

CURRICULUM VITAE

Kary Woodruff, PhD, RD, CSSD

Assistant Professor (Lecturer)

College of Health, Department of Nutrition and Integrative Physiology

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I. EDUCATION

- 2020 Ph.D. University of Utah Nutrition and Integrative Physiology
- 2010 M.S. University of Utah Sports Nutrition
- 2008 M.S. University of Utah Psychosocial Aspect of Sport
- 2002 B.A. University of Massachusetts Amherst Psychology

II. LICENSES & CERTIFICATES

Commission on Dietetic Registration: Registered Dietitian Nutritionist #1039100

Utah Bureau of Occupational Licensing: Certified Dietitian

Commission on Dietetic Registration: Weight Management Level 1 certification

Commission on Dietetic Registration: Certified Specialist in Sports Dietetics (CSSD)

Commission on Dietetic Registration: Certificate of Training in Adult Weight Management Program

III. EMPLOYMENT

- 01/22 - present Director of Coordinated Master's Program (CMP). Department of Nutrition and Integrative Physiology, University of Utah, Salt Lake City, UT
- 06/18 – 12/21 Clinical Experiences Director, Sports Nutrition Coordinator, CMP. Department of Nutrition and Integrative Physiology, University of Utah, Salt Lake City, UT
- 08/14 – present Assistant Professor (lecturer), Department of Nutrition and Integrative Physiology, University of Utah, Salt Lake City, UT
- 09/10 – 08/21 Level 2 Specialty Sports Dietitian, LiVe Well Center & The Orthopedic Specialty Hospital (TOSH), Intermountain Healthcare, Salt Lake City, UT
- 09/10 – 08/21 Preceptor for University of Utah Coordinated Master's Nutrition graduate students, Division of Nutrition, University of Utah, Salt Lake City, UT
- 04/15 – 02/16 Author, 2 Sports Nutrition mini-textbooks. Momentum Press Publishing
- 02/12 – 12/15 Executive Board Member, Girls on the Run, Inc. Salt Lake City, UT
- 02/12 – 07/14 Adjunct Faculty member, Division of Nutrition, University of Utah, Salt Lake City, UT
- 05/10 – 09/10 Director, Nutrition Services, PEAK Health & Fitness. University of Utah, Salt Lake City, UT

IV. PROFESSIONAL AFFILIATIONS

Member, Academy of Nutrition and Dietetics (AND)

Board Member, Utah Academy of Nutrition and Dietetics (UAND)

Member, Sports and Human Performance Practice Group (SHPN)

Member, Collegiate and Professional Sports Dietitians Association (CPSDA)

Fellow, Academy of Health Science Educators (AHSE), University of Utah

V. PUBLICATIONS

Giles ED, Purcell SA, Olson J, Vrieling A, Hirko K, Woodruff K, Playdon MC, Thomas G, Gilmore LA, Moberly HK, et al. Trends in Diet and Cancer Research: A Bibliometric and Visualization Analysis. *Cancers*. 2023; 15(15):3761. <https://doi.org/10.3390/cancers15153761>

Woodruff K, Clark L, Joy E, Summers SA, Metos JM, Clark N, Jordan KC. An interpretive description of women's experience in coordinated, multidisciplinary treatment for an eating disorder. *Glob Qual Nurs Res*. 2020; May 4;7:2333393620913271.

Chapter contributions (2): Nix, S. *Williams' basic nutrition and diet therapy, 16th ed.* 2021; Saint Louis: Elsevier, Inc.

Chapter contributions (3): Schlenker, E and Gilbert J. *Williams' essentials of nutrition and diet therapy, 12th ed.* 2017; Saint Louis: Elsevier, Inc.

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

Book contribution: *7 Domains of Health*. Written in partnership with multiple authors for the Center of Excellence for Women's Health. 2017

Woodruff K. *Sports nutrition*. 2016; New York: Momentum Press Publishing.

Larson A, Woodruff K. *Sports nutrition strategies for success: a practical guide to improving performance through nutrition*. 2016; New York: Momentum Publishing.

