

CURRICULUM VITAE

Theresa Dvorak, MS, RD, CSSD, ATC

Assistant Professor (Lecturer)

College of Health, Department of Nutrition and Integrative Physiology

250 South 1850 East, Salt Lake City, UT 84112

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I. EDUCATION

- 2005 B.S. University of Northern Colorado Sports and Exercise Science, Athletic Training
- 2005 B.A. University of Northern Colorado Dietetics
- 2007 M.S. University of Utah Division of Nutrition Sports Nutrition
- 2018 Community Engaged Learning Workshop, Bennion Center, University of Utah, Salt Lake City, UT
- 2021 Wellness Champions Foundations Course, Resiliency Center, University of Utah, Salt Lake City, UT

II. LICENSES & CERTIFICATES

Commission on Dietetic Registration: Registered Dietitian Nutritionist #85007520

Utah Bureau of Occupational Licensing: Certified Dietitian #6317644-4901

Weight Management Level 1 certification

Certified Specialist in Sports Dietetics (CSSD)

Nutrition Focused Physical Exam-Academy of Nutrition and Dietetics

Certified Athletic Trainer (ATC) #080502063

Utah Bureau of Occupational Licensing: Licensed Athletic Trainer #6317644-4810

Certified Strength and Conditioning Specialist #200527305

CPR/First Aid for the Professional Rescuer and AED certified

III. EMPLOYMENT

- 05/22 – present Preceptor for Food Service Culinary Medicine Supervised Practice Rotation, Coordinated Master's Program. Department of Nutrition and Integrative Physiology, University of Utah, Salt Lake City, UT
- 02/22 – present Focused Area of Study Coordinator, Coordinated Master's Program. Department of Nutrition and Integrative Physiology, University of Utah, Salt Lake City, UT
- 07/21 – present Director of Culinary Medicine, , Thesis Coordinator, Coordinator of Culinary Medicine Field Experience, Preceptor for Culinary Medicine Capstone, Preceptor for Coordinated Master's Program. Department of Nutrition and Integrative Physiology, University of Utah, Salt Lake City, UT
- 07/18 – 05/21 Author, Williams Basic Nutrition and Diet Therapy, Chapter 15: Weight Management. Elsevier Publishing.
- 10/16 – present Assistant Professor (Lecturer), Nutrition Clinic Coordinator, Department of Nutrition and Integrative Physiology, University of Utah, Salt Lake City, UT
- 08/16- present Adjunct Assistant Professor, Family and Preventative Medicine, School of Medicine, University of Utah, Salt Lake City, UT

11/14 – 04/16	Author, Williams Basic Nutrition and Diet Therapy, Chapter 15: Weight Management. Elsevier Publishing.
07/14-10/16	Instructor (Lecturer), Teaching Assistant Lab Testing Manager, Division of Nutrition, University of Utah, Salt Lake City, UT
02/11 – 08/20	Level 2 Dietitian, The Orthopedic Specialty Hospital (TOSH) and Intermountain Medical Center, Intermountain Healthcare, Salt Lake City, UT
08/11-06/14	Adjunct Faculty, Division of Nutrition, University of Utah, Salt Lake City, UT
05/11 – 08/20	Preceptor for University of Utah Coordinated Master’s Nutrition graduate student, Division of Nutrition, University of Utah, Salt Lake City, UT
05/08 – 08/19	Athletic Trainer, The Orthopedic Specialty Hospital (TOSH), Intermountain Healthcare, Salt Lake City, UT
07/07 – 05/08	Athletic Trainer, The Orthopedic Specialty Hospital (TOSH) and United States Speedskating, Intermountain Healthcare, Salt Lake City, UT
08/06-07/07	Athletic Trainer, The Orthopedic Specialty Hospital (TOSH), Intermountain Healthcare, Salt Lake City, UT

IV. **PROFESSIONAL AFFILIATIONS**

Member, Academy of Nutrition and Dietetics (AND)

Member, Utah Academy of Nutrition and Dietetics (UAND)

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

Member, Food and Culinary Professionals dietetic practice group (FCP)

Member/Fellow, Academy of Health Science Educators

A. **SYMPOSIUM/ MEETING CHAIR/MEMBER**

2014-2016	Co-Chair/Chair, Utah Academy of Nutrition and Dietetics, Annual Meeting Committee. Salt Lake City, UT
2018- present	Member, Food is Medicine Planning Committee, Center for Community Nutrition, College of Health, University of Utah Health, Salt Lake City, Utah.
2021- present	Chair, Food is Medicine Planning Committee, Center for Community Nutrition, College of Health, University of Utah Health, Salt Lake City, Utah.

V. **PUBLICATIONS**

Chapter contribution: Nix, S. *Williams’ basic nutrition and diet therapy, 16th ed.* 2021; Saint Louis: Elsevier, Inc.

Chapter contribution: Nix, S. *Williams’ basic nutrition and diet therapy, 15th ed.* 2017; Saint Louis: Elsevier, Inc.

Dvorak, T. (2007). The Adolescent Sport Nutrition Knowledge Questionnaire: Validity and Reliability. Unpublished Thesis Dissertation. Salt Lake City, University of Utah.

Dvorak, T. Glycemic Index and Recovery Intermittent, High Intensity Shuttle Running. SCAN’s Pulse, American Dietetic Association. Vol 26; No 1. Published, 01/2007.

VI. PRESENTATIONS AND INVITED LECTURES

Peer-Reviewed Presentations

- 2017 **Culinary Medicine: Teaching nutrition in an inter-professional hands on setting.** Dvorak T, Locke A, Pyne A, Lindsley J. (Role: Co-Presenter). Oral Presentation, Workshop, Association of American Medical Colleges Western Group on Educational Affairs. Salt Lake City, Utah.

Invited Presentations

- 2022 **Native Foods and Your Health, Dvorak, T.** (Role: Co-Presenter). Oral Presentation, Cooking Demonstration, Native American Research Internship, Salt Lake City, UT.
- 2022 **Cooking for the Team, Dvorak, T.** (Role: Presenter). Oral Presentation, Teaching Kitchen Experience, University of Utah Public Relations/ Communications, Salt Lake City, UT.
- 2021 **Community Meal, Dvorak T.** (Role: Co-Presenter). Oral Presentation, Journey to Health Community Class Series, Salt Lake City, UT.
- 2021 **Healthy Snack Class, Dvorak T.** (Role: Presenter). Oral Presentation, Journey to Health Community Class Series, Salt Lake City, UT.
- 2021 **Portion Distortion- Testing Your Food Knowledge, Dvorak T.** (Role: Presenter). Oral Presentation, Food Is Medicine Virtual Conference, Salt Lake City, UT.
- 2021 **Making Healthy Eating the Easy and Satisfying Choice: Knife Skills For The Salsa Lover (Session 1), Dvorak T.** (Role: Co-Presenter). Oral Presentation, Food Is Medicine Virtual Conference, Salt Lake City, UT.
- 2021 **Making Healthy Eating the Easy and Satisfying Choice: Knife Skills For The Salsa Lover (Session 2), Dvorak, T.** (Role: Co-Presenter). Oral Presentation, Food Is Medicine Virtual Conference, Salt Lake City, UT.
- 2020 **Preservation & Fermentation, Dvorak T** (Role: Presenter). Virtual Cooking Class, Cooking With Plants, Red Butte Garden, Salt Lake City, UT.
- 2021 **Superfoods to Healp You Eat Happy, Feel Healthy, Dvorak T** (Role: Presenter). Virtual Cooking Class, Cooking With Plants, Red Butte Garden, Salt Lake City, UT.
- 2021 **Meal Planning- 1 Night, 3 Meals!, Dvorak T** (Role: Presenter). Virtual Cooking Class, Cooking With Plants, Red Butte Garden, Salt Lake City, UT.
- 2021 **Fuel From the Garden, Dvorak T** (Role: Presenter). Cooking Demonstration Class, Cooking With Plants, Red Butte Garden, Salt Lake City, UT.
- 2021 **3 Sides to Bring More Color to Your Holiday Table, Dvorak T** (Role: Presenter). Cooking Demonstration Class, Cooking With Plants, Red Butte Garden, Salt Lake City, UT.
- 2020 **Knife Skills for the Veterans Affairs Food Service Staff, Dvorak T** (Role: Presenter). SLC Veterans Affairs Hospital, Salt Lake City, UT.
- 2018 **Fall Healthy Cooking Food Demonstration, Dvorak T** (Role: Presenter). UUCCN and The Wellness Bus. Salt Lake City, UT
- 2015 **Healthy Weight for the Holidays, Dvorak T** (Role: Presenter). University of Utah Hope Fox Eccles Health Library Health Lecture. Salt Lake City, UT
- 2013 **Nutrition & Exercise: Not the ‘What’ but the ‘How’, Dvorak T** (Role: Presenter). Heart Challenge, TOSH, Intermountain Healthcare. Salt Lake City, UT.

