

## Theresa E. Dvorak

### Education

**MASTER of SCIENCE, NUTRITION**

Graduated August 2007

**University of Utah**

**BS, SPORTS AND EXERCISE SCIENCE, ATHLETIC TRAINING**

**BA, DIETETICS**

Graduated May 2005

**U. Northern Colorado**

### Employment

8/11-Present **University of Utah, Department of Nutrition and Integrative Physiology**  
Salt Lake City, UT

**Assistant Professor (Lecturer) NUIP/ Adjunct Faculty School of Medicine**

- NUTR 3550: Healthy Weight for Life (8/11-5/14)
- NUTR 5320: Nutrition for Sport and Exercise (1/12- 8/16)
- NUTR 1020: Scientific Foundations for Nutrition and Health (1/13-5/19)
- NUIP 5360: Weight Management (5/13-12/17)
- NUIP 5850: Counseling for Dietitians (8/14-12/18)
- NUTR 3850: THRIVE (05/15-12/15)
- NUIP 7540/ FPMD 7540-001: Culinary Medicine Director (8/16-Present)
  - Develop and maintain accuracy of evidence based lectures conducted online and in the classroom
  - Coordinate with students in regard to course expectations, materials, assignments, exams, grading
  - Provide assistance to students to further their understanding of the material, concepts and theories
  - Coordinate with teaching assistant in regard to student performance and grading
  - Coordinate with students and community partners to provide community engagement learning opportunities
- Nutrition Clinic Lab Coordinator (7/13-2019)
  - Train & schedule Nutrition Master's students to perform health assessments
  - Order supplies and maintain lab to comply with University Healthcare and HIPPA regulations
- Graduate Student Thesis and Focused Area of Study committee member
  - Aid in the development of student projects
  - Oversee student progress, mentor, enhance the learning process of the student
- Faculty Advisor for Division of Nutrition Student Advisory Committee (SAC) (14-18)
- College of Health Scholarship Committee Member (15-19)
- Interprofessional Experience (IPE) telehealth simulation Facilitator (15-present)
- Health Sciences Interprofessional Experience committee member (16-present)
- Interprofessional Experience Foundations Course subcommittee member (16-17)

7/06-10/20 **Intermountain Healthcare**

Murray, UT

**Registered Dietitian and Athletic Trainer**

- Sport Nutrition assessment, counseling and education for competitive and recreational athletes (08-14)
  - Youth and Adult SN evidence based program coordinator
  - Mentoring and supervising Research Assistant
  - Conduct cooking classes for youth to elite level athletes and community members

- Provide community and staff education on varying nutrition topics
- Conduct and aid in the enrichment of Intermountain Healthcare ‘Weigh to Health’ nutrition program
- Develop, collaborate, and conduct nutrition based research projects
- Evaluation and application of therapeutic modalities to athletic injuries for all 5A high school sports
  - Injury care, protection, prevention, rehabilitation, and communication between involved parties
- Provide and evaluate therapeutic exercise rehabilitation for patients in physical therapy clinic (08-13)
  - Educate patients on rehabilitation, healing processes, and techniques for reaching therapeutic goals
  - Communicate patient progress with physical therapists, PT Assistants and physicians
  - Maintain patient charts, comply with HIPPA and Medicare regulations
  - Attention to detail in patient care and administrative duties

### **Publications/ Research Projects**

- Book Chapter: Dvorak, T. (2020) Chapter 15: Weight Management In Nix, S. (2020) *Williams’ Basic Nutrition and Diet Therapy* (16<sup>th</sup> ed). St. Louis, MO: Elsevier/Mosby.
- Book Chapter: Dvorak, T. (2017) Chapter 15: Weight Management In Nix, S. (2017) *Williams’ Basic Nutrition and Diet Therapy* (15<sup>th</sup> ed). St. Louis, MO: Elsevier/Mosby.
- Development of a Weight Management Cookbook for the Intermountain Healthcare Weigh to Health Program (2015-2016)
- DHA Levels and Delayed Concussive Brain Injury Recovery in the Adolescent Athlete (Current research project)
- Dvorak, T. (2007). The Adolescent Sport Nutrition Knowledge Questionnaire: Validity and Reliability. Unpublished Thesis Dissertation. Salt Lake City, University of 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.

### **Graduate Student Thesis and Focused Area of Study committee member**

- Development of Sports Nutrition Educational Materials for Young Adult Athletes Serviced by Peak Health and Fitness at the University of Utah (2018-2019)
- Development of a Curriculum for a Lifestyle Weight Loss Program “The NEW You” (2017-2018)
- Revision of Intermountain Healthcare’s My Heart Challenge Nutrition Modules (2017-2018)
- Development and Implementation of Nutrition Education Curriculum for Diverse Populations (2016-2017)
- Development and Implementation of Nutrition Education Curriculum for the Utah Outliers Hockey Development Program (2016-2017)
- Beginning a Gluten-Free Diet: An E-Book for Newly Diagnosed Patients (2015-2016)
- Relationship of DHA Intake to Concussion Incidence/Recovery in the Adolescent Population (2015-2016)
- Evaluation of the Nutrition Counseling Practicum & Development of a Community Based Nutrition Class at the Midvale Family Health Clinic (2015-2016)
- Development of a Nutrition Component for the University of Utah School of Medicine Advanced Wilderness Life Support Course (2015-2016)
- Development and Analysis of a Weight Management Cookbook for the Intermountain Healthcare Weigh to Health Program using the Health Belief Model (2014-2016)

- Assessment and Development of a Cookbook for the *Weigh to Health* Program Participants at Intermountain HealthCare (2014-2016)
- Nutrition Intervention for Sports Related Injury: A Review (2014-2015)
- Development, Evaluation, and Publication of a Cookbook Designed to Meet the Nutritional Needs of Utah Unified Fire Authority Firefighters (2014-2015)
- Development and Modification of a Lab Manual for a Hybrid Wilderness Nutrition Course (2014-2015)
- Development of Nutrition Classes for Momentum Youth and Junior Rock Climbing Teams (2013-2014)

### **Presentations**

- Poster Community-Based Culinary Medicine: Community-Led, Culturally-Appropriate Curriculum Development as a Poster Presentation at the American Public Health Association Annual Meeting and Expo (11/2018)
- Association of American Medical Colleges Regional Conference. *Culinary Medicine: Teaching nutrition in an inter-professional hands on setting.* (2/2016)
- Healthy Weight for the Holidays; Health Lecture Series at the University of Utah Hospital Hope Fox Eccles Health Library (10-30-15)
- The SCOPE University of Utah Health Sciences Radio interview: Halloween Candy the Smart Way. 10/28/2016
- The SCOPE University of Utah Health Sciences Radio interview: Three Healthier Alternatives to Handing Out Halloween Candy. 10/24/2016
- The SCOPE University of Utah Health Sciences Radio interview: Eating for Fat Loss. 01/03/2016
- The SCOPE University of Utah Health Sciences Radio interview : Healthy Weight for the Holidays 12/15/15
- Participated in the 2nd Annual Education Symposium by the Academy of Health Science Educators 9/21/15
- Guest Lecture for Clinical Assessment NUTR (2013-2014)
- Present The Adolescent Sport Nutrition Knowledge Questionnaire: Validity and Reliability as a Poster Presentation at American College of Sports Medicine Annual Conference (2008)
- Sport Nutrition lectures and cooking clinics for athletic and community groups ('05-2016)
- Evaluate research design and present on varying sports medicine and nutrition topics ('01-2016)
- Present on components of weight management to 'Weight to Health' classes, SelectHealth Claims coordinator staff meeting ('11-'20)
- Present current research and facilitate discussion at TOSH Sport Science Journal Club ('06-'07, '11-'20)

### **Related Experience**

- Develop, revise and implement online hybrid course for University of Utah College of Health and School of Medicine: Culinary Medicine to co-instruct Fall 2020-Present
- Develop and Implement new course for University of Utah College of Health and School of Medicine: Culinary Medicine to co-instruct Fall 2016-Present
- Develop, prepare, and instruct pilot course THRIVE NUTR 3850-04 Fall 2015
- Organize, develop, host Utah Academy of Nutrition and Dietetics Annual Meeting (2013-2015)
- Attended Center for Teaching and Learning Excellence Teaching Workshop Series (Fall 2013)
- Prepare and present on sport nutrition to elite, competitive and recreation athletes ('06-present)
- Develop Sport Nutrition materials for athletes in specific sports, aesthetic sports, and with varying medical diagnosis ('05-'07, '08-2014)
- Develop nutrition educational materials, presentation, and aid in outreach for Osteoarthritis program ('09-2014)

- Diet and biochemical analysis, anthropometric measurements, and counseling of people in varying demographics, preparation and presentation of nutritional education and materials ('01-present)
- Develop website materials for Athletic Republic, Frappier Acceleration Sports Training (FAST) ('06-'07)
- Prepare strength, conditioning, and nutrition program for pre-Olympic volleyball club team ('08-'09)
- Health screenings and athlete education at UU Nutrition Clinic ('05-'07)

### **Professional Qualifications, Certifications and Memberships**

Certified Specialist in Sport Dietetics (July, 2016)

Certified Athletic Trainer, certification number: 080502063, 2005; Utah AT, L: 6317644-4810, 2006

Certified Strength and Conditioning Specialist, certification number: 200527305, 2005-2011

Registered Dietitian, 2008; Certified Registered Dietitian in the state of Utah: 6317644-4901, 2008

CPR/First Aid for the Professional Rescuer and AED certified, current

Member Academy of Nutrition and Dietetics and subgroups SCAN and SD-USA (9/04-Present)

- Elected Annual Meeting Chairperson Elect (4/13-4/14)
- Elected Annual Meeting Chairperson (4/14-5/15)
- Elected Education Pillar Chairperson (5/15-5/16)

Member of National Athletic Trainers' Association (11/03-12/15)