VI. PRESENTATIONS AND INVITED LECTURES

Presentations

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| 2022 | Why a Weight-Inclusive Approach Improves Patient-Centered Care. Woodruff, KW (Presenter). Food is Medicine Conference, University of Utah. |
| 2021 | Breaking Down Fad Diets: Is There a Better Way, Woodruff, KW (Presenter). Food is Medicine Conference, University of Utah. |
| 2021 | Fueling for Sport - The Importance of Adequate Nutrition for Performance and Health, Woodruff, KW. (Presenter). Steamboat Springs Winter Sports Club. |
| 2020 | COVID-19 and Our Patients with Eating Disorders, Woodruff, KW; Varechok, S; and Joy E. (Co-Presenter). Intermountain Healthcare's Project ECHO. |
| 2020 | Eating Disorders and the Female Athlete Triad, Woodruff, KW & Joy E. (Co-Presenter). Intermountain Healthcare's Project ECHO. |
| 2019 | The Role of the Registered Dietitian in the Treatment of Patients with Eating Disorders. Woodruff, KW (Presenter). Intermountain Healthcare's Knowledge on the Fly series for registered dietitians |
| 2019 | Updates to the Eating Disorder Care Process Model. Woodruff, KW & Joy E. (Co-Presenter). Intermountain Healthcare's 2019 Nutrition Update. Salt Lake City, UT. |

- 2018 **Fad Diets: Counseling Patients Using Best Practices. Woodruff, KW.** (Presenter). Intermountain Healthcare's 2016 Nutrition Update. Salt Lake City, UT.
- 2016 **The Role of the RD in Promoting Exercise. Woodruff, KW & Joy E.** (Co-Presenter). Intermountain Healthcare's 2016 Nutrition Update. Salt Lake City, UT.
- 2016 **Best Practices for Identifying & Treating Athletes with Disordered Eating & Eating Disorders: A Multidisciplinary Team Approach.** (Co-Presenter) Drug-Free Sport Webinar Series. National webinar.
- 2016 **Fat? Sugar? Salt? Woodruff, KW.** (Presenter) School Nutrition Association's annual conference, Cedar City, UT.
- 2016 **Treatment for the Female Athlete Triad. Woodruff, KW.** (Presenter) Salt Lake Endurance Expo, Salt Lake City, UT
- 2015 **Nutrition recommendations for a healthy pregnancy,** presented to Maternal Fetal Medicine at the University of Utah. Woodruff, KW. (Presenter) Salt Lake City, UT
- 2015 **Girls on the Run: Empowering young women. Woodruff, KW** (Presenter) Utah PTA 2015 Convention.

VII. TEACHING, ADVISING AND OTHER ASSIGNMENTS

A. Instructional Summary

Curriculum Development

- 2020 Department of Nutrition and Integrative Physiology, NUIP 3620: Cultural Aspects of Food online course, 3 credit hours
- 2016 Division of Nutrition, NUTR 3620: Cultural Aspects of Food summer intensive 1 week course, 3 credit hours
- 2015 Division of Nutrition, NUTR 5350: Eating Disorder: Prevention and Treatment, 3 credit hours
- 2015 Division of Nutrition, NUTR 5340: Women's Health and Nutrition online, 3 credit hours

Courses Taught

- 2020-current Instructor, NUIP 6380 (4): (taught 3 semesters) Medical Nutrition Therapy II, 15 students, University of Utah, Nutrition
- 2018-current Instructor, NUIP 6360 (3): (taught 5 semesters) Medical Nutrition Therapy I, 15 students, University of Utah, Nutrition
- 2014-current Instructor, NUIP 3620 (3) (taught 19 semesters): Cultural Aspects of Food, 30-40 students, University of Utah, Nutrition
- 2014-2016 Instructor, NUIP 5420 (3): (taught 3 semesters) Nutrition through the Lifecycle, 50 students, University of Utah, Nutrition

2014-2019	Instructor, NUIP 3010 (4) (taught 8 semesters): Nutrition Intervention, 285 students, University of Utah, Nutrition
2014-2016	Instructor, NUTR 5340 (3) (taught 3 semesters): Nutrition and Women's Health, 72 students, University of Utah, Nutrition
2014-2016	Instructor, NUTR 3550 (3) (taught 4 semesters): Healthy Weight for Life, 128 students, University of Utah, Nutrition
2015-2016	Instructor, NUTR 5350 (3) (taught 2 semesters): Eating Disorders: Prevention and Treatment, 50 students, University of Utah, Nutrition

