

## Priscilla Brenes, Ph.D.

Extension Assistant Professor | School of Health Sciences | College of Health and Human Sciences |  
Kansas State University

[pbrenes@ksu.edu](mailto:pbrenes@ksu.edu)

LinkedIn: <https://www.linkedin.com/in/priscilla-brenes-ph-d-7ab68299>

Bilingual: Spanish/English

### Professional Experience

**Extension Assistant Professor | Nutrition Extension State Specialist**, School of Health Sciences, College of Health and Human Sciences, Kansas State University – 2023-Present

- Nutrition and wellness across the lifespan
- Nutrition education
- Chronic disease prevention and management
- Alpha-Gal syndrome

**Assistant Professor**, Department of Health and Human Sciences, College of Health, Education, and Nursing, Colorado State University – Pueblo, 2021-2022

- Courses taught: Introduction to health professions; Foundations of public health; Personal health; Epidemiology, Health Program Evaluation, Research, Nutrition and Food Systems, Drugs and Healthy Lifestyles.
- Discovery Scholars: Undergraduate research mentor
- Senator and Secretary of Faculty Senate
- Faculty fellow for faculty professional development

**Graduate research/teaching assistant**, Department of Food, Nutrition Dietetics and Health, College of Health and Human Sciences, Kansas State University, 2016-2021

- Develop a nutrition education program online for people affected by Parkinson's disease. Creation of educational materials, videos, and recipes. Assist with grading and training of new teacher assistant.
- Trainer for the new Army/Airforce school menu initiative in the U.S and Germany. Food safety teacher, kitchen supervisor, training organization, data collection and analysis.
- Assist with grading and in-class activities. Tutor Students and conduct exam reviews. Teaching course material, exam writing and proctoring. Administer and manage course, i.e. updating the course platform (canvas). Assist with critical thinking activities for students. Developing a basic nutrition course in Spanish.
- Research focused on neurodegenerative diseases and nutrition. Assist with the meetings of Parkinson's group of Manhattan. Assist with the Speedy PD run (major fundraising of the PD group). Creation of educational materials for the Parkinson's Disease group in Manhattan.  
**Evaluation of an extension newsletter tailored for grandparent caregivers on SNAP benefits.**

**Basic language training instructor**, International Student Center, Kansas State University, 2019-2020

- Create curriculum for Spanish classes, teach basic and advanced Spanish, student management, assist with translations. Creating a safe community for speaking a new language.

**Graduate research assistant**, Department of Education, College of Education, Kansas State University, 2015

- Research focused on global citizenship, digital literacy, and multimodality in teaching.

**Student worker**, Center for Intercultural and Multilingual Advocacy, College of Education, Kansas State University, 2014

- Assist the Center for Intercultural and Multilingual Advocacy with diverse tasks like transcriptions, translations, creation of educational materials, and helping Ecuadorian students.

**Food service manager**, ASENSA, Costa Rica, 2012-2014

- Responsible for managing 3 cafeterias, supervising quality and food safety, staff management, menu design, inventory control, and administrative duties.

**Education**

**Doctor of Philosophy**, Food Nutrition, Dietetics, and Health, Kansas State University, 2021

*Dissertation title:* "Virtual nutrition education for people affected by Parkinson's disease"

*Advisor:* Professor Mark Haub

*Emphasis:* Public Health Nutrition

**Master's in Public Health**, Food Nutrition, Dietetics, and Health, Kansas State University, 2017

*Field experience:* Meadowlark Hills Retirement community, Parkinson's and Memory program

*Thesis title:* "Evaluation of a printed newsletter tailored to grandparent caregivers in Kansas"

**Bachelor's of Human Nutrition and Dietetics**, University of Costa Rica, Costa Rica, 2013

**Other courses**

- Facilitation micro credential (2023)
- Maximizing Success for Learners (2022). Arizona State University
- Teach Students How to Learn (2022). Intentional College Teaching
- Microcredential in Inclusive Teaching for Equitable Learning (2022). Association of College and University Educators
- Mental Health First Aid (2021). National Council for Behavioral Health
- Allied Team Training for Parkinson's (2020). Parkinson's Foundation, United States of America
- Workshop training and patient adherence to treatment (2014). University of Costa Rica
- Food Safety Supervision (2013). University of Costa Rica with the support of Iowa State University
- Sport Nutrition Seminar GSSI (2011). Costa Rica

