

**TANYA M. HALLIDAY, Ph.D., RD**

*Curriculum Vitae*

Updated: 09.19.2022

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**CONTACT INFORMATION**

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University of Utah  
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**ACADEMIC APPOINTMENTS**

- 2018 - Present**      **Assistant Professor**  
University of Utah, Salt Lake City, UT  
Department of Health and Kinesiology
- 2018 - Present**      **Adjunct Assistant Professor**  
University of Utah, Salt Lake City, UT  
Department of Nutrition and Integrative Physiology
- 2016 - 2018**      **Postdoctoral Research Fellow**  
University of Colorado Anschutz Medical Campus, Aurora, CO  
School of Medicine; Division of Endocrinology, Metabolism, and Diabetes
- 2017**      **Adjunct Faculty (on-line)**  
University of New England, Biddeford, ME  
Masters of Public Health Program  
Masters of Applied Nutrition Program
- 2015 - 2016**      **Instructor**  
Virginia Tech, Blacksburg, VA  
Department of Human Nutrition, Foods, and Exercise
- 2013**      **Adjunct Faculty**  
Lynchburg College, Lynchburg, VA  
Department of Exercise Physiology
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**EDUCATION AND TRAINING**

- 2018**      **University of Colorado Anschutz Medical Campus, Aurora, CO**  
Postdoctoral Research Fellowship, Endocrinology, Metabolism, and Diabetes  
School of Medicine  
Mentors: Marc-Andre Cornier, MD and Edward L. Melanson, Ph.D.
- 2016**      **Virginia Tech, Blacksburg, VA**  
Doctorate of Philosophy, Clinical Physiology and Metabolism  
Department of Human Nutrition, Foods, and Exercise  
Mentor: Brenda M. Davy, Ph.D., RD
- 2011**      **University of Houston, Houston, TX**  
Dietetic Internship
- 2010**      **University of Wyoming, Laramie, WY**  
Bachelors of Science, Dietetics  
Department of Family and Consumer Sciences  
Mentor: Enette Larson-Meyer, Ph.D., RD
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## OTHER EMPLOYMENT HISTORY

- May 2017-July 2018**    **Anschutz Health and Wellness Center**  
**University of Colorado – Anschutz Medical Campus, Aurora, CO**  
Registered Dietitian and Health Coach  
My New Weigh – Medically Supervised Weight Loss Program
- July 2013-July 2018**    **Wellness Corporate Solutions, Bethesda, MD**  
Registered Dietitian and Health Educator (prn)
- Aug 2011-July 2016**    **Virginia Tech, Blacksburg, VA**  
Graduate Research Assistant  
Laboratory for Eating Behaviors and Weight Management AND  
Human Integrative Physiology Laboratory  
Department of Human Nutrition, Foods, and Exercise
- July 2011-Jan 2013**    **iRunnerBlog, New York City, NY** [no longer active]  
Sports Nutrition Writer  
“Nutrition Nerd” Column
- June 2011-July 2014**    **Dine, Dash, and Deadlift Blog** [no longer active]  
Owner and Nutrition, Exercise, and Health Blogger
- Oct 2010-June 2011**    **University of Houston, Houston, TX**  
Research Assistant  
Laboratory of Integrated Physiology  
Department of Health and Human Performance
- Sept 2008-May 2010**    **University of Wyoming, Laramie, WY**  
Undergraduate Research Assistant  
Nutrition and Exercise Laboratory AND  
Nutrition Sciences Laboratory  
Department of Family and Consumer Sciences
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## AWARDS, SCHOLARSHIPS, AND RECOGNITIONS

- 2021-2022**            **Distinguished Mentor Award**  
College of Health  
University of Utah  
\$750.00
- 2022**                 **Rebecca Snowball Reeves Continuing Education Award**  
Academy of Nutrition and Dietetics Foundation  
Funding to attend ObesityWeek Annual Meeting 2022  
\$1,000.00
- 2019-2020**         **Outstanding Recent Alumni**  
Department of Human Nutrition, Foods, and Exercise  
College of Agriculture and Life Sciences  
Virginia Tech
- 2019**                 **Emerging Investigator 1<sup>st</sup> Author Award**  
Research Dietetic Practice Group  
Academy of Nutrition and Dietetics
- 2017**                 **2<sup>nd</sup> Place – Ignite Talk Competition**  
2017 ObesityWeek Conference  
Bio-Behavioral Research Section  
\$200.00

- 2017**                    **Top 10 Abstract Award**  
2017 ObesityWeek Conference  
Bio-Behavioral Research Section
- 2017**                    **The Mathematical Sciences in Obesity Short Course**  
University of Alabama at Birmingham  
\$450.00 (course registration fee waived)
- 2016**                    **Outstanding Doctoral Student Award Recipient**  
Virginia Tech College of Agriculture and Life Sciences
- 2016**                    **SCAN Student Award Recipient**  
Sports, Cardiovascular, and Wellness Nutrition dietetic practice group
- 2016**                    **Nominee - Outstanding Graduate Student Instructor of Record**  
Virginia Tech
- 2016**                    **Patsyjane O'Malley Memorial Scholarship**  
Academy of Nutrition and Dietetics  
\$1,000.00
- 2016**                    **Research Dietetic Practice Group Student Research Award**  
Research Dietetic Practice Group (RDPG) of the Academy of Nutrition and Dietetics  
\$500.00
- 2016**                    **HNFE Travel Award**  
Virginia Tech, Department of Human Nutrition, Foods, and Exercise  
\$500.00
- 2016**                    **Donald Sebolt Memorial Fund – Research Travel Award**  
Virginia Tech, Department of Human Nutrition, Foods, and Exercise  
\$250.00
- 2016**                    **Micahel Houston Memorial Scholarship for Teaching Excellence**  
Virginia Tech, Department of Human Nutrition, Foods, and Exercise  
\$500.00
- 2015**                    **Nutrition Interest Group Student Research Award**  
American College of Sports Medicine, Nutrition Interest Group  
\$500.00
- 2015**                    **GSA Travel Award**  
Virginia Tech, Graduate School  
\$147.00
- 2015**                    **Donald Sebolt Memorial Fund – Research Travel Award**  
Virginia Tech, Department of Human Nutrition, Foods, and Exercise  
\$250.00
- 2015**                    **3<sup>rd</sup> Place – NACTA Poster Competition**  
North American Collegiate Teachers of Agriculture Meeting
- 2014**                    **Commission on Dietetic Registration Doctoral Scholarship**  
Academy of Nutrition and Dietetics  
\$10,000.00
- 2014**                    **Young Scholar Travel Award**  
Gatorade Sports Science Institute and the American College of Sports Medicine  
\$1,000.00

- 2014**                    **HNFE Travel Award**  
Virginia Tech, Department of Human Nutrition, Foods, and Exercise  
\$800.00
- 2014**                    **Gail E. Butterfield Nutrition Travel Award**  
American College of Sports Nutrition  
\$500.00
- 2014**                    **GSA Travel Award**  
Virginia Tech Graduate School  
\$140.00
- 2014**                    **Donald Sebolt Memorial Fund – Research Travel Award**  
Virginia Tech, Department of Human Nutrition, Foods, and Exercise  
\$500.00
- 2013**                    **HNFE Travel Award**  
Virginia Tech, Department of Human Nutrition, Foods, and Exercise  
\$700.00
- 2013**                    **Gail E. Butterfield Nutrition Travel Award**  
American College of Sports Nutrition  
\$500.00
- 2013**                    **Donald Sebolt Memorial Fund – Research Travel Award**  
Virginia Tech, Department of Human Nutrition, Foods, and Exercise  
\$1,000.00
- 2013**                    **25 Best Fitness Blogs of 2012**  
HellaWella
- 2012**                    **1<sup>st</sup> Place – Student Poster Competition**  
Virginia Dietetic Association Annual Meeting  
\$200.00
- 2010**                    **Outstanding Senior Award – Dietetics Department**  
University of Wyoming, Dietetics
- 2010**                    **Finalist – Senior of the Year, Department of Agriculture**  
University of Wyoming
- 2010**                    **Kohrs Memorial Dietetic Scholarship**  
University of Wyoming, Department of Family and Consumer Sciences  
\$1,000.00
- 2010**                    **Undergraduate Travel Award**  
University of Wyoming, Department of Family and Consumer Sciences  
\$300.00
- 2009**                    **Cheney Study Abroad Scholarship**  
University of Wyoming  
\$300.00
- 2009**                    **Undergraduate Travel Award**  
University of Wyoming, Department of Family and Consumer Sciences  
\$300.00
- 2008**                    **Student-Athlete Community Service Award**  
University of Wyoming Athletic Department

'05-'08 Seasons

**Mountain West Conference Scholar Athlete Award**

University of Wyoming

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**PROFESIONAL DEVELOPMENT: WORKSHOPS AND TRAINING**

- Spring 2022**      **Special Topics: Cognitive Behavioral Therapy and Mindfulness (SW6622)**  
University of Utah – College of Social Work
- Spring 2022**      **Leadership Career Development Series (LCDS) 2: Leading and Managing Teams and Organizations**  
University of Utah Health  
Office of Faculty Development  
20-hour course
- Oct 2021**        **NIH Early Career Reviewer**  
NIH Center for Scientific Review  
NIC Study Section
- Oct 2021**        **Eliminating Bias in Peer Review**  
NIH Center for Scientific Review  
30-minute training
- Dec 2019-2021**    **Vice President’s Clinical and Translational (VPCAT) Research Scholars Program**  
University of Utah  
Selected scholar  
2-year, competitive junior-faculty development program
- Spring 2021**      **Giving Awesome Scientific Presentations! (GASP!)**  
University of Utah  
8-week course designed to improve oral presentation skills for junior faculty
- Fall 2020**        **Design and Implementation of Clinical Trials (MDCRC 6040)**  
University of Utah School of Medicine
- Spring 2020**      **Leadership Career Development Series (LCDS) 1: Leading Oneself**  
University of Utah Health  
Office of Faculty Development  
20-hour course
- Sept 2019**        **Emerging Luminaries in Nutrition, Exercise, and Metabolism**  
Indiana University - Bloomington  
Selected attendee and presenter  
2-day intimate meeting and presentations with select junior scientists and senior leaders
- June 2019**        **Physiology of the Weight Reduced State (remote attendance)**  
National Institutes of Health, NIDDK  
2-day workshop
- Spring 2018**      **Behavioral Neuroendocrinology (NRSC 5092)**  
University of Colorado- Boulder
- June 2017**        **Short Course on Mathematical Sciences in Obesity Research (4<sup>th</sup> Offering)**  
University of Alabama Birmingham  
R25DK099080  
1 week workshop
- April 2017**        **NIH Grant Writing Course – Boulder, CO**  
The Grant Training Center- Arlington, Virginia

	2 day workshop
<b>Spring 2017</b>	<b>Protocol Development Workshop</b> University of Colorado- Anschutz Medical Campus 4-session bi-weekly workshop
<b>Fall 2016</b>	<b>Responsible Conduct of Research Training</b> University of Colorado- Anschutz Medical Campus 12-session, monthly training
<b>Fall 2016</b>	<b>Obesity and Cardiovascular Disease Course (IDPT 6006)</b> University of Colorado- Anschutz Medical Campus
<b>Fall 2016</b>	<b>Biostatistics Short Course</b> University of Colorado- Anschutz Medical Campus 6-session, biweekly course
<b>2015</b>	<b>Preparing the Future Professoriate Certificate</b> Virginia Tech 9 credits related to issues in higher education
<b>Summer 2014</b>	<b>Exercise in the Management and Prevention of Metabolic Diseases</b> The Karolinska Institute and the Swedish School of Sports Sciences (GIH) Stockholm, Sweden 6-credits of doctoral coursework
<b>Aug 2013-May 2016</b>	<b>Graduate Teaching Scholars Program</b> Virginia Tech College of Agriculture and Life Sciences Competitive fellowship program (<25% of applicants selected) involving extensive training and experience teaching at the college level. Funded the last 3 years of my PhD
<b>Summer 2013</b>	<b>Data Management Bootcamp</b> Virginia Tech 2-day workshop

## RESEARCH SUPPORT

### Current Research Support

<b>Jan 2023 – Dec 2023</b>	<b>Margolis Foundation</b> A circadian-based time restricted eating intervention to lower risk of diabetes in people with short sleep duration PI: Christopher M. Depner \$100,000.00 <b>Role: Co-I</b>
<b>Aug 2021 – July 2023</b>	<b>Western Dairy Center at Utah State University</b> <b><u>B</u>uilding <u>U</u>niversity-<u>I</u>ndustry <u>L</u>inkages through <u>L</u>earning and <u>D</u>iscovery for the Dairy Industry in the Western Regions (BUILD Dairy) Program</b> Effect of whey protein supplementation during the competitive season on athletic performance, recovery, and body composition in high school soccer players <b>PI: Tanya M. Halliday</b> \$116,228.00
<b>Oct 2020 – Feb 2023</b>	<b>University of Utah’s Center for Clinical and Translational Sciences</b> <b>KL2 Early Stage Investigator Career Development Award</b> Targeting maladaptive eating behaviors with mindfulness-based training to prevent weight regain

**PI: Tanya M. Halliday**  
\$333,500.00

**June 2020 – Dec 2022 American College of Sports Medicine (ACSM)**  
**Visiting Scholar Award**  
Measurement of gut-derived appetite hormones following acute aerobic vs. resistance exercise  
**PI: Tanya M. Halliday**  
\$5,000.00  
\*Extended Due to COVID-19

### Pending Research Support

**Pending Council Review**      **NIH NIDDK K01**  
Development and Pilot Testing of an Adaptive Intervention to Prevent Weight Regain Following Intentional Weight Loss in Adults with Overweight and Obesity  
**PI: Tanya M. Halliday**  
Impact Score: 31 from June Study Section

**Pending**      **NIH NIDDK R01**  
Targeting Food Reward Processes using the Mindfulness-Oriented Recovery Enhancement Intervention to Prevent Weight Regain: The MORE-PWR Trial  
**PI: Tanya M. Halliday**

**Pending**      **University of Utah-Washington University Diabetes Research Center Collaborative Pilot & Feasibility Awards**  
Timing of Resistance Exercise on Glycemic Control in Older Adults: The T-Rex Study  
**MPI: Tanya M. Halliday and Christopher M. Depner**

### Completed Research Support

**Nov 2020 – Nov 2021 University of Utah**  
**Research Instrumentation Fund (RIF)**  
Development of a Metabolic Kitchen for Clinical and Translational Research  
**PI: Tanya M. Halliday**  
\$15,146.27

**Oct 2018 – July 2021 University of Utah Diabetes and Metabolism Research Center**  
**Larry H. and Gail Miller Family Foundation**  
**Driving Our Diabetes Seed Grant**  
Alterations to Appetite Regulation Indices in Adults with Prediabetes Following Short-Term Aerobic vs. Resistance Exercise Training  
**PI: Tanya M. Halliday**  
\$50,000.00; 1 year + NCE (Tenure Clock Extension Issues and COVID-19)

**Aug 2018 – July 2021 NIH NIDDK**  
**R21 DK115200**  
The Effects of Resistance Training on Appetite Regulation  
**PI: Marc-Andre Cornier**  
\$275,000.00; 2 years  
**Role: Co-I (10% effort) + NCE (COVID-19)**

**May 2020 – Apr 2021 University of Utah's Immunology, Inflammation, and Infectious Disease (3i) Initiative and Office of the Vice President for Research**  
**Special Emphasis: Emerging COVID-19/SARS-CoV-2 Pilot Research**  
Sleep, diet, and physical activity during the COVID-19 pandemic: Relationships with psychological adjustment and illness prevention behaviors

PI: Kelly Baron  
**Role: Co-Investigator**  
\$25,000.00

- Sept 2018 – Aug 2020 University of Colorado Nutrition Obesity Research Center**  
**Pilot Funding**  
Influence of Acute Exercise Modality on Hormonal and Behavioral Appetite Regulation and Energy Intake  
**PI: Tanya M. Halliday**  
\$20,000.00; 1 year + NCE  
Competitive Renewal
- Mar 2018 – Dec 2019 The Center for Integrative Medicine & Complementary Alternative Medicine Practitioners United with Scientists**  
**Small Grants Program Center**  
A Mindfulness Intervention for Weight Loss Maintenance: A Pilot and Feasibility Study  
**PI: Marc-Andre Cornier**  
\$10,000.00; 1 year + NCE  
**Role: Co-I (5% effort)**
- Oct 2017 – Dec 2019 University of Colorado – Anschutz Medical Campus**  
**Center for Women’s Health Research**  
**Junior Faculty Research Development Award**  
Exercise Modality and Appetite Regulation: Do Differences Exist between Men and Women?  
**PI: Tanya M. Halliday**  
\$25,000.00; 1 year + NCE
- June 2017-May 2019 University of Colorado Clinical and Translational Research Center**  
**Microgrant Award**  
Influence of Acute Exercise Modality on Appetite Regulation and Energy Intake  
**PI: Tanya M. Halliday**  
\$20,000.00; 2.0 years
- Sept 2017-Aug 2018 University of Colorado Nutrition Obesity Research Center**  
**Pilot Funding**  
Influence of Acute Exercise Modality on Hormonal and Behavioral Appetite Regulation and Energy Intake  
**PI: Tanya M. Halliday**  
\$20,000.00; 1.0 years
- Aug 2017-July 2018 NIH T32 Training Grant- Nutrition**  
**T32DK07658**  
PI: Nancy F. Krebs  
**Role: Selected Trainee**
- Aug 2016-July 2017 NIH T32 Training Grant- Diabetes, Endocrinology, and Metabolism**  
**T32DK007446**  
PI: Daniel H. Bessesen  
**Role: Selected Trainee**
- 2012 SCAN Graduate Research Grant Award**  
Added Sugar Intake and Arterial Stiffness  
**PI: Tanya M. Halliday**  
\$2,000.00; 1.0 years





Mindfulness-Based Therapy to Prevent Weight Regain Following Intentional Weight Loss

PI: Jaclynn (Jackie) Smith

\$1,200.00; 0.3 years

**Role: Mentor**

**Spring 2021**

**University of Utah Undergraduate Research Opportunity Program (UROP)**

A Literature Review to Determine Best Approaches to Recruit and Enroll Adults with Prediabetes into a Clinical Exercise Intervention

PI: Michael Maio

\$1,200.00; 0.3 years

**Role: Mentor**

**Spring 2020**

**University of Utah Undergraduate Research Opportunity Program (UROP)**

The Effect of Prediabetic Phenotypes on Health Assessments and Exercise Intervention; Renewal

PI: Margaret (Maggie) Bielefeld

\$1,200.00; 0.3 years

**Role: Mentor**

**Spring 2020**

**University of Utah Undergraduate Research Opportunity Program (UROP)**

Are Fasting and Postprandial Appetite Ratings Influenced by Prediabetes Phenotype?; Renewal

PI: Savannah McCoy

\$1,200.00; 0.3 years

**Role: Mentor**

**Fall 2019**

**University of Utah Undergraduate Research Opportunity Program (UROP)**

The Effect of Prediabetic Phenotypes on Health Assessments and Exercise Intervention

PI: Margaret (Maggie) Bielefeld

\$1,200.00; 0.3 years

**Role: Mentor**

**Fall 2019**

**University of Utah Undergraduate Research Opportunity Program (UROP)**

Are Fasting and Postprandial Appetite Ratings Influenced by Prediabetes Phenotype?

PI: Savannah McCoy

\$1,200.00; 0.3 years

**Role: Mentor**

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## PUBLICATIONS

\*indicates student mentee

### Peer-Reviewed Publications

1. Purcell SA, Legget KT, **Halliday TM**, Pan Z, Creasy SA, Blankenship JM, Hild A, Tregellas JR, Melanson EL, Cornier MA. Appetitive and metabolic responses to an exercise versus dietary intervention in adults with obesity. *In Press. Translational Journal of ACSM.*
2. Morgan-Bathke M, Baxter SD, **Halliday TM**, Lynch A, Malik N, Raynor HA, Garay JL, Rozga M. Weight management interventions delivered by a dietitian for adults with overweight and obesity: An Evidence Analysis Center systematic review and meta-analysis. *E-pub ahead of print. Journal of the Academy of Nutrition and Dietetics.*
3. Orr K\*, Ta Z\*, Shoaf K, **Halliday TM**, Tobin S\*, Baron KG. Sleep, Diet, Physical Activity, and Stress during the COVID-19 pandemic: A Qualitative Analysis. *Behav Sci*, 2022, 12(13):66.
4. Henderson GC, Hashimoto T, Irving BA, **Halliday TM**. Editorial: Mechanisms linking transport and utilization of metabolic fuels to the impact of nutrition and exercise upon health. *Frontiers Nutr.* 2021;8:803369.

5. Herdick VE, **Halliday TM**, Davy BM, Zoellner JM, Jahren AH. A single-carbon stable isotope ration model prediction equation can estimate self-reported added sugars intake in an adult population living in southwest Virginia. *Nutrients*, 2021, 13(11),3842.
6. Tobin SY\*, Cornier MA, White MH\*, Hild AK, Simonsen SE, Melanson EL, **Halliday TM**. The effects of acute exercise on appetite and energy intake in men and women. *Physiology & Behavior*. 2021;241:113562.
7. Tobin SY\*, Williams P, Baron K, **Halliday TM**, Depner CM. Challenges and Opportunities for Applying Consumer Wearables to Sleep. *Sleep Med Clin*, 2021 Dec;16(4):607-618.
8. **Halliday TM**, White MH\*, Hild AK, Conroy MB, Melanson EL, Cornier MA. Appetite and energy intake regulation in response to acute exercise. *Med Sci Sports Exer*. 2021;53(10):2173-2181.
9. Kroeger CM, Hannon BA, **Halliday TM**, Ejima K, Teran-Garcia M, Brown AW. Evidence of misuse of nonparametric tests in the presence of heteroscedasticity within nutrition and obesity research. *F1000Res*, 2021, 10:391.
10. Turner-McGrievy G, **Halliday TM**, Moore JM. COVID19 messed up my research: Insights from physical activity and nutrition translational research. *Transl Journ ACSM*, 2021;6(4).
11. Kroeger GM, Ejima K, Hannon BA, **Halliday TM**, McCombs B, Teran-Garcia M, Dawson JA, King DB, Brown AW, Allison DB. Persistent confusion in nutrition and obesity research about the validity of classic nonparametric tests in the presence of heteroscedasticity: Evidence of the problem and valid alternatives. *Am J Clin Nutr*, 2021;11;113(3):517-524. PMID:33515017; PMCID: PMC7948897.
12. Foright R, **Halliday TM**, Melanson EL, Hild A, Legget KT, Tregellas JR, Cornier MA. Effects of Exercise During Weight Loss Maintenance on Appetite Regulation in Women. *Translational Journal of the ACSM*, 2020;5(12):e000133
13. Xu L, Rogers CR, **Halliday TM**, Wu Q, Wilmouth LM. Correlates of Physical Activity, Psychosocial Factors, Home Environment Exposure, and Modifiable Cancer Risk Factors Among U.S. Adolescents: Insights from the FLASHE Study *Int J Environ. Res Public Health* , 2020;17(16):5753
14. **Halliday TM**, Rynders CA, Thomas EA, Bergouignan A, Pan Z, Kealey EH, Cornier MA, Bessesen DH. Appetite-related responses to overfeeding and longitudinal weight change in obesity prone and obesity resistance adults. *Obesity*, 2020;28:259-267. PMID: 31970906; PMCID: PMC6986307  
\*Editor's Choice Manuscript
15. **Halliday TM**, Frisard MI. Exercise and Nutrition Science Students' Perceptions of Blogging as a Required Course Component. *Translational Journal of the ACSM*, 2020;5(2):6-20.  
\*Editor's Choice Manuscript
16. Thomas DM, Clark N, Turner D, Siu C, **Halliday TM**, Hannon BA, Kahathuduwa CN, Kroeger CM, Allison, DB. Best (but oft-forgotten) practices: Identifying and accounting for regression to the mean in nutrition and obesity research. *Am J. Clin Nutr*. 2020;111(2):256-265. PMID: 31552422; PMCID: PMC6997628
17. Larson-Meyer DE, Douglass C, Thomas J, Johnson E, Barcal J, Heller J, Hollis B, **Halliday T**. Validation of a Vitamin D Specific Questionnaire to Determine Vitamin D Status in Athletes. *Nutrients*, 2019;11(11):32732. PMID: 31717985; PMCID: PMC6893639
18. **Halliday T**, Polsky S, Schoen J, Legget K, Tregellas J, Cornier M. Comparison of Surgical versus Diet-Induced Weight Loss on Appetite Regulation and Metabolic Health Outcomes. *Physiological Report*, 2019; 7(7): e14048. PMID: 30927343; PMCID: PMC6440915
19. Liu SV, Moore LB, **Halliday TM**, Jahren AH, Savla J, Hedrick VE, Marinik EL, Davy BM. Short-term changes in added sugar consumption by adolescents reflected in the carbon isotope ratio of fingerstick blood. *Nutrition and Health*, 2018;24(4):251-259 PMID: 30231801
20. **Halliday TM**, Liu SV, Moore LB, Hedrick VE, Davy BM. Adolescents perceive a low added sugar adequate fiber diet to be more satiating and equally palatable compared to a high added sugar low fiber diet in a

randomized-crossover design controlled feeding pilot trial. *Eating Behaviors*, 2018;30:9-15. PMID: 29751193; PMCID: PMC6047920

21. Tarpey MD, McMillan RP, Bowser SM, **Halliday TM**, Boutagy NE, Davy KP, Davy BM, Frisard MI, Hulver, MW. Skeletal muscle autophagy and mitophagy in endurance-trained runners before and after a high-fat meal. *Molecular Metabolism*, 2017;6(12):1597-1609. PMID: 29097020; PMCID: PMC5699914
22. Moore LB, Liu SV, **Halliday TM**, Neilson AP, Hedrick VE, Davy BM. Urinary Excretion of Sodium, Nitrogen, and Sugar are Valid Biomarkers of Dietary Sodium, Protein, and High Sugar Intake in Non-Obese Adolescents. *Journal of Nutrition*, 2017;147(12):2364-2373. PMID: 28931586; PMCID: PMC5697967
23. **Halliday TM**, Savla JT, Marinik EM, Hedrick VE, Winett RA, Davy BM. Resistance Training is Associated with Spontaneous Changes in Aerobic Physical Activity but not Overall Diet Quality in Adults with Prediabetes. *Phys and Behav*. 2017;177:49-56. PMID: 28414072.
24. Davy BM, Winett RA, Savla J, Marinik EL, Baugh ME, Flack KD, **Halliday TM**, Kelleher SA, Winett SG, Williams DM, Boshra S. Resist Diabetes: A randomized clinical trial for resistance training maintenance in adults with prediabetes. *PLoS ONE*. 2017;12(2). PMID: 28231265; PMCID: PMC5322950
25. **Halliday TM**, Davy BM, Loenneke JP. Dietary intake, body composition, and menstrual cycle changes during competition preparation and recovery in a drug-free figure competitor: A case study. *Nutrients*. 2016;8:740. PMID: 27879627; PMCID: PMC5133123
26. Buckner SL, Dankel SJ, Counts BR, Barnett BE, Jessee MB, Mouser JG, **Halliday TM**, Loenneke JP. Does the time of your health screening alter your “health”? *International J of Cardiology*. 2016;220:524-526. PMID: 27390981.
27. Buckner SL, Dankel SJ, Counts BR, Barnett BE, Jessee MB, Mouser JG, **Halliday TM**, Loenneke JP. Do rhythms exist in elbow flexor torque, oral temperature, and muscle thickness during normal waking hours? *Physiol Behav*. 2016;160:12-17. PMID: 27020314.
28. Mitchell CM, Davy BM, **Halliday TM**, Hulver MW, Nielson AP, Ponder M, Davy KP. The effect of prebiotic supplementation with inulin on the gut microbiome and cardio-metabolic health: Rationale, design, and methods of a controlled feeding efficacy trial in adults at risk for type 2 diabetes. *Contemp Clin Trials*. 2015; 45(B):328-337. PMCID: PMC4743874
29. Winett RA, Davy BM, Savla J, Marinik EL, Kelleher SA, Winett SG, **Halliday TM**, Williams DM. Theory-based approach for maintaining resistance training in older adults with prediabetes: Adherence, barriers, self-regulation strategies, and cost. *Transl Behav Med*. 2015;5(2):149-159. PMCID: PMC4444707
30. Davy BM, **Halliday TM**, Davy KP. Sodium intake and blood pressure: New controversies, new labels...new guidelines? *JAND*. 2015;115(2):200-204. PMID: 25454153
31. **Halliday TM**, Davy BM, Clark AG, Baugh ME, Hedrick VE, Marinik EL, Flack KD, Savla J, Winett S, Winett RA. Dietary intake modification in response to participation in a resistance training program for sedentary older adults with prediabetes: Findings from the Resist Diabetes study. *Eating Behaviors*. 2014;15(3):379-382. PMCID: PMC4115251
32. Davy BM, Potter KL, Dennis Parker EA, Harden S, Hill JL, **Halliday TM**, Estabrooks PA. Feasibility, effectiveness, and perceptions of an Internet-and incentive-based behavioral weight loss intervention for overweight and obese college freshmen: a mixed methods approach. *Open Journal of Preventive Medicine*. 2013;3(7):429-440.
33. **Halliday TM**, Peterson NJ, Thomas JJ, Kleppinger K, Hollis BW, Larson-Meyer DE. Vitamin D status relative to diet, lifestyle, injury, and illness in college athletes. *Med Sci Sports Exerc*. 2011;43(2):335-43. PMID: 20543748.

### **Manuscripts in Review:**

1. **Halliday TM**, Purcell SA, Legget KT, Tregellas JR, Melanson EL, Cornier MA. Differences in behavioral and hormonal appetite markers between Responders and Non-Responders to exercise-induced weight loss. *In Review*.
2. Thomas JV, Tobin SY, Mifflin MG, Burns RD, Bailey RR, Purcell SA, Melanson EL, Cornier MA, **Halliday TM**. The effects of acute bouts of aerobic and resistance exercise on non-exercise physical activity. *In Review*.
3. **Halliday TM**, McFadden M, Cedillo M, Barone-Gibbs B, Hess R, Bryce C, Fischer GS, Huber K, McTigue KM, Conroy MB. Use of lifestyle strategies after intentional weight loss: results from the MAINTAIN-pc randomized clinical trial. *In Review*.
4. **Halliday TM**, Klatt KC, Tobin SY, Jebeile H, Vorland CJ, Allison DB, Conroy MB, Kelly AS, Cardel MI. Continuing the conversation on weight management and Health at Every Size: A Commentary on the Role of the Registered Dietitian Nutritionist in Intentional Weight Loss Efforts. *In Review*.

### **Letters to the Editor:**

1. **Halliday T**, Thomas D, Siu C, Allison D. Failing to Account for Regression to the Mean Results in Unjustified Conclusions: Letter Concerning “Strong, healthy, energized: Striving for a healthy weight in an older lesbian population. *J Women Aging*, 2018;30(1):2-5. PMID: 29220635; PMCID: PMC6530595

### **Professional Publications:**

1. **Halliday TM**, Davy BM, Jahren AH, Liu SV, Davy KP. Added sugar intake, serum  $\delta^{13}\text{C}$  value, and cardiovascular risk in healthy adults: a preliminary study. *The Pulse. Quarterly Publication from the Sports, Cardiovascular, and Wellness Dietetic Practice Group*. Spring 2016 Issue.
2. **Halliday TM**, Harrell TK, Davy BD. Water and Sugar-Sweetened Beverage Intake in Children from a Health Disparate Region: A Comparison with National Intake Data and the US Dietary Guidelines. *The Digest: The Research Dietetic Practice Group Publication*. 2012 Oct;47(5):1-6. **\*CPEU Article**

### **Undergraduate Journal Publications:**

1. Maio M\*, **Halliday TM**. Determination of Best Recruitment Practices for Adults with Prediabetes: A Literature Review. *University of Utah Undergraduate Research Journal*. 2022 Issue.
2. McCoy S\*, Bielefeld M\*, **Halliday TM**. Insulin and glucose: biomarkers of appetite following acute exercise? *University of Utah Undergraduate Research Journal*. 2020 Issue.

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## **PRESENTATIONS**

1. **Weight Loss and Weight Loss Maintenance: Improving Long-Term Success**  
Section of Nutrition Seminar Series  
University of Colorado – Anschutz Medical Campus  
Virtual, Feb, 24, 2022
2. **Efficacy of Health at Every Size (HAES) Approaches to Treat Obesity**  
Weight Management dietetic practice group Symposium  
Academy of Nutrition and Dietetics  
Virtual, Feb, 8, 2022
3. **Nutrition Brew: Appetite and Energy Intake Regulation in Response to Acute Exercise**  
Nutrition Interest Group  
American College of Sports Medicine  
Virtual, Dec, 9, 2021
4. **Getting Past It: Using Twitter to Benefit You**

Utah VPCAT (Vice President's Clinical and Translational) Scholars Program  
University of Utah  
Salt Lake City, UT, May, 12, 2021

5. **Mindfulness-Oriented Recovery Enhancement: An Efficacious Strategy for Preventing Weight Regain?**  
Utah CCTS – K-Club Presentation  
University of Utah  
Salt Lake City, UT, January, 5, 2021
6. **PANEL: Twitter isn't Just for Politics and Celebrities: Using Social Media in Academia**  
Diabetes and Metabolism Research Center  
Virtual Research Recharge  
University of Utah  
Salt Lake City, UT. November 6, 2020
7. **The Role of Hormones and Behavior on Appetite Regulation and Weight Management**  
Diabetes and Metabolism Research Center  
Virtual Research Recharge  
University of Utah  
Salt Lake City, UT. November 3, 2020
8. **Maintaining Weight Loss Long-Term: Is Mindfulness The Key?**  
Utah CCTS – K-Club Presentation  
University of Utah  
Salt Lake City, UT. October 21, 2019
9. **The Strange Science of Sports Recovery**  
Panel Discussion following Christie Aschwanden (Author of 'Good to Go') presentation  
University of Utah  
Salt Lake City, UT. October 4, 2019
10. **Can Mindfulness-Based Interventions Lead to Successful Weight Loss Maintenance?**  
Emerging Luminaries in Nutrition, Exercise, and Metabolism  
Indiana University-Bloomington  
Bloomington, IN. September 27, 2019
11. **Mindfulness Interventions for Management of Cardiometabolic Health and Body Weight: Science-based or Biased-based?**  
Health Behaviors Seminar Series – Diabetes and Metabolism Research Center  
University of Utah  
Salt Lake City, UT. June 13, 2019.
12. **Lifestyle Strategies for Effective Weight Loss & Weight Loss Maintenance: What Role do Appetite-Related Hormones Play?**  
Research in Progress Seminar – Diabetes and Metabolism Research Center  
University of Utah  
Salt Lake City, UT. May 6, 2019
13. **Mindfulness Interventions for Management of Cardiometabolic Health and Body Weight: Science-based or Biased-based?**  
35<sup>th</sup> Annual Sports, Cardiovascular, and Wellness Nutrition (SCAN) Symposium.  
Phoenix, AZ. April, 2019.
14. **If You Build It, They Will Come: Establishing Professional Partnerships and Creating Referral Networks to Your Weight-Management Dietetics Practice.**

Live and recorded webinar presentation for the Weight Management dietetic practice group.  
Online. September 11, 2018

15. **Sharing Your Science on Social: Harnessing the Power of Twitter for Career Development**  
Workshop Presentation for the Center for Women's Health Research at the University of Colorado.  
Aurora, CO. June 15<sup>th</sup>, 2018
16. **Physical Activity, Fitness, and Sedentary Behavior: Implications for Energy Balance and Appetite.**  
Symposium at 2018 American College of Sports Medicine Annual Meeting,  
Minneapolis, MN. May 31, 2018.  
Chair: John Thyfault. Speakers: John Blundell, Tanya Halliday, Robin Shook, and Matthew Morris
17. **Sharing Your Science on Social: Tips and Guidance for Beginners.**  
Tutorial Lecture at 2018 American College of Sports Medicine Annual Meeting,  
Minneapolis, MN. May 31, 2018.  
Speakers: Tanya Halliday and Caitlin Kinser
18. **Go Further with Food: How to Enhance Your Practice and Improve Patient Outcomes by Providing Nutrition Guidance that is Reliable, Relevant, and Realistic**  
Center for Women's Health Research CME Event  
Aurora, CO. March 3, 2018
19. **A Randomized-Controlled Trial of the "Reverse Diet": Is this Novel Strategy the Key to Successful Weight Management for Weight-Reduced Adults with Overweight/Obesity?**  
IGNITE Talk Competition Finalist – Bio-Behavioral Research Section  
ObesityWeek Annual Meeting  
Washington, D.C. November 1, 2017  
**\*Awarded 2<sup>nd</sup> place at the live competition**
20. **Appetite-Regulating Strategies for Effective Weight Loss and Weight Loss Maintenance: Searching for the Holy Grail.**  
Nutrition Seminar Series; Section of Nutrition, Department of Pediatrics School of Medicine, University of Colorado Anschutz Medical Campus  
Aurora, CO. October 5, 2017
21. **Time for the Talk: Prescribing Exercise and Diet for Your Patients.**  
14<sup>th</sup> Annual Rocky Mountain Metabolic Syndrome Symposium.  
Aurora, CO. May 19, 2017
22. **Does Resistance Training Influence Other Health-Related Behaviors?**  
Anschutz Health and Wellness Center at the University of Colorado  
Monthly Town Hall Meeting  
Aurora, CO. December 15, 2016
23. **Nutritional Considerations for Physique Athletes**  
32<sup>nd</sup> Annual Sports, Cardiovascular, and Wellness Nutrition (SCAN) Symposium.  
Portland, OR. April, 2016.
24. **Physical Activity across the Lifecycle.**  
Wyoming Academy of Nutrition and Dietetics Annual Meeting.  
Laramie, WY. April 2015.
25. **Sodium Guidelines: Controversy & Confusion.**  
Wyoming Academy of Nutrition and Dietetics Annual Meeting.  
Laramie, WY. April 2015.  
**\*Keynote Presentation**
26. **Digital Dietitians: Developing Social Media Skills in a Technology Driven World.**  
Southwest Virginia Dietetics Association Spring Member Meeting.

Radford, VA. March, 2015  
Co-presenter w/ Kristen Chang, MS, RD

27. **A Conversation about Utilizing Social Media in the Classroom for Educational Purposes: When it's justified and when it's just noise.**  
7<sup>th</sup> Annual Conference on Higher Education Pedagogy  
Blacksburg, VA. February 2015  
Co-presenter w/ Courtney Venegrin, MS
  28. **140 Characters or Less: Social Media for Faculty and Grad Students.**  
Virginia Tech Department of Human Nutrition, Foods and Exercise Faculty/Graduate Seminar.  
Blacksburg, VA. February, 2014
  29. **Sports Nutrition for Women's Basketball.**  
Lynchburg College Athletic Department.  
Lynchburg, VA. April, 2013
  30. **Sports Nutrition Considerations for Collegiate Lacrosse Players.**  
Lynchburg College Athletic Department. Lynchburg, VA. October, 2012
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## ABSTRACTS

\*denotes student mentee/advisee

1. Tobin SY\*, DeSalvo K, Smith JK\*, Beachman A, Chamberlain E, Cornier MA, **Halliday TM**. *A feasibility trial to determine the effect of mindfulness on weight-loss maintenance*. Abstract accepted for poster presentation at the ACSM annual meeting. San Diego, CA, 2022.
2. Thomas JV\*, Tobin SY\*, Burns RD, Bailey RR, Melanson, EL, Cornier MA, Halliday TM. *The effect of single bouts of aerobic and resistance exercise on non-exercise physical activity*. Abstract accepted for oral presentation at the ACSM annual meeting. San Diego, CA, 2022.
3. Baron KG, Shoaf K, Nicholls C\*, Tobin S\*, **Halliday T**, Prather AA. *Daily relationships between sleep and stress during the COVID-19 pandemic: Roles of perseverative cognition and physical activity*. Abstract submitted for poster presentation at the SLEEP Annual Meeting, Charlotte, NC, 2022.
4. Maio M\*, **Halliday TM**. *Determination of Best Recruitment Practices for Adults with Prediabetes: A Literature Review* (Poster presentation). University of Utah Undergraduate Research Symposium, 2022
5. Malik N, Baxter SD, Garay JL, **Halliday T**, Lynch A, Morgan-Bathke, Raynor HA, Rozga M. *Weight Management Interventions Provided by a Dietitian for Adults with Overweight or Obesity: An Evidence Analysis Center Systematic Review and Meta-Analysis*. (Poster presentation). Academy of Nutrition and Dietetics' Food and Nutrition Conference and Expo (FNCE), 2021 (Virtual Meeting Due to COVID-19).
6. Or K\*, Ta Z\*, Shoaf K, **Halliday T**, Lopez I, Carbahal-Salisbury, Baron K. *Sleep, Diet, and Physical Activity in the COVID-19 Pandemic: A Qualitative Analysis*. (Poster presentation). University of Utah COVID-19 Symposium, 2021. (Virtual meeting due to COVID-19)
7. Purcell SA, Legget KT, **Halliday TM**, Tregellas JR, Melanson EL, Cornier MA. *Postprandial Metabolite Responses to Exercise versus Dietary Interventions in Adults with Overweight or Obesity*. Abstract submitted to ObesityWeek, 2021 (Virtual meeting due to COVID-19)
8. Tobin S\*, **Halliday T**, Burns R, Quedan F, Glazer-Baron K. *Factors Influencing Physical Activity During The COVID-19 Pandemic In Adults From Utah*. (Poster presentation). ACSM Annual Meeting, 2021 (Meeting held virtually due to COVID-19)
9. Bielefeld M\*, McCoy S\*, **Halliday TM**. *Insulin and Glucose: Biomarkers of Appetite Regulation Following Acute Exercise?* (Poster presentation). University of Utah Undergraduate Research Symposium, 2020 (Virtual Presentation due to COVID-19)



10. **Halliday TM**, White MW\*, Hild AK, Miller JR, Melanson EL, Cornier MA. *Decreased Ghrelin and Increased PYY and GLP-1 Following Acute Aerobic vs. Resistance Exercise*. (Thematic Poster presentation). ACSM Annual Meeting, San Francisco, CA, 2020 (Meeting held virtually due to COVID-19)
11. Tobin SY\*, Cornier MA, White MW\*, Hild AK, Miller JR, Melanson EL, **Halliday TM**. *Effects of Acute Exercise on Appetite Regulation and Energy Intake in Men and Women*. (Poster presentation). ACSM Annual Meeting, San Francisco, CA, 2020 (Meeting canceled due to COVID-19)
12. Purcell SA, Legget KT, **Halliday TM**, Creasy SA, Blankenship JM, Hild A, Tregellas JR, Melanson EL, Cornier MA. *Non-Exercise Activity during Dietary Restriction or Aerobic Exercise Interventions in Individuals with Overweight or Obesity*. (Poster presentation). ACSM Annual Meeting, San Francisco, CA, 2020 (Meeting canceled due to COVID-19)
13. Miller JR, **Halliday TM**, White M\*, Melanson EL, Cornier MA. *Responses of delay discounting and behavioral economic demand for food to acute exercise and relations with BMI*. (Poster presentation). Society of Behavioral Medicine Annual Meeting and Scientific Sessions. San Francisco, CA, 2020. (Meeting canceled due to COVID-19)
14. Iwamoto SJ, **Halliday TM**, Hild AK, Schneider A, Rakeen B, Tregellas JR, Cornier MA. *The Effects of Obesity on Appetite Regulation in Older-Aged Adults*. (Poster presentation). ObesityWeek Annual Meeting of The Obesity Society, Las Vegas, NV, 2019.
15. **Halliday TM**, Legget KT, Hild AK, Melanson EL, Tregellas JR, Cornier MA. *Differences in Appetite Indices between Compensators vs Non-Compensators to Exercise Training*. (Poster presentation). ObesityWeek Annual Meeting of The Obesity Society, Las Vegas, NV, 2019.
16. Schmalz DL, **Halliday TM**, Scott J. *Weight-Related Stigma, Body Esteem, and Health Behaviors among Bariatric Surgery Patients*. (Poster presentation). ObesityWeek Annual Meeting of The Obesity Society, Las Vegas, NV, 2019.
17. **Halliday TM**. *Alterations to Appetite Regulation Indices in Adults with Prediabetes Following Short-Term Aerobic vs. Resistance Exercise: Project Overview & Methods*. (Poster presentation). Diabetes and Metabolism Research Center Fall Retreat, Salt Lake City, UT, 2019.
18. **Halliday TM**, White MH\*, Bitton DM\*, Hild AK, Miller JR, Melanson EL, Cornier MA. *Ghrelin and PYY are Differentially Altered Following an Acute Bout of Aerobic vs Resistance Exercise*. (Poster presentation). ACSM Annual Meeting, Orlando, FL, 2019.
19. Iwamoto SJ, **Halliday TM**, Hild A, Rakeen B, Tregellas JR, Cornier MA. *Age-related Differences in Appetite Regulation Among Adults with Obesity: More than Just Hunger, PYY, Ghrelin, Oh My?!?!?* (Oral Slide Presentation). Endocrine Society Annual Meeting, New Orleans, LA, 2019.  
**\*Presidential Poster Competition Winner**
20. RL Bender\*, DL Dufour, **TM Halliday**, MA Cornier, AC Barnes. *Neither protein content nor protein quality influence human energy intake: preliminary results from an experimental test of the Protein Leverage Hypothesis*. (Poster presentation). Human Biology Association Annual Meeting, 2019.
21. **Halliday TM**, Legget KT, Hild AK, Melanson EL, Tregellas JR, Cornier MA. *Appetite Responses to Aerobic Exercise Training in Inactive Adults with Overweight and Obesity*. (Poster presentation). ObesityWeek Annual Meeting of the Obesity Society, Nashville, TN, 2018
22. **Halliday TM**, Bitton DM\*, Hild AK, Miller JR, Melanson EL, Cornier MA. *Appetite Responses to Acute Aerobic and Resistance Exercise in Adults with Overweight/Obesity*. (Poster presentation). ObesityWeek Annual Meeting of the Obesity Society, Nashville, TN, 2018
23. Kroeger CM, Hannon B, **Halliday TM**, Teran-Garcia M, Allison DB. *Misuse of nonparametric tests in the presence of heteroscedascity in obesity research*. (Poster presentation). ObesityWeek Annual Meeting of the Obesity Society, Nashville, TN, 2018

24. **Halliday TM**, Bitton DM\*, Hild AK, Miller JR, Melanson EL, Cornier MA. *Appetite Responses to Acute Aerobic and Resistance Exercise in Physically Inactive Women with Overweight/Obesity*. (Poster presentation). National Conference on Women's Health Research, Denver, CO, 2018.
25. Bergouignan A, Laurens C, Zahariev A, Garnotel M, **Halliday T**, Thevenot C, Maillet A, Gauquelin-Koch G, Simon C, Blanc S. *ENERGY: Astronaut's energy requirements during long-term space flights*. (Oral Slide Presentation). Human Spaceflight and Weightlessness Science: an International Workshop on Science and Technology for Space Exploration, Toulouse, France, 2018.
26. Douglas C, **Halliday T**, Thomas J, Barcal J, Heller J, Larson-Meyer DE. *Is a food frequency questionnaire a valid predictor of vitamin D status in Athletes?* (Poster presentation). Annual SCAN Annual Symposium, Keystone Resort, CO, 2018
27. Bitton D\*, Schneider S\*, Hild A, Cornier MA, **Halliday T**. *Role of acute exercise modality on subjective appetite and food cravings*. (Poster presentation). Regis University Biomedical Sciences Research Symposium, Denver, CO, 2018
28. Kroeger CM, Hannon B, **Halliday TM**, Teran-Garcia M, Allison DB. *Use of open science R packages to semi-automate methods for a systematic review of the misuse of nonparametric tests in the presence of heteroscedasticity*. (Poster presentation). Indiana Public Health Association annual meeting, Bloomington, IN, 2018.
29. Mitchell CM, Baugh ME, **Halliday TM**, McMillan RP, Neilson AP, Ponder MA, Hulver MW, Davy BM, Davy KP. *Prebiotic supplementation with inulin and metabolic health in adults at-risk for type 2 diabetes*. (Poster presentation). ObesityWeek Annual Meeting of the Obesity Society, Washington, DC, 2017.
30. **Halliday TM**, Thomas EA, Foright RM, Hild AK, Legget KT, Tregellas JR, Cornier MA. *Sex Differences in Appetite Indices when a Caloric Load "Relative" to Energy Needs is Provided*. (Poster presentation). ObesityWeek Annual Meeting of the Obesity Society, Washington, DC, 2017.  
\***Bio-Behavioral Research Section Top 10 Abstract Award**
31. Thomas EA, **Halliday TM**, Legget KT, Tregellas JR, Bessesen DH, Cornier MA. *Effects of Food Intake Behaviors on Longitudinal Weight Change*. (Poster presentation). ObesityWeek Annual Meeting of the Obesity Society, Washington, DC, 2017.
32. **Halliday T**, Tregellas J, Schoen J, Polsky S, Cornier MA. *Surgical vs Diet-Induced Weight Loss on Insulin Sensitivity*. (Poster presentation). Scientific Sessions of the American Diabetes Association, San Diego, CA. 2017
33. **Halliday TM**, Legget KT, Hild AK, Tregellas JR, Melanson EL, Cornier MA. *Aerobic Exercise Training Increases Dietary Restraint and Reduces Hunger and Energy Intake in Overweight/Obese Adults*. (Oral Slide Presentation). Annual Meeting of the American College of Sports Medicine, Denver, CO 2017.
34. Baugh ME, Winett RA, Savla J, Marinik EL, Flack F, **Halliday TM**, Kelleher SA, Winett SG, Williams D, Boshra S, Davy BM. *Resist Diabetes: A randomized clinical trial for resistance training maintenance*. (Poster presentation). ObesityWeek Annual Meeting of the Obesity Society, New Orleans, LA, 2016.
35. **Halliday TM**, Liu SV, Moore LB, Hedrick VE, Marinik EM, Young MJ, Jaeger LM, Davy BM. *A Comparison of Hunger, Fullness, and Palatability between Low (5%) and High (25%) Added Sugar Diets in Adolescents*. (Poster presentation). Academy of Nutrition and Dietetics' Food and Nutrition Conference and Expo (FNCE), Boston, MA, 2016.  
\* **Research Dietetic Practice Group Student Research Award Recipient**
36. Hedrick V, **Halliday T**, Davy B, Jahren AH, Zoellner J. *The Potential of a Single- Versus a Dual-isotope Prediction Equation for Added Sugar Consumption*. (Poster presentation). Academy of Nutrition and Dietetics' Food and Nutrition Conference and Expo (FNCE), Boston, MA, 2016.

37. Liu SV, Moore LB, **Halliday TM**, Hedrick VE, Marinik EM, Davy BM. *Validation of a Method to Predict Total Daily Energy Needs in Non-Obese Adolescents*. (Poster presentation). Academy of Nutrition and Dietetics' Food and Nutrition Conference and Expo (FNCE), Boston, MA, 2016.
38. **Halliday TM**, Savla JT, Marinik EM, Baugh ME, Winett S, Winett RA, Davy BM. *Influence of Resistance Training Initiation and Maintenance on Spontaneous Dietary Intake Changes among Prediabetes Adults*. (Poster presentation). Annual Meeting of the American College of Sports Medicine, Boston, MA, 2016.
39. Frisard MI and **Halliday TM**. *Changes in College Students' Perceptions of Required Blogging in an Exercise and Nutritional Sciences Course*. (Poster presentation). Annual Meeting of the American College of Sports Medicine, Boston, MA, 2016.
40. Buckner SL, Dankel SJ, Counts BR, Barnett BE, Jessee MB, Mouser JG, **Halliday TM**, Loenneke JP. *The Influence of Circadian Rhythms on Upper Body Isometric Strength, Muscle Thickness and Body Temperature*. (Poster presentation). Annual Meeting of the American College of Sports Medicine, Boston, MA, 2016.
41. Barnett BE, Buckner SL, Dankel SJ, Counts BR, Jessee MB, Mouser JG, **Halliday TM**, Loenneke JP. *Circadian Rhythms in Blood Glucose and Blood Pressure: Are they Reproducible?* (Poster presentation). Annual Meeting of the American College of Sports Medicine, Boston, MA, 2016.
42. Winett RA, Davy BM, Marinik EM, Salva JT, Kelleher S, Winett SG, **Halliday TM**, Williams D. *Precision Medicine vs Broad Public Health: Outcomes and Translation Directions of the Resist-Diabetes Trial*. (Poster Presentation). Annual Meeting and Scientific Sessions for the Society of Behavioral Medicine, Washington, DC, 2016.
43. Winett RA, Davy BM, Marinik EM, Salva JT, Kelleher S, Winett SG, **Halliday TM**, Williams D. *Resist-Diabetes: Translating a Theory-Based Approach for Maintaining Resistance Training in Older Adults with Prediabetes into Practice*. (Slide Presentation). Canadian Society for Exercise Physiology Annual General Meeting, Hamilton, Ontario, Canada, 2015.
44. Vengrin C, **Halliday T**, Westfall-Rudd D. *Utilizing Social Media and Technology in the Classroom: Innovative or Irritating?* (Poster presentation). Annual NACTA Conference, Athens, GA, 2015  
\*3<sup>rd</sup> Place Poster Contest
45. **Halliday TM**, Loenneke JP, Davy BM. *Dietary Intake, Body Composition, and Menstruation Changes during Contest Preparation in a Drug-Free Figure Competitor*. (Thematic Poster). Annual Meeting of the American College of Sports Medicine, San Diego, CA, 2015.  
\*ACSM Nutrition Interest Group Student Research Award Recipient
46. **Halliday TM**, Lui SV, Jahren AH, Bostic JN, Davy KP, Davy BM. *Relationship Between Serum  $\delta^{13}C$ , Self-Reported Dietary Added Sugar Intake and Cardiovascular Outcomes in Young Adults*. (Poster presentation). Annual SCAN Symposium, Colorado Springs, CO, 2015.
47. **Halliday TM**, Davy BM, Salva JT, Marinik EM, Winett SG, Winett RA. *Does a Resistance Training Intervention Increase Non-Resistance Training Physical Activity in Prediabetic Adults?* (Poster presentation). ObesityWeek Annual Meeting for the Obesity Society, Boston, MA, 2014.
48. **Halliday TM**, Marinik EM, Baugh ME, Flack KD, Savla JT, Winett RA, Davy BM. *Influence of Protein Intake and Resistance Training on Glucose Tolerance in Prediabetic Adults*. (Thematic Poster). Annual Meeting of the American College of Sports Medicine, Orlando, FL, 2014.  
\*GSSI-ACSM Young Scholar Travel Fund Award Winner  
\*Gail E. Butterfield Nutrition Travel Award Winner
49. **Halliday TM**, Clark AG, Marinik EL, Baugh ME, Flack KD, Salva JT, Winett S, Winett RA, Davy BM. *Spontaneous Dietary Intake Modification in Response to Resistance Training: Findings from the Resist*

*Diabetes Study*. (Thematic Poster). Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, 2013.

**\*Gail E. Butterfield Nutrition Travel Award Winner**

50. **Halliday TM**, Davy BM, Davy KP. *Is Added Sugar Intake Associated with Arterial Stiffness?* (Poster presentation). Annual SCAN Annual Symposium, Baltimore, MD, 2012.
51. **Halliday TM**, Harrell TK, Davy BM. *Beverage consumption habits of children from a rural, health disparate region compared to national averages*. (Poster presentation). Virginia Dietetic Association Annual Meeting, Blacksburg, VA, 2012.  
**\*First Place Winner, Student Poster Competition.**
52. Strohacker K, Breslin WL, Carpenter KC, **Halliday TM**, Davidson TR, Agha NH, Adams AM, Collins SS, McFarlin BK. *Pre-Meal Cycling Reduces Postprandial Increases in Endothelial Microparticles in Young Adults Following a High-Fat Meal*. (Poster presentation). ObesityWeek; Annual Meeting for the Obesity Society, Orlando, FL, 2011
53. **Halliday TM**, Peterson NJ, Larson-Meyer DE. *Does vitamin D status influence injury and illness in college athletes?* (Poster presentation). Texas ACSM Meeting, Austin, TX, 2011.
54. Platt J, Kuzmanov A, **Halliday T**, Lindmier M, Peterson N, Broughton KS. *Omega-3 fatty acid and vitamin D ingestion and leptin and adiponectin in PCOS*. (Poster presentation). World Congress on Controversies in Obstetrics, Gynecology and Infertility (COGI), Berlin, Germany, 2010
55. **Halliday TM**, Peterson NJ, Larson-Meyer DE. *Effect of Vitamin D Status on Illness and Injury in Collegiate Athletes*. (Poster presentation). Annual SCAN Symposium, San Diego, CA, 2010
56. Peterson NJ, **Halliday TM**, Larson-Meyer DE. *Vitamin D Status in Collegiate Athletes*. (Poster presentation). Annual SCAN Symposium, Scottsdale, AZ, 2009
57. **Halliday TM**, Peterson NJ, Larson-Meyer DE. *Assessment of Vitamin D Status in Relation to Dietary and Lifestyle Habits of Collegiate Athletes*. (Poster presentation). Annual SCAN Symposium, Scottsdale, AZ, 2009

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## TEACHING EXPERIENCE

### Instructor of Record:

- |  |   |
|--|---|
| <b>Spring 2020</b>                             | <b>KINES 6321 – Exercise and Weight Management (On-line)</b><br>University of Utah, Salt Lake City, UT      |
| <b>Spring &amp; Fall 2019;<br/>Spring 2021</b> | <b>KINES 4465 – Exercise Programming: Assessment and Delivery</b><br>University of Utah, Salt Lake City, UT |
| <b>Spring 2015 &amp; 2016</b>                  | <b>HNFE 2804 – Exercise and Health</b><br>Virginia Tech, Blacksburg, VA                                     |
| <b>Spring 2013</b>                             | <b>EXPH – Sports Nutrition</b><br>Lynchburg College, Lynchburg, VA  |

### Course Development:

- |                    |  |
|--------------------|--|
| <b>2019-2020</b>   | <b>KINES 6321 – Exercise and Weight Management (On-Line)</b><br>University of Utah, Salt Lake City, UT |
| <b>Spring 2017</b> | <b>APN 730 – Medical Nutrition Therapy (On-line)</b><br>University of New England, Biddeford, ME       |

**Spring 2017**                    **GPH 734 – The Obesity Epidemic: A Public Health Perspective (On-line)**  
University of New England, Biddeford, ME

**Fall 2013-Spring 2014** **HNFE 5984 – Advanced Exercise Physiology**  
Virginia Tech, Blacksburg, VA  
\*Instructor: Madlyn Frisard

**Spring 2011**                    **NUTR 2332 – Introduction to Nutrition (On-line)**  
University of Houston, Houston, TX

**Mentored Instructor:**

**Fall 2014**                    **HNFE 2804 – Exercise and Health**  
Virginia Tech, Blacksburg, VA  
Mentored by Janet W. Rankin

**Spring 2014**                **HNFE 2984 – Exercise and Health**  
Virginia Tech, Blacksburg, VA  
Mentored by Robert W. Grange

**Graduate Teaching Assistant:**

**Spring 2013 & 2014**    **HNFE 4126/5126 – Medical Nutrition Therapy II**  
Virginia Tech, Blacksburg, VA

**Fall 2012 & 2013**        **HNFE 4125/5125 – Medical Nutrition Therapy I**  
Virginia Tech, Blacksburg, VA

**Spring 2012**                **HNFE 2004 – Professional Dietetics**  
Virginia Tech, Blacksburg, VA

**Fall 2011**                    **HNFE 2664 – Behavioral Nutrition and Physical Activity**  
Virginia Tech, Blacksburg, VA

