

**Staci Nix McIntosh, MS, RD, COI**  
**Assistant Professor (Lecturer)**  
**Department of Nutrition and Integrative Physiology**  
**University of Utah**  
**[Staci.McIntosh@health.utah.edu](mailto:Staci.McIntosh@health.utah.edu); 801-581-3175**

**Education**

- C.O.I. Certified Online Instructor: November, 2004, Learning Resources Network, River Falls, WI
- M.S. Nutrition Science: May, 2000, University of Georgia, Athens, GA
- R.D. Dietetics Internship: May, 1998, Georgia State University, Atlanta, GA
- B.S. Nutrition Science: May, 1997, University of Georgia, Athens, GA

**Professional Experience**

- Adjunct Faculty: College of Nursing, University of Utah, Salt Lake City, UT, 2019 - present
- Assistant Professor (Lecturer): University of Utah, Department of Nutrition and Integrative Physiology, Salt Lake City, UT, 2000 - present
- Nutrition Educator: Wasatch Recovery, Salt Lake City, UT, 2014 - 2018
- Outpatient Nutrition Educator, Volunteer: Cat Cay Yacht Club, Cat Cay, Bahamas, 2008 - present
- Outpatient Nutrition Educator and Dietitian, Volunteer: People's Health Clinic, Park City, UT, 2012 - 2018
- Adjunct Faculty: School of Medicine, University of Utah, Salt Lake City, UT, 2006 - present
- Author: Elsevier Publishing Company, St. Louis, MO, 2002 - present
- Nutrition Especialista and Visiting Instructor: Universidad de Central Ecuador, Quito, Ecuador, 1999

**Courses Taught**

- NUTR/NUIP/NURS 3010-01: Nutrition Intervention (4 credit). Fall and Spring semesters, 2000 - 2014, 2018 - 2021
- NUTR/NUIP/NURS 3010-90 and 3010-91: Nutrition Intervention (4 credit). Fall, Spring, and Summer semesters, 2001 - 2021
- NUTR 3010 Independent Study via Distance Learning: Nutrition Intervention (4 credit), 2005 - 2012
- NUTR/NUIP 5420-01: Applied Nutrition through the Lifecycle (3 credit). Spring semester, 2004 - 2010
- NUTR/NUIP 5420-90: Applied Nutrition through the Lifecycle (3 credit). Fall and Spring semesters, 2010 - 2018

**Publications: Staci Nix McIntosh**

- BOOK: **Nix S:** *Williams' Basic Nutrition and Diet Therapy*, ed 16<sup>th</sup>, St. Louis, 2022, Elsevier.
- BOOK CHAPTER: **McIntosh S.** Nutrition Counseling for Health Promotion. In Edelman C and Kudzma E: *Health Promotion through the Life Span*, ed 10<sup>th</sup>, St. Louis, 2021, Elsevier.
- BOOK CHAPTER: **McIntosh S.** Nutrition. In Potter PA and Perry AG: *Essentials for Nursing Practice*, ed 9<sup>th</sup>, St. Louis, 2018, Elsevier.
- ONLINE COURSE: **McIntosh, S.** *Sherpath for Nutrition* for Schlenker ED and Gilbert JA: *Williams' Essentials of Nutrition and Diet Therapy*, ed 12<sup>th</sup>, St. Louis, 2018, Elsevier.
- BOOK CHAPTER: **McIntosh S.** Nutrition Counseling for Health Promotion. In Edelman C and Kudzma E: *Health Promotion through the Life Span*, ed 9<sup>th</sup>, St. Louis, 2017, Elsevier.
- BOOK: **Nix S:** *Williams' Basic Nutrition and Diet Therapy*, ed 15<sup>th</sup>, St. Louis, 2017, Elsevier.

