

## CURRICULUM VITAE

### Julie Marie Metos, RDN, MPH, PhD

College of Health, Department of Nutrition and Integrative Physiology  
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#### I. EDUCATION

- 2012 Ph.D. University of Utah (Public Health)
- 1989 M.P.H. University of California, Berkeley (Public Health, Nutrition)
- 1984 B.S. University of Utah (Nutrition)
- 1984 B.F.A. University of Utah (Ballet)

#### II. LICENSES & CERTIFICATES

Commission on Dietetic Registration: Registered Dietitian Nutritionist  
#720853 Utah Bureau of Occupational Licensing: Certified Dietitian

#### III. EMPLOYMENT

- 07/19 – present Professor (Lecturer), Department of Nutrition and Integrative Physiology, University of Utah, Salt Lake City, UT
- 07/17 – 06/22 Executive Director, University of Utah Center for Community Nutrition, College of Health, University of Utah, Salt Lake City, UT
- 07/15 - present Adjunct Faculty, Division of Public Health, University of Utah, Salt Lake City, UT
- 01/19 – 01/22 Associate Dean for Community Engagement, College of Health, University of Utah, Salt Lake City, UT
- 07/16 – 01/22 Associate Chair, Department of Nutrition and Integrative Physiology, University of Utah, Salt Lake City, UT
- 8/12 – 07/17 Assistant Professor, Department of Nutrition and Integrative Physiology, University of Utah, Salt Lake City, UT
- 04/15 – 07/16 Chair, Division of Nutrition, University of Utah, Salt Lake City, UT
- 07/13 – 04/15 Interim Chairperson, Division of Nutrition, University of Utah, Salt Lake City, UT
- 07/12 – 07/13 Assistant Chairperson, Division of Nutrition, University of Utah, Salt Lake City, UT
- 04/05 – 12/12 Program Director, Coordinated Master's Program in Nutrition/Dietetics, Division of Nutrition, University of Utah, Salt Lake City, UT
- 07/96 – 06/12 Clinical Instructor, Division of Nutrition, University of Utah, Salt Lake City, UT

08/97 – 12/04	Clinical Nutrition Manager, Primary Children’s Medical Center, Salt Lake City, UT
08/95 – 08/97	Director, Weight Management Services, Columbia St. Mark’s Hospital, Salt Lake City, UT
01/91 – 07/95	Director of Community Programs, American Heart Association, Utah Affiliate, Salt Lake City, UT
06/89 – 01/91	Team Leader, Women, Infants and Children (WIC), Salt Lake City, UT

## I. **PROFESSIONAL AFFILIATIONS**

Member, Academy of Health Science Educators

Member, American Society for Nutrition

Member, Academy of Nutrition and Dietetics

Member, American Public Health Association

Member, Utah Academy of Nutrition and Dietetics

Member, Utah Public Health Association

Member, Phi Beta Kappa

## II. **PUBLICATIONS**

### A. **Peer-Reviewed Journal Articles**

Mokhtari T, Jordan K, Wilson A, Metos J. Development and validation of a diabetes knowledge, attitudes, and beliefs questionnaire for middle school students. *J Nutrition Education and Behavior* 2022, in revisions.

Clark N, Ramos C, Metos J. Novel type 2 diabetes prevention curriculum increased skin carotenoids and lowered BMI percentile in adolescents. *J Nutrition Education and Behavior* 2022 54 (75) 76-78.

Mohkatari P, Metos JM, Velayuttham A. Impact of Type 1 Diabetes on the Functional Potential of Gut Microbiome in Children and Adolescents: Possible Mechanisms, Current Knowledge and Challenges. *Gut Microbes*, 2021.

Mattson R, Jordan KC, **Metos JM**, Burns RD, Brusseau T. School Physical Activity Programming and Health Behavior Knowledge. *American Journal of Health Behavior* 2018.

Jordan KC, Pett MA, Guo JW, Masson JD, Clark L, Cardell EM, **Metos JM**, Burley J. “We Can Too’: A Family-based Approach to Enhancing Health Lifestyle Behaviors for Overweight Young Adults with Intellectual Disabilities. *Am J Intellectual and Developmental Disabilities* 2018.

**Metos JM**, Sarnoff K, Jordan KC. Teachers’ Perceived and desired roles in nutrition education. *Journal of School Health*. *Journal of School Health* 2019 82 (1) 77-81.

**Metos JM**, Gren L, Brusseau T, Frost C. Perceptions of nutrition and physical activity research methods among girls- the Girls’ Legacy Study. *Health Education* 2018 77 (1) 85-95.

Mihalopoulos Nicole L, Urban B, **Metos JM**, Balch AH, Jordan KJ. Breastfeeding, leptin-to-adiponectin ratio and metabolic dysfunction in a cohort of adolescents with obesity. *Metabolic Syndrome and Related Disorders*. *South Med J* 2017 (8) 347-352.

North JC, Jordan KC, **Metos JM**, Hurdle JF. Nutrition informatics applications in clinical practice: a

systematic review. American Medical Informatics Annual Symposium Proceedings. 2015; 2015:963-972.

Chen X, Wei G, Jalili T, **Metos JM**, Giri A, Cho M, Goucher R, Greene T, Beddhu S. The Associations of plant protein intake with all-cause mortality in chronic kidney disease. American Journal of Kidney Disease 2015 (10) 18-23.

Coffield JE, **Metos JM**, Utz RL, Waitzman NJ. A multivariate analysis of federally mandated school wellness policies on adolescent obesity. Journal of Adolescent Health 2011(9) 46-55.

Lanier WA, Wagstaff RS, Friedrichs MD, **Metos JM**. Factors associated with teacher awareness and implementation of food and physical activity policies in Utah elementary schools. Preventing Chronic Disease, 2012; January 9: E:18. Epub December 15, 2011.

**Metos JM**, Murtaugh M. Words or reality: Are school district wellness policies implemented? A systematic review of the literature. Childhood Obesity. 2011; 7(2) 90-100.

Young PC, DeBry S, Jackson WD, **Metos JM**, Joy EA, Templeman M, Norlin C. Improving the prevention, early recognition, and treatment of pediatric obesity by primary care physicians. Clinical Pediatrics. 2010; 49(10) 964-969.

Tsai LL, Jordan KC, **Metos JM**, Nanney MS. (2009). Nutrient quality of competitive foods in two Utah middle schools. *Utah's Health: An Annual Review, XIV*, 56-61.

**Metos JM**, Nanney MS. The strength of school wellness policies: one state's experience. Journal of School Health. 2007; 77: 367-372.

## B. Abstracts/Posters

Clark N, Ramos C and Metos J (2022). Discrepant Obesity Rates for Adolescents in Utah. American Public Health Association Annual Meeting. Boston, MA.

Clark N, Ramos C, and Metos J (2022). Novel type 2 diabetes prevention intervention increases daily steps and moderates weight gain in adolescents. Food and Nutrition Conference and Expo, American Academy of Nutrition and Dietetics. Chicago, IL.

Bailey RR, Miner N, Waddoups S, **Metos J**, Allen NA. Creating A Comprehensive Lifestyle Intervention For Stroke Survivors. Poster. Presented at American Heart Association EPI|Lifestyle Scientific Sessions 2022, Chicago, IL, March 2022.

**Metos J**, Jones S, and Dvorak T. (2018). Community-Based Culinary Medicine: Community-Led, Culturally Appropriate Curriculum Development. American Public Health Association Annual Conference. San Diego, CA.

Clark N, Ramos C, and **Metos J**. (2018). Focus Groups Evaluating Diabetes Risk Factors and Resource Gaps in Utah High Schools. Society for Nutrition Education and Behavior. Minneapolis, MN.

Jones S, Ramos C, and **Metos J**. (2018). Measuring Nutrition Literacy, Food Availability and Health Interests Across the Spectrum of Homelessness. Utah Academy of Nutrition and Dietetics Annual Conference. Salt Lake City, UT.

Pearson K, Jordan KC, **Metos J**, Holubkov R, Mihalopoulos NL. (2017). Metabolic dysfunction in adolescents with obesity: the roles of maternal and child factors. Obesity Society Annual Scientific Meeting. Washington, DC.

Norris NL, Brusseau TA, Burns RD, **Metos J**, Jordan KC. (2017). Nutrition knowledge among children from low socioeconomic Families and its relationship to health-related fitness, physical activity knowledge, and metabolic health. Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Chicago, IL.

Mattson R. E, Brusseau TA, Burns RD, **Metos J**, Jordan KC. (2017) Changes in physical activity/nutrition knowledge and enjoyment in CSPAP schools. Society of Health and Physical Educators. Boston, MA.

Wilson C, **Metos J**, Tom-Orme L. (2017) Patient-driven, nutrition education program for adults with diabetes among a small great basin tribe. Food & Nutrition Conference & Expo. Chicago, Illinois.

Vinichagoon T, Murtaugh M, **Metos J**, Gao V, Jordan K. (2017) The Development of an Objective Scoring System for Evaluating Mediterranean Diet Recipes. Utah Academy of Nutrition and Dietetics Annual Meeting, Salt Lake City, Utah.

Mey V, Newton B, Benson J, Dvorak T, **Metos J**. (2016) Development of a cookbook for Weigh to Health program. Utah Academy of Nutrition and Dietetics. Ogden, Utah. Utah Academy of Nutrition and Dietetics Annual Meeting, Salt Lake City, Utah

North JC, Jordan, KC, **Metos J**, Hurdle JF. (2015) Nutrition informatics applications in clinical practice: a systematic review. American Medical Informatics Association Proceedings, San Francisco, California.

Daly-Wolfe KM, Moyer-Mileur LJ, Slater H, Browning SK , Baserga M, Morrell G, **Metos JM**, Jordan KC. (2015) Subscapular skinfold thickness is a low-cost measure to estimate visceral adiposity in preterm infants. Food & Nutrition Conference & Expo, Nashville, TN.

Wu Y, Yi J, McClellan J, Kim J, Tian T, **Metos, J**, Grahmann B, Conn B, Mooney R, Kirchhoff A, Mooney K, Alder S, Wright J. (2015) Barriers to and facilitators of recommended health behaviors among adolescent and young adult cancer survivors: Implications for behavioral intervention development. Poster presented at the Society of Pediatric Psychology Annual Conference, San Diego, CA.

**Metos J**, Cutler H, McKenzie J, Harris J. (2015) Sugar Babies Diabetes Prevention Program in Utah Middle Schools: Changing Knowledge and Behaviors. Utah Academy of Nutrition and Dietetics Annual Meeting, Salt Lake City, Utah.

North J, Hurdle JF, **Metos J**, Jordan KC. (2014) Development and Presentation of Nutrition Informatics Modules for a Graduate Dietetic Course. Utah Academy of Nutrition and Dietetics Annual Meeting, Salt Lake City, Utah.

Urban B, Jordan K, **Metos J**, Balch AH, Mihalopoulos NL. (2013) Can Breastfeeding Influence Adipokine Expression in Childhood and Adolescence? Pediatric Academic Society, San Diego, California.

**Metos JM**, Merkel J, Urban B, Stanfill K. (2013) Tracking Utah Nutrition Wellness Policy Improvements. Utah Academy of Nutrition and Dietetics Annual Meeting, Salt Lake City, Utah.

Jepson-Sullivan RM, **Metos JM**, Smith EK, Jordan KC. (2011) Reliability and validity of a breastfeeding knowledge survey in allied health students. ADA Food & Nutrition Conference & Expo, San Diego, CA.

Masson J, Pett MA, Reese SA, **Metos J**, Clark L, Eldredge AL, Cardell E, Jordan KC. (2011) We Can Too! Development and evaluation of lesson plans for the parents of overweight young adults with intellectual disabilities. ADA Food & Nutrition Conference & Expo, San Diego, CA.

Masson J, Pett MA, Reese SA, **Metos J**, Clark L, Eldredge AL, Cardell E, Jordan KC. (2011) We Can Too: Development and evaluation of lesson plans for the parents of overweight young adults with intellectual disabilities. Utah Dietetic Association Annual Meeting, Salt Lake City, UT.

Tsai LL, Clarke KK, **Metos J**, Nanney MS. (2007) Nutrient quality of competitive foods in two Utah middle schools. Utah Dietetic Association Annual Meeting, Layton, UT.

## **B. Non-Peer Reviewed Publications**

Young M, Millar T, **Metos JM**. (2014) Too Hungry to Learn? Utah Teachers' Perspective on Hunger in the Classroom. Hinckley Institute and Utahns Against Hunger Survey Publication.

## **III. PRESENTATIONS AND INVITED LECTURES**

### **Peer-Reviewed Presentations**

- 2016                    **Using documentary file to educate middle school students about diabetes prevention. Metos JM**, Mackenzie J. (Role: Presenter) Oral Presentation, American Public Health Association Conference, Chicago, IL.
- 2015                    **Unintended consequences of high school food policy. Metos JM**, Owen R, Utz RL. (Role: Presenter) Oral Presentation, American Society of Nutrition, Experimental Biology Conference, Boston, MA.
- 2014                    **Multivariate analysis of high school wellness practices and adolescent obesity Metos JM**, VanDerslice JA, Utz RL, Waitzman NJ (Role: Presenter) Oral Presentation, Robert Wood Johnson Foundation Active Living Conference, San Diego, CA
- 2013                    **Are obesity practices in high schools associated with school district wellness policies? Metos JM**, VanDerslice JA, Utz RL, Waitzman NJ (Role: Presenter) Oral Presentation, American Public Health Association, San Francisco, CA
- 2010                    **Education’s Role in Preventing Childhood Obesity: What are the Most Effective Policy Components?**  
Utz RL, Coffield JE, **Metos JM**, Waitzman NJ (Role: Presenter)  
Oral Presentation, American Public Health Association, Denver, Colorado
- 2004                    **Grassroots Nutrition Interventions**  
Panel Presentation, American Dietetic Association Annual Meeting, Anaheim, California (Role: Presenter)

### **Invited Continuing Education Seminars**

#### **What’s happening in Utah schools: from cafeteria to classroom.**

Speaker, Food is Medicine Conference, University of Utah  
September 24, 2022  
Salt Lake City, Utah

#### **Crush Diabetes: school programs to prevent diabetes through improved nutrition and physical activity in youth**

Speaker, Utah Health and PE Teacher Conference  
February 5, 2018  
Layton, Utah

#### **Pediatric Obesity: Bending the Curve**

August 12, 2106  
Speaker, Physician Assistant and Nurse Practitioner Conference  
Snowbird, Utah

#### **Creating a Healthy Nutrition Environment**

March 2016  
Speaker, 1<sup>st</sup> Annual Diabetes and Metabolism Retreat, University of Utah.  
Salt Lake City, Utah

#### **School Nutrition in the United States: Preventing malnutrition and obesity.**

November 2015

Key note speaker, 3<sup>rd</sup> Annual Student Nutrition Conference, Chinese Centers for Disease Control.  
Beijing, China

**Obesity and Preconception Health**

February 2015  
Presenter, Association of Maternal & Child Health Programs  
National Webinar

**Personalized Nutrition**

June 2013  
Woman and Child Institute Research Conference, University of Utah  
Salt Lake City, Utah

**What Does it Take to Change School Food?**

February 2012  
Social Soup Lecture Series- School of Social Work 75<sup>th</sup> Anniversary  
University of Utah, Salt Lake City

**Cost Containment through Healthy Lifestyles**

September 2011  
Governor's Health Summit, Salt Lake City, Utah

**Obesity Diagnosis and Management: Impact of Clinician Attributes on the Assessment and Treatment of Overweight and Obesity in Utah**

June 2011  
Champions of Change Obesity Conference, Salt Lake City, Utah

**Helping Children and Families with Celiac Disease: Current Research and Practice**

October 2008  
American Dietetic Association National Teleconference

**Overweight and Obesity Prevention and Treatment in Children**

June 2008, April 2009, July 2010  
Utah Pediatric Improvement and Quality (UPIQ) Conference for Pediatricians, Lehi, Utah

**Surviving & Thriving with School Wellness**

February 2007  
Utah Board of Education State Conference, St. George, Utah

**Childhood Obesity: What Schools Can Do**

December 2005  
Invited Testimony, Utah State Board of Education, Salt Lake City, Utah

**Childhood Obesity: What Schools Can Do**

February 2006  
Governor Huntsman's 'Tipping the Scales Summit' Salt Lake City, Utah

**Dietary Guidelines: Can Kids Really Eat This Way?**

June 2005  
Problems in Pediatrics Conference, Intermountain Pediatric Society, Salt Lake City, Utah

**Childhood Obesity: Treatment and Prevention**

February 2005  
Utah Dietetic Association, Salt Lake City, Utah

## **Treatment of Child and Adolescent Obesity**

October 2004

Issues in Pediatric Care Conference, Primary Children's Medical Center and Intermountain Pediatric Society, Salt Lake City, Utah

### **IV. GRANT WRITING AND RELATED ACTIVITIES**

#### **Active**

- 2018      A Community Health Worker program to improve the Oral Health Status of Latino Individuals with Pre-Diabetes: A Feasibility Study. (\$20,000). Synergy Grant, College of Nursing. PI: Nancy Allen, PhD. Co-Investigators: Steven Godin, PhD, Julie Metos, PhD, RDN, Lilliam Pinzon, PhD, DDS, Tejinder Singh, PhD, Louisa Stark, PhD.
- 2017      Driving Out Diabetes Initiative, a 3-year project to battle diabetes in Utah and across the intermountain states by implementing education and community outreach, clinical improvements and research investment. In first 6 months, have reached 2,400 children and adolescents with a nutrition and health message. Gift from Larry H. and Gail Miller Foundation, \$5.29 million. Responsible for childhood prevention programs (\$930,000) and serve as member of leadership team for overall initiative.
- 2017      Sprouts Community Foundation Grant (\$10,000) to support University of Utah Center for Community Nutrition, PI: Julie Metos, PhD, RD.
- 2017      Bridging High Quality Malnutrition Screening, Assessment, and Intervention for Older Adults from Hospital to Home: Impact of Nutrition Home Visitations. (\$250,000). PI: Susan Saffel-Shrier, MS, RD. Co-Investigator: Julie Metos, PhD, RD.

#### **Unfunded**

- 2018      When a shelter is a child's home: strategic development of food policies at homeless shelters. Robert Wood Johnson Foundation, Healthy Eating Research. (\$250,000). PI: Julie Metos, PhD, RD. Co-Investigators: Angela Fagerlin, PhD, and Eric VanEpps, PhD.
- 2018      Community-Led Culinary Medicine Curriculum Development at the Hartland Neighborhood Center. University Neighborhood Partners (\$30,000) PI: Julie Metos, PhD, RD. Co-Investigators: Shannon Jones, MS, Carmen Ramos, MS, RD, Amy Locke, MD, and Theresa Dvorak, MS, RD.
- 2018      Does Internet Ad Replacement Facilitate Maintenance of Behavior Change in Diabetes Prevention Participants? National Institutes of Health (\$250,000). PI: Bryan Gibson, PhD. Co-Investigators: Julie Metos, PhD, RD, Ye Sun, PhD, Leah Yingling, MS and Jason Wiese, PhD.

- 2017 Food, Movement and You Program for Homeless Families in Salt Lake County. American Medical Association Community Health Grant (\$50,000). PI: Julie Metos, PhD, RD. Co-Investigator: Shannon Jones, MS.
- 2014 Exploring Potential Unintended Consequences of Wellness Policies on Adolescent Food Choices, School Nutrition and Physical Activity Policies, Obesogenic Behaviors, and Weight Outcomes PA-13-098 (R21), Eunice Shriver National Institute of Child Health and Human Development (NICHD), National Institutes of Health, PI: Julie Metos, PhD, RD, Co-Investigators: Rebecca Utz, PhD and James VanDerslice, PhD, \$134,750.
- 2014 Sugar Babies Diabetes Prevention Program, Cambia Foundation, PI: Julie Metos, PhD, RD, \$25,000.

### **Completed**

- 2016 Sugar Babies Diabetes Prevention Program, Marion S. Eccles Foundation, PI: Julie Metos, PhD, RD, Jenny McKenzie, PhD, \$25,000.
- 2014-16 Diabetes Prevention Program for Faculty and Staff, University of Utah Hospital Foundation, Co-PI with Timothy Graham, MD, Robin Marcus, PhD, PT, J. Robinson Singleton, MD, \$30,000.
- 2014-15 Exploring Unintended Consequences of Wellness Policies on Adolescent Food Choices, Vice President for Research Incentive Program Seed Grant, University of Seed Grant Program, PI: Julie Metos, PhD, RD, \$30,000.
- 2013 Sugar Babies Diabetes Prevention Program, Sorenson Legacy Foundation, PI: Julie Metos, PhD, RD, Jenny McKenzie, J. \$20,000.
- 2011 Yes We Can! Obesity Reduction and Healthy Lifestyles Improvement for Young Adults with Intellectual Disabilities, University of Utah Research Foundation Seed Grant, Co- Investigator, PI: Lauren Clark, PhD, RN, \$22,400.
- 2010 Face of Fitness Nutrition Curriculum Development, Salt Lake City School District Foundation, Primary Investigator, \$6,000.
- 2009 Online Course Development Grant: Pediatric Nutrition, University of Utah Technology Assisted Curriculum Center, Co-Investigator with Kristine Jordan, PhD, RD, \$5,000.
- 2007 Eat & Live Well: A Weight Management Program for Hispanic Adolescents and Families, Florsheim Foundation: Initiatives in Child Health. Co-Investigator, PI: Nicole Mihalopolous, MD, \$15,000.
- 2006 Parents' Knowledge and Attitude Towards School District Wellness Policies, University of Utah College of Health Research and Creative Grant Competition, Co-Primary Investigator with Marilyn S.Nanney, PhD, RD, \$5,0000.

- 2006 Improving School Nutrition and Physical Activity in a Rural Setting- the San Juan School District in Southeastern Utah, Kellogg's Foundation, Co-Primary Investigator with Nedra Christensen, PhD, RD, \$25,000.
- 2005 Pilot Testing Novel School Wellness Activities via Competitive Grants to School Districts, Action for Healthy Kids, Primary Investigator, \$25,000.

## V. **TEACHING AND MENTORSHIP**

### **Curriculum**

#### **Development**

- 2017-18 Block U, Work, Wellness and the Great Outdoors, two semester undergraduate course for freshmen with College of Health theme. Second semester spent designing and implementing an outreach program.
- 2014 Honors College, Praxis Lab, Redefining Health and Wellness, two semester undergraduate course for honors students. Second semester spent designing and implementing an outreach program.
- 2010 School of Medicine, Medical Nutrition, 3rd year clerkship rotations, pediatric nutrition modules.
- 2009 Division of Nutrition, NUTR 5100: Advanced Pediatric and Adolescent Nutrition, 3 credit hours, online class.
- 2007 Division of Nutrition, NUTR 3800: Hot Topics in Pediatric Nutrition

#### **Courses Taught**

- 2016-present Instructor, NUTR 6220 (3): Nutrition Policy, 72 SCH, 18 students, University of Utah, Nutrition
- 2015-present Instructor, NUTR 6400 (3): Nutrition Communications, 72 SCH, 18 students, University of Utah, Nutrition
- 2014-2015 Co-Instructor, Honors College Praxis Lab (8): Redefining Health and Wellness, 112 SCH, 14 students, two semesters
- 2006-2014 Primary Instructor, NUTR 6940(1): Advanced Practice Capstone, 78 SCH, 13 students, University of Utah, Nutrition
- 2010-2014 Primary Instructor, NUTR 6210(1): Food Management, 63 SCH, 13 students, University of Utah, Nutrition
- 2010 Primary Instructor, NUTR 5100(1): Pediatric Nutrition, 81 SCH, 27 students, on-line class University of Utah, Nutrition
- 2009 Primary Instructor, NUTR 5100/6100(1): Pediatric Nutrition, 33 SCH, 11 students, University of Utah, Nutrition

2007 Instructor, NUTR 3800 Hot Topics in Pediatric Nutrition, 3 credit hours, 36 SCH, 12 students, University of Utah, Nutrition

### **Lectures**

2018-present Population Health Sciences, annual presentation to medical studies on Food Insecurity, University of Utah.

2016-2021 Native American Research Institute (NARI) annual presentation on Diabetes and Nutrition, University of Utah.

2016 Food Label Policy: How to Communicate Food labels for Consumers. Food, Sustainability and Social Justice, Environmental Studies Course, October 18, 2016.

2016 Food and Nutrition Promotion in Leisure programming, PRT Graduate Course, February 16, 2016.

2015 Investigating School Food Policies and Obesity Outcomes from Childhood to Adolescence, with Norman Waitzman, PhD, Food Studies Seminar Series, December 3, 2015.

2015 Health Society and Policy Nutrition Lecture, HSP Graduate Seminar, Spring 2015.

2008-2016 Instructor, FPMD 6042 Physician Assistant Program: Cardiovascular Nutrition, Pediatric Nutrition and Diabetes Medical Nutrition Therapy

2006-present Instructor, NUTR 6360 Medical Nutrition Therapy: Obesity Prevention and Treatment Module

2008-2014 Instructor, NUTR 6540 Clinical Assessment and Research Methods: Pediatric Nutrition Assessment

2009-2014 Instructor, HPE 2010 Health Professions Course: Nutrition Science and Dietetics Professions

2007-2014 Instructor, NUTR 5840 Nutrition Counseling: Techniques from the Field

2007-2012 Instructor, NUTR 6220 Nutrition Policy: Public Advocacy

### **Undergraduate Honors Thesis Mentor**

2015-16 Chaniece Pollock: Addressing the emotional health of college students through a therapeutic cooking class

2016-17 Amanda Carlson: Assessing the school food environment through interviews and observations of high schools and surrounding food access.

### **Graduate Student Committees (60)**

PhD Students (in progress): Nica Clark, Kary Woodruff, Tahereh Mohkatari, Lacie Peterson  
MS Students (in progress): Jacque Contant, Allison DePaulo.

- 2017 Member, Kelly Stewart, Thesis Committee. Association of sugar intake patterns and inflammation in newly diagnosed colorectal cancer patients. Graduated August 2017.
- 2017 Member, Rose Mattson, Thesis Committee. The Association of Physical Activity Knowledge, Nutrition Knowledge, and Physical Activity Enjoyment in Low Socioeconomic Elementary School Children. Graduated May 2017.
- 2017 Member, Cheri Bantilan, Thesis Committee. The Effect of Postnatal Growth Restriction on Serum Fatty Acids and Lung Fatty Acid Interacting Proteins in the Rat. Graduated May 2017.
- 2017 Member, Ashley Pyne, Thesis Committee. The Effects of Ventilation, Prematurity and Postnatal Nutrition on the Development of a Necrotizing Enterocolitis-like Phenotype in Preterm Lambs.
- 2017 Chair, Micah Turney, Thesis Committee. Dietary Change and Quality of Life Among Diabetes Prevention Program Participants. Graduated May 2017.
- 2017 Chair, Amy Covington, Non-Thesis Committee. Nutrition Programming for Clinical and Community Programs. Graduated May 2017.
- 2017 Member, Thanit Vinitchagoon, Thesis Committee. The Development of an Objective Scoring System for Evaluating Mediterranean Diet Recipes. Graduated May 2017.
- 2016 Chair, Daniel Burgess, Non-Thesis Committee. Nutrition Counseling in Type 2 Diabetes Mellitus Patients with Peripheral Neuropathy- Curriculum for a Research Protocol. Graduated May 2016.
- 2016 Chair, Valerie Mey, Non-Thesis Committee. Development of a Cookbook for Weigh to Health program. Graduated May 2016.
- 2016 Chair, Brianne Newton, Non-Thesis Committee. Development of a Cookbook for Weigh to Health program. Graduated May 2016.
- 2016 Chair, Cynthia Wilson, Non-Thesis Committee. Development of a Home-Based Diabetes Nutrition Education Program for Residents of the Goshute Tribe of Utah. Graduated August 2016.
- 2016 Member, Hilary Cutler, Thesis Committee. Continuous Blood Glucose Monitoring And Dietary Intake In a Cohort Of Children With Spinal Muscular Atrophy Type I. Graduated May 2016.
- 2016 Member, Chelsey Clegg, Non-Thesis Committee. Development of Group Education for Phenylketonuria Patients in the University of Utah Metabolic Clinic. Graduated May 2016.
- 2016 Member, Natalie Norris, University of Utah, Masters Committee Thesis: School Based Nutrition Education Outcomes in Title 1 Schools. Graduated May 2016.
- 2016 Chair, Timothy Pierson, Thesis Committee. Understanding Low Breakfast Participation in Rural and Urban School Districts. Graduated August 2016.

- 2015 Chair, Carmen Ramos, Non-Thesis Committee. Developing and Testing Nutrition Education Delivery in Inter-Professional Education at the Midvale Clinic. Graduated May 2015.
- 2015 Chair, Mary Jefferson, Non-Thesis Committee. Designing and testing an electronic medical record for inter-professional education at the Midvale Clinic. Graduated May 2015.
- 2015 Member, Jeana Neau, Thesis Committee, University of Utah, Health Promotion and Education. Promotion of Breakfast Consumption in Summit County Schools. Graduated May 2015.
- 2015 Member, Susan Peterson, Thesis Committee. Growth and Development in Patients with Spinal Muscular Atrophy. Graduated May 2015.
- 2015 Member, Ashley Quadros, Non-Thesis Committee. Development of Curricula for Counseling Skills for Graduate Students. Graduated May 2015.
- 2014 Member, Billie Jean Reed, Non-Thesis Committee. Development and Evaluation of Nutrition Education Programming for the YMCA of Northern Utah. Graduated December 2014.
- 2014 Chair, Elizabeth Miller, University of Utah, Masters Committee. Thesis: Glucose Load Tolerance in Spinal Muscular Atrophy Type II. Graduated Summer 2014.
- 2014 Member, Emily Riddle, University of Utah, Masters Committee. Thesis: Effect of Sex and Intrauterine Growth Restriction on Epigenetic Determinants in Rat Subcutaneous Adipose Tissue. Graduated Spring 2014.
- 2014 Member, Xiaorui Chen, University of Utah, Masters Committee. Thesis: The Association Between Plant Protein Intake and All-Cause Mortality in Chronic Kidney Disease. Graduated Spring 2014.
- 2014 Member, Jennifer North, University of Utah, Masters Committee. Non-Thesis Project: Nutrition Informatics Applications in Clinical Practice: A Systematic Review. Graduated Spring 2014.
- 2014 Member, Alice Ma, University of Utah, Masters Committee. Non-thesis project: Development of a Nutrition Curriculum for the Student Wellness Center. Graduated Summer 2014.
- 2014 Chair, Kelan Stanfill, University of Utah, Masters Committee. Thesis: Teachers' Perceived and Desired Role in Obesity Prevention. Graduated Summer 2014.
- 2014 Member, Nicole Williams, University of Utah, Masters Committee. Non-Thesis Project: Development of a Nutrition Curriculum for an After-School Program. Graduated Spring 2014.

- 2013 Chair, Ronald Beckstrom, University of Utah, Masters Committee. Non-Thesis Project: Using Social Media Technology to Develop a Nutrition Curriculum. Graduated Spring 2013.
- 2013 Member, Ashley Goodell, University of Utah, Masters Committee. Non-Thesis Project: Development of an On-Line Pediatric Nutrition Course and Lab Sessions. Graduated Spring 2013.
- 2013 Chair, Sara Grandy, University of Utah, Masters Committee. Non-Thesis Project: Making the Case for Improved Breastfeeding Practices in Hospital Settings. Graduated Spring 2013.
- 2013 Chair, Jessica Hardgroder, University of Utah, Masters Committee. Non-Thesis Project: Nutrition Screening, Evaluation and Education of Older Adults. Graduated Summer 2013.
- 2013 Member, Stephanie Ashmore, University of Utah, Masters Committee. Thesis: Effects of Intrauterine Growth Restriction and a Maternal High Fat Diet on Epigenetic Determinants in Rat Lung. Graduated Spring 2013.
- 2013 Member, Rebecca Cannon, University of Utah, Masters Committee. Non-Thesis Project: Weight Management Sessions for a Diverse Middle Class Clinic Population. Graduated Summer 2013.
- 2013 Member, Sara Browning, University of Utah, Masters Committee. Thesis: Prediction of Magnetic Resonance Imaging-Derived Visceral Fat in Pre-Term Infants. Graduated Summer 2013.
- 2008 Member, Marilyn Knuth, University of Utah, Masters Committee. Thesis: Feasibility of Community Food Item Collection for the National Children's Study. Graduated Spring 2008.
- 2008 Member, Sean Paladini, University of Utah, Masters Committee. Thesis: The Effects of a Modified DASH Diet and Supplements on Hypertension. Graduated Fall 2008.
- 2008 Chair, Nicole Vance, University of Utah, Masters Committee. Non-Thesis Project: Development of a Nutrition Curriculum for the University of Utah Children's Dance Theatre. Graduated Summer 2008.
- 2008 Member, Kim Anderson, University of Utah, Masters Committee. Non-Thesis Project: Adolescent Body Image and the Eat and Live Well Program. Graduated Fall 2008.
- 2007 Member, Erin Erickson, University of Utah, Masters Committee. Non-thesis project: Evaluation of the Gold Medal Schools program. Graduated Summer 2007.
- 2007 Member, Soo Schmidt, University of Utah, Masters Committee. Thesis: Dietary Intake Patterns of Tongan Americans in Utah. Graduated Spring 2007.

- 2007 Member, Linda Tsai, University of Utah, Masters Committee. Thesis: Nutrient Quality of Competitive Foods in Two Utah Middle Schools. Graduated Summer 2007.
- 2006 Member, Marianne Graf, University of Utah, Masters Committee. Non-Thesis Project. Graduated Summer 2006.
- 2005 Member, Amelia McBride, University of Utah, Masters Committee. Non-Thesis Project. Evaluation of the Family Food Fitness Program for Overweight Youth. Graduated Spring 2005.

**VI. EDITORIAL EXPERIENCE**

Editorial Board, Journal of Academy of Nutrition and Diabetes

**VII. REVIEWER EXPERIENCE**

Reviewer, Journal of Pediatrics, 2017-present

Reviewer, American Journal of Preventive Medicine, 2014-present

Reviewer, Journal of School Health, 2009-present

Reviewer, Journal of the Academy of Nutrition and Dietetics, 2011-present

**VIII. GRANT REVIEW COMMITTEE/STUDY**

NA

**X. SYMPOSIUM/MEETING CHAIR/COORDINATOR**

NA

**XI. AWARDS**

- 2018 Distinguished Faculty Service Award, University Utah
- 2018 Faculty Acknowledgement, University of Utah Athletics, Men's Basketball Halftime Event
- 2017 Academy of Health Science Educators, University of Utah, Induction
- 2017 Teacher of the Year, Department of Nutrition and Integrative Physiology
- 2016 Recognition for Teaching, LDS Institute, University of Utah
- 2012 Dannon Leadership Institute- invited and completed "Mid-Career Leadership Institute
- 2012 Oral Presentation Award Winner
- Are obesity practices in high schools associated with school district wellness policies?*
- Oral Presentation, American Public Health Association, San Francisco, CA

2010	Educator of the Year, Academy of Nutrition and Dietetics, Nutrition Educators Practice Group, United States Region 4
2008	National Award of Recognition, Action for Health Kids
2007	Award of Merit, Utah Dietetic Association
2007	Todhunter Fellowship Award for Graduate Education, American Dietetic Association Foundation
2006	Award of Honor, Health and Physical Education Teachers of Utah, Utah State Office of Education
1993	Outstanding Alumni Award, Division of Nutrition, University of Utah
1992	National American Heart Association Outstanding Staff Recognition Award
1992	Recognized Young Dietitian of the Year, American Dietetic Association

## **XII. SERVICE**

### **A. University Community**

2018-19	Carnegie Service Learning Accreditation Committee Co-Chair, with Wendy Robson, MD
2017-2018	Senate Consolidated Hearing Committee
2014-2017	College of Health Senator, Academic Senate

### **Health Sciences**

2019	Mentor Participant, Mentoring Minority Graduate Student Program
2013-2015	Advisory Board, Diabetes and Endocrinology Service Line
2013	Presenter, Health Sciences Advocates meetings November and April
2012	Leadership Development Training Sessions, Fall semester

### **College**

2019- present	Associate Dean for Community Engagement
2016-2017	Health Policy and Health Economics Transformative Excellence Team
2016	Search Committee Member, Executive Assistant to the Dean
2012-2016	Committee Member, College of Health, College Council
2009-2010	Committee Member, School of Medicine, Pediatric Nutrition Curriculum
2009-2010	College of Health Research Committee

**Division/Department**

2017-present	Executive Director, Utah Center for Community Nutrition
2016 – present	Associate Chair, Department of Nutrition and Integrative Physiology
2015 – 2016	Chair, Division of Nutrition
2013 – 2015	Interim Chair, Division of Nutrition
2013 – 2015	Search Committee Member, Chair of Nutrition Search
2012 – 2013	Assistant Chair, Division of Nutrition
2006 – 2012	Faculty Mentor, Student Advisory Committee
2005 – 2014	Program Director, Coordinated Master’s Program in Nutrition and Dietetics

**B. External Service****Service to Profession**

2014-Present	Abstract Reviewer, American Public Health Association
2014-Present	Governing Council, American Public Health Association
2007 – 2010	Delegate-National American Dietetic Association Board
2001 – 2002	Alliance Chairperson, Utah Dietetic Association
1997 – 1998	Past President, Utah Dietetic Association
1995 – 1996	President, Utah Dietetic Association
1993 – 1994	President Elect, Utah Dietetic Association
1991 – 1993	Education and Conference Chairperson, Utah Dietetic Association
1990 – 1991	Newsletter Chairperson, Utah Dietetic Association

**Public Service**

2018-Present	Member, Health Standards Writing Committee, Utah Board of Education
2017-Present	Member, Get Healthy Utah, School Health Sub-committee
2015-Present	President, Girls on the Run Utah
2014-Present	Advisor, Eat Healthy Things at School (EATS), Park City, Utah
2002-2014	Board Member, Utah Action for Healthy Kids
2005-2015	Member, Salt Lake City School District Wellness Committee

2008-2011	Member, Utah Department of Health Physical Activity, Nutrition and Obesity Executive Committee
2004-2009	Member, American Heart Association Advocacy Task Force
2006-2010	Member, Governor's Blueprint for Healthy Weight
2002-2007	Founding Chairperson, Utah Action for Healthy Kids
2005-2007	Member, Alpine School District Wellness Committee
2005-2007	Member, Davis School District Wellness Committee
1993-1997	Member, Executive Committee, Utahns Against Hunger