- Food Safety (2009). National Ministry of Health, Costa Rica
- I Induction Day for freshmen (2010). University of Costa Rica
- III International Congress on physical activity, health and life quality (2011). National University of Costa Rica
- Solid waste management and hospital medical surgical aseptic technique (2009). University of Costa Rica

## Publications

Sempa, J., **Brenes, P.**, Whitehair, K., Hobbs, L., & Kidd, T. (2025). Decoding Health Professionals' Attitudes and Perceptions Towards Plant-Based Nutrition: A Narrative Review. *Nutrients*, 17(13), 2095. <https://doi.org/10.3390/nu17132095>

Walker, K. E., Jenkins, T., Kohn, D. R., Stuteville, R., Pliakoni, E. D., & **Brenes, P.** A Comparison of Seven Academic and Nonacademic Urban Food System Resilience Assessment Frameworks. *Frontiers in Sustainable Food Systems*, 9, 1563029. <https://doi.org/10.3389/fsufs.2025.1563029>

Hoss-Cruz, K.M., Sanchez-Sandoval, D., **Brenes, P.** et al. Secondary Analysis Assesses Dietary Diversity Changes among Maya Guatemalan Women Post-Nutrition Interventions. *Matern Child Health J* (2024). <https://doi.org/10.1007/s10995-024-03994-4>

**Brenes, P.**, & Meck Higgins, M. (2021). Designing Educational Newsletter Interventions: An Example That Supported Grandfamilies' Physical Wellness Needs. *The Journal of Extension*, 59(3), 6. <https://open.clemson.edu/joe/vol59/iss3/6/>

Hanson, J. A., Cantrell, O., Paez, P., **Brenes, P.**, & Laursen, D. E. (2020). The impact of replacing breakfast grains with meat/meat alternatives: An evaluation of child nutrition policy. *Public health nutrition*, 23(6), 1136-1141. DOI: [10.1017/S136898001900377X](https://doi.org/10.1017/S136898001900377X)

Chaves Corea, A., Zamora Corrales, I., Vega Carmona, D., & **Brenes Mendieta, P.** (2016). The impact of a nutritional training on specialized nutrition for the foodservice staff of the Ministerio de Justicia y Paz. *Revista Costarricense de Salud Pública*, 25(1), 33-46. [https://www.scielo.sa.cr/scielo.php?pid=S1409-14292016000100033&script=sci\\_abstract](https://www.scielo.sa.cr/scielo.php?pid=S1409-14292016000100033&script=sci_abstract)

## Posters and presentations

1. Brenes, P., Bishop, E. (2025). National Health Outreach Extension Conference 2025. Poster presentation: Vendor Success Stories, Double Up Heartland
2. **Brenes, P.**, Johannes, E., Sawyer, S., Gutierrez, S. (2025). Society of Nutrition Education and Behavior Conference 2025 – Poster presentation: Improve health literacy surrounding hypertension, self-monitoring of blood pressure, and community partnerships.
3. Brenes, P., Bishop, E. (2025). Local Food Summit, Kansas. Poster presentation: Vendor Success Stories, Double Up Heartland

4. Judith Sempa, Alexandra Tegeler, Jordan Looper, Michael Chao, **Priscilla Brenes**, Yoonseong Park. (2025). Cultivating awareness and resilience against alpha-gal syndrome (AGS) in rural Kansas. Research and Pinot at Kansas State University. Poster
5. **Brenes, P.**, Johannes, E., Sawyer, S., Gutierrez, S. (2024). National Health Outreach and Engagement Conference 2024. Title: Hypertension Awareness and Prevention Program (HAPp) – A Community Approach for Kansas Well-being. Breakout session
6. **Brenes, P.**, Johannes, E., (2024). Kansas Public Health Association: Reimagining the Public Health System for Kansas – HAPp (Hypertension Awareness and Prevention Program): Extension’s Community-Engagement Project for Hypertension Self-Management, Prevention and Partnership. Breakout session
7. Hene, S.R., Looper, J.T., Kress, J. R., Park, Y., **Brenes, P.** and Chao, M.D. (2024). A preliminary attempt to cultivate awareness of alpha-gal syndrome in rural Kansas and assess concentrations of alpha-gal in various meat products. *Proceedings of 70<sup>th</sup> International Congress of Meat Science and Technology*, Foz do Iguaçu, Brazil. Poster
8. Hene, S.R., Looper, J.T., Lee, S. D., Park, Y., **Brenes, P.** and Chao, M.D. (2024). Concentration of alpha gal in processed meats and its potential impacts on rural Kansas communities. *Proceedings of 77th Reciprocal Meats Conference*, Oklahoma City, OK. Poster
4. **Brenes, P.** APHA 2022. Title: Virtual nutrition education for people affected by Parkinson’s disease.
5. **Brenes, P.** KSAND/MOAND 2018 Joint Conference. Title: AN INFOGRAPHIC MENU: IMPROVING DECISION MAKING IN RESIDENTS WITH DEMENTIA. Poster
6. **Brenes, P.** APHA 2022. Title: Virtual nutrition education for Parkinson’s disease: A pilot study. Poster
- 