- ONLINE COURSE: **McIntosh, S.** *Sherpath for Nutrition* for **Nix S:** *Williams' Basic Nutrition and Diet Therapy*, ed 15<sup>th</sup>, St. Louis, 2017, Elsevier.
- ONLINE COURSE: **McIntosh, S.** *Sherpath for Nutrition* for Grodner M, Escott-Stump S, Dorner S: *Nutritional Foundations and Clinical Applications*, ed 6<sup>th</sup>, St. Louis, 2016, Elsevier.
- BOOK CHAPTER: **Nix S.** Nutrition and Physical Fitness. In Schlenker ED and Gilbert JA: *Williams' Essentials of Nutrition and Diet Therapy*, ed 11<sup>th</sup>, St. Louis, 2015, Elsevier.
- ONLINE COURSE: **Nix S.**, Oldroyd S. *Nutrition Concepts Online* for Peckenpaugh N: *Nutrition Essentials and Diet Therapy*, ed 11<sup>th</sup>, St. Louis, 2014, Elsevier.
- BOOK: **Nix S:** *Williams' Basic Nutrition and Diet Therapy*, ed 14<sup>th</sup>, St. Louis, 2013, Elsevier.
- ONLINE COURSE: **Nix S.**, Oldroyd S. *Nutrition Concepts Online* for **Nix S:** *Williams' Basic Nutrition and Diet Therapy*, ed 13<sup>th</sup>, St. Louis, 2013, Elsevier.
- ONLINE COURSE: **Nix S.**, Oldroyd S. *Nutrition Concepts Online* for Grodner M: *Nutritional Foundations and Clinical Applications*, ed 5<sup>th</sup>, St. Louis, 2012, Elsevier.
- McIntosh, S.E., Testa, M., Walker, J., Wing-Gaia, S., **Nix S.**, et al., *Physiological profile of world-record-holder sherpas*. *Wilderness Environ Med*, 2011. 22(1): p. 65-71.
- BOOK CHAPTER: **Nix S.** Nutrition and Physical Fitness. In Schlenker ED and Long S: *Williams' Essentials of Nutrition and Diet Therapy*, ed 10<sup>th</sup>, St. Louis, 2010, Mosby.
- ONLINE COURSE: **Nix S.**, Oldroyd S. *Nutrition Concepts Online* for Schlenker ED and Long S: *Williams' Essentials of Nutrition and Diet Therapy*, ed 10<sup>th</sup>, St. Louis, 2010, Elsevier.
- BOOK: **Nix S:** *Williams' Basic Nutrition and Diet Therapy*, ed 13<sup>th</sup>, St. Louis, 2009, Elsevier.
- Wing-Gaia SL, **Nix S**, and McIntosh S. *The Effects of Altitude on Energy Balance in Sherpas on Mount Everest* (Abstract). *Journal of Wilderness & Environ Med*. 2009, 20; 176.
- BOOK CHAPTER: **Nix S.** Nutrition and Physical Fitness. In: Schlenker ED and Long S: *Williams' Essentials of Nutrition and Diet Therapy*, ed 9<sup>th</sup>, St. Louis, 2007, Mosby.
- BOOK: **Nix S:** *Williams' Basic Nutrition and Diet Therapy*, ed 12<sup>th</sup>, St. Louis, 2005, Mosby.

### Grants and Funding

- T. Jalili, **S. McIntosh**. 4Life Research, \$78,903; November, 2010.
- **S. McIntosh**. Technology Assisted Curriculum Center. *Teaching Fellowship for NUTR 5420 online*, \$5,000; November, 2008.
- S. Wing, **S. Nix**, S. McIntosh. Pharmanex, Petzl America, Division of Nutrition and Collage of Health: University of Utah. *The effects of altitude on appetite and energy balance in Sherpas on Mount Everest*, \$19,000; March, 2007.
- S. Talbott and **S. Nix**. Utah System of Higher Education Utah Electronic College. *Certification in Nutritional Supplementation Education Program*, \$6,000; July 2002.

### Student Advising and Committees, University of Utah

#### *Committee Member, Department of Nutrition and Integrative Physiology*

- |                                 |                            |
|---------------------------------|----------------------------|
| • Felecia Soth, 2022            | • Samantha Barela, 2019    |
| • Kara Sephel, 2022             | • Brittany Dunn, 2018      |
| • Rachel Clark, 2022            | • Kaitlyn Pacada, 2017     |
| • Dean Mackley, 2021            | • Angela Smith, 2018       |
| • Kasie Gloschat, 2021          | • JaNae Kinikin, 2017      |
| • Kylee Sexton, 2021            | • Kristin Jakus , 2016     |
| • Sarah Boyt, 2020              | • Tacie Hall, 2016         |
| • Allison Schneggenburger, 2020 | • Bronwyn Knaebe, 2016     |
| • Corinna Coffin, 2019          | • Sigornie Pfefferle, 2015 |
| • Martin Caniza, 2019           | • Sharhzad Jalili 2011     |
| • Lucy Mower, 2019              | • Kelli Boi, 2010          |

- Paula Weaver, 2008
- Hui-feng Jin, 2006
- Emily Hoagland, 2006

*Faculty Advisor*

- Undergraduate Studies: Nutrition Science:
  - Caiti Christensen, 2014
  - Caiti Hadden, 2011
- University Service Learning Project:
  - Ashley Eccles, 2012

**Service:**

*University of Utah Service*

- Teaching and Learning Portfolio, 2022 – present
- Teaching Effectiveness Working Group, 2022 - present
- Senate Personnel & Elections Committee, Academic Senate, 2021- present
- University of Utah Academic Senate Representative, 2019 - 2022
- Educational Research and Scholarship Committee, Academy of Health Science Educators, 2020 - present
- Editorial Board, Journal of Health Science Educators, 2020 - present
- Grant Reviewer, Academy of Health Science Educators, 2019 – present
- Internal Fellow Application Review Committee, Academy of Health Science Educators, 2019 – present
- Athletics Advisory Council, 2019 - present
- Academy of Health Sciences Educators, Fellow, 2018 - present
- School of Medicine, Admissions Committee, 2018 - 2022
- School of Medicine, Nutrition Curriculum Committee Member, 2007 - 2011

*College of Health Service*

- College of Health Dean Search Committee member, 2022-2023
- College of Health Associate Dean of Faculty and Academic Affairs Search Committee member, 2022
- Deans Advisory Committee, 2021 - 2022
- Food is Medicine Conference Committee member, 2020 - present
- Teaching and Learning Excellence Committee, Chair, 2018 - 2022
- Convocation/Commencement Committee, 2015 - present
- Scholarship Committee, 2007 - 2012
- College of Health Outreach Program, 2002 - 2003

*Department of Nutrition and Integrative Physiology Service*

- Director of Teaching and Learning, 2019 - present
- Equity, Diversity and Inclusion Workgroup, 2019 - 2022
- Director of Undergraduate Studies, 2018
- PhD Program Committee member, 2017 - present
- Career Line Reappointment Committee member, 2016 - present
- NUIP Bachelor Degree Committee member, 2015 - 2019
- Faculty Mentor, Student Advisory Committee, 2011 - 2012
- Graduate Student Selection Committee member, 2010
- Graduate Student Scholarship Committee member, 2003 - 2019
- Certification in Nutrition Supplementation Education. Co-director, 2002 - 2003

#### *Professional Review Panels*

- *Lesson Plan Manual for Basic Nutrition and Diet Therapy*, ed 9<sup>th</sup>, Elsevier Publishing Company, 2005
- *Mosby Nutritrac Nutrition Analysis Software*, Elsevier Publishing Company, 2005
- *Diet, Obesity, and Cardiovascular Disease* education curriculum, Nutrition in Medicine, 2001

#### *Professional Conference Committee Member*

- Leukemia Society in Training, Salt Lake City, UT, 2003
- Herbs as Foods and Medicine Conference, Salt Lake City, UT, 2003
- Herbs as Foods and Medicine Conference, Salt Lake City, UT, 2002
- Women's Health Conference, Salt Lake City, UT, 2002
- Women's Nutrition Solutions Conference, Salt Lake City, UT, 2002
- Herbs and Foods as Medicine Conference, Salt Lake City, UT, 2001

#### *Professional Committees*

- American Dietetic Association Champions Grant Review Committee, 2005 - 2013
- Utah Dietetic Association Scholarship Committee, 2009

#### *Public Service*

- *Fad diets* guest presenter, Health Sciences Academy, November 2006
- *Fad diets* guest presenter, Health Sciences Academy, November 2005
- Nutrition Spokesperson for Kellogg's Special K Campaign, 2005
- Nutrition Spokesperson for Quaker Oats, 2005
- Nutrition Spokesperson for the BSMG Worldwide "Got Milk" campaign during a tour of University of Utah, October, 2000
- Invited Nutrition Education Presentations:
  - Cat Cay Yacht Club, Cat Cay, Bahamas, annually 2014 - present
  - American Express, Salt Lake City, UT, March, 2002
  - Intermountain Organ Recover, Salt Lake City, UT, monthly, 2001 - 2003
  - Verizon Wireless, Salt Lake City, UT, March, 2003
  - Utah Dietary Managers Association Conference, Salt Lake City, UT, April, 2003
  - CH2M Hill Engineering Firm, Salt Lake City, UT, October, 2001
  - Intermountain Wood Products, Salt Lake City, UT, November, 2001
  - Deseret News, Salt Lake City, UT, July, 2000
  - Children's Ballet Theatre, Salt Lake City, UT, August, 2000
  - Health Benefits America, Salt Lake City, UT, September, 2000
  - Holland and Heart LLP, Salt Lake City, UT, November, 2000

#### *Media Involvement and Interviews*

- *Frozen Food: Love It or Let It Go?*, Health Feed, University of Utah, Salt Lake City, UT, 11/7/2014
- *An Apple a Day May Keep the Pounds Away*, Health Feed, University of Utah, Salt Lake City, UT, 10/9/2014
- *Gut flora and obesity*, Health Feed, University of Utah, Salt Lake City, UT, 10/6/2014
- *Got Milk? It May Lower Your Blood Pressure*, Health Feed, University of Utah, Salt Lake City, UT, 9/23/2014
- *Are You Drinking Less Soda? You're Not the Only One*, Health Feed, University of Utah, Salt Lake City, UT, 8/8/2014

- *Eating Healthy Stresses Me Out*, The Scope Radio, University of Utah, Health Sciences, Salt Lake City, UT, 5/14/2014
- *Is There A Proper Way to Chew Food?*, The Scope Radio, University of Utah, Health Sciences, Salt Lake City, UT, 5/8/2014
- *Negative Reactions to Starting A New Diet*, The Scope Radio, University of Utah, Health Sciences, Salt Lake City, UT, 2/26/2014
- Nutrition Educator interview as a representative from People's Health Clinic, KPCW, Park City T.V., Park City, UT, 2/5/2014
- Nutrition Educator interview as a representative from People's Health Clinic, KPCW, Park City T.V., Park City and University of Utah, Salt Lake City, UT, 10/9/2013
- *Eating after 6pm and the Freshman Fifteen*, BYU newspaper, Salt Lake City, UT, January, 2004
- *Fad Diets*, SLC Tribune, Salt Lake City, UT, January, 2004
- *Game Plan to Good Health*, Univision, Salt Lake City, UT, February, 2003
- *Ephedra update*, Fox 13 News, Salt Lake City, UT, February, 2003
- *Ephedrine Use*, Deseret News, Salt Lake City, UT, February, 2003
- *Atkins Diet*, KSL Radio, Salt Lake City, UT, April, 2003
- *Vegan Diets during Pregnancy*, Salt Lake Tribune, Salt Lake City, UT, April, 2003
- *Vegan Diets during Pregnancy*, Vegetarian Network, Salt Lake City, UT, June, 2003
- *Perchlorate contamination*, Channel 4 News, Salt Lake City, UT, April, 2003
- *Healthy After School Snacks*, A+Kids Magazine, Salt Lake City, UT, June, 2003
- *Eating Right on Campus*, U of U Chronicle, University of Utah, Salt Lake City, UT, July, 2003
- *Dietary Guidelines*, KSL Radio, Salt Lake City, UT, September, 2003
- *Obesity epidemic in US*, KSL 1160 Radio, Salt Lake City, UT, October, 2003
- *Fast Food Fat Facts*, Channel 2 News, Salt Lake City, UT, April, 2002
- *Nutrition Talk with Hugo Rodier*, QAID 1010am, Salt Lake City, UT, October, 2002
- *Summer Healthy Eating Tips*, U communications, University of Utah, Salt Lake City, UT, April, 2002
- *Cholesterol Info*, 99.5 Rock Radio, Salt Lake City, UT, July, 2002
- *Risk of Dr. Atkins diet*, KSL Radio, Salt Lake City, UT, August, 2002
- *Healthy Hints and Recipes*, Salt Lake Magazine, Salt Lake City, UT, September, 2002
- *Organic Labels*, Channel 4 News, Salt Lake City, UT, October, 2002
- *Creatine*, Deseret News, Salt Lake City, UT, January, 2001
- *Food Labels*, Deseret News, Salt Lake City, UT, May, 2001
- *Diet and the Holidays*, Channel 4 News, Salt Lake City, UT, October, 2001

#### **Awards and nominations**

- Distinguished Teaching Award, College of Health, 2019
- Service-Learning Scholars Committed Faculty Mentor, Bennion Center, 2013
- Recognized Young Dietitian of the Year Award, Utah Dietetic Association, 2008
- Award of Merit in Increasing Access to Higher Education, presented by the Utah System of Higher Education, 2006
- Outstanding Instructor, Division of Nutrition, University of Utah, 2003