



## PROFESSIONAL AWARDS

- 2009      **American Dietetic Association - Innovator in Practice and Education Award – Use of Wikis to Educate Students, Practitioners, and Clients**  
*Presented for innovative contributions to the profession of dietetics*
- 1989      **Irwin Army Community Hospital – Commander’s Award for Civilian Service**  
*Presented for exceptionally meritorious service while serving as Chief, Clinical Dietetics Branch, Nutrition Care Division.*
- 1989      **Irwin Army Community Hospital – Irwin Army Hospital Employee of the Year**  
*Presented for outstanding service to the patients and employees of Irwin Army Hospital while serving as Chief, Clinical Dietetics Branch.*
- 1989      **Dairy Council of Greater Kansas City – Community Nutrition Education Award**  
*Presented in recognition of outstanding contribution to increase public awareness of good nutrition.*
- 1988      **Irwin Army Community Hospital – Employee of the Quarter**  
*Presented for outstanding service to the patients and employees of Irwin Army Hospital while serving as Chief, Clinical Dietetics Branch.*

## PROFESSIONAL EXPERIENCE

**2003 – Present      Kansas State University – Dept. of Human Nutrition**

*Asst Professor*

*(Instructor 2003 – 2006)*

Life Span Nutrition (Distance course, campus 2003-2009)

Public Health Nutrition (Distance course, campus fall 2007)

Clinical Nutrition 1 & 2 (Campus & Distance course)

Nutritional Assessment (Distance course)

Human Nutrition (On-campus, spring 2008)

- I provide instruction primarily to upper level students. The content emphasis is on nutritional requirements, eating patterns throughout the life cycle and during disease, and public health policy and promotion.
- I am proficient in SoftChalk, Powerpoint, KSOL, Wikis & Blogs.

**1990 – Present**

**Clay County Medical Center – Clay Center, Ks**

Clinical Dietitian

- I provide clinical diet instruction for all in-patients and out-patients. Diet instructions encompass a wide range of expertise from pre-conceptual nutrition through nutrition for older adults.
- I am a member of the interdisciplinary patient care team that meets weekly to assess patient progress and recommendations.
- I have a very strong emphasis in diabetes education. I provide patient education to include diet and other aspects of care such as pattern management, foot care and sick day management. I provide glucometer teaching and insulin instruction. I am a certified insulin pump trainer. I am involved as a team member in patient medication adjustment.
- I coordinate and present community nutrition education classes: Eating To Your Heart's Content, Breastfeeding, and Diabetes Management. I am the coordinator of the community Diabetes Support Group.
- I present bi-monthly nutrition classes for the Cardiac Rehab patients. Instruction includes a grocery store educational tour.
- I present nutrition education classes in the Clay County school district.
- I collect Quality Assurance data and submit quarterly reports.

**2002 – 2005**

**Kansas State University – Dept. of Human Nutrition**

Graduate Research Assistant

Food Safety for Older Adults & College students

- I developed three food safety education intervention modules for college students. Modules were interactive in nature and delivered in a web-based format via K-State Online. Presentations were designed using SoftChalk.

**1999 – 2003**

**Cloud County Community College – Concordia, Kansas**

Instructor

Basic Nutrition

- I provided instruction via ITV. Lectures originated at Wakefield High School and were transmitted live via satellite link to three other remote sites.

**1993 – 2000**

**Clay County Health Department – Clay Center, Kansas**

WIC Dietitian

- I provided instruction for clients of the WIC Program (Women, Infant, Children) to include basic nutrition for pregnant women, infants, and children up to five years of age.
- I provided group nutrition education classes on specific topics.
- I established the Breastfeeding Peer Support Program and successfully wrote a local grant that was awarded \$1000 for purchase of electric breast pumps for client use.

**1986 – 1990**

**Irwin Army Community Hospital – Ft. Riley, Kansas**

Chief, Clinical Dietetics Branch, Nutrition Care Division

- I supervised the Clinical Dietetics Branch.
- I provided in-patient and out-patient diet instructions. I also provided community education and elementary school education on a variety of topics.
- I served as Interim Chief, Nutrition Care Division, September 1986 – November, 1986.
- I collected Quality Assurance data for the Nutrition Care Division and generated reports for JCAHO (Joint Commission for the Accreditation of Hospitals)
- I established the Supermarket Education Program for the community.
- I was selected as a writer for the Army Diet Manual and re-wrote the section on diet for hyperlipidemia. The Army Diet Manual (TM8-500) is used by all army hospitals throughout the United States.

**1985 – 1986**

**Mercy Health Center – Manhattan, Kansas**  
(Formerly known as St. Mary's Hospital)

Clinical Dietitian

- I provided in-patient and out-patient medical nutrition therapy. I developed new handouts for diabetes education.

## **INVITED PRESENTATIONS:**

Food and Nutrition Conference and Expo, National meeting of the Academy of Nutrition and Dietetics, Pennsylvania, Oct 2012. Invited speaker: *Serious Games for Serious Change: Engaging Clients with Game-Based Learning.*

Teaching, Learning, and Technology Showcase, K-State, Spring, 2011. Presenter, Creative Teaching Techniques to Engage Students.