#### Other intellectual contributions

- Hoss-Cruz, K., Brenes, P., Gonzalez-Alvarez, D., Tanchez, D. (2023). Informe Final del Proyecto Salud, Nutrición y Agroecología 2017-2021: Evaluación de indicadores y relación de variables [unpublished report]. Panajachel, Guatemala

#### Grants & other funding

- Reser Family and Community Innovation Award (\$29,956): Developing and Implementing a Food is Medicine Training Module for Family and Consumer Science Extension Agents and SNAP Educators: A Needs-Based Approach. **Co-PI**
- Multistate research project (HATCH funds): Promotion of Health and Nutrition in Diverse Communities of Emerging Adults. NC1193. **Kansas Lead**
- Global Food Systems Kansas State University (\$199,968): Cultivating Awareness and Resilience Against Alpha-Gal Syndrome (AGS) in Rural Kansas. **Co-PI**
- Game Changing Research Initiative Program (GRIP) (\$898,465): Development of Resilient Urban Food Systems that Ensure Food Security in the Face of Climate Change - Multidisciplinary research. **Co-PI**
- USDA - Research Education and Economics - National Institute of Food and Agriculture (NIFA) (\$968,356) : The Kansas-Missouri Nutrition incentive Program. **PI**

- KDHE – HALT Diabetes Program -Centers for Disease Control and Prevention (CDC) - PO 112603 (\$70,000): Implementation of an online version of the National Diabetes Prevention Program. **PI**
- KDHE – Hypertension Program -Centers for Disease Control and Prevention (CDC) - PO 112603 (\$50,000): Implementation of Hypertension Prevention and Awareness Program. **Co-PI**
- Global Campus grant, **co-designer** (\$5,950): redesign of the Basic Nutrition course with a Spanish component, 2019.
- Virginia Peine Award Winner (\$4,300): Project on the development of an infographic menu for people suffering from dementia, 2017. **PI**

#### **Grants submitted and not funded**

- Specialty Crop Block Grant Program Kansas Department of Agriculture. (\$99,955). Food for Health: Increasing Specialty Crop Access and Awareness Through Extension and Community Collaboration. **PI**
- USDA AFRI A1344 A1344 Diet, Nutrition and the Prevention of Chronic Diseases. Integrated Alpha-Gal Syndrome (AGS) Management -Multidisciplinary research. **Co-PI**

#### **Public service, community involvement**

- **Reviewer** for the Journal of American College Health (JACH)
- **Reviewer** for the Journal of Nutrition Education and Behavior (JNEB)
- **Reviewer**, Maternal and Child Health Aid-to-Local grant applications (2023).
- **Reviewer**, National Extension Association Family and Consumer Sciences Annual Conference abstract review (2024)
- Speaker at Special Olympics Kansas Conference (2023). Topic: “Hydration practices for optimal performance – Learn practical strategies for monitoring and promoting hydration”
- Advisor on data analytics for Vivamos Mejor – Guatemala (January 2022 – January 2023)
- Secretary of Faculty Senate (August-December 2022)
- Faculty Fellow for faculty professional development (August-December 2022)
- Speaker for Ahead of the Curve Program from Parkinson’s of the Rockies (August 2022)
- Partnered with UpRoot Colorado and CSU Extension to mentor a student on a food systems internship (May-August 2022)
- Student Success Data Analytics Team (2022) – Colorado State University - Pueblo
- Speaker at Centennial High School – Pueblo on our current health science programs
- Supporter of the Parkinson’s support group in Pueblo, Co (November 2021 – Present)
- Member of the Faculty Senate at Colorado State University – Pueblo (May 2022-December 2022)
- Member of the Faculty Policies and Procedures from the Faculty Senate at Colorado State University-Pueblo (August 2021 – December 2022)
- Advisor for Community Engagement Alliance (CEAL) against COVID-19 Disparities (August 2021 - 2022)
- Speaker for Parkinson’s Association of the Rockies (November 2020)
- **Reviewer** for Revista Científica del Colegio de Profesionales en Nutrición de Costa Rica (Scientific Journal of Nutrition Professionals in Costa Rica).
- Speaker for Neuro Challenge Foundation for Parkinson’s group (September 2020)
- Volunteer at Poverty Simulation for USD 383 Early Learning (Spring 2020)