- 2012 **Sport Nutrition and Ergogenic Aids, Dvorak T** (Role: Co-Presenter). TOSH Athletic Trainer Continuing Education, Intermountain Healthcare. Salt Lake City, UT.
- 2010-2014 **Nutrition and Osteoarthritis, Dvorak T** (Role: Presenter). TOSH Monthly Osteoarthritis Lecture Series, Intermountain Healthcare. Salt Lake City, UT.
- 2011-2014 **Sport Nutrition Adult Cooking Classes, Dvorak T** (Role: Presenter). Monthly TOSH workshops, Intermountain Healthcare. Salt Lake City, UT.
- 2006-07 & 2011-2014 **Better Eating, Safer Training for Sports Nutrition Youth Athletes Dvorak, T** (Role: Presenter). 2-4 per month, TOSH Presentations, Intermountain Healthcare. Salt Lake City, UT.

A. Abstracts/Posters

Shah, Karishma, Kynaston, Baley, Clark, Rachel, Petzold, Tricia, Locke, Amy, **Dvorak, Theresa** (2022). Cooking with Plants: Culinary Medicine Capstone Experience to Build Community Engagement. International Congress on Integrative Medicine and Health Conference. Published, 5/26/2022

Julie Metos & Shannon Jones, **Theresa Dvorak** (2018). Community-Based Culinary Medicine: Community-Led, Culturally Appropriate Curriculum Development. American Public Health Association Annual Conference. Published, 11/20/2018.

Dvorak T, Locke A, Pyne A, Lindsley J. (2017) Culinary Medicine: Teaching Nutrition in an Inter-Professional Hands on Setting. Salt Lake City, Utah. 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.

Perry D, Jordan K, Jalili T, Russo A, **Dvorak T**. (2016) Relationship of DHA Intake to Concussion Incidence/Recovery in the Adolescent Population. Ogden, Utah. Utah Academy of Nutrition and Dietetics Annual Meeting, Salt Lake City, Utah.

Dvorak, Theresa E.; Jordan, Kristine C.; Dolan, Shawn H.; Wing-Gaia, Stacie L.; Manore, Melinda M. FACSM; Meyer, Nanna L. (May, 2008). The Adolescent Sport Nutrition (SN) Knowledge Questionnaire: Validity and Reliability. 1459: Board #6 May 28 2:00 PM - 3:30 PM. Medicine & Science in Sports & Exercise. 40(5) Supplement 1:S218.

B. Media

- 2021 Man Meals Update 4: Graduation Day
https://healthcare.utah.edu/the-scope/shows.php?shows=1_2jbccjh3
- 2021 Man Meals Update 3: The Guys Get Saucy
https://healthcare.utah.edu/the-scope/shows.php?shows=1_fy4to8fz
- 2021 Man Meals Update 2: Suspiciously Delicious

- 2021 https://healthcare.utah.edu/the-scope/shows.php?shows=1_9x8clhgk
Man Meals Update 1: Troy's Culinary Struggle
- 2021 https://healthcare.utah.edu/the-scope/shows.php?shows=1_cgvd548g
Tasty and Easy to Make Man Meals 1:4
- 2021 https://healthcare.utah.edu/the-scope/shows.php?shows=1_ykyk6ax4
Cooking With Plants. Red Butte Garden Newsletter. Salt Lake City, UT.
- 2021 Culinary Medicine Adds Online Program for Veterans. Department of Nutrition and Integrative Physiology Annual Newsletter. Salt Lake City, UT.
- 2020 Fall Inspired Snacks. Red Butte Garden. Salt Lake City, UT
<https://www.youtube.com/watch?v=6oyEKv17uuQ>
- 2019 Culinary Medicine: Train the Trainer Course for the SLC VA. Salt Lake City, UT
<https://youtu.be/sceQkHoBcQU>
- 2018 Culinary Medicine at University of Utah. Department of Nutrition and Integrative Physiology Annual Newsletter. Salt Lake City, UT.
- 2017 Health Minute: Getting Past a Weight Loss Plateau
https://healthcare.utah.edu/the-scope/shows.php?shows=0_myh1mwf2
- 2017 Seven Questions for a Dietitian
https://healthcare.utah.edu/the-scope/shows.php?shows=0_ic3q3iii
- 2017 Listener Question: How Many Meals Should I Be Eating Daily to Lose Weight.
https://healthcare.utah.edu/the-scope/shows.php?shows=0_7f80eh58
- 2016 Halloween Candy The Smart Way.
https://healthcare.utah.edu/the-scope/shows.php?shows=0_b2geopbg
- 2016 Three Healthier Alternatives to Handing Out Halloween Candy.
https://healthcare.utah.edu/the-scope/shows.php?shows=0_p1r3o6sx
- 2016 Eating for Fat Loss.
https://healthcare.utah.edu/the-scope/shows.php?shows=0_8j0pne8d
- 2015 Pep Talk to Help Enjoy the Holidays and Not Gain Weight.
https://healthcare.utah.edu/the-scope/shows.php?shows=0_0wakv4in
- 2014 Leftovers: Keep or Toss? https://healthcare.utah.edu/the-scope/shows.php?shows=0_v7vfrbg8
- 2014 How Long Should You Keep Fruits & Veggies.
https://healthcare.utah.edu/the-scope/shows.php?shows=0_cv1wbqg1
- 2013 Fueling for Spring Time Varied Temperatures. Utah Youth Soccer Association Newsletter.
- 2013 Are the Calorie Counters on Treadmills Accurate? KUTV Salt Lake City, UT
- 2012 Burning Calories. KUTV Salt Lake City, UT
<https://www.youtube.com/watch?v=Uz9G2ItVtw>
- 2011 The Orthopedic Specialty Hospital- Ask the Experts
<https://www.youtube.com/watch?v=EsPUU6GC9MY>
- 2011 The Orthopedic Specialty Hospital- Thanksgiving Recipes

VII. TEACHING, ADVISING AND OTHER ASSIGNMENTS

A. Instructional Summary

Curriculum Development

2022- present	School of Medicine, Layers of Medicine, Culinary Medicine Final Project, Teaching Kitchen Experience.
2021- present	Department of Nutrition and Integrative Physiology and UHealth Sugarhouse Health Clinic, Shared Medical Appointment Healthy Cooking Class 3-Part Series, Healthy Cooking.
2020	Department of Nutrition and Integrative Physiology and UHealth Sugarhouse Health Clinic, Shared Medical Appointment Healthy Cooking Class, Virtual pilot class.
2020	Department of Nutrition and Integrative Physiology and School of Medicine, NUIP 7540/ FP MD 7540: Culinary Medicine, 1 credit hour Laboratory, Hybrid/IVC course
2018-2020	Department of Nutrition and Integrative Physiology and U Health Intensive Outpatient Clinic (IOC), Culinary Medicine Cooking Classes for IOC patients.
2018-2019	Department of Nutrition and Integrative Physiology Veterans Affairs Culinary Medicine: Train the Trainer Course
2018	University of Utah Center for Community Nutrition and Wellness Bus Cooking Demonstration Series.
2016	Department of Nutrition and Integrative Physiology and School of Medicine, NUIP 7540/ FP MD 7540: Culinary Medicine, 1 credit hour Laboratory
2015	Division of Nutrition, NUTR 3850: THRIVE, 1 credit hour Laboratory
2014	Division of Nutrition, NUTR 5850: Counseling for Dietitians, 3 credit hours
2011	Division of Nutrition, NUTR 3550: Healthy Weight for Life, 3 credit hours, In-person (section 001) and Online (section 090)

Courses Taught

2018	Instructor, NUIP 6910 (1) (taught 1 semester): Field Experience, 1 student, University of Utah, Nutrition
2016-present	Primary Instructor, FP MD 7540 (1): (taught 9 semesters) Culinary Medicine, 52 students, University of Utah, Nutrition, Center for Teaching and Learning Excellence Review 2021
2017-present	Primary Instructor, NUIP 7540 (1): (taught 8 semesters) Culinary Medicine, 32 students, University of Utah, Nutrition, Center for Teaching and Learning Excellence Review 2021
2015-2015	
2014-2018	

	Instructor, NUTR 3850 (1): (taught 1 semester) THRIVE, 7 students, University of Utah, Nutrition
	Instructor, NUIP 5850 (3) (taught 5 semesters): Counseling for Dietitians, 80 students, University of Utah, Nutrition
2013-2017	Instructor, NUIP 5360 (3) (taught 12 semesters): Weight Management, 285 students, University of Utah, Nutrition, Peer review 2016
2013-2019	Instructor, NUIP 1020 (3) (taught 11 semesters): Scientific Foundations for Nutrition and Health, 1,114 students, University of Utah, Nutrition
2012-2016	Instructor, NUIP 5320 (3) (taught 6 semesters): Nutrition for Sport and Exercise, 163 students, University of Utah, Nutrition
2011-2014	Instructor, NUTR 3550 (3) (taught 6 semesters): Healthy Weight for Life, 159 students, University of Utah, Nutrition

Guest Lectures

2021-present	Guest lecture, NUIP 6540 Clinical Assessment Laboratory. Skinfold Testing to Assess Body Fat Percentage.
2018- present	Guest lecture, OC TH 6240 Occupational and Practical Skills II. Occupational Therapy Culinary Medicine Experience.
2016- present	Guest lecture, NUIP 6540 Clinical Assessment Laboratory. Lab Testing.

Graduate Student Committees (40)

2023	Member, Heather Oldach. Non-Thesis Committee. Title TBD. Anticipated to graduate May 2023.
2023	Member, Paige Martinez. Non-Thesis Committee. Title TBD. Anticipated to graduate May 2023.
2023	Member, Sarah Puig. Non-Thesis Committee. Title TBD. Anticipated to graduate May 2023.
2023	Chair, Nikole Preuss. Non-Thesis Committee. Title TBD. Anticipated to graduate May 2023.
2023	Chair, Madeleine Hutchison. Non-Thesis Committee. Title TBD. Anticipated to graduate May 2023.
2023	Chair, Brooke Walters. Non-Thesis Committee. Title TBD. Anticipated to graduate May 2023.
2022	Member, Britta Retzlaff. Thesis Committee. Title TBD. Anticipated to graduate August 2022.
2022	Member, Morgan Cannon. Non-Thesis Committee. Development of a Culinary and Sports Nutrition Education Curriculum for the Utah Jazz. Graduated May 2022.
2022	Member, Jessica Nakae. Non-Thesis Committee. Development of a Culinary and Sports Nutrition Education Curriculum for the Utah Jazz. Graduated May 2022.
2022	Member, Lucas Perry. Non-Thesis Committee. Development of a Culinary and Sports Nutrition Education Curriculum for the Utah Jazz. Graduated May 2022.

- 2021 Member, Madeline Folke. Non-Thesis Committee. Development of Curriculum for Four Community Culinary Medicine Classes Geared Toward the Entire Family. Graduated May 2021.
- 2021 Member, Christine Charleston. Non-Thesis Committee. Development of a Web-Based Sport Nutrition Content Library for Physically Active Individuals. Graduated May 2021.
- 2021 Member, Lindsay Hirst, Non-Thesis Committee. Veterans Affairs Food Security and Culinary Medicine. Graduated May 2021.
- 2021 Member, Rachel Palmer, Non-Thesis Committee. Veterans Affairs Food Security and Culinary Medicine. Graduated May 2021.
- 2021 Member, Megan Staheli, Non-Thesis Committee. Veterans Affairs Food Security and Culinary Medicine. Graduated May 2021.
- 2020 Member, Jessica Pastuf, Non-Thesis Committee. Development of a Nutrition Education Curriculum for U14-19 Athletes for U.S. Ski and Snowboard. Graduated May 2020.
- 2020 Member, Sara Hilling, Non-Thesis Committee. Development of a Nutrition Education Curriculum for U14-19 Athletes for U.S. Ski and Snowboard. Graduated May 2020.
- 2020 Member, Lauran Jacklin, Non-Thesis Committee. Development of a Nutrition Education Curriculum for U14-19 Athletes for U.S. Ski and Snowboard. Graduated May 2020.
- 2019 Member, Lucy Mower, Non-Thesis Committee. Development and Implementation of Sports Nutrition Curriculum for Young Adult Athletes in Salt Lake City, Utah. Graduated 2019.
- 2019 Member, Corinna Coffin, Non-Thesis Committee. Development and Implementation of Sports Nutrition Curriculum for Young Adult Athletes in Salt Lake City, Utah. Graduated 2019.
- 2019 Member, Martin Caniza, Non-Thesis Committee. Development and Implementation of Sports Nutrition Curriculum for Young Adult Athletes in Salt Lake City, Utah. Graduated 2019.
- 2019 Member, Samantha Barela, Non-Thesis Committee. Development and Implementation of Sports Nutrition Curriculum for Young Adult Athletes in Salt Lake City, Utah. Graduated 2019.
- 2018 Member, Katelyn Barker, Non-Thesis Committee. Development of a curriculum for a Lifestyle Weight Loss Program “The NEW You”. Graduated 2018.
- 2018 Member, Angela Smith, Non-Thesis Committee. Development, Evaluation, and Implementation of a Cookbook for Odyssey House Residential Treatment and Addiction Recovery. Graduated 2018.
- 2018 Member, Kimberly Funk, Non-Thesis Committee. Revision of Intermountain Healthcare’s My Heart Challenge Nutrition Modules. Graduated in 2018.
- 2017 Member, Julia Zalewski, Non-Thesis Committee. Development of Sport Nutrition Targeted Food Labels and Education Modules for the University of Utah Athlete Dining Hall. Graduated 2017.
- 2017 Member, Chelsey Evans, Non-Thesis Committee. Development of a Retail Guide for Hospital Cafeterias to Encourage Healthy Choices. Graduated 2017.

- 2017 Member, Amy Covington, Non-Thesis Committee. Nutrition Programming for Clinical and Community Programs. Graduated May 2017..
- 2017 Member, Carl Bombardier, Non-Thesis Committee. Development and Implementation of Nutrition Education Curriculum for the Utah Hockey Development Program. Graduated in 2017.
- 2017 Member, Erin Collins, Non-Thesis Committee. Beginning a Gluten-Free Diet: an E-Book for Newly Diagnosed Patients. Graduated in 2018.
- 2016 Member, Danielle Perry, Thesis Committee Relationship of DHA Intake to Concussion Incidence and Recovery in the Adolescent Athlete Population. Graduated in 2016.
- 2016 Member, Ashley Miller, Non-Thesis Committee. Evaluation of the Nutrition Counseling Practicum & Development of a community Based Nutrition Class at the Midvale Family Health Clinic. Graduated in 2016.
- 2016 Member, Jennifer Harris, Non-Thesis Committee. Development of a Nutrition Component for the University of Utah School of Medicine Advanced Wilderness Life Support Course. Graduated in 2016.
- 2016 Member, Valerie Mey, Non-Thesis Committee. Development of a Cookbook for Weigh to Health program. Graduated May 2016.
- 2016 Member, Brianne Newton, Non-Thesis Committee. Development of a Cookbook for Weigh to Health program. Graduated May 2016.
- 2015 Member, Sigornie Pfefferle, Non-Thesis Committee. Development and Modification of a Lab Manual for a Hybrid Wilderness Nutrition Course. Graduated 2015
- 2015 Member, John Azevedo, Non-Thesis Committee. Nutrition for Sports Related Injuries: A Comprehensive Web Based Resource. Graduated 2016.
- 2015 Member, Ashley Quadros, Non-Thesis Committee. Development of Curricula for Counseling Skills for Graduate Students. Graduated May 2015.
- 2015 Member, Emily Tieu, Non-Thesis Committee. Development of Nutrition classes for the momentum youth and junior rock climbing teams. Graduated 2015.
- 2015 Member, Megan Chacosky, Non-Thesis Committee. Development, Evaluation, and Publication of a Cookbook to Meet the Nutrient Needs of Unified Fire Authority Utah Firefighters. Graduated 2015.

VIII. Advisory Committees

- 2018- present University of Utah Nutrition and Integrative Physiology Leadership Board, Department of Nutrition and Integrative Physiology, University of Utah, Salt Lake City, UT.
- 2018- present University of Utah Center for Community Nutrition (UCCN) Leadership Board, Department of Nutrition and Integrative Physiology, University of Utah, Salt Lake City, UT.
- 2021- present Leadership Member, University of Utah Center for Community Nutrition (UCCN) Journey to Health, Department of Nutrition and Integrative Physiology, Utah Food Bank and Wellness Bus, University of Utah, Salt Lake City, UT.

- 2021-present Secondary Stroke Prevention Research Group Advisory Board, Department of Occupational and Recreational Therapies, University of Utah, Salt Lake City, UT.
- 2018-2020 Healthy Living through Environment, Policy and Improved Clinical Care Program Advisory Board, Utah Department of Health, Salt Lake City, UT.
- 2014-2015 Honors College, Praxis Lab, Redefining Health and Wellness, two semester undergraduate course for honors students. Second semester spent designing and implementing an outreach program.

IX. RESEARCH INTERESTS/GRANTS

- 2016 Culinary Medicine. PI: Lindsley J, CoPI: Locke A, Dvorak T. \$4325 University of Utah Teaching Grant. Educational Grant to Develop a Culinary Medicine Curriculum for Health Sciences Students.

X. EDITORIAL EXPERIENCE

- 2016-2017 Editor, Cooking Yourweigh to Health. Intermountain Live Well Cookbook. Intermountain Healthcare. Salt Lake City, UT.
- 2012- 2013 Editor, *Weigh to Health*. 12 month weight loss lifestyle management curriculum. Intermountain Healthcare. Salt Lake City, UT.

XI. AWARDS

- 2022 Academy of Health Science Educators, Interprofession Education Team Award
- 2005 Constance J Geiger Scholarship
- 2005 University of Northern Colorado Varsity Letter: Athletic Trainer
- 2004 & 2005 UNC Athletic Excellence Award
- 2001-2005 UNC's Dean List
- 2002-2003 Junior Honors Society (UNC)
- 2003 & 2004 Florence Fish Award
- 2004 Dan Libera Scholarship
- 2004 Academic Achievement Scholarship

XII. SERVICE

A. University Community Activities

Health Sciences

- 2016-present Member, Health Science Interprofessional Education Curriculum Subcommittee
- 2016- present Member, Health Science Interprofessional Education Committee
- 2015-present Member/Fellow, Academy of Health Science Educators
- 2014- present Facilitator, Interprofessional Education

College of Health

2021- present	Member, Health and Wellness Tower Committee
2018- present	Member, College of Health Interprofessional Education Committee
2015-2018	Member, College of Health Scholarship Committee

Department

2022- present	Member, Metabolic Kitchen/ Faculty Search Committee
2021- present	Faculty Leader, NUIP Student Advisory Committee
2021- present	Member, NUIP Coordinated Masters Program Selection Committee
2021- present	Member, NUIP Coordinated Masters Program Administrative Committee
2019- 2021	Member, NUIP Scholarship Committee
2018- present	Faculty Panel, Coordinated Master's Program Potential Student Interviews
2014, 2016, Present	Member, selection committee for Coordinated Master's Program students

B. External Service

2021- present	Member, Shared Medical Appointment/Cooking Classes-SHHC committee
2020- present	Member, Teaching Kitchen Collaborative Culinary Medicine Internation Map
2020- present	Lead, Cooking with Plants for a Healthier U, Cooking Class Series, Red Butte Garden, Salt Lake City, UT.