

CURRICULUM VITAE

NEDRA K. CHRISTENSEN

Associate Professor, Utah State University

Present Position: Department of Nutrition and Food Sciences

Education: Utah State University, Logan, Utah Ph.D. 1993
Utah State University, Logan, Utah M.S. 1980
University of Utah, Salt Lake City, Utah B.A. 1975

Professional Experience:

Professor, Utah State University, Logan, Utah, 2006 – present.

Associate Professor, Utah State University, Logan, Utah, 2002 – 2006.

Assistant Professor, Utah State University, Logan, Utah. 1996 - 2002.

Clinical Assistant Professor, Utah State University. 1993 - 1996.

Clinical Instructor, Utah State University. 1988 - 1993.

Nutrition Coordinator, Utah State Department of Health/WIC. 1984 - 1988.

Nutrition Coordinator, Diabetes Research and Training Center, Vanderbilt University. 1980 - 1984.

Vanderbilt University site dietitian for the Diabetes Control and Complications Trial. 1982 – 1984.

Clinical Dietitian, Joslin Diabetes Treatment Unit/ New England Deaconess Hospital, Boston, Massachusetts. 1976 - 1978.

Internship Program, New England Deaconess Hospital, Boston, Massachusetts. 1975 - 1976.

Publications:

* Indicates a graduate student as an author.

Mariger, S.C., R.D. Grisso, J.V. Perumpral, A.W. Sorenson, **N.K. Christensen** and R.L. Miller. Virginia agricultural safety and health survey. *J. of Ag Safety and Health*. 2009:15(1):37-47.

Christensen NK, Williams, DP, Pfister R, Pace, M, Palmer M. Knowledge and Behavior Improvement Through a Skin Cancer Action Approach Exhibit. *J Extension* 2007:45(4):www.joe.org/joe/2007august/rb5.shtml

Christensen NK, King EB, Hardy S, Pfister R, Food Practices and Preferences in Youth with Diabetes. *Diabetes Spectrum*. 2007:20(1):33-39.

Williams D., **Christensen N.**, Pfister, R, & Murphy D. Participation in a 4-H food camp to promote nutrition knowledge and culinary skills. *Journal of NEAFCS*, 2006:17-20, 22.

*Gunnell S, **Christensen NK**, *McDonald C, Jackson D. Attitudes toward percutaneous endoscopic gastrostomy placement in cystic fibrosis. *Ped Gastroenterology & Nutr*. 2005:40334-338.

Christensen NK, Williams DP, Pfister R. Cost savings and clinical effectiveness of an Extension Service diabetes program. *Diabetes Spectrum*. 2004:17(3):171-175.

Williams, DP, LeBlanc H, **Christensen NK**. Diabetes stepping up to the plate: an education curriculum focused on food portioning skills. *J. Extension*. 2004:42(3):www.joe.org/joe/204june/rb7.shtml

*Bennion N, **Christensen NK**, McGarraugh G. Alternate site glucose testing: A crossover design. *Diabetes Tech & Ther*. 2002:4(1):25-33.
(6 citations- Science Citation via ISI's Web of Science, accessed 8/16/05)

Williams DP, **Christensen NK**, Pfister R. The role of Extension in diabetes education. *J Utah Academy*. 2002:79:64-69.

Christensen NK, Lauritzen GC, Pfister R, Harmon S. Teaching economics and health insurance rates to fifth graders to improve nutrition knowledge. *Top Clin Nutr*. 2001:16(3):51-60.
(1 citation- Science Citation via ISI's Web of Science, accessed 8/16/05)

Christensen NK, King EB, *Prestwich L. Diabetes Education Evaluation. *Top Clin Nutr*. 2000:15(4):31-40.

Christensen NK, Steiner J, Whalen J, Pfister . Contribution of medical nutrition therapy and diabetes self-management education to diabetes control as assessed by hemoglobin A1c. *Diabetes Spectrum*. 2000:13(2):72-75.
(4 citations- Science Citation via ISI's Web of Science, accessed 8/16/05)

Christensen NK, Sorenson AW, Hendricks DG, Munger R. Juniper ash as a source of calcium in the Navajo Diet. *J Am Diet Assoc*.1998:(3):333-334.

(2 citations- Science Citation via ISI's Web of Science, accessed 8/16/05)

*Stewart J, Schvaneveldt NB, **Christensen NK**, Lauritzen GC, Stein DM. The effect of computerized dietary analysis nutrition education on nutrition knowledge, nutrition status, dietary compliance, and quality of life of hemodialysis patients. *J Renal Nutrition*. 1993;3(4):177-185.

Lorenz RA, **Christensen NK**, Pichert, JW. Diet related knowledge, skill, and adherence among children with insulin dependent diabetes mellitus. *Pediatrics*. 1985;75:872.

(1 citation- Science Citation via ISI's Web of Science, accessed 8/16/05)

Christensen NK, Terry RD, Wyatt S, Pichert JW, Lorenz RA: Quantitative assessment of dietary adherence in patients with insulin dependent diabetes mellitus. *Diabetes Care*. 1983;6(3):245.

(60 citations- Science Citation via ISI's Web of Science, accessed 8/16/05)

Srinivasan V, **Christensen NK**, Wyse BW, Hansen RG: Pantothenic acid nutritional status in the elderly - institutionalized and non-institutionalized. *Am J Clin Nutr*. 1981;34:1736-42.

(15 citations- Science Citation via ISI's Web of Science, accessed 8/16/05)

Book Chapters:

Williams, DP, & **Christensen, NK**. (2005). Principles of Nutrition In: Osborn L, DeWitt, T, and First, L. *Pediatrics*. St. Louis Missouri, Elsevier; pp 145-152.

Christensen, NK, & Williams, DP. (2005). Nutrition in Chronic Disease. In: Osborn L, DeWitt, T, and First, L. *Pediatrics*. St. Louis Missouri, Elsevier; pp 894-898.

Christensen NK. Nutrition in Diabetes. In Ekvall S. *Pediatric Nutrition in Chronic Diseases and Developmental Disorders*, 2nd Ed. Oxford Press, 2005.

Christensen NK. Nutrition in Cleft Lip/Palate and Craniofacial Anomalies. In Ekvall S. *Pediatric Nutrition in Chronic Disease and Developmental Disorders*, 2nd Ed. Oxford Press, 2005.

Book Supplements:

Eat Right! Healthy Eating in College and Beyond Janet Anderson, **Nedra K. Christensen**, Emily Hoffman, Heidi LeBlanc, Kim McMahan, Tamara S. Vitale, Meagan Wade, Heidi Wengreen. Benjamin Cummings/Pearson Education, San Francisco, CA: 2007

Publications Submitted:

Abstracts:

Williams, D.P., **Christensen, N.K.**, Pfister, R., & Carter, D.M. (2008). Participation in a 4-H Food Camp to Promote Nutrition Knowledge and Culinary Skills [Abstract]. *Proceedings of the Joint Council of Extension Professionals Galaxy III Conference*. p. 45. Indianapolis, Indiana.

McDonald C, **Christensen NK**, Haberman D, Gunnell S, Jefferies SM: CF Parent Power: Enhancing Nutrition and Behavior Management Skills of Parents of Children with Cystic Fibrosis. *Pediatric Pulmonology*. 2005; Supplement 28: 362. Abstract #483.

McDonald C, **Christensen NK**, Lingard C, Pete KA, Walker S. Collaborative Improvement of Nutrition Management for DF: The Mountain West Cystic Fibrosis Consortium Questionnaire for Parents of Children with CF. *Pediatric Pulmonology*. 2005; Supplement 28:336. Abstract #414.

Gunnell S, **Christensen NK**, McDonald K. Perceptions of Percutaