

CURRICULUM VITAE

Kary Woodruff, MS, 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
Weight Management Level 1 certification
Certified Specialist in Sports Dietetics

III. EMPLOYMENT

- 08/14 – present Assistant Professor (lecturer), Department of Nutrition and Integrative Physiology, University of Utah, Salt Lake City, UT
- 09/10 – present Level 2 Specialty Sports Dietitian, LiVe Well Center & The Orthopedic Specialty Hospital (TOSH), Intermountain Healthcare, Salt Lake City, UT
- 09/10 – present 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 of Nutrition Services, PEAK Health and Fitness, University of Utah, Salt Lake City, UT

IV. PROFESSIONAL AFFILIATIONS

Member, Academy of Nutrition and Dietetics

Member, Utah Academy of Nutrition and Dietetics

Member, Sports, Cardiovascular and Wellness Nutrition dietetic practice group

V. PUBLICATIONS

Woodruff, K. (2016). *Sports nutrition*. New York: Momentum Press Publishing.

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

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

Chapter contribution: Nix, S. (2017). *Williams' basic nutrition and diet therapy, 15th ed.* 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; publication in process

VI. PRESENTATIONS AND INVITED LECTURES

Presentations

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| 2018 | Fad Diets: Counseling Patients Using Best Practices. Woodruff, KW. (Role: Presenter). Intermountain Healthcare's 2016 Nutrition Update. Salt Lake City, UT. |
| 2016 | The Role of the RD in Promoting Exercise. Woodruff, KW & Joy E. (Role: 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. (Role: Co-Presenter) Drug-Free Sport Webinar Series. National webinar. |
| 2016 | Fat? Sugar? Salt? Woodruff, KW. (Role: Presenter) School Nutrition Association's annual conference, Cedar City, UT. |
| 2016 | Treatment for the Female Athlete Triad. Woodruff, KW. (Role: 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. (Role: Presenter) Salt Lake City, UT |
| 2015 | Girls on the Run: Empowering young women. Woodruff, KW (Role: Presenter) Utah PTA 2015 Convention. |

VII. TEACHING, ADVISING AND OTHER ASSIGNMENTS

A. Instructional Summary

Curriculum Development

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| 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

2018-2019 Instructor, NUIP 6360 (3): (taught 1 semester) Medical Nutrition Therapy I, 15 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

2014-2019 Instructor, NUIP 3620 (3) (taught 12 semesters): Cultural Aspects of Food, 400 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

Lectures

2014-present Guest lecturer (fall, spring, and 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

2019 Member, Emily Daniels, Samantha Shanahan, Non-Thesis Committee. Title TBD. Anticipated to graduate May 2020.

2019 Member, Jessica Pastuf, Sara Hilling, Lauran Jacklin, Non-Thesis Committee. Title TBD. Anticipated to graduate May 2020.

2018 Member, Davin Lau, Alyssa Gomez, Kala Reister, Lindsey Kotecki, Non-Thesis Committee. Title to be determined. Anticipated to graduate in 2019.

2018 Member, Andrea Walsh, Sharee Thompson, Michael Gjenvick, Aryane Mendes, Non-Thesis Committee. Title to be determined. Anticipated to graduate in 2019.

- 2018 Member, Kimberly Funk, Non-Thesis Committee. Revision of Intermountain Healthcare's My Heart Challenge Nutrition Modules. Anticipated to graduate in 2018.
- 2018 Member, Caitlin Goodman, Non-Thesis Committee. Development and Implementation of Nutrition Intervention to Restore Menses in an Amenorrheic Endurance Runner. Anticipated to graduate in 2018.
- 2018 Member, Michelle Meinking, Non-Thesis Committee. Development and Implementation of Dairy Council of Utah/Nevada Farm-to-School Program. Anticipated to graduate 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. Anticipated to graduate 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. Anticipated to graduate 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. Anticipated to graduate in 2018.
- 2016 Member, Alessa Wade, Non-Thesis Committee. Development of Cardiovascular Related Case Studies for Coordinated Dietetics Students' Clinical Nutrition Course. Anticipated to graduate in 2017.
- 2016 Member, Allison Kraft, Non-Thesis Committee. Development and Implementation of Nutrition Education for Ballet West Academy dancers. Anticipated to graduate 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-present Research Digest Editor, SCAN newsletter; Sports, Cardiovascular and Wellness Nutrition (SCAN) dietetic practice group

IX. SERVICE

A. University Community Activities

Health Sciences

2014-2018 Facilitator, Interprofessional Education

Department

2016 Member, retention and promotion review committee

2016, 2019 Member, selection committee for Coordinated Master's Program students

B. External Service

2012- 2015 Executive Board Member, Girls on the Run, Inc.