Guest Lectures

2014-present	Guest lecturer (fall, spring, and sometimes summer semesters), Phys 1110 Physics of the Human Body, Basic Nutrition Principles Food and Nutrition.
2014	Guest lecturer, NUTR 5360 Weight Management, Eating Disorders Treatment Recommendations
2015	Guest lecturer, HEDU 1010 Healthy Lifecycles, Basic Nutrition Principles of Food and Nutrition
2015	Guest lecturer, NUTR 6360 Medical Nutrition Therapy 2, Treatment of Eating Disorders

Graduate Student Committees

2022	Member, Rachel Hoobler. PhD committee. Title TBD. Anticipated to graduate May 2025/6.
2022	Member, Brianna Poole, Danielle Wrubel, Lisa Heider. Title TBD. Anticipated to graduate May 2024.
2022	Member, Hannah Stoker. Thesis committee. Title TBD. Anticipated to graduate May 2024.
2022	Member, Manuela Herrera. Thesis committee. Title TBD. Anticipated to graduate May 2024.
2022	Chair, Kaci Cheavtharn, Lolly Steuart, Claire Reinking. Title TBD. Anticipated to graduate May 2023.
2022	Member, Lisa Perrett, Sam Lawson, Allison Rosko. Title TBD. Anticipated to graduate May 2023.
2022	Member, Lucas Perry, Jessica Nakae, Morgan Cannon. Non-Thesis Committee. Development of a Culinary and Sports Nutrition Education Curriculum for the Utah Jazz Professional Basketball Team. Graduated May 2022.
2022	Member, Helen Hardy, Brooke Kudelka, Amber Lawrence. Improving Wellness for Endometrial Cancer Survivors Using a Positive Psychology Approach. Graduated May 2022.

- 2022 Chair, Sabine Krautgasser, Maria Shanklin, Kerensa Hofmeyer. Non-Thesis Committee. Development of a Nutrition Education Curriculum for the Students and Faculty Members of the University of Utah School of Dance. Graduated May 2022.
- 2022 Member, Tori Hargett. Thesis Committee. The Development of Nutrition Education Materials for Army ROTC Cadets Transitioning to Active Duty. Graduated August 2022.
- 2021 Member, Rachel Halverson. Non-Thesis Committee. Creation of a web-based curriculum to address body image disturbances, disordered eating and nutritional inadequacies in fashion models. Graduated May 2021.
- 2021 Member, Kristen Moffat. Non-Thesis Committee. Creation of a Sports Nutrition Website for Male and Female Distance Runners with a Focus on Proper Fueling and Preventing Low Energy Availability. Graduated May 2021.
- 2021 Member, Danielle Perez. Thesis Committee. Survey Method Design for Examining Effectiveness of Mindfulness-Based Interventions in the Salt Lake City Veteran Population. Graduated August 2021.
- 2021 Member, Danielle Julifs, Taylor Dunn, Hannah Langley. Non-Thesis Committee. UTE Academy: Development of a Health and Wellbeing Transition Program for Graduating Student-Athletes. Graduated May 2021.
- 2021 Member, Jennifer Ho, Hailey Morris, Hannah Belcher, Non-Thesis Committee. Development of a Kitchen Education Program for US Speedskating Athletes. Graduated May 2021.
- 2020 Member, Emily Daniels, Samantha Shanahan, Non-Thesis Committee. Development and Implementation of a Body Image Program for University of Utah Athletics. Graduated May 2020.
- 2020 Member, Jessica Pastuf, Sara Hilling, Lauran Jacklin, Non-Thesis Committee. Development of a Nutrition Education Curriculum for U14-19 Athletes for U.S. Ski and Snowboard. Graduated May 2020.
- 2018 Member, Davin Lau, Alyssa Gomez, Kala Reister, Lindsey Kotecki, Non-Thesis Committee. Identification and Development of a Body Positive Program for University of Utah Athletics. Graduated 2019.
- 2018 Member, Andrea Walsh, Sharee Thompson, Michael Gjenvick, Aryane Mendes, Non-Thesis Committee. Development of Standardized Nutrition Education for Patients with Malignant Gastrointestinal Cancer. Graduated 2019.
- 2018 Member, Kimberly Funk, Non-Thesis Committee. Revision of Intermountain Healthcare's My Heart Challenge Nutrition Modules. Graduated in 2018.
- 2018 Member, Caitlin Goodman, Non-Thesis Committee. Development and Implementation of Nutrition Intervention to Restore Menses in an Amenorrheic Endurance Runner. Graduated in 2018.
- 2018 Member, Michelle Meinking, Non-Thesis Committee. Development and Implementation of Dairy Council of Utah/Nevada Farm-to-School Program. Graduated in 2018.
- 2018 Member, Vanessa Browning, Non-Thesis Committee. Development, Implementation, and Evaluation of Practical Meal Plans and Nutrition