Sensible Nutrition and Body Image Choices, Spring, 2011. Speaker: *Fighting the Beast Within: What You Need to Know About Eating Disorders and College Life.*

Food and Nutrition Conference and Expo, National meeting of The American Dietetics Association, Massachusetts, Nov, 2010. Invited Speaker: *Becoming Social Media Savvy: Using Web 2.0 to Enhance Education.*

Food and Nutrition Conference and Expo, National meeting of The American Dietetics Association, Colorado, 2009. Presenter at the Innovations In Practice & Education Open Discussion: *Use of Wikis to Educate Students, Practitioners, and Clients.*

Axio Learning (K-State Online) Conference, 2009. Speaker: *They Snooze, You Lose. Teaching Tools to Keep Your Students Engaged.*

KSU IDT Roundtable, spring 2009. Speaker: *Wiki Mania.*

Lafene Women's Health Clinic Staff. Fall, 2007. Speaker: *Food Safety Knowledge and Habits of College Students.*

Food and Nutrition Conference and Expo, National meeting of The American Dietetics Association, Hawaii, 2006. Speaker: Original Contributions: *The Effect of Educational Intervention on College Students' Food Safety Attitudes, Beliefs, Knowledge, and Self-reported Practices.*

Family and Nutrition Program (FNP) State meeting, 2005. Speaker: *Food Safety: What Consumers Know and What Consumers Do.*

## **PUBLICATIONS:**

Yarrow, L. Becoming Social Media Savvy: Using Web 2.0 to Enhance Education. *Topics in Clinical Nutrition* 2012; 27(1):1-7.

Yarrow L, Garcia J. Malnutrition: Risks and concerns in dysphagia management. *Perspectives on Swallowing and Swallowing Disorders (Dysphagia)*. 2010;19(4), pg 115-120.

Yarrow L, Remig V, Higgins M. Food safety educational intervention positively influences college students' food safety attitudes, beliefs, knowledge, and self-reported practices. *Journal of Environmental Health* 2009;71(6):30-35.

Yarrow L, Remig V, Higgins M. Food safety awareness: Concerns, practices, and openness to change of college students with health and non-health majors. *Food Protection Trends* 2008;28(7):33-39.

Yarrow L, Remig V, Gordon J, Boone K. The effect of educational intervention on college students' food safety attitudes, beliefs, knowledge, and self-reported practices. *J Am Diet Assoc* 2006;106(8)(suppl 2):A-9.

Yarrow L. Food safety attitudes, beliefs, knowledge, and self-reported practices of college students before and after educational intervention [dissertation]. Manhattan (Ks): Kansas State Univ.; 2006.

## **RESEARCH**

Evaluating Distance Courses Process and Tools. Funded by DCE, Kansas State University, fall 2012. \$5600. Co-PI: Linda Yarrow, Mark Haub.

## **PROFESSIONAL SERVICE**

State Nominating Committee member, Kansas Dietetic Association, 2012-13.

New Media Fellowship inaugural member, K-State, Fall 2011 – present.

Academic Affairs committee member, Dept. of Human Nutrition, Kansas State University, 2011 – present.

Reviewer, Canadian Journal on Aging.

Reviewer, Italian Journal of Food Science

Reviewer, Journal of Nutrition Education and Behavior.

Member, Hospitality Management and Dietetics Distance Advisory Committee.

Author, Nutrition Care Manual, The American Dietetic Association. Content: Food Safety. 2008.

Invited participant CDR Item Writing Workshop and Passing Score Study. Chicago, IL. 2006.

Human Nutrition Dept. Representative, KSU Careers Day, 2006 - present.

Supervisor for an Honors Project for a student in Human Nutrition, 2006.

## **PROFESSIONAL/HONOR ORGANIZATIONS:**

2011 – Present	Weight Management Group, Practice Group of the Academy of Nutrition and Dietetics
2010 – Present	Dietetic Educators of Practitioners, Practice Group of the Academy of Nutrition and Dietetics
2006 – Present	American Association of Diabetes Educators
2005 - Present	Diabetes Care & Education Practice Group of the Academy of Nutrition and Dietetics
2003 – Present	Omicron Nu National Honor Society, Invited member
1986 – Present	American Dietetic Association
1986 – Present	Kansas Dietetic Association
2004 – 2003	American Society for Nutritional Sciences
1982	Golden Key National Honor Society, Invited member

## **HONORS:**

2012	DCE UPCEA Excellence In Teaching Award Nominee
2012	Human Ecology Council Outstanding Faculty nominee
2009	Academy of Nutrition and Dietetics - Innovator in Practice and Education Award: Use of Wikis to Educate Students, Practitioners, and Clients
2004 – 2005	Brooks (Josephine F.) Fellowship in Foods & Nutrition
2004 – 2005	American Dietetic Association Foundation Scholarship
2004 – 2005	American Association of University Women Scholarship, Manhattan Branch
2003 – 2004	Glorine Tuohey National Scholarship, American Business Women's Association
2002 – 2003	Eco Lab Scholarship, American Dietetic Association Foundation
2002 – 2003	Brooks (Josephine F.) Fellowship in Foods & Nutrition

## **VOLUNTEER AND COMMUNITY SERVICE:**

- 2001 – Present      Countryside Crusaders 4-H Club, Clay County, Kansas  
Community Leader, Project Leader, Parent Committee
- 2000 – Present      Meadowlark Hospice, Clay Center, Kansas  
Volunteer  
Fundraising Coordinator for International Charity Quilt Project
- 1990 – Present      U.S.D. 379, Clay County School District, Kansas  
Parent volunteer  
Numerous nutritional education programs presented  
for all grade levels
- 1980 - Present      First Baptist Church, Clay Center, Kansas  
Evangelism Committee  
Children's Bible Time Leader  
Chaperone for Junior High and Senior High Youth trips  
Sunday School Teacher  
Deaconess  
Board of Christian Education
- 1983 – 2009      Union Extension Homemakers Club, Clay County, Kansas  
Club Treasurer  
Club Reporter  
Speaker on various educational topics