & Dietetics, Albuquerque, NM. (June 2011 - May 2012).

Committee Member, New Mexico Academy of Nutrition & Dietetics, Albuquerque, NM. (June 2010 - May 2011).

Awards and Honors

Service

Outstanding Young Dietitian of the Year, New Mexico Academy of Nutrition & Dietetics. (April 2012).

Alpha Eta Society Induction, Alpha Eta Society. (April 2004).