Updated September 2025

- Volunteer at the Parkinson's Program of Manhattan at Meadowlark Hills (2016-2018). Manhattan, Kansas.
- Dancer in National Water Dance. To bring attention to the fragility of water across the United States and the world (2018). Manhattan, Kansas
- Volunteer at church, with community outreach and leadership of teen groups (2017-2018). Manhattan, Kansas
- Dancer at the Spring Dance at K-State (2017). Manhattan, Kansas
- Volunteer at a long-term care facility (2015-2017). Manhattan, Kansas
- Management of teenagers focus groups on my community (2008-2011). Costa Rica
- Management of pre-school children's groups in my community (2012-2014). Costa Rica
- College health fair assistant. (2010) University of Costa Rica

### **Awards, scholarships**

- Nominated for New Specialists Award for K-State Research and Extension 2024.
- Nominated by Students' Choice Faculty Award 2022: Colorado State University - Pueblo
- Doctoral dissertation research award 2020 (\$470): Kansas State University
- Outstanding community outreach award 2020: Kansas State University
- Allied Team Training for Parkinson's: Scholarship from the Parkinson's foundation to attend training in Boston 2020.
- Outstanding teaching award 2019: Kansas State University.
- Brooks (Josephine E) Fellow (\$1,400): tuition scholarship, 2017-2018.

### **Honors**

2024 Team Award – 1st Place Kan Innovative in Programming - Hypertension (Kansas Extension Association of Family and Consumer Sciences)

2023 Team Award – Local Food Systems Transdisciplinary Team

2022 Nominee for Students' Choice Faculty Award: Colorado State University, Pueblo, CO

2020 Outstanding community outreach award: Kansas State University, Manhattan, KS

Major professor, graduate students:

- Malak Alsaati, MS. Thesis: How applicable is the USDA Thrifty Food plan for the average college student? – Co-Major
- Aline Vann, MPH report. Title: Feed the world: working to end hunger in vulnerable populations.
- Sarah Best, MPH report. Title: The healthy summer challenge: a community nutrition initiative.

Committee member, graduated students:

- Kimberly Fort, MS-Report. Title: How nutritional knowledge can inhibit your health and fitness goals.
- Abdoulaye Ouologuem, MPH. Thesis: Nutritional Interventions on Quality of Life in Cancer Patients during Treatment: A Systematic Review.
- Elizabeth Wanamaker, MPH report. Title: The development of support groups for those living with diabetes

Updated September 2025

- Ryan Olsen, MS. Thesis: State school nutrition policies, obesity rates, and nutrition-related behaviors among high school students.
- Gongshun Yang, Ph.D. Dissertation: Developing and validating a multi-dimensional scale for freshness perception of home air-care products.
- Mitzie Rojas, MPH report. Title: Building a nutrition coaching framework within a collegiate recreation center
- Tory Dickey, MPH report. Title: Child health initiative for lifelong eating and exercise: a systematic assessment, revision, and development of a USDA funded nutrition program.
- Crystal Hansel-Jackson, MS-Report. Title: A vehicle to better health: the role of public transportation in Mitigating the health consequences of living in food deserts

## Extension publications, news releases and others

### 2025

[Start Your Day Right](#) (MF3004), [Mix and Match Your Fruits and Veggies](#) (MF3005), [Bone up on Your Calcium](#) (MF3006), [The Whole Grain Truth](#) (MF3007), [Build Strength with Protein](#) (MF3008), [Super-sized Snacks](#) (MF3009), [Move More!](#) (MF3010), [What's Your Beverage?](#) (MF3011), [The Food Safety Zone](#) (MF3012), [Subtract the Sugar](#) (MF3085), [What's Fat All About?](#) (MF3086)

**Author of annual lessons (fact sheet and leader's guide). annual lessons also include training for agents and for other community stakeholders (family and consumer education groups)**

- [NOURISHING YOUR BODY THROUGH PERIMENOPAUSE, FACT SHEET](#)
- [SPANISH: NOURISHING YOUR BODY THROUGH PERIMENOPAUSE, FACT SHEET](#)
- [NOURISHING YOUR BODY THROUGH PERIMENOPAUSE, LEADER'S GUIDE](#)
- [GOOD GUT HEALTH, FACT SHEET](#)
- [GOOD GUT HEALTH, LEADER'S GUIDE](#)

**Reviewer of annual lessons (fact sheet and leader's guide)**

- [HEALTHY CONNECTIONS: FAMILY MEALS IN A SNAP, FACT SHEET](#)
- [HEALTHY CONNECTIONS: FAMILY MEALS IN A SNAP, LEADER'S GUIDE](#)
- [SPANISH: HEALTHY CONNECTIONS: FAMILY MEALS IN A SNAP](#)

### Podcasts:

- [DOUBLE UP FOOD BUCKS HELP REDUCE FOOD INSECURITY, DEC 2024](#)
- [RESEARCHING ALPHA-GAL SYNDROME, JAN 2025](#)
- [FOOD CONNECTS US IN MANY WAYS MARCH 2025](#)
- [THE CONNECTION BETWEEN DIET AND MENTAL HEALTH MAY 2025](#)

### News articles

- [Double Up Food Bucks tops \\$1.1M in Kansas in 2023](#) , Dec 2024
- [K-State experts team up to educate Kansans about alpha-gal syndrome](#), Jan 2025
- [Food Connects Us: K-State nutrition expert touts value of eating with others](#), March 2025
- [Healthy Body, Healthy Mind: The food you eat can affect your mood](#), May 2025
- [Will Kansas Republicans' push to ban candy and soda purchases with SNAP actually help people eat healthier?](#) June 2025

### Podcasts and interviews on AGS

Sound living with Jeff Wichman – 1/13/25 - <https://soundlivingksu.libsyn.com/researching-alpha-gal-syndrome>

Meatgistics podcast with Jonathan Tremblay- 2/6/25 -

<https://www.youtube.com/watch?v=PrNRECJCiQI&list=PLtDTXDFpOF07QhArYBQCd2yPVEF7VWGG0&index=15>

Everyday Extension with Justine Johns – 2/14/25 - <https://podcasts.apple.com/us/podcast/4-with-dr-chao-guests-red-meat-allergy-alpha-gal/id1796418493?i=1000698591054>

Kansas State Agriculturist with Elizabeth Crumm – 5/9/25 - Will be featured in Fall 2025 Kansas State Agriculturist

### News releases:



Updated September 2025

“K-State experts team up to educate Kansas about alpha-gal syndrome” - *By Pat Melgares, K-State Research and Extension news* - <https://www.ksre.k-state.edu/news-and-publications/news/stories/2025/01/health-alpha-gal-syndrome-awareness.html> Featured also at The Mercury, Manhattan [https://themercury.com/k-state-experts-team-up-to-educate-kansans-about-alpha-gal-syndrome/article\\_483fa7bc-d818-11ef-9e41-5b41b6600d34.html](https://themercury.com/k-state-experts-team-up-to-educate-kansans-about-alpha-gal-syndrome/article_483fa7bc-d818-11ef-9e41-5b41b6600d34.html)

“Study finds more meat is cooked, more alpha-gal concentration” - *By Jacob Klaudt, K-State Research and Extension news service* - <https://www.morningagclips.com/k-state-cattlemens-day-more-alpha-gal-seen-in-striploins-cooked-to-greater-doneness/> and <https://www.beefmagazine.com/market-news/study-finds-more-meat-is-cooked-more-alpha-gal-concentration>

“K-State issues warning on red meat allergy spread by ticks” – *By Matthew Self, KSNT Local News.* - <https://www.ksnt.com/news/local-news/k-state-issues-warning-on-red-meat-allergy-spread-by-ticks/>