- Education Materials for the PreLife Adventure Therapy Program. Graduated in 2018.
- 2017 Member, Lindsey Imber, Non-Thesis Committee. Development, evaluation, and publication of a cookbook designed to meet the nutritional needs of olympic ski and snowboard athletes. Graduated in 2017.
- 2016 Member, Megan Foley, Non-Thesis Committee. Development and Implementation of Nutrition Education for Adolescent Swimmers on the Green River Swim Team in Rock Springs, Wyoming. Graduated in 2016.
- 2016 Member, Megan Whittaker, Non-Thesis Committee. Title unknown. Graduated in 2018.
- 2016 Member, Alessa Wade, Non-Thesis Committee. Development of Cardiovascular Related Case Studies for Coordinated Dietetics Students' Clinical Nutrition Course. Graduated in 2017.
- 2016 Member, Allison Kraft, Non-Thesis Committee. Development and Implementation of Nutrition Education for Ballet West Academy dancers. Graduated in 2017.
- 2016 Member, Raphael Blesi, Non-Thesis Committee. Development and Implementation of Sports Nutrition Education Content For Dietitians, Coaches, and Athletes at Austrian Olympic Training Centers. Graduated in 2016.
- 2016 Member, Eric Finley, Non-Thesis Committee. Development and Implementation of Nutrition Education Curriculum for University of Utah College Students at the George S. Eccles Student Life Center. Graduated 2016.
- 2016 Member, Kristin Jakus, Non-Thesis Committee. Development and Implementation of Hydration Education for Short and Long Track. Graduated 2016.
- 2015 Member, Elise McVicar, Non-Thesis Committee. Development of a Nutrition Protocol for University of Utah Men's and Women's Basketball Teams on the Road. Graduated 2015.
- 2015 Member, Megan Chacosky, Non-Thesis Chair. Development, Evaluation, and Publication of a Cookbook to Meet the Nutrient Needs of Unified Fire Authority Utah Firefighters. Graduated 2015.

VIII. EDITORIAL EXPERIENCE

- 2015-2021 Research Digest Editor, SCAN newsletter; Sports, Cardiovascular and Wellness Nutrition (SCAN) dietetic practice group

IX. AWARDS

- 2023 Nutrition and Dietetic Educators Practice Group West Coast Region Outstanding Educator Award
- 2021 University of Utah Early Career Teaching Award

2021	Academy of Health Science Educators Early Career Educator Award
2020	College of Health Convocation Outstanding Graduate Student Speaker
2020	College of Health Distinguished Teaching Award
2019	Department of Nutrition and Integrative Physiology Teacher of the Year

X. SERVICE

A. University Community Activities

Health Sciences

2023-current	Academy of Health Science Educators Fellow
2021-current	Admissions committee member, School of Medicine
2014-current	Facilitator, Interprofessional Education

Department

2022	Member, College of Health Teaching and Learning Excellence Committee
2022	Member, NUIP Equity, Diversity, and Inclusion workgroup
2022	Member, Clinical Coordinators Committee
2021-current	Co-leader, NUIP CMP EDI Recruitment workgroup member
2016	Member, retention and promotion review committee
2016, 2019-current	Member, selection committee for Coordinated Master's Program students
2021-2022	Member, Health Behaviors Search Committee

B. External Service

2023 – current	American Academy of Pediatrics Eating Disorder Cross Organizational Workgroup
2022-2023	Utah Academy of Nutrition and Dietetics (UAND) Annual Meeting Speaker Selection sub-committee
2020 – current	Utah Academy of Nutrition and Dietetics (UAND) Board Member
2012 – 2015	Executive Board Member, Girls on the Run, Inc.