**Tutor Positions:**

**Fall 2015**                    **HNFE 4964 – Nutrition and Physical Performance**  
Virginia Tech Athletic Department, Blacksburg, VA

**Fall 2010**                    **Introduction to Nutrition**  
**Advanced Nutrition**  
**Anatomy & Physiology**  
**English**  
University of Houston Athletic Department, Houston, TX

**Undergraduate Teaching Assistant:**

**Fall 2008-Spring 2010** **FCSC 1140/1141 – Principles of Nutrition**  
University of Wyoming, Laramie, WY

**Spring 2010**                **FCSC 4146 – Therapeutic Nutrition**  
University of Wyoming, Laramie, WY

**Spring 2010**                **MOLB 4100 – Clinical Biochemistry**  
University of Wyoming, Laramie, WY

**Fall 2009**                    **FCSC 3147 – Community Nutrition**  
University of Wyoming, Laramie, WY

**Guest Lectures:**

1. **Faculty Interview**  
University of Utah, Department of Health, Kinesiology, and Recreation  
KINES 2500 – Exploration of the Movement Sciences; May 2020  
Number of Lectures: 1; Time: 30 minutes
2. **From RD to PhD. From Sports Nutrition to Weight Management**  
University of Utah, Department of Health, Kinesiology, and Recreation  
KINES 2500 – Exploration of the Movement Sciences; October 2019  
Number of Lectures: 1; Time: 1 hour
3. **From RD to PhD. From Sports Nutrition to Weight Management**  
University of Utah, Department of Health, Kinesiology, and Recreation  
KINES 2500 – Exploration of the Movement Sciences; February 2019  
Number of Lectures: 1; Time: 1 hour
4. **Nutrition Communication on Social Media**  
University of Utah, Department of Nutrition and Integrative Physiology  
NUIP 6400 – Nutrition Communications; November 2018  
Number of lectures: 3 (Recorded for use in online and face-to-face lecture)
5. **Conducting a Journal Club in Dietetics Practice**  
Virginia Tech Department of Human Nutrition, Foods and Exercise  
Dietetic Internship Program. January 2016.  
Number of Lectures: 1; Time: 1 hour
6. **Blogging: Benefits and Rationale**  
Virginia Tech, Department of Human Nutrition, Foods and Exercise  
HNFE 5044 – Graduate/Faculty Seminar. January 2015  
Number of lectures: 1; Time: 50 minutes
7. **Exercise Immunology and Inflammation**  
Virginia Tech, Department of Human Nutrition, Foods and Exercise  
HNFE 5984 – Advanced Exercise Physiology. April-May 2014  
Number of lectures/sessions: 4; Time: 1.25 hrs each
8. **Pathway to Becoming a Registered Dietitian for Exercise Science Majors.**  
Lynchburg College School of Health Sciences and Human Performance. April 2012.  
Number of Lectures: 1; Time: 1 hour
9. **Developing your Sports and Wellness Nutrition Practice: Tips, Strategies, and Resources.**  
Virginia Tech Department of Human Nutrition, Foods and Exercise  
Dietetic Internship Program. September 2011.  
Number of Lectures: 1; Time: 1 hour

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**PROFESSIONAL MEMBERSHIPS**

<b>2021- Present</b>	Cardiovascular Health and Well-being dietetic practice group (CV-WELL)
<b>2021- Present</b>	Sports and Human Performance Nutrition dietetic practice group (SHPN)
<b>2017- Present</b>	Weight Management dietetic practice group (WMDPG)
<b>2016- Present</b>	The Obesity Society
<b>2012- Present</b>	Research dietetic practice group (RDPG)
<b>2012- Present</b>	American College of Sports Medicine (ACSM)
<b>2009- Present</b>	Academy of Nutrition and Dietetics (AND)
<b>2009- 2020</b>	Sports, Cardiovascular and Wellness Nutrition dietetic practice group (SCAN)
<b>2018- 2020</b>	American Diabetes Association (ADA)

<b>2018- 2019</b>	American Physiological Society (APS)
<b>2015- 2017</b>	North American College Teachers of Agriculture (NACTA)
<b>2014-2017</b>	Nutrition and Dietetics Educators and Preceptors (NDEP)
<b>2009- 2016</b>	Professionals in Nutrition and Exercise Science (PINES)

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### **PROFESSIONAL SERVICE**

#### **National Institutes of Health (NIH):**

**Oct 2021**                      **Early Career Reviewer, NIC Study Section**

#### **American College of Sports Medicine (ACSM):**

**2018-Present**                **Member, Strategic Health Initiative – Women’s Health Committee**  
**2018-Present**                **Member, Strategic Health Initiative – Exhibits Advisory Committee**  
**2017-Present**                **Member/Reviewer, Gail E. Butterfield Nutrition Travel Award Committee**  
**2018-2021**                    **Member, Strategic Health Initiative – Obesity Committee**  
**2019**                            **Judge, GSSI Young Investigator Award**  
**2019**                            **Chair, Thematic Poster Session, Annual Meeting**  
**2019**                            **Reviewer, Nutrition Interest Group Student Research Award**  
**2019**                            **Reviewer, ACSM Health Professionals Webinar**  
**2017**                            **Reviewer, ACSM’s Nutrition Manual for the Health/Fitness Professional**  
**2015-2017**                    **Twitter Team, ACSM Annual Meeting**  
**2013-2014**                    **Student Volunteer, ACSM Annual Meeting**

#### **The Obesity Society (TOS):**

**2019-2022**                    **Reviewer, ObesityWeek Abstracts**

#### **Sports, Cardiovascular and Wellness Nutrition (SCAN) dietetic practice group:**

**2017- 2020**                    **Member, Advisory Committee, SCAN’s delegate to the HOD**  
**2018- 2019**                    **Content Expert, 2020 SCAN Symposium Committee**  
**2017-2019**                    **Content Expert, 2019 SCAN Symposium Committee**  
**2016- 2018**                    **Content Expert, 2018 SCAN Symposium Committee**  
**2010-2018**                    **CV/W Leadership Team, Pulse Liaison**  
**2015-2017**                    **Chair, 2017 SCAN Symposium Committee**  
**2014- 2016**                    **Co-Chair, 2016 SCAN Symposium Committee**  
**2016**                            **Fact Sheet Author, Protein Needs for Athletes**  
**2014**                            **Fact Sheet Author, Protein Needs for Athletes**  
**2012**                            **Booth Representative, SCAN booth at ACSM Annual Meeting**  
**2012**                            **Speaker Manager, SCAN Symposium**  
**2011-2012**                    **Founding Member, SCAN Student Group**  
**2011-2012**                    **Co-Chair, Futures Committee for SCAN’s 30<sup>th</sup> Birthday Event**  
**2011**                            **Fact Sheet Author, The Sunny Side of Vitamin D**  
**2009-2011**                    **Student Volunteer, SCAN Symposium**

#### **Academy of Nutrition and Dietetics:**

**2020 -2022**                    **Member**, Evidence Analysis Library (EAL) Adult Weight Management Expert Panel  
**2020-2022**                    **Member**, Foundation Scholarship Review Committee  
**2012**                                **Reviewer**, Sports Nutrition Care Manual  
**2009-2010**                    **Student Council Liaison**, University of Wyoming  
**2009**                                **Student Volunteer**, Food and Nutrition Conference and Expo (FNCE)

**Editorial Board Member:**

**2022 – Present**                European Journal of Nutrition [Sports Nutrition Section]  
**2022 – Present**                Frontiers in Endocrinology [Obesity Section]  
**2018- Present**                Sports Medicine

**Journal Special Issue Editor:**

**2020-2021**                    Frontiers – “Mechanisms Linking Transport and Utilization of Metabolic Fuels to the Impact of Nutrition and Exercise upon Health”

**Journal Ad Hoc Reviewer (Average of 12 reviews per year; Alphabetical Order):**

ACSM’s Health and Fitness Journal; BMC Public Health; Eating and Weight Disorders; Eating Behaviors; European Journal of Sports Science; European Journal of Nutrition; International Journal of Exercise Science; International Journal of Sports Nutrition and Exercise Metabolism; JMIR Diabetes; JMIR Research Protocol; Journal of Applied Physiology; Journal of Applied Physiology, Nutrition, and Metabolism; Journal of Physical Activity & Health; Journal of Nutrition Education and Behavior; Journal of the Academy of Nutrition and Dietetics (JAND); Journal of Trainology; Medicine and Science in Sports and Exercise (MSSE); Nutrition and Health; Obesity; Physiology and Behavior; PlosOne; Prevention Science; Sleep; Sleep Health

**National Conference on Undergraduate Research**

**2019**                                **Abstract Reviewer**

**Weight-Inclusive Nutrition and Dietetics (WIND)**

**2019**                                **Advisory Board Member**

**International Food Information Council**

**2017- 2018**                    **Journal Reviewer**, Scientific Evaluation Initiative

**INSTITUTIONAL SERVICE**

**University of Utah:**

**2022**                                **Member**, Search Committee, NUIP Faculty/Metabolic Kitchen Manager  
**2020-present**                **Lead Faculty Contact**, HPER E Research Space Renovations  
**2020-2021**                    **Preceptor**, Coordinated Master’s and Dietetic Internship Program  
**2020**                                **Judge**, Undergraduate Research Symposium  
**2020**                                **Member**, Planning Committee for Diabetes and Metabolism Annual Symposium  
**2019- 2020**                **Member**, Search Committee – Tenure Track Faculty HKR  
**2018- 2019**                **Member**, Search Committee – Tenure Track Faculty HKR  
**2019- 2020**                **Chair**, HKR Department Lab Equipment, Services, and Cost Committee



2019- 2020            **Member**, HKR Department Social Committee  
2019                    **Member**, Health Behaviors Symposium Committee  
2019                    **Reviewer**, Diabetes and Metabolism Research Center Seed Grants

**Virginia Tech:**

2013- 2015            **Member**, Virginia Tech Dietetic Internship Selection Committee  
2014                    **Member**, Graduate Research Development Grant  
2013                    **Member**, HNFE Travel Fund Committee  
2013                    **Treasurer**, HNFE Graduate Student Association  
2012                    **Reviewer**, Virginia Tech Graduate Research Symposium  
2012                    **Judge**, Science Fair – Gilbert Linkous Elementary School

**University of Wyoming:**

2005- 2010            **Selected Member**, Student-Athlete Advisory Committee (SAAC)  
2008- 2010            **Appointed Member**, NCAA Recertification Committee  
2007- 2009            **President (elected)**, Student-Athlete Advisory Committee (SAAC)  
2006- 2008            **Appointed Member**, President’s Athletic Planning Committee  
2007- 2008            **MWC Rep (elected)**, Student-Athlete Advisory Committee (SAAC)  
2006- 2007            **Secretary (elected)**, Student-Athlete Advisory Committee (SAAC)

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**COMMUNITY SERVICE [since 2022]**

2018 – Present            **Co-Founder and Treasurer**, Buck Off Cancer

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**MENTORING**

\* Indicates Primary Mentor  
# Indicates Committee Member

**Doctoral Trainees (date of degree conferral), and current position:**

\*Jason Thomas, MS (Expected May 2025). University of Utah, Health and Kinesiology  
\*Grace Zimmerman, MS (Expected May 2025). University of Utah, Health and Kinesiology  
#Michelle Kubicki, BS (Expected May 2025). University of Utah, Health and Kinesiology  
    • Distinguished Student Award, Health and Kinesiology, University of Utah, 2022  
\*Selene Tobin, MS (Expected May 2024). University of Utah, Health and Kinesiology  
    • TL1 Scholar, University of Utah, Clinical and Translational Sciences Institute (CTSI), Spring 2022-2024.  
    • Graduate Student of the Year, Department of Health and Kinesiology, University of Utah, 2021-2022  
    • Distinguished Student Award, Health and Kinesiology, University of Utah, 2022  
    • University Teaching Assistant Fellowship, \$19,150, The Graduate School, University of Utah, 2021-2022  
#Jacqueline Kent-Marvick (Expected May 2024). University of Utah, College of Nursing

**Masters Trainees (date of degree conferral), and current position:**

#Rebekah Rees, BS (May 2022). University of Utah, Health and Kinesiology

- Distinguished Student Award, Health and Kinesiology, University of Utah, 2022

\*Jason Thomas, BS (May 2022). University of Utah, Health and Kinesiology

Current Position: PhD Student at University of Utah, Salt Lake City, UT

- N.P. Nielson Scholarship, University of Utah, Health & Kinesiology, 2022
- Distinguished Student Award, Health and Kinesiology, University of Utah, 2021

\*Selene Tobin, MS (May 2021). University of Utah, Health and Kinesiology

Current Position: PhD Student at University of Utah, Salt Lake City, UT

- Michael L. Pollock Scholarship, American College of Sports Medicine, 2021
- Outstanding Research Assistant Award, Health and Kinesiology, University of Utah, 2021
- Distinguished Student Award, Health and Kinesiology, University of Utah, 2021
- Gordon and Betty Browning Scholarship, Health and Kinesiology, University of Utah, 2021
- Robert O. Ruhling Scholarship, \$2000, Health and Kinesiology, University of Utah, 2020
- Outstanding Teaching Assistant, Health and Kinesiology, University of Utah, 2020
- Distinguished Student Award, Health and Kinesiology, University of Utah, 2020

#Taylor Dunn, MS, RD (May 2021). University of Utah, Nutrition and Integrative Physiology

Current Position: Clinical Pediatric Dietitian, Primary Children's Hospital, Salt Lake City, UT  
Eating Disorder Dietitian, Kayla Jessop Nutrition, Salt Lake City, UT

#Danielle Julifs, MS, RD (May 2021). University of Utah, Nutrition and Integrative Physiology

Current Position: Performance Nutrition Fellow, Baylor University Athletics, Waco, TX

#Hannah Langley, MS, RD (May 2021). University of Utah, Nutrition and Integrative Physiology

Current Position: Dietitian for Harmon's Grocery Store, Salt Lake City, UT

#Craig Pickering, MS, RD (July 2021). University of Utah, Nutrition and Integrative Physiology

Current Position: Sports Dietitian for the University of Texas, Austin, TX

\*Davis Bitton, MS (July 2018). Regis University Biomedical Sciences Program

Current Position: Consultant, Ambra Health

**Undergraduate Research Trainees (date of degree conferral), and current position:**

\*Isaac Ou (Expected May 2024)

\*Jaclynn Smith (Expected May 2023). University of Utah, Kinesiology

- University of Utah Honors Thesis Student
- Director of University of Utah's "Feed U" Food Pantry, 2021-2022
- Fall 2021 Undergraduate Research Opportunity Program (UROP) Recipient
- Spring 2022 Undergraduate Research Opportunity Program (UROP) Recipient
- Distinguished Student Award, Health and Kinesiology, University of Utah, 2022
- Director of University of Utah's Union Programming, 2022-2023

\*Michael Maio (May 2022). University of Utah, Kinesiology

Current Position: Anesthesiologist Technician, University of Utah Hospital and part-time Research Assistant, Halliday Lab, University of Utah; Applying to Medical School

- Selected as 2022 College of Health Undergraduate Convocation Speaker
- Undergraduate Research Scholar Designation
- Spring 2021 Undergraduate Research Opportunity Program (UROP) Recipient
- 2021-2022 Department Tuition Waiver Award Recipient
- Fall 2021 Undergraduate Research Opportunity Program (UROP) Recipient

- \*Connor Laurence (May 2021). University of Utah, Kinesiology
  - 2019 Izetta N. Bennion Memorial Scholarship Recipient
- \*Mark **Garrett** Mifflin (May 2021). University of Utah, Kinesiology  
Current Position: Applying to Medical School
- \*Tristan Woolstenhulme (May 2021). University of Utah, Kinesiology
  - Distinguished Student Award, Health and Kinesiology, University of Utah, 2021
 Current Position: Medical School
- \*Margaret (Maggie) Bielefeld (2020). University of Utah, Kinesiology
  - 2019-2020 Department Tuition Waiver Award Recipient
  - Fall 2019 Undergraduate Research Opportunity Program (UROP) Recipient
  - Spring 2020 Undergraduate Research Opportunity Program (UROP) Recipient
 Current Position: Physician’s Assistant School
- \*Savannah McCoy (2020). University of Utah, Kinesiology
  - Fall 2019 Undergraduate Research Opportunity Program (UROP) Recipient
  - Spring 2020 Undergraduate Research Opportunity Program (UROP) Recipient
 Current Position: Naval Flight Officer Training School
- \*Elizabeth (Lizzi) Elliot (2019). University of Utah, Kinesiology  
 Current Position: Physician’s Assistant School
- \*Hyerim Kim (2019). University of Utah, Kinesiology  
 Current Position: Physical Therapy School
- \*Desiree Schneider (2018). Metro State University, Psychology and Nutrition  
 Current Position: MS Student, Social Work, Metro State University, Denver, CO
- \*Mollie White (2018). Metro State University, Psychology  
 Current Position: PhD Student, Clinical Psychology, Idaho State University, Pocatello, ID

**Medical Student Trainees (date of degree conferral), and current position:**

- \*Catherine Mann (May 2021). University of Colorado School of Medicine  
 Current Position: Resident Physician, Exempla Saint Joseph Hospital, Denver, CO

**MEDIA AND OTHER COVERAGE**

**Twitter:**

**2011 – Present**                      **Scientific Outreach** (via @NutritionNerd handle)  
 Current follower count: >8,000  
 Frequently ranked a top influencer at professional conferences

**Quoted in Articles (since 2019):**

**2022**                                      **It’s a new year. Time to stop smothering pandemic stress with comfort food,**  
 The Washington Post. [https://www.washingtonpost.com/health/pandemic-nutrition/2022/01/14/374008c6-675a-11ec-96f3-b8d3be309b6e\\_story.html](https://www.washingtonpost.com/health/pandemic-nutrition/2022/01/14/374008c6-675a-11ec-96f3-b8d3be309b6e_story.html)

**2021**                                      **How Exercise Affects Your Appetite,** New York Times. Gretchen Reynolds  
 Article  
<https://www.nytimes.com/2021/11/24/well/move/exercise-appetite-weight.html>

- 2020**                    **6 Fitness Pros Share Best Advice for Maintaining Healthy Routine While Social Distancing**, KSL On-Line  
<https://www.ksl.com/article/46743439/6-fitness-pros-share-best-advice-for-maintaining-healthy-routine-while-social-distancing>
- 2020**                    **Swap Meats: Should You Trade Your Feed Burger for a Plant-Based Version?**, O, The Oprah Magazine – April 2020 newsstand issue
- 2019**                    **How Vegan Diets Affect Your Workouts**, Refinery29  
<https://www.refinery29.com/en-us/alex-morgan-diet-vegan-workout>
- 2019**                    **Eating Under the Microscope**, US News & World Report  
<https://health.usnews.com/wellness/food/articles/the-fb4-study-and-weight-loss>

**PodCast Appearances:**

- 2019**                    **The Fad-Free Zone: Nutrition and Weight Management**, Catalyst Health & Wellness Coaching Podcast  
<https://www.buzzsprout.com/204059/885731>
- 2015**                    **Weight Loss Lessons from Weight Lifting Research**, Food for Fitness Podcast  
<https://www.foodforfitness.co.uk/podcast/7/>

**Lay Audience Publications:**

- 2016**                    **Protein Needs for Athletes**, SCAN Fact Sheet
- 2014**                    **Protein Needs for Athletes**, SCAN Fact Sheet
- 2013**                    **Lunch Break – Energy Kitchen**, Washingtonian
- 2012**                    **Train Low, Compete High: Will it Help Your Performance?**, NutriKnow website
- 2011**                    **The Sunny Side of vitamin D**, SCAN Fact Sheet
- 2011**                    **5 Tips to Stay Healthy in the New Year**, Gateway, Memorial-Hermann Hospital
- 2011**                    **January is National Oatmeal Month**, Supermarket Savvy website