

TANYA M. HALLIDAY, Ph.D., RD

Curriculum Vitae

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CONTACT INFORMATION

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ACADEMIC APPOINTMENTS

2018 - Present	Assistant Professor University of Utah, Salt Lake City, UT Department of Health and Kinesiology
2018 - Present	Adjunct Assistant Professor University of Utah, Salt Lake City, UT Department of Nutrition and Integrative Physiology
2016 - 2018	Postdoctoral Research Fellow University of Colorado Anschutz Medical Campus, Aurora, CO School of Medicine; Division of Endocrinology, Metabolism, and Diabetes
2017	Adjunct Faculty (on-line) University of New England, Biddeford, ME Masters of Public Health Program Masters of Applied Nutrition Program
2015 - 2016	Instructor Virginia Tech, Blacksburg, VA Department of Human Nutrition, Foods, and Exercise
2013	Adjunct Faculty Lynchburg College, Lynchburg, VA Department of Exercise Physiology

EDUCATION AND TRAINING

2018	University of Colorado Anschutz Medical Campus, Aurora, CO Postdoctoral Research Fellowship, Endocrinology, Metabolism, and Diabetes School of Medicine Mentors: Marc-Andre Cornier, MD and Edward L. Melanson, Ph.D.
2016	Virginia Tech, Blacksburg, VA Doctorate of Philosophy, Clinical Physiology and Metabolism Department of Human Nutrition, Foods, and Exercise Mentor: Brenda M. Davy, Ph.D., RD
2011	University of Houston, Houston, TX Dietetic Internship
2010	University of Wyoming, Laramie, WY Bachelors of Science, Dietetics Department of Family and Consumer Sciences Mentor: Enette Larson-Meyer, Ph.D., RD

OTHER EMPLOYMENT HISTORY

May 2017-July 2018	Anschutz Health and Wellness Center University of Colorado – Anschutz Medical Campus, Aurora, CO Registered Dietitian and Health Coach My New Weigh – Medically Supervised Weight Loss Program
July 2013-July 2018	Wellness Corporate Solutions, Bethesda, MD Registered Dietitian and Health Educator (prn)
Aug 2011-July 2016	Virginia Tech, Blacksburg, VA Graduate Research Assistant Laboratory for Eating Behaviors and Weight Management AND Human Integrative Physiology Laboratory Department of Human Nutrition, Foods, and Exercise
July 2011-Jan 2013	iRunnerBlog, New York City, NY [no longer active] Sports Nutrition Writer “Nutrition Nerd” Column
June 2011-July 2014	Dine, Dash, and Deadlift Blog [no longer active] Owner and Nutrition, Exercise, and Health Blogger
Oct 2010-June 2011	University of Houston, Houston, TX Research Assistant Laboratory of Integrated Physiology Department of Health and Human Performance
Sept 2008-May 2010	University of Wyoming, Laramie, WY Undergraduate Research Assistant Nutrition and Exercise Laboratory AND Nutrition Sciences Laboratory Department of Family and Consumer Sciences

AWARDS, SCHOLARSHIPS, AND RECOGNITIONS

2021-2022	Distinguished Mentor Award College of Health University of Utah \$750.00
2022	Rebecca Snowball Reeves Continuing Education Award Academy of Nutrition and Dietetics Foundation Funding to attend ObesityWeek Annual Meeting 2022 \$1,000.00
2019-2020	Outstanding Recent Alumni Department of Human Nutrition, Foods, and Exercise College of Agriculture and Life Sciences Virginia Tech
2019	Emerging Investigator 1st Author Award Research Dietetic Practice Group Academy of Nutrition and Dietetics
2017	2nd Place – Ignite Talk Competition 2017 ObesityWeek Conference Bio-Behavioral Research Section \$200.00

2017	Top 10 Abstract Award 2017 ObesityWeek Conference Bio-Behavioral Research Section
2017	The Mathematical Sciences in Obesity Short Course University of Alabama at Birmingham \$450.00 (course registration fee waived)
2016	Outstanding Doctoral Student Award Recipient Virginia Tech College of Agriculture and Life Sciences
2016	SCAN Student Award Recipient Sports, Cardiovascular, and Wellness Nutrition dietetic practice group
2016	Nominee - Outstanding Graduate Student Instructor of Record Virginia Tech
2016	Patsyjane O'Malley Memorial Scholarship Academy of Nutrition and Dietetics \$1,000.00
2016	Research Dietetic Practice Group Student Research Award Research Dietetic Practice Group (RDPG) of the Academy of Nutrition and Dietetics \$500.00
2016	HNFE Travel Award Virginia Tech, Department of Human Nutrition, Foods, and Exercise \$500.00
2016	Donald Sebolt Memorial Fund – Research Travel Award Virginia Tech, Department of Human Nutrition, Foods, and Exercise \$250.00
2016	Micahel Houston Memorial Scholarship for Teaching Excellence Virginia Tech, Department of Human Nutrition, Foods, and Exercise \$500.00
2015	Nutrition Interest Group Student Research Award American College of Sports Medicine, Nutrition Interest Group \$500.00
2015	GSA Travel Award Virginia Tech, Graduate School \$147.00
2015	Donald Sebolt Memorial Fund – Research Travel Award Virginia Tech, Department of Human Nutrition, Foods, and Exercise \$250.00
2015	3rd Place – NACTA Poster Competition North American Collegiate Teachers of Agriculture Meeting
2014	Commission on Dietetic Registration Doctoral Scholarship Academy of Nutrition and Dietetics \$10,000.00
2014	Young Scholar Travel Award Gatorade Sports Science Institute and the American College of Sports Medicine \$1,000.00

2014	HNFE Travel Award Virginia Tech, Department of Human Nutrition, Foods, and Exercise \$800.00
2014	Gail E. Butterfield Nutrition Travel Award American College of Sports Nutrition \$500.00
2014	GSA Travel Award Virginia Tech Graduate School \$140.00
2014	Donald Sebolt Memorial Fund – Research Travel Award Virginia Tech, Department of Human Nutrition, Foods, and Exercise \$500.00
2013	HNFE Travel Award Virginia Tech, Department of Human Nutrition, Foods, and Exercise \$700.00
2013	Gail E. Butterfield Nutrition Travel Award American College of Sports Nutrition \$500.00
2013	Donald Sebolt Memorial Fund – Research Travel Award Virginia Tech, Department of Human Nutrition, Foods, and Exercise \$1,000.00
2013	25 Best Fitness Blogs of 2012 HellaWella
2012	1st Place – Student Poster Competition Virginia Dietetic Association Annual Meeting \$200.00
2010	Outstanding Senior Award – Dietetics Department University of Wyoming, Dietetics
2010	Finalist – Senior of the Year, Department of Agriculture University of Wyoming
2010	Kohrs Memorial Dietetic Scholarship University of Wyoming, Department of Family and Consumer Sciences \$1,000.00
2010	Undergraduate Travel Award University of Wyoming, Department of Family and Consumer Sciences \$300.00
2009	Cheney Study Abroad Scholarship University of Wyoming \$300.00
2009	Undergraduate Travel Award University of Wyoming, Department of Family and Consumer Sciences \$300.00
2008	Student-Athlete Community Service Award University of Wyoming Athletic Department

'05-'08 Seasons

Mountain West Conference Scholar Athlete Award
University of Wyoming

PROFESIONAL DEVELOPMENT: WORKSHOPS AND TRAINING

Summer 2023	Research Mentor Training University of Utah – CTSI 1-day workshop
Spring 2022	Special Topics: Cognitive Behavioral Therapy and Mindfulness (SW6622) University of Utah – College of Social Work
Spring 2022	Leadership Career Development Series (LCDS) 2: Leading and Managing Teams and Organizations University of Utah Health Office of Faculty Development 20-hour course
Oct 2021	NIH Early Career Reviewer NIH Center for Scientific Review NIC Study Section
Oct 2021	Eliminating Bias in Peer Review NIH Center for Scientific Review 30-minute training
Dec 2019-2021	Vice President's Clinical and Translational (VPCAT) Research Scholars Program University of Utah Selected scholar 2-year, competitive junior-faculty development program
Spring 2021	Giving Awesome Scientific Presentations! (GASP!) University of Utah 8-week course designed to improve oral presentation skills for junior faculty
Fall 2020	Design and Implementation of Clinical Trials (MDCRC 6040) University of Utah School of Medicine
Spring 2020	Leadership Career Development Series (LCDS) 1: Leading Oneself University of Utah Health Office of Faculty Development 20-hour course
Sept 2019	Emerging Luminaries in Nutrition, Exercise, and Metabolism Indiana University - Bloomington Selected attendee and presenter 2-day intimate meeting and presentations with select junior scientists and senior leaders
June 2019	Physiology of the Weight Reduced State (remote attendance) National Institutes of Health, NIDDK 2-day workshop
Spring 2018	Behavioral Neuroendocrinology (NRSC 5092) University of Colorado- Boulder
June 2017	Short Course on Mathematical Sciences in Obesity Research (4th Offering)

	University of Alabama Birmingham R25DK099080 1 week workshop
April 2017	NIH Grant Writing Course – Boulder, CO The Grant Training Center- Arlington, Virginia 2 day workshop
Spring 2017	Protocol Development Workshop University of Colorado- Anschutz Medical Campus 4-session bi-weekly workshop
Fall 2016	Responsible Conduct of Research Training University of Colorado- Anschutz Medical Campus 12-session, monthly training
Fall 2016	Obesity and Cardiovascular Disease Course (IDPT 6006) University of Colorado- Anschutz Medical Campus
Fall 2016	Biostatistics Short Course University of Colorado- Anschutz Medical Campus 6-session, biweekly course
2015	Preparing the Future Professoriate Certificate Virginia Tech 9 credits related to issues in higher education
Summer 2014	Exercise in the Management and Prevention of Metabolic Diseases The Karolinska Institute and the Swedish School of Sports Sciences (GIH) Stockholm, Sweden 6-credits of doctoral coursework
Aug 2013-May 2016	Graduate Teaching Scholars Program Virginia Tech College of Agriculture and Life Sciences Competitive fellowship program (<25% of applicants selected) involving extensive training and experience teaching at the college level. Funded the last 3 years of my PhD
Summer 2013	Data Management Bootcamp Virginia Tech 2-day workshop

RESEARCH SUPPORT

Current Research Support

Sept 2023-Aug 2024	University of Utah Center on Aging Impact of AM vs PM Resistance Exercise on Glycemic Control and Sleep Physiology in Older Adults at Risk for Type 2 Diabetes PI: Tanya M. Halliday \$25,000
July 2023-April 2026	NIH NIDDK K01DK134800-01A1 Development and Pilot Testing of an Adaptive Intervention to Prevent Weight Regain Following Intentional Weight Loss in Adults with Overweight and Obesity PI: Tanya M. Halliday \$461,830
Apr 2023-Mar 2024	University of Utah Vice President for Research

Seed Grant

Does the Time of Day Resistance Exercise is Performed Impact Glycemic Control in Older Adults?

PI: Tanya M. Halliday

\$22,500

Dec 2022-Dec 2023

University of Utah NEXUS

Destination Grant

Impact of Resistance Exercise Timing on Glycemic Control and Sleep in Older Adults at Risk for Type 2 Diabetes

PI: Tanya M. Halliday

\$15,000

Jan 2023 – Dec 2023

Margolis Foundation

A circadian-based time restricted eating intervention to lower risk of diabetes in people with short sleep duration

PI: Christopher M. Depner

\$100,000.00

Role: Co-I

Aug 2021 – Dec 2024

Western Dairy Center at Utah State University

Building University-Industry Linkages through Learning and Discovery for the Dairy Industry in the Western Regions (BUILD Dairy) Program

Effect of whey protein supplementation during the competitive season on athletic performance, recovery, and body composition in high school soccer players

PI: Tanya M. Halliday

\$133,766.23

June 2020 – June 2023 American College of Sports Medicine (ACSM)

Visiting Scholar Award

Measurement of gut-derived appetite hormones following acute aerobic vs. resistance exercise

PI: Tanya M. Halliday

\$5,000.00

*Extended Due to COVID-19

Pending Research Support

***Revising for
Resubmission***

NIH NIDDK R01

Timing of Resistance Exercise on Cardiometabolic and Sleep Outcomes: The T-Rex Study

MPI: Tanya M. Halliday and Christopher M. Depner

A0: Impact Score 53

***Revising for
Resubmission***

NIH NIDDK R01

Targeting Food Reward Processes using the Mindfulness-Oriented Recovery Enhancement Intervention to Prevent Weight Regain: The MORE-PWR Trial

PI: Tanya M. Halliday

A0: Not Discussed

Completed Research Support

Oct 2020 – June 2023

University of Utah's Center for Clinical and Translational Sciences

KL2 Early Stage Investigator Career Development Award

Targeting maladaptive eating behaviors with mindfulness-based training to prevent weight regain

PI: Tanya M. Halliday

\$448,500

- Nov 2020 – Nov 2021 University of Utah**
Research Instrumentation Fund (RIF)
 Development of a Metabolic Kitchen for Clinical and Translational Research
PI: Tanya M. Halliday
 \$15,146.27
- Oct 2018 – July 2021 University of Utah Diabetes and Metabolism Research Center**
Larry H. and Gail Miller Family Foundation
Driving Our Diabetes Seed Grant
 Alterations to Appetite Regulation Indices in Adults with Prediabetes Following Short-Term Aerobic vs. Resistance Exercise Training
PI: Tanya M. Halliday
 \$50,000.00; 1 year + NCE (Tenure Clock Extension Issues and COVID-19)
- Aug 2018 – July 2021 NIH NIDDK**
R21 DK115200
 The Effects of Resistance Training on Appetite Regulation
 PI: Marc-Andre Cornier
 \$275,000.00; 2 years
Role: Co-I (10% effort) + NCE (COVID-19)
- May 2020 – Apr 2021 University of Utah's Immunology, Inflammation, and Infectious Disease (3i) Initiative and Office of the Vice President for Research**
Special Emphasis: Emerging COVID-19/SARS-CoV-2 Pilot Research
 Sleep, diet, and physical activity during the COVID-19 pandemic: Relationships with psychological adjustment and illness prevention behaviors
 PI: Kelly Baron
Role: Co-Investigator
 \$25,000.00
- Sept 2018 – Aug 2020 University of Colorado Nutrition Obesity Research Center**
Pilot Funding
 Influence of Acute Exercise Modality on Hormonal and Behavioral Appetite Regulation and Energy Intake
PI: Tanya M. Halliday
 \$20,000.00; 1 year + NCE
 Competitive Renewal
- Mar 2018 – Dec 2019 The Center for Integrative Medicine & Complementary Alternative Medicine Practitioners United with Scientists**
Small Grants Program Center
 A Mindfulness Intervention for Weight Loss Maintenance: A Pilot and Feasibility Study
PI: Marc-Andre Cornier
 \$10,000.00; 1 year + NCE
Role: Co-I (5% effort)
- Oct 2017 – Dec 2019 University of Colorado – Anschutz Medical Campus**
Center for Women's Health Research
Junior Faculty Research Development Award
 Exercise Modality and Appetite Regulation: Do Differences Exist between Men and Women?
PI: Tanya M. Halliday
 \$25,000.00; 1 year + NCE

**June 2017-May 2019 University of Colorado Clinical and Translational Research Center
Microgrant Award**
Influence of Acute Exercise Modality on Appetite Regulation and Energy Intake
PI: Tanya M. Halliday
\$20,000.00; 2.0 years

**Sept 2017-Aug 2018 University of Colorado Nutrition Obesity Research Center
Pilot Funding**
Influence of Acute Exercise Modality on Hormonal and Behavioral Appetite Regulation and Energy Intake
PI: Tanya M. Halliday
\$20,000.00; 1.0 years

**Aug 2017-July 2018 NIH T32 Training Grant- Nutrition
T32DK07658**
PI: Nancy F. Krebs
Role: Selected Trainee

**Aug 2016-July 2017 NIH T32 Training Grant- Diabetes, Endocrinology, and Metabolism
T32DK007446**
PI: Daniel H. Bessesen
Role: Selected Trainee

2012 SCAN Graduate Research Grant Award
Added Sugar Intake and Arterial Stiffness
PI: Tanya M. Halliday
\$2,000.00; 1.0 years

2012 Virginia Tech Graduate Research Development Grant
Added Sugar Intake and Arterial Stiffness
PI: Tanya M. Halliday
\$600.00; 1.0 years

Mentored Student/Trainee Research Support - ACTIVE

June 2022-May 2024 STARS TL1 Fellowship
PI: Selene Tobin
Role: Co-Mentor

July 2022-June 2025 NIH NINR F31
PI: Jacqueline Kent-Marvick
Role: Advisor/Mentoring Committee

Mentored Student/Trainee Research Support - PENDING

N/A

Mentored Student/Trainee Research Support - COMPLETED

Spring '23 University of Utah Undergraduate Research Opportunity Program (UROP)
Impact of whey protein supplementation on body composition and athletic performance in adolescent soccer players.
PI: Isaac Ou
\$1,200.00; 0.3 years
Role: Mentor

Fall '22 University of Utah Undergraduate Research Opportunity Program (UROP)

	<p>Impact of whey protein supplementation on body composition and athletic performance in adolescent soccer players. PI: Isaac Ou \$1,200.00; 0.3 years Role: Mentor</p>
Fall '21-Spring '22	<p>University of Utah Teaching Assistant Fellowship The Creation of an Exercise Physiology Lab Manual and Graduate Training Program to Instruct the Exercise Physiology Lab PI: Selene Tobin \$19,150; 1 year Role: Mentor *Note: Student submitted a renewal application for '22-'23 Academic Year which was selected for funding. However, student accepted the TL1 funding instead.</p>
Spring 2022	<p>University of Utah Undergraduate Research Opportunity Program (UROP) Mindfulness-Based Therapy to Prevent Weight Regain Following Intentional Weight Loss PI: Jaclynn (Jackie) Smith \$1,200.00; 0.3 years Role: Mentor</p>
Fall 2021	<p>University of Utah Undergraduate Research Opportunity Program (UROP) A Literature Review to Determine Best Approaches to Recruit and Enroll Adults with Prediabetes into a Clinical Exercise Intervention PI: Michael Maio \$1,200.00; 0.3 years Role: Mentor</p>
Fall 2021	<p>University of Utah Undergraduate Research Opportunity Program (UROP) Mindfulness-Based Therapy to Prevent Weight Regain Following Intentional Weight Loss PI: Jaclynn (Jackie) Smith \$1,200.00; 0.3 years Role: Mentor</p>
Spring 2021	<p>University of Utah Undergraduate Research Opportunity Program (UROP) A Literature Review to Determine Best Approaches to Recruit and Enroll Adults with Prediabetes into a Clinical Exercise Intervention PI: Michael Maio \$1,200.00; 0.3 years Role: Mentor</p>
Spring 2020	<p>University of Utah Undergraduate Research Opportunity Program (UROP) The Effect of Prediabetic Phenotypes on Health Assessments and Exercise Intervention; Renewal PI: Margaret (Maggie) Bielefeld \$1,200.00; 0.3 years Role: Mentor</p>
Spring 2020	<p>University of Utah Undergraduate Research Opportunity Program (UROP) Are Fasting and Postprandial Appetite Ratings Influenced by Prediabetes Phenotype?; Renewal PI: Savannah McCoy \$1,200.00; 0.3 years Role: Mentor</p>
Fall 2019	<p>University of Utah Undergraduate Research Opportunity Program (UROP)</p>

The Effect of Prediabetic Phenotypes on Health Assessments and Exercise Intervention
 PI: Margaret (Maggie) Bielefeld
 \$1,200.00; 0.3 years
Role: Mentor

Fall 2019

University of Utah Undergraduate Research Opportunity Program (UROP)
 Are Fasting and Postprandial Appetite Ratings Influenced by Prediabetes Phenotype?
 PI: Savannah McCoy
 \$1,200.00; 0.3 years
Role: Mentor

PUBLICATIONS

*indicates student mentee

Peer-Reviewed Publications

1. Thomas JV*, Tobin SY*, Mifflin MG*, Burns RD, Bailey RR, Purcell SA, Melanson EL, Cornier MA, **Halliday TM**. The effects of acute bouts of aerobic and resistance exercise on non-exercise physical activity. *Exercise, Sport, and Movement*, 2023;1(2).
2. Morgan-Bathke M, Raynor HA, Baxter SD, **Halliday T**, Lynch A, Malik N, Garay JL, Rozga M. Medical Nutrition Therapy interventions provided by Dietitians for adult overweight and obesity management: An Academy of Nutrition and Dietetics Evidence-Based Practice Guideline. *J Acad Nutr Diet (In Press)*.
3. **Halliday TM**, McFadden M, Cedillo M, Barone-Gibbs B, Hess R, Bryce C, Fischer GS, Huber K, McTigue KM, Conroy MB. Use of lifestyle strategies after intentional weight loss: results from the MAINTAIN-pc randomized clinical trial. *Translational Journal of ACSM*, 2023;8(2)
4. Purcell SA, Legget KT, **Halliday TM**, Pan Z, Creasy SA, Blankenship JM, Hild A, Tregellas JR, Melanson EL, Cornier MA. Appetitive and metabolic responses to an exercise versus dietary intervention in adults with obesity. *Translational Journal of ACSM*, 2022;7(4).
5. Morgan-Bathke M, Baxter SD, **Halliday TM**, Lynch A, Malik N, Raynor HA, Garay JL, Rozga M. Weight management interventions delivered by a dietitian for adults with overweight and obesity: An Evidence Analysis Center systematic review and meta-analysis. *JAND*, 2022, *In Press*. Available on-line July 1, 2022
6. Orr K*, Ta Z*, Shoaf K, **Halliday TM**, Tobin S*, Baron KG. Sleep, Diet, Physical Activity, and Stress during the COVID-19 pandemic: A Qualitative Analysis. *Behav Sci*, 2022, 12(13):66.
7. Henderson GC, Hashimoto T, Irving BA, **Halliday TM**. Editorial: Mechanisms linking transport and utilization of metabolic fuels to the impact of nutrition and exercise upon health. *Frontiers Nutr*. 2021;8:803369.
8. Herdick VE, **Halliday TM**, Davy BM, Zoellner JM, Jahren AH. A single-carbon stable isotope ration model prediction equation can estimate self-reported added sugars intake in an adult population living in southwest Virginia. *Nutrients*, 2021, 13(11),3842.
9. Tobin SY*, Cornier MA, White MH*, Hild AK, Simonsen SE, Melanson EL, **Halliday TM**. The effects of acute exercise on appetite and energy intake in men and women. *Physiology & Behavior*. 2021;241:113562.
10. Tobin SY*, Williams P, Baron K, **Halliday TM**, Depner CM. Challenges and Opportunities for Applying Consumer Wearables to Sleep. *Sleep Med Clin*, 2021 Dec;16(4):607-618.
11. **Halliday TM**, White MH*, Hild AK, Conroy MB, Melanson EL, Cornier MA. Appetite and energy intake regulation in response to acute exercise. *Med Sci Sports Exer*. 2021;53(10):2173-2181.
12. Kroeger CM, Hannon BA, **Halliday TM**, Ejima K, Teran-Garcia M, Brown AW. Evidence of misuse of nonparametric tests in the presence of heteroscedasticity within nutrition and obesity research. *F1000Res*, 2021, 10:391.
13. Turner-McGrievy G, **Halliday TM**, Moore JM. COVID19 messed up my research: Insights from physical activity and nutrition translational research. *Transl Journ ACSM*, 2021;6(4).

14. Kroeger GM, Ejima K, Hannon BA, **Halliday TM**, McCombs B, Teran-Garcia M, Dawson JA, King DB, Brown AW, Allison DB. Persistent confusion in nutrition and obesity research about the validity of classic nonparametric tests in the presence of heteroscedasticity: Evidence of the problem and valid alternatives. *Am J Clin Nutr*, 2021;111(3):517-524. PMID:33515017; PMCID: PMC7948897.
15. Foright R, **Halliday TM**, Melanson EL, Hild A, Legget KT, Tregellas JR, Cornier MA. Effects of Exercise During Weight Loss Maintenance on Appetite Regulation in Women. *Translational Journal of the ACSM*, 2020;5(12):e000133
16. Xu L, Rogers CR, **Halliday TM**, Wu Q, Wilmoth LM. Correlates of Physical Activity, Psychosocial Factors, Home Environment Exposure, and Modifiable Cancer Risk Factors Among U.S. Adolescents: Insights from the FLASHE Study *Int J Environ. Res Public Health* , 2020;17(16):5753
17. **Halliday TM**, Rynders CA, Thomas EA, Bergouignan A, Pan Z, Kealey EH, Cornier MA, Bessesen DH. Appetite-related responses to overfeeding and longitudinal weight change in obesity prone and obesity resistance adults. *Obesity*, 2020;28:259-267. PMID: 31970906; PMCID: PMC6986307
*Editor's Choice Manuscript
18. **Halliday TM**, Frisard MI. Exercise and Nutrition Science Students' Perceptions of Blogging as a Required Course Component. *Translational Journal of the ACSM*, 2020;5(2):6-20.
*Editor's Choice Manuscript
19. Thomas DM, Clark N, Turner D, Siu C, **Halliday TM**, Hannon BA, Kahathuduwa CN, Kroeger CM, Allison, DB. Best (but oft-forgotten) practices: Identifying and accounting for regression to the mean in nutrition and obesity research. *Am J. Clin Nutr*. 2020;111(2):256-265. PMID: 31552422; PMCID: PMC6997628
20. Larson-Meyer DE, Douglass C, Thomas J, Johnson E, Barcal J, Heller J, Hollis B, **Halliday T**. Validation of a Vitamin D Specific Questionnaire to Determine Vitamin D Status in Athletes. *Nutrients*, 2019;11(11):32732. PMID: 31717985; PMCID: PMC6893639
21. **Halliday T**, Polsky S, Schoen J, Legget K, Tregellas J, Cornier M. Comparison of Surgical versus Diet-Induced Weight Loss on Appetite Regulation and Metabolic Health Outcomes. *Physiological Report*, 2019; 7(7): e14048. PMID: 30927343; PMCID: PMC6440915
22. Liu SV, Moore LB, **Halliday TM**, Jahren AH, Savla J, Hedrick VE, Marinik EL, Davy BM. Short-term changes in added sugar consumption by adolescents reflected in the carbon isotope ratio of fingerstick blood. *Nutrition and Health*, 2018;24(4):251-259 PMID: 30231801
23. **Halliday TM**, Liu SV, Moore LB, Hedrick VE, Davy BM. Adolescents perceive a low added sugar adequate fiber diet to be more satiating and equally palatable compared to a high added sugar low fiber diet in a randomized-crossover design controlled feeding pilot trial. *Eating Behaviors*, 2018;30:9-15. PMID: 29751193; PMCID: PMC6047920
24. Tarpey MD, McMillan RP, Bowser SM, **Halliday TM**, Boutagy NE, Davy KP, Davy BM, Frisard MI, Hulver, MW. Skeletal muscle autophagy and mitophagy in endurance-trained runners before and after a high-fat meal. *Molecular Metabolism*, 2017;6(12):1597-1609. PMID: 29097020; PMCID: PMC5699914
25. Moore LB, Liu SV, **Halliday TM**, Neilson AP, Hedrick VE, Davy BM. Urinary Excretion of Sodium, Nitrogen, and Sugar are Valid Biomarkers of Dietary Sodium, Protein, and High Sugar Intake in Non-Obese Adolescents. *Journal of Nutrition*, 2017;147(12):2364-2373. PMID: 28931586; PMCID: PMC5697967
26. **Halliday TM**, Savla JT, Marinik EM, Hedrick VE, Winett RA, Davy BM. Resistance Training is Associated with Spontaneous Changes in Aerobic Physical Activity but not Overall Diet Quality in Adults with Prediabetes. *Phys and Behav*. 2017;177:49-56. PMID: 28414072.
27. Davy BM, Winett RA, Savla J, Marinik EL, Baugh ME, Flack KD, **Halliday TM**, Kelleher SA, Winett SG, Williams DM, Boshra S. Resist Diabetes: A randomized clinical trial for resistance training maintenance in adults with prediabetes. *PLoS ONE*. 2017;12(2). PMID: 28231265; PMCID: PMC5322950

28. **Halliday TM**, Davy BM, Loenneke JP. Dietary intake, body composition, and menstrual cycle changes during competition preparation and recovery in a drug-free figure competitor: A case study. *Nutrients*. 2016;8:740. PMID: 27879627; PMCID: PMC5133123
29. Buckner SL, Dankel SJ, Counts BR, Barnett BE, Jessee MB, Mouser JG, **Halliday TM**, Loenneke JP. Does the time of your health screening alter your “health”? *International J of Cardiology*. 2016;220:524-526. PMID: 27390981.
30. Buckner SL, Dankel SJ, Counts BR, Barnett BE, Jessee MB, Mouser JG, **Halliday TM**, Loenneke JP. Do rhythms exist in elbow flexor torque, oral temperature, and muscle thickness during normal waking hours? *Physiol Behav*. 2016;160:12-17. PMID: 27020314.
31. Mitchell CM, Davy BM, **Halliday TM**, Hulver MW, Nielson AP, Ponder M, Davy KP. The effect of prebiotic supplementation with inulin on the gut microbiome and cardio-metabolic health: Rationale, design, and methods of a controlled feeding efficacy trial in adults at risk for type 2 diabetes. *Contemp Clin Trials*. 2015; 45(B):328-337. PMCID: PMC4743874
32. Winett RA, Davy BM, Savla J, Marinik EL, Kelleher SA, Winett SG, **Halliday TM**, Williams DM. Theory-based approach for maintaining resistance training in older adults with prediabetes: Adherence, barriers, self-regulation strategies, and cost. *Transl Behav Med*. 2015;5(2):149-159. PMCID: PMC4444707
33. Davy BM, **Halliday TM**, Davy KP. Sodium intake and blood pressure: New controversies, new labels...new guidelines? *JAND*. 2015;115(2):200-204. PMID: 25454153
34. **Halliday TM**, Davy BM, Clark AG, Baugh ME, Hedrick VE, Marinik EL, Flack KD, Savla J, Winett S, Winett RA. Dietary intake modification in response to participation in a resistance training program for sedentary older adults with prediabetes: Findings from the Resist Diabetes study. *Eating Behaviors*. 2014;15(3):379-382. PMCID: PMC4115251
35. Davy BM, Potter KL, Dennis Parker EA, Harden S, Hill JL, **Halliday TM**, Estabrooks PA. Feasibility, effectiveness, and perceptions of an Internet-and incentive-based behavioral weight loss intervention for overweight and obese college freshmen: a mixed methods approach. *Open Journal of Preventive Medicine*. 2013;3(7):429-440.
36. **Halliday TM**, Peterson NJ, Thomas JJ, Kleppinger K, Hollis BW, Larson-Meyer DE. Vitamin D status relative to diet, lifestyle, injury, and illness in college athletes. *Med Sci Sports Exerc*. 2011;43(2):335-43. PMID: 20543748.

Manuscripts in Review:

1. **Halliday TM**, Purcell SA, Legget KT, Tregellas JR, Melanson EL, Cornier MA. Differences in behavioral and hormonal appetite markers between Responders and Non-Responders to exercise-induced weight loss. *In Review*.
2. **Halliday TM**, Klatt KC, Tobin SY, Jebeile H, Vorland CJ, Allison DB, Conroy MB, Kelly AS, Cardel MI. Continuing the conversation on weight management and Health at Every Size: A Commentary on the Role of the Registered Dietitian Nutritionist in Intentional Weight Loss Efforts. *In Review*.

Letters to the Editor:

1. **Halliday T**, Thomas D, Siu C, Allison D. Failing to Account for Regression to the Mean Results in Unjustified Conclusions: Letter Concerning “Strong, healthy, energized: Striving for a healthy weight in an older lesbian population. *J Women Aging*, 2018;30(1):2-5. PMID: 29220635; PMCID: PMC6530595

Book Chapters:

1. **Halliday TM**. *Chapter 20: Weight Management*. Fitness Professional’s Handbook, 8th Edition.

Professional Publications:

2. **Halliday TM**, Davy BM, Jahren AH, Liu SV, Davy KP. Added sugar intake, serum $\delta^{13}\text{C}$ value, and cardiovascular risk in healthy adults: a preliminary study. *The Pulse. Quarterly Publication from the Sports, Cardiovascular, and Wellness Dietetic Practice Group*. Spring 2016 Issue.
3. **Halliday TM**, Harrell TK, Davy BD. Water and Sugar-Sweetened Beverage Intake in Children from a Health Disparate Region: A Comparison with National Intake Data and the US Dietary Guidelines. *The Digest: The Research Dietetic Practice Group Publication*. 2012 Oct;47(5):1-6. ***CPEU Article**

Undergraduate Journal Publications:

1. Smith JK*, Tobin S*, Cornier MA, **Halliday T**. A feasibility trial to determine the effect of mindfulness on weight-loss maintenance. *Range: Undergraduate Research Journal. In Press.*
2. Maio M*, **Halliday TM**. Determination of Best Recruitment Practices for Adults with Prediabetes: A Literature Review. *University of Utah Undergraduate Research Journal. 2022 Issue.*
3. McCoy S*, Bielefeld M*, **Halliday TM**. Insulin and glucose: biomarkers of appetite following acute exercise? *University of Utah Undergraduate Research Journal. 2020 Issue.*

PRESENTATIONS

1. **What Is...The Role of Exercise in Weight Management?**
University of Utah
CTSI TL1 Program "What Is..." Series
May 12, 2023
2. **Weight Management and Cardiometabolic Health: Improving Long-Term Success**
University of Missouri
Nutrition and Exercise Physiology Department
Feb. 16, 2023
3. **The Role of Physical Activity in Weight Management Interventions and Impact on Appetite**
Virginia Tech
Department of Human Nutrition, Foods, and Exercise
Obesity Seminar
Dec. 6, 2022
4. **Weight Loss and Weight Loss Maintenance: Improving Long-Term Success**
Utah Clinical and Translational Science Institute (CTSI) Trainee Symposium
University of Utah
Nov. 11, 2022
5. **Weight Loss and Weight Loss Maintenance: Improving Long-Term Success**
Section of Nutrition Seminar Series
University of Colorado – Anschutz Medical Campus
Virtual, Feb, 24, 2022
6. **Efficacy of Health at Every Size (HAES) Approaches to Treat Obesity**
Weight Management dietetic practice group Symposium
Academy of Nutrition and Dietetics
Virtual, Feb, 8, 2022
7. **Nutrition Brew: Appetite and Energy Intake Regulation in Response to Acute Exercise**
Nutrition Interest Group
American College of Sports Medicine
Virtual, Dec, 9, 2021

8. **Getting Past It: Using Twitter to Benefit You**
Utah VPCAT (Vice President's Clinical and Translational) Scholars Program
University of Utah
Salt Lake City, UT, May, 12, 2021
9. **Mindfulness-Oriented Recovery Enhancement: An Efficacious Strategy for Preventing Weight Regain?**
Utah CCTS – K-Club Presentation
University of Utah
Salt Lake City, UT, January, 5, 2021
10. **PANEL: Twitter isn't Just for Politics and Celebrities: Using Social Media in Academia**
Diabetes and Metabolism Research Center
Virtual Research Recharge
University of Utah
Salt Lake City, UT. November 6, 2020
11. **The Role of Hormones and Behavior on Appetite Regulation and Weight Management**
Diabetes and Metabolism Research Center
Virtual Research Recharge
University of Utah
Salt Lake City, UT. November 3, 2020
12. **Maintaining Weight Loss Long-Term: Is Mindfulness The Key?**
Utah CCTS – K-Club Presentation
University of Utah
Salt Lake City, UT. October 21, 2019
13. **The Strange Science of Sports Recovery**
Panel Discussion following Christie Aschwanden (Author of 'Good to Go') presentation
University of Utah
Salt Lake City, UT. October 4, 2019
14. **Can Mindfulness-Based Interventions Lead to Successful Weight Loss Maintenance?**
Emerging Luminaries in Nutrition, Exercise, and Metabolism
Indiana University-Bloomington
Bloomington, IN. September 27, 2019
15. **Mindfulness Interventions for Management of Cardiometabolic Health and Body Weight: Science-based or Biased-based?**
Health Behaviors Seminar Series – Diabetes and Metabolism Research Center
University of Utah
Salt Lake City, UT. June 13, 2019.
16. **Lifestyle Strategies for Effective Weight Loss & Weight Loss Maintenance: What Role do Appetite-Related Hormones Play?**
Research in Progress Seminar – Diabetes and Metabolism Research Center
University of Utah
Salt Lake City, UT. May 6, 2019
17. **Mindfulness Interventions for Management of Cardiometabolic Health and Body Weight: Science-based or Biased-based?**
35th Annual Sports, Cardiovascular, and Wellness Nutrition (SCAN) Symposium.
Phoenix, AZ. April, 2019.

18. **If You Build It, They Will Come: Establishing Professional Partnerships and Creating Referral Networks to Your Weight-Management Dietetics Practice.**
Live and recorded webinar presentation for the Weight Management dietetic practice group.
Online. September 11, 2018
19. **Sharing Your Science on Social: Harnessing the Power of Twitter for Career Development**
Workshop Presentation for the Center for Women's Health Research at the University of Colorado.
Aurora, CO. June 15th, 2018
20. **Physical Activity, Fitness, and Sedentary Behavior: Implications for Energy Balance and Appetite.**
Symposium at 2018 American College of Sports Medicine Annual Meeting,
Minneapolis, MN. May 31, 2018.
Chair: John Thyfault. Speakers: John Blundell, Tanya Halliday, Robin Shook, and Matthew Morris
21. **Sharing Your Science on Social: Tips and Guidance for Beginners.**
Tutorial Lecture at 2018 American College of Sports Medicine Annual Meeting,
Minneapolis, MN. May 31, 2018.
Speakers: Tanya Halliday and Caitlin Kinser
22. **Go Further with Food: How to Enhance Your Practice and Improve Patient Outcomes by Providing Nutrition Guidance that is Reliable, Relevant, and Realistic**
Center for Women's Health Research CME Event
Aurora, CO. March 3, 2018
23. **A Randomized-Controlled Trial of the "Reverse Diet": Is this Novel Strategy the Key to Successful Weight Management for Weight-Reduced Adults with Overweight/Obesity?**
IGNITE Talk Competition Finalist – Bio-Behavioral Research Section
ObesityWeek Annual Meeting
Washington, D.C. November 1, 2017
***Awarded 2nd place at the live competition**
24. **Appetite-Regulating Strategies for Effective Weight Loss and Weight Loss Maintenance: Searching for the Holy Grail.**
Nutrition Seminar Series; Section of Nutrition, Department of Pediatrics School of Medicine, University of Colorado Anschutz Medical Campus
Aurora, CO. October 5, 2017
25. **Time for the Talk: Prescribing Exercise and Diet for Your Patients.**
14th Annual Rocky Mountain Metabolic Syndrome Symposium.
Aurora, CO. May 19, 2017
26. **Does Resistance Training Influence Other Health-Related Behaviors?**
Anschutz Health and Wellness Center at the University of Colorado
Monthly Town Hall Meeting
Aurora, CO. December 15, 2016
27. **Nutritional Considerations for Physique Athletes**
32nd Annual Sports, Cardiovascular, and Wellness Nutrition (SCAN) Symposium.
Portland, OR. April, 2016.
28. **Physical Activity across the Lifecycle.**
Wyoming Academy of Nutrition and Dietetics Annual Meeting.
Laramie, WY. April 2015.
29. **Sodium Guidelines: Controversy & Confusion.**
Wyoming Academy of Nutrition and Dietetics Annual Meeting.
Laramie, WY. April 2015.
***Keynote Presentation**

30. **Digital Dietitians: Developing Social Media Skills in a Technology Driven World.**
Southwest Virginia Dietetics Association Spring Member Meeting.
Radford, VA. March, 2015
Co-presenter w/ Kristen Chang, MS, RD
31. **A Conversation about Utilizing Social Media in the Classroom for Educational Purposes: When it's justified and when it's just noise.**
7th Annual Conference on Higher Education Pedagogy
Blacksburg, VA. February 2015
Co-presenter w/ Courtney Venegrin, MS
32. **140 Characters or Less: Social Media for Faculty and Grad Students.**
Virginia Tech Department of Human Nutrition, Foods and Exercise Faculty/Graduate Seminar.
Blacksburg, VA. February, 2014
33. **Sports Nutrition for Women's Basketball.**
Lynchburg College Athletic Department.
Lynchburg, VA. April, 2013
34. **Sports Nutrition Considerations for Collegiate Lacrosse Players.**
Lynchburg College Athletic Department. Lynchburg, VA. October, 2012

ABSTRACTS

***denotes student mentee/adviser**

1. Thomas JV*, Depner CM, Drummond MJ, Winett RA, Davy BM, **Halliday TM.** *The Effects of AM vs PM Resistance Exercise on Cardiometabolic Outcomes in Adults with Prediabetes.* (Poster presentation) American College of Sports Medicine (ACSM) Annual Meeting. Denver, CO, 2023.
2. Tobin SY*, Cornier MA, Tregellas JR, Legget KT, Melanson EL, Hild AK, Purcell SA, **Halliday TM.** *Peptide-YY increases following 12-weeks of Resistance Exercise Training in Adults with Obesity.* (Thematic poster presentation) American College of Sports Medicine (ACSM) Annual Meeting. Denver, CO, 2023.
3. Zimmerman GA*, Ou IZ*, Kubicki M*, Maio MA*, Thomas JV*, Tobin SY*, de Haart NMMP*, Petrocelli JJ*, Moranda VR, Depner CM, Drummond MJ, **Halliday TM.** *The Effects of Whey Protein Supplementation on Body Composition and Performance in Adolescent Soccer Players.* (Poster presentation) American College of Sports Medicine (ACSM) Annual Meeting. Denver, CO, 2023
4. Zimmerman GA*, Ou IZ*, Kubicki M*, Maio MA*, Thomas JV*, Tobin SY*, de Haart NMMP*, Petrocelli JJ*, Moranda VR, Depner CM, Drummond MJ, **Halliday TM.** *The Effects of Whey Protein Supplementation on Body Composition and Performance in Adolescent Soccer Players.* (Poster presentation) University of Utah Athlete Health & Performance Symposium. Salt Lake City, UT, 2023
5. Isaac O*, Zimmerman G*, Kubicki M*, Thomas J*, Tobin S*, Miranda V, Depner C, Drummond M, **Halliday T.** *Body Composition and Athletic Performance Changes in Adolescent Athletes in Response to Whey Protein Supplementation.* (Poster presentation). Utah Academy of Nutrition and Dietetics Annual Meeting. Salt Lake City, UT, 2023.
6. Smith J*, **Halliday TM.** *A feasibility trial to determine the effect of mindfulness on weight-loss maintenance* Abstract accepted for poster presentation at the 2023 Utah Conference on Undergraduate Research (UCUR). Salt Lake City, 2023.
7. Smith J*, **Halliday TM.** *A feasibility trial to determine the effect of mindfulness on weight-loss maintenance* (Oral poster presentation). University of Utah Undergraduate Research Symposium, Virtual Fall 2022.
8. Tobin SY*, DeSalvo K, Smith JK*, Beachman A, Chamberlain E, Cornier MA, **Halliday TM.** *A feasibility trial to determine the effect of mindfulness on weight-loss maintenance.* (Poster presentation) American College of Sports Medicine annual meeting. San Diego, CA, 2022.

9. Thomas JV*, Tobin SY*, Burns RD, Bailey RR, Melanson, EL, Cornier MA, Halliday TM. *The effect of single bouts of aerobic and resistance exercise on non-exercise physical activity*. (Oral presentation) American College of Sports Medicine annual meeting. San Diego, CA, 2022.
10. Baron KG, Shoaf K, Nicholls C*, Tobin S*, **Halliday T**, Prather AA. *Daily relationships between sleep and stress during the COVID-19 pandemic: Roles of perseverative cognition and physical activity*. (Poster presentation) SLEEP Annual Meeting, Charlotte, NC, 2022.
11. Maio M*, **Halliday TM**. *Determination of Best Recruitment Practices for Adults with Prediabetes: A Literature Review* (Poster presentation). University of Utah Undergraduate Research Symposium, Spring 2022.
12. Malik N, Baxter SD, Garay JL, **Halliday T**, Lynch A, Morgan-Bathke, Raynor HA, Rozga M. *Weight Management Interventions Provided by a Dietitian for Adults with Overweight or Obesity: An Evidence Analysis Center Systematic Review and Meta-Analysis*. (Poster presentation). Academy of Nutrition and Dietetics' Food and Nutrition Conference and Expo (FNCE), 2021 (Virtual Meeting Due to COVID-19).
13. Or K*, Ta Z*, Shoaf K, **Halliday T**, Lopez I, Carbahal-Salisbury, Baron K. *Sleep, Diet, and Physical Activity in the COVID-19 Pandemic: A Qualitative Analysis*. (Poster presentation). University of Utah COVID-19 Symposium, 2021. (Virtual meeting due to COVID-19)
14. Purcell SA, Legget KT, **Halliday TM**, Tregellas JR, Melanson EL, Cornier MA. *Postprandial Metabolite Responses to Exercise versus Dietary Interventions in Adults with Overweight or Obesity*. Abstract submitted to ObesityWeek, 2021 (Virtual meeting due to COVID-19)
15. Tobin S*, **Halliday T**, Burns R, Quedan F, Glazer-Baron K. *Factors Influencing Physical Activity During The COVID-19 Pandemic In Adults From Utah*. (Poster presentation). ACSM Annual Meeting, 2021 (Meeting held virtually due to COVID-19)
16. Bielefeld M*, McCoy S*, **Halliday TM**. *Insulin and Glucose: Biomarkers of Appetite Regulation Following Acute Exercise?* (Poster presentation). University of Utah Undergraduate Research Symposium, 2020 (Virtual Presentation due to COVID-19)
17. **Halliday TM**, White MW*, Hild AK, Miller JR, Melanson EL, Cornier MA. *Decreased Ghrelin and Increased PYY and GLP-1 Following Acute Aerobic vs. Resistance Exercise*. (Thematic Poster presentation). ACSM Annual Meeting, San Francisco, CA, 2020 (Meeting held virtually due to COVID-19)
18. Tobin SY*, Cornier MA, White MW*, Hild AK, Miller JR, Melanson EL, **Halliday TM**. *Effects of Acute Exercise on Appetite Regulation and Energy Intake in Men and Women*. (Poster presentation). ACSM Annual Meeting, San Francisco, CA, 2020 (Meeting canceled due to COVID-19)
19. Purcell SA, Legget KT, **Halliday TM**, Creasy SA, Blankenship JM, Hild A, Tregellas JR, Melanson EL, Cornier MA. *Non-Exercise Activity during Dietary Restriction or Aerobic Exercise Interventions in Individuals with Overweight or Obesity*. (Poster presentation). ACSM Annual Meeting, San Francisco, CA, 2020 (Meeting canceled due to COVID-19)
20. Miller JR, **Halliday TM**, White M*, Melanson EL, Cornier MA. *Responses of delay discounting and behavioral economic demand for food to acute exercise and relations with BMI*. (Poster presentation). Society of Behavioral Medicine Annual Meeting and Scientific Sessions. San Francisco, CA, 2020. (Meeting canceled due to COVID-19)
21. Iwamoto SJ, **Halliday TM**, Hild AK, Schneider A, Rakeen B, Tregellas JR, Cornier MA. *The Effects of Obesity on Appetite Regulation in Older-Aged Adults*. (Poster presentation). ObesityWeek Annual Meeting of The Obesity Society, Las Vegas, NV, 2019.
22. **Halliday TM**, Legget KT, Hild AK, Melanson EL, Tregellas JR, Cornier MA. *Differences in Appetite Indices between Compensators vs Non-Compensators to Exercise Training*. (Poster presentation). ObesityWeek Annual Meeting of The Obesity Society, Las Vegas, NV, 2019.

23. Schmalz DL, **Halliday TM**, Scott J. *Weight-Related Stigma, Body Esteem, and Health Behaviors among Bariatric Surgery Patients*. (Poster presentation). ObesityWeek Annual Meeting of The Obesity Society, Las Vegas, NV, 2019.
24. **Halliday TM**. *Alterations to Appetite Regulation Indices in Adults with Prediabetes Following Short-Term Aerobic vs. Resistance Exercise: Project Overview & Methods*. (Poster presentation). Diabetes and Metabolism Research Center Fall Retreat, Salt Lake City, UT, 2019.
25. **Halliday TM**, White MH*, Bitton DM*, Hild AK, Miller JR, Melanson EL, Cornier MA. *Ghrelin and PYY are Differentially Altered Following an Acute Bout of Aerobic vs Resistance Exercise*. (Poster presentation). ACSM Annual Meeting, Orlando, FL, 2019.
26. Iwamoto SJ, **Halliday TM**, Hild A, Rakeen B, Tregellas JR, Cornier MA. *Age-related Differences in Appetite Regulation Among Adults with Obesity: More than Just Hunger, PYY, Ghrelin, Oh My?!?!?* (Oral Slide Presentation). Endocrine Society Annual Meeting, New Orleans, LA, 2019.
***Presidential Poster Competition Winner**
27. RL Bender*, DL Dufour, **TM Halliday**, MA Cornier, AC Barnes. *Neither protein content nor protein quality influence human energy intake: preliminary results from an experimental test of the Protein Leverage Hypothesis*. (Poster presentation). Human Biology Association Annual Meeting, 2019.
28. **Halliday TM**, Legget KT, Hild AK, Melanson EL, Tregellas JR, Cornier MA. *Appetite Responses to Aerobic Exercise Training in Inactive Adults with Overweight and Obesity*. (Poster presentation). ObesityWeek Annual Meeting of the Obesity Society, Nashville, TN, 2018
29. **Halliday TM**, Bitton DM*, Hild AK, Miller JR, Melanson EL, Cornier MA. *Appetite Responses to Acute Aerobic and Resistance Exercise in Adults with Overweight/Obesity*. (Poster presentation). ObesityWeek Annual Meeting of the Obesity Society, Nashville, TN, 2018
30. Kroeger CM, Hannon B, **Halliday TM**, Teran-Garcia M, Allison DB. *Misuse of nonparametric tests in the presence of heteroscedasticity in obesity research*. (Poster presentation). ObesityWeek Annual Meeting of the Obesity Society, Nashville, TN, 2018
31. **Halliday TM**, Bitton DM*, Hild AK, Miller JR, Melanson EL, Cornier MA. *Appetite Responses to Acute Aerobic and Resistance Exercise in Physically Inactive Women with Overweight/Obesity*. (Poster presentation). National Conference on Women's Health Research, Denver, CO, 2018.
32. Bergouignan A, Laurens C, Zaharieva A, Garnotel M, **Halliday T**, Thevenot C, Maillat A, Gauquelin-Koch G, Simon C, Blanc S. *ENERGY: Astronaut's energy requirements during long-term space flights*. (Oral Slide Presentation). Human Spaceflight and Weightlessness Science: an International Workshop on Science and Technology for Space Exploration, Toulouse, France, 2018.
33. Douglas C, **Halliday T**, Thomas J, Barcal J, Heller J, Larson-Meyer DE. *Is a food frequency questionnaire a valid predictor of vitamin D status in Athletes?* (Poster presentation). Annual SCAN Annual Symposium, Keystone Resort, CO, 2018
34. Bitton D*, Schneider S*, Hild A, Cornier MA, **Halliday T**. *Role of acute exercise modality on subjective appetite and food cravings*. (Poster presentation). Regis University Biomedical Sciences Research Symposium, Denver, CO, 2018
35. Kroeger CM, Hannon B, **Halliday TM**, Teran-Garcia M, Allison DB. *Use of open science R packages to semi-automate methods for a systematic review of the misuse of nonparametric tests in the presence of heteroscedasticity*. (Poster presentation). Indiana Public Health Association annual meeting, Bloomington, IN, 2018.

36. Mitchell CM, Baugh ME, **Halliday TM**, McMillan RP, Neilson AP, Ponder MA, Hulver MW, Davy BM, Davy KP. *Prebiotic supplementation with inulin and metabolic health in adults at-risk for type 2 diabetes*. (Poster presentation). ObesityWeek Annual Meeting of the Obesity Society, Washington, DC, 2017.
37. **Halliday TM**, Thomas EA, Foright RM, Hild AK, Legget KT, Tregellas JR, Cornier MA. *Sex Differences in Appetite Indices when a Caloric Load “Relative” to Energy Needs is Provided*. (Poster presentation). ObesityWeek Annual Meeting of the Obesity Society, Washington, DC, 2017.
***Bio-Behavioral Research Section Top 10 Abstract Award**
38. Thomas EA, **Halliday TM**, Legget KT, Tregellas JR, Bessesen DH, Cornier MA. *Effects of Food Intake Behaviors on Longitudinal Weight Change*. (Poster presentation). ObesityWeek Annual Meeting of the Obesity Society, Washington, DC, 2017.
39. **Halliday T**, Tregellas J, Schoen J, Polsky S, Cornier MA. *Surgical vs Diet-Induced Weight Loss on Insulin Sensitivity*. (Poster presentation). Scientific Sessions of the American Diabetes Association, San Diego, CA, 2017
40. **Halliday TM**, Legget KT, Hild AK, Tregellas JR, Melanson EL, Cornier MA. *Aerobic Exercise Training Increases Dietary Restraint and Reduces Hunger and Energy Intake in Overweight/Obese Adults*. (Oral Slide Presentation). Annual Meeting of the American College of Sports Medicine, Denver, CO 2017.
41. Baugh ME, Winett RA, Savla J, Marinik EL, Flack F, **Halliday TM**, Kelleher SA, Winett SG, Williams D, Boshra S, Davy BM. *Resist Diabetes: A randomized clinical trial for resistance training maintenance*. (Poster presentation). ObesityWeek Annual Meeting of the Obesity Society, New Orleans, LA, 2016.
42. **Halliday TM**, Liu SV, Moore LB, Hedrick VE, Marinik EM, Young MJ, Jaeger LM, Davy BM. *A Comparison of Hunger, Fullness, and Palatability between Low (5%) and High (25%) Added Sugar Diets in Adolescents*. (Poster presentation). Academy of Nutrition and Dietetics’ Food and Nutrition Conference and Expo (FNCE), Boston, MA, 2016.
*** Research Dietetic Practice Group Student Research Award Recipient**
43. Hedrick V, **Halliday T**, Davy B, Jahren AH, Zoellner J. *The Potential of a Single- Versus a Dual-isotope Prediction Equation for Added Sugar Consumption*. (Poster presentation). Academy of Nutrition and Dietetics’ Food and Nutrition Conference and Expo (FNCE), Boston, MA, 2016.
44. Liu SV, Moore LB, **Halliday TM**, Hedrick VE, Marinik EM, Davy BM. *Validation of a Method to Predict Total Daily Energy Needs in Non-Obese Adolescents*. (Poster presentation). Academy of Nutrition and Dietetics’ Food and Nutrition Conference and Expo (FNCE), Boston, MA, 2016.
45. **Halliday TM**, Savla JT, Marinik EM, Baugh ME, Winett S, Winett RA, Davy BM. *Influence of Resistance Training Initiation and Maintenance on Spontaneous Dietary Intake Changes among Prediabetes Adults*. (Poster presentation). Annual Meeting of the American College of Sports Medicine, Boston, MA, 2016.
46. Frisard MI and **Halliday TM**. *Changes in College Students’ Perceptions of Required Blogging in an Exercise and Nutritional Sciences Course*. (Poster presentation). Annual Meeting of the American College of Sports Medicine, Boston, MA, 2016.
47. Buckner SL, Dankel SJ, Counts BR, Barnett BE, Jessee MB, Mouser JG, **Halliday TM**, Loenneke JP. *The Influence of Circadian Rhythms on Upper Body Isometric Strength, Muscle Thickness and Body Temperature*. (Poster presentation). Annual Meeting of the American College of Sports Medicine, Boston, MA, 2016.
48. Barnett BE, Buckner SL, Dankel SJ, Counts BR, Jessee MB, Mouser JG, **Halliday TM**, Loenneke JP. *Circadian Rhythms in Blood Glucose and Blood Pressure: Are they Reproducible?* (Poster presentation). Annual Meeting of the American College of Sports Medicine, Boston, MA, 2016.

49. Winett RA, Davy BM, Marinik EM, Salva JT, Kelleher S, Winett SG, **Halliday TM**, Williams D. *Precision Medicine vs Broad Public Health: Outcomes and Translation Directions of the Resist-Diabetes Trial*. (Poster Presentation). Annual Meeting and Scientific Sessions for the Society of Behavioral Medicine, Washington, DC, 2016.
50. Winett RA, Davy BM, Marinik EM, Salva JT, Kelleher S, Winett SG, **Halliday TM**, Williams D. *Resist-Diabetes: Translating a Theory-Based Approach for Maintaining Resistance Training in Older Adults with Prediabetes into Practice*. (Slide Presentation). Canadian Society for Exercise Physiology Annual General Meeting, Hamilton, Ontario, Canada, 2015.
51. Vengrin C, **Halliday T**, Westfall-Rudd D. *Utilizing Social Media and Technology in the Classroom: Innovative or Irritating?* (Poster presentation). Annual NACTA Conference, Athens, GA, 2015
***3rd Place Poster Contest**
52. **Halliday TM**, Loenneke JP, Davy BM. *Dietary Intake, Body Composition, and Menstruation Changes during Contest Preparation in a Drug-Free Figure Competitor*. (Thematic Poster). Annual Meeting of the American College of Sports Medicine, San Diego, CA, 2015.
*** ACSM Nutrition Interest Group Student Research Award Recipient**
53. **Halliday TM**, Lui SV, Jahren AH, Bostic JN, Davy KP, Davy BM. *Relationship Between Serum $\delta^{13}C$, Self-Reported Dietary Added Sugar Intake and Cardiovascular Outcomes in Young Adults*. (Poster presentation). Annual SCAN Symposium, Colorado Springs, CO, 2015.
54. **Halliday TM**, Davy BM, Salva JT, Marinik EM, Winett SG, Winett RA. *Does a Resistance Training Intervention Increase Non-Resistance Training Physical Activity in Prediabetic Adults?* (Poster presentation). ObesityWeek Annual Meeting for the Obesity Society, Boston, MA, 2014.
55. **Halliday TM**, Marinik EM, Baugh ME, Flack KD, Savla JT, Winett RA, Davy BM. *Influence of Protein Intake and Resistance Training on Glucose Tolerance in Prediabetic Adults*. (Thematic Poster). Annual Meeting of the American College of Sports Medicine, Orlando, FL, 2014.
***GSSI-ACSM Young Scholar Travel Fund Award Winner**
***Gail E. Butterfield Nutrition Travel Award Winner**
56. **Halliday TM**, Clark AG, Marinik EL, Baugh ME, Flack KD, Salva JT, Winett S, Winett RA, Davy BM. *Spontaneous Dietary Intake Modification in Response to Resistance Training: Findings from the Resist Diabetes Study*. (Thematic Poster). Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, 2013.
***Gail E. Butterfield Nutrition Travel Award Winner**
57. **Halliday TM**, Davy BM, Davy KP. *Is Added Sugar Intake Associated with Arterial Stiffness?* (Poster presentation). Annual SCAN Annual Symposium, Baltimore, MD, 2012.
58. **Halliday TM**, Harrell TK, Davy BM. *Beverage consumption habits of children from a rural, health disparate region compared to national averages*. (Poster presentation). Virginia Dietetic Association Annual Meeting, Blacksburg, VA, 2012.
***First Place Winner, Student Poster Competition.**
59. Strohacker K, Breslin WL, Carpenter KC, **Halliday TM**, Davidson TR, Agha NH, Adams AM, Collins SS, McFarlin BK. *Pre-Meal Cycling Reduces Postprandial Increases in Endothelial Microparticles in Young Adults Following a High-Fat Meal*. (Poster presentation). ObesityWeek; Annual Meeting for the Obesity Society, Orlando, FL, 2011
60. **Halliday TM**, Peterson NJ, Larson-Meyer DE. *Does vitamin D status influence injury and illness in college athletes?* (Poster presentation). Texas ACSM Meeting, Austin, TX, 2011.

61. Platt J, Kuzmanov A, **Halliday T**, Lindmier M, Peterson N, Broughton KS. *Omega-3 fatty acid and vitamin D ingestion and leptin and adiponectin in PCOS*. (Poster presentation). World Congress on Controversies in Obstetrics, Gynecology and Infertility (COGI), Berlin, Germany, 2010
62. **Halliday TM**, Peterson NJ, Larson-Meyer DE. *Effect of Vitamin D Status on Illness and Injury in Collegiate Athletes*. (Poster presentation). Annual SCAN Symposium, San Diego, CA, 2010
63. Peterson NJ, **Halliday TM**, Larson-Meyer DE. *Vitamin D Status in Collegiate Athletes*. (Poster presentation). Annual SCAN Symposium, Scottsdale, AZ, 2009
64. **Halliday TM**, Peterson NJ, Larson-Meyer DE. *Assessment of Vitamin D Status in Relation to Dietary and Lifestyle Habits of Collegiate Athletes*. (Poster presentation). Annual SCAN Symposium, Scottsdale, AZ, 2009

TEACHING EXPERIENCE

Instructor of Record:

Spring & Fall 2023	HKR 6800 – Trends and Issues in Health, Kinesiology, and Recreation University of Utah, Salt Lake City, UT *Co-Directed with Dr. Paul Estabrooks
Fall 2022; Spring & Fall 2023	KINES 7830 – Journal Readings University of Utah, Salt Lake City, UT *Co-Taught with Dr. Christopher Depner
Spring 2020	KINES 6321 – Exercise and Weight Management (On-line) University of Utah, Salt Lake City, UT
Spring & Fall 2019; Spring 2021	KINES 4465 – Exercise Programming: Assessment and Delivery University of Utah, Salt Lake City, UT
Spring 2015 & 2016	HNFE 2804 – Exercise and Health Virginia Tech, Blacksburg, VA
Spring 2013	EXPH – Sports Nutrition Lynchburg College, Lynchburg, VA

Course/Curriculum Development:

2019-Present	KINES 4301 – Exercise Physiology Laboratory University of Utah, Salt Lake City, UT
2019-2020	KINES 6321 – Exercise and Weight Management (On-Line) University of Utah, Salt Lake City, UT
Spring 2017	APN 730 – Medical Nutrition Therapy (On-line) University of New England, Biddeford, ME
Spring 2017	GPH 734 – The Obesity Epidemic: A Public Health Perspective (On-line) University of New England, Biddeford, ME
Fall 2013-Spring 2014	HNFE 5984 – Advanced Exercise Physiology Virginia Tech, Blacksburg, VA *Instructor: Madlyn Frisard
Spring 2011	NUTR 2332 – Introduction to Nutrition (On-line) University of Houston, Houston, TX

Mentored Instructor:

Fall 2014 **HNFE 2804 – Exercise and Health**
Virginia Tech, Blacksburg, VA
Mentored by Janet W. Rankin

Spring 2014 **HNFE 2984 – Exercise and Health**
Virginia Tech, Blacksburg, VA
Mentored by Robert W. Grange

Graduate Teaching Assistant:

Spring 2013 & 2014 **HNFE 4126/5126 – Medical Nutrition Therapy II**
Virginia Tech, Blacksburg, VA

Fall 2012 & 2013 **HNFE 4125/5125 – Medical Nutrition Therapy I**
Virginia Tech, Blacksburg, VA

Spring 2012 **HNFE 2004 – Professional Dietetics**
Virginia Tech, Blacksburg, VA

Fall 2011 **HNFE 2664 – Behavioral Nutrition and Physical Activity**
Virginia Tech, Blacksburg, VA

Tutor Positions:

Fall 2015 **HNFE 4964 – Nutrition and Physical Performance**
Virginia Tech Athletic Department, Blacksburg, VA

Fall 2010 **Introduction to Nutrition**
Advanced Nutrition
Anatomy & Physiology
English
University of Houston Athletic Department, Houston, TX

Undergraduate Teaching Assistant:

Fall 2008-Spring 2010 **FCSC 1140/1141 – Principles of Nutrition**
University of Wyoming, Laramie, WY

Spring 2010 **FCSC 4146 – Therapeutic Nutrition**
University of Wyoming, Laramie, WY

Spring 2010 **MOLB 4100 – Clinical Biochemistry**
University of Wyoming, Laramie, WY

Fall 2009 **FCSC 3147 – Community Nutrition**
University of Wyoming, Laramie, WY

Guest Lectures:

1. **Faculty Interview**
University of Utah, Department of Health, Kinesiology, and Recreation
KINES 2500 – Exploration of the Movement Sciences; May 2020
Number of Lectures: 1; Time: 30 minutes
2. **From RD to PhD. From Sports Nutrition to Weight Management**
University of Utah, Department of Health, Kinesiology, and Recreation

KINES 2500 – Exploration of the Movement Sciences; October 2019
Number of Lectures: 1; Time: 1 hour

3. **From RD to PhD. From Sports Nutrition to Weight Management**
University of Utah, Department of Health, Kinesiology, and Recreation
KINES 2500 – Exploration of the Movement Sciences; February 2019
Number of Lectures: 1; Time: 1 hour
4. **Nutrition Communication on Social Media**
University of Utah, Department of Nutrition and Integrative Physiology
NUIP 6400 – Nutrition Communications; November 2018
Number of lectures: 3 (Recorded for use in online and face-to-face lecture)
5. **Conducting a Journal Club in Dietetics Practice**
Virginia Tech Department of Human Nutrition, Foods and Exercise
Dietetic Internship Program. January 2016.
Number of Lectures: 1; Time: 1 hour
6. **Blogging: Benefits and Rationale**
Virginia Tech, Department of Human Nutrition, Foods and Exercise
HNFE 5044 – Graduate/Faculty Seminar. January 2015
Number of lectures: 1; Time: 50 minutes
7. **Exercise Immunology and Inflammation**
Virginia Tech, Department of Human Nutrition, Foods and Exercise
HNFE 5984 – Advanced Exercise Physiology. April-May 2014
Number of lectures/sessions: 4; Time: 1.25 hrs each
8. **Pathway to Becoming a Registered Dietitian for Exercise Science Majors.**
Lynchburg College School of Health Sciences and Human Performance. April 2012.
Number of Lectures: 1; Time: 1 hour
9. **Developing your Sports and Wellness Nutrition Practice: Tips, Strategies, and Resources.**
Virginia Tech Department of Human Nutrition, Foods and Exercise
Dietetic Internship Program. September 2011.
Number of Lectures: 1; Time: 1 hour

PROFESSIONAL MEMBERSHIPS

2021- Present	Cardiovascular Health and Well-being dietetic practice group (CV-WELL)
2021- Present	Sports and Human Performance Nutrition dietetic practice group (SHPN)
2017- Present	Weight Management dietetic practice group (WMDPG)
2016- Present	The Obesity Society
2012- Present	Research dietetic practice group (RDPG)
2012- Present	American College of Sports Medicine (ACSM)
2009- Present	Academy of Nutrition and Dietetics (AND)
2009- 2020	Sports, Cardiovascular and Wellness Nutrition dietetic practice group (SCAN)
2018- 2020	American Diabetes Association (ADA)
2018- 2019	American Physiological Society (APS)
2015- 2017	North American College Teachers of Agriculture (NACTA)
2014-2017	Nutrition and Dietetics Educators and Preceptors (NDEP)
2009- 2016	Professionals in Nutrition and Exercise Science (PINES)

PROFESSIONAL SERVICE

National Institutes of Health (NIH):

Oct 2021 **Early Career Reviewer, NIC Study Section**

American College of Sports Medicine (ACSM):

2023 **Chair, Thematic Poster Session, Annual Meeting**
2023 **Abstract Reviewer, 2023 Annual Meeting**
2018-Present **Member, Strategic Health Initiative – Women’s Health Committee**
2018-Present **Member, Strategic Health Initiative – Exhibits Advisory Committee**
2017-Present **Member/Reviewer, Gail E. Butterfield Nutrition Travel Award Committee**
2018-2021 **Member, Strategic Health Initiative – Obesity Committee**
2019 **Judge, GSSI Young Investigator Award**
2019 **Chair, Thematic Poster Session, Annual Meeting**
2019 **Reviewer, Nutrition Interest Group Student Research Award**
2019 **Reviewer, ACSM Health Professionals Webinar**
2017 **Reviewer, ACSM’s Nutrition Manual for the Health/Fitness Professional**
2015-2017 **Twitter Team, ACSM Annual Meeting**
2013-2014 **Student Volunteer, ACSM Annual Meeting**

The Obesity Society (TOS):

2019-2023 **Reviewer, ObesityWeek Abstracts**

Sports, Cardiovascular and Wellness Nutrition (SCAN) dietetic practice group:

*No longer exists. Split into two other dpgs

2017- 2020 **Member, Advisory Committee, SCAN’s delegate to the HOD**
2018- 2019 **Content Expert, 2020 SCAN Symposium Committee**
2017-2019 **Content Expert, 2019 SCAN Symposium Committee**
2016- 2018 **Content Expert, 2018 SCAN Symposium Committee**
2010-2018 **CV/W Leadership Team, Pulse Liaison**
2015-2017 **Chair, 2017 SCAN Symposium Committee**
2014- 2016 **Co-Chair, 2016 SCAN Symposium Committee**
2016 **Fact Sheet Author, Protein Needs for Athletes**
2014 **Fact Sheet Author, Protein Needs for Athletes**
2012 **Booth Representative, SCAN booth at ACSM Annual Meeting**
2012 **Speaker Manager, SCAN Symposium**
2011-2012 **Founding Member, SCAN Student Group**
2011-2012 **Co-Chair, Futures Committee for SCAN’s 30th Birthday Event**
2011 **Fact Sheet Author, The Sunny Side of Vitamin D**
2009-2011 **Student Volunteer, SCAN Symposium**

Academy of Nutrition and Dietetics:

2020 -2023 **Member, Evidence Analysis Library (EAL) Adult Weight Management Expert Panel**
2020, 2022-23 **Member, Foundation Scholarship Review Committee (skipped 2021 while my sister was on hospice care)**
2012 **Reviewer, Sports Nutrition Care Manual**

2009-2010 **Student Council Liaison**, University of Wyoming
2009 **Student Volunteer**, Food and Nutrition Conference and Expo (FNCE)

Editorial Board Member:

2023 – Present Exercise and Sports Science Reviews
2022 – Present European Journal of Nutrition [Sports Nutrition Section]
2018- Present Sports Medicine

Journal Special Issue Editor:

2020-2021 Frontiers – “Mechanisms Linking Transport and Utilization of Metabolic Fuels to the Impact of Nutrition and Exercise upon Health”

Journal Ad Hoc Reviewer (Average of 12 reviews per year; Alphabetical Order):

ACSM’s Health and Fitness Journal; American Journal of Clinical Nutrition (AJCN); BMC Public Health; Eating and Weight Disorders; Eating Behaviors; European Journal of Sports Science; European Journal of Nutrition; International Journal of Exercise Science; International Journal of Sports Nutrition and Exercise Metabolism; JMIR Diabetes; JMIR Research Protocol; Journal of Applied Physiology; Journal of Applied Physiology, Nutrition, and Metabolism; Journal of Physical Activity & Health; Journal of Nutrition Education and Behavior; Journal of the Academy of Nutrition and Dietetics (JAND); Journal of Trainology; Medicine and Science in Sports and Exercise (MSSE); Nutrients; Nutrition and Health; Obesity; Physiology and Behavior; PlosOne; Prevention Science; Sleep; Sleep Health; Sports Medicine; Translational Journal of ACSM (TJACSM)

National Beef Cattleman Association

2023 **Grant Reviewer**

National Conference on Undergraduate Research

2019 **Abstract Reviewer**

Weight-Inclusive Nutrition and Dietetics (WIND)

2019 **Advisory Board Member**

International Food Information Council

2017- 2018 **Journal Reviewer**, Scientific Evaluation Initiative

INSTITUTIONAL SERVICE

University of Utah:

2023-present **Co-Director of Graduate Studies**, Department of Health and Kinesiology
2023 **Reviewer**, Utah CTSI K12 Applications
2022-present **Steering Committee**, Women in Health, Medicine, and Science (WiHMS)
2022 **Member**, Search Committee, NUIP Faculty/Metabolic Kitchen Manager
2020-present **Lead Faculty Contact**, HPER E Research Space Renovations
2020-2021 **Preceptor**, Coordinated Master’s and Dietetic Internship Program
2020 **Judge**, Undergraduate Research Symposium
2020 **Member**, Planning Committee for Diabetes and Metabolism Annual Symposium
2019- 2020 **Member**, Search Committee – Tenure Track Faculty HKR

2018- 2019	Member , Search Committee – Tenure Track Faculty HKR
2019- 2020	Chair , HKR Department Lab Equipment, Services, and Cost Committee
2019- 2020	Member , HKR Department Social Committee
2019	Member , Health Behaviors Symposium Committee
2019	Reviewer , Diabetes and Metabolism Research Center Seed Grants

Virginia Tech:

2013- 2015	Member , Virginia Tech Dietetic Internship Selection Committee
2014	Member , Graduate Research Development Grant
2013	Member , HNFE Travel Fund Committee
2013	Treasurer , HNFE Graduate Student Association
2012	Reviewer , Virginia Tech Graduate Research Symposium
2012	Judge , Science Fair – Gilbert Linkous Elementary School

University of Wyoming:

2005- 2010	Selected Member , Student-Athlete Advisory Committee (SAAC)
2008- 2010	Appointed Member , NCAA Recertification Committee
2007- 2009	President (elected) , Student-Athlete Advisory Committee (SAAC)
2006- 2008	Appointed Member , President's Athletic Planning Committee
2007- 2008	MWC Rep (elected) , Student-Athlete Advisory Committee (SAAC)
2006- 2007	Secretary (elected) , Student-Athlete Advisory Committee (SAAC)

COMMUNITY SERVICE [since 2022]

2018 – Present	Co-Founder and Treasurer , Buck Off Cancer
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MENTORING

* Indicates Primary Mentor

Indicates Committee Member

Doctoral Trainees (date of degree conferral), and current position:

*Gabriela Pontes (Expected May 2027). University of Utah, Health and Kinesiology

*Jason Thomas, MS (Expected May 2025). University of Utah, Health and Kinesiology

- N.P. Neilson Scholarship, 2023
- Faculty Choice Award, Health and Kinesiology, University of Utah, 2023

#Michelle Kubicki, BS (Expected May 2025). University of Utah, Health and Kinesiology

- Outstanding Research Assistant Award, Health and Kinesiology, University of Utah, 2023
- T32 Scholar, Computational Approaches to Diabetes and Metabolism, 2023-2025
- Distinguished Student Award, Health and Kinesiology, University of Utah, 2022

*Grace Zimmerman, MS (Expected December 2024). University of Utah, Health and Kinesiology

- Gordon & Betty Browning Scholarship, 2023

*Selene Tobin, MS (Expected May 2024). University of Utah, Health and Kinesiology

- Graduate Student of the Year, Department of Health and Kinesiology, University of Utah, 2022-2023
- Gordon & Betty Browning Scholarship, 2023
- TL1 Scholar, University of Utah, Clinical and Translational Sciences Institute (CTSI), Spring 2022-2024.
- Graduate Student of the Year, Department of Health and Kinesiology, University of Utah, 2021-2022
- Distinguished Student Award, Health and Kinesiology, University of Utah, 2022
- University Teaching Assistant Fellowship, The Graduate School, University of Utah, 2021-2022

#Jacqueline Kent-Marvick (Expected May 2025). University of Utah, College of Nursing

- F31 Award Recipient, 2022-2025

Masters Trainees (date of degree conferral), and current position:

#Rebekah Rees, BS (May 2022). University of Utah, Health and Kinesiology

- Distinguished Student Award, Health and Kinesiology, University of Utah, 2022

*Jason Thomas, BS (May 2022). University of Utah, Health and Kinesiology

Current Position: PhD Student at University of Utah, Salt Lake City, UT

- N.P. Nielson Scholarship, University of Utah, Health & Kinesiology, 2022
- Distinguished Student Award, Health and Kinesiology, University of Utah, 2021

*Selene Tobin, MS (May 2021). University of Utah, Health and Kinesiology

Current Position: PhD Student at University of Utah, Salt Lake City, UT

- Michael L. Pollock Scholarship, American College of Sports Medicine, 2021
- Outstanding Research Assistant Award, Health and Kinesiology, University of Utah, 2021
- Distinguished Student Award, Health and Kinesiology, University of Utah, 2021
- Gordon and Betty Browning Scholarship, Health and Kinesiology, University of Utah, 2021
- Robert O. Ruhling Scholarship, \$2000, Health and Kinesiology, University of Utah, 2020
- Outstanding Teaching Assistant, Health and Kinesiology, University of Utah, 2020
- Distinguished Student Award, Health and Kinesiology, University of Utah, 2020

#Taylor Dunn, MS, RD (May 2021). University of Utah, Nutrition and Integrative Physiology

Current Position: Clinical Pediatric Dietitian, Primary Children's Hospital, Salt Lake City, UT
Eating Disorder Dietitian, Kayla Jessop Nutrition, Salt Lake City, UT

#Danielle Julifs, MS, RD (May 2021). University of Utah, Nutrition and Integrative Physiology

Current Position: Performance Nutrition Fellow, Baylor University Athletics, Waco, TX

#Hannah Langley, MS, RD (May 2021). University of Utah, Nutrition and Integrative Physiology

Current Position: Dietitian for Harmon's Grocery Store, Salt Lake City, UT

#Craig Pickering, MS, RD (July 2021). University of Utah, Nutrition and Integrative Physiology

Current Position: Sports Dietitian for the University of Texas, Austin, TX

*Davis Bitton, MS (July 2018). Regis University Biomedical Sciences Program

Current Position: Consultant, Ambra Health

Undergraduate Research Trainees (date of degree conferral), and current position:

*Katie Comer (Expected May 2026)

*Isaac Ou (Expected May 2024)

- Fall 2022 Undergraduate Research Opportunity Program (UROP) Recipient
- Spring 2023 Undergraduate Research Opportunity Program (UROP) Recipient

*Jaclynn Smith (May 2023). Anesthesiology Technician and Applying to Medical School

- Outstanding Undergraduate Student of the Year, University of Utah, College of Health, 2023
- Undergraduate Student of the Year, University of Utah, Department of Health and Kinesiology, 2023
- Beehive Honor Society Inductee, 2023
- Undergraduate Research Scholar Designation Recipient, 2023
- Director of University of Utah's Union Programming, 2022-2023
- Distinguished Student Award, Health and Kinesiology, University of Utah, 2022
- Spring 2022 Undergraduate Research Opportunity Program (UROP) Recipient
- Fall 2021 Undergraduate Research Opportunity Program (UROP) Recipient
- Director of University of Utah's "Feed U" Food Pantry, 2021-2022
- University of Utah Honors Thesis Student

*Michael Maio (May 2022). University of Utah, Kinesiology

Current Position: Anesthesiologist Technician, University of Utah Hospital; Applying to Medical School

- Selected as 2022 College of Health Undergraduate Convocation Speaker
- Undergraduate Research Scholar Designation
- Spring 2021 Undergraduate Research Opportunity Program (UROP) Recipient
- 2021-2022 Department Tuition Waiver Award Recipient
- Fall 2021 Undergraduate Research Opportunity Program (UROP) Recipient

*Connor Laurence (May 2021). University of Utah, Kinesiology

- 2019 Izetta N. Bennion Memorial Scholarship Recipient

*Mark **Garrett** Mifflin (May 2021). University of Utah, Kinesiology

Current Position: Applying to Medical School

*Tristan Woolstenhulme (May 2021). University of Utah, Kinesiology

- Distinguished Student Award, Health and Kinesiology, University of Utah, 2021
- Current Position: Medical School

*Margaret (Maggie) Bielefeld (2020). University of Utah, Kinesiology

- 2019-2020 Department Tuition Waiver Award Recipient
 - Fall 2019 Undergraduate Research Opportunity Program (UROP) Recipient
 - Spring 2020 Undergraduate Research Opportunity Program (UROP) Recipient
- Current Position: Physician's Assistant School

*Savannah McCoy (2020). University of Utah, Kinesiology

- Fall 2019 Undergraduate Research Opportunity Program (UROP) Recipient
 - Spring 2020 Undergraduate Research Opportunity Program (UROP) Recipient
- Current Position: Naval Flight Officer Training School

*Elizabeth (Lizzi) Elliot (2019). University of Utah, Kinesiology

Current Position: Physician's Assistant School

*Hyerim Kim (2019). University of Utah, Kinesiology

Current Position: Physical Therapy School

*Desiree Schneider (2018). Metro State University, Psychology and Nutrition

Current Position: MS Student, Social Work, Metro State University, Denver, CO

*Mollie White (2018). Metro State University, Psychology

Current Position: PhD Student, Clinical Psychology, Idaho State University, Pocatello, ID

Medical Student Trainees (date of degree conferral), and current position:

*Catherine Mann (May 2021). University of Colorado School of Medicine

Current Position: Resident Physician, Exempla Saint Joseph Hospital, Denver, CO

MEDIA AND OTHER COVERAGE

Twitter:

2011 – Present

Scientific Outreach (via @NutritionNerd handle)

Current follower count: >8,000

Frequently ranked a top influencer at professional conferences

Quoted in Articles (since 2019):

2023

Best Time of Day to Exercise for Type 2 Diabetes

WebMD (and picked up and published at 230 other publications)

<https://www.webmd.com/diabetes/news/20230530/theres-a-best-time-of-day-to-exercise-for-folks-with-type-2-diabetes>

2023

Mapped: The Most (and Least) Overweight Cities in the US in 2023

WalletHub <https://wallethub.com/edu/fattest-cities-in-america/10532>

2022

It's a new year. Time to stop smothering pandemic stress with comfort food,

The Washington Post. https://www.washingtonpost.com/health/pandemic-nutrition/2022/01/14/374008c6-675a-11ec-96f3-b8d3be309b6e_story.html

2021

How Exercise Affects Your Appetite, New York Times. Gretchen Reynolds Article

<https://www.nytimes.com/2021/11/24/well/move/exercise-appetite-weight.html>

2020

6 Fitness Pros Share Best Advice for Maintaining Healthy Routine While Social Distancing, KSL On-Line

<https://www.ksl.com/article/46743439/6-fitness-pros-share-best-advice-for-maintaining-healthy-routine-while-social-distancing>

2020

Swap Meats: Should You Trade Your Feed Burger for a Plant-Based Version?, O, The Oprah Magazine – April 2020 newsstand issue

2019

How Vegan Diets Affect Your Workouts, Refinery29

<https://www.refinery29.com/en-us/alex-morgan-diet-vegan-workout>

2019

Eating Under the Microscope, US News & World Report

<https://health.usnews.com/wellness/food/articles/the-fb4-study-and-weight-loss>

PodCast Appearances:

2023

The Science of Weight Loss, EVOLVE Podcast

[The science of weight loss with Tanya Halliday, PhD - YouTube](#)

2019

The Fad-Free Zone: Nutrition and Weight Management, Catalyst Health & Wellness Coaching Podcast

<https://www.buzzsprout.com/204059/885731>

2015

Weight Loss Lessons from Weight Lifting Research, Food for Fitness Podcast

<https://www.foodforfitness.co.uk/podcast/7/>

Lay Audience Publications:

2016	Protein Needs for Athletes, SCAN Fact Sheet
2014	Protein Needs for Athletes, SCAN Fact Sheet
2013	Lunch Break – Energy Kitchen, Washingtonian
2012	Train Low, Compete High: Will it Help Your Performance?, NutriKnow website
2011	The Sunny Side of vitamin D, SCAN Fact Sheet
2011	5 Tips to Stay Healthy in the New Year, Gateway, Memorial-Hermann Hospital
2011	January is National Oatmeal Month, Supermarket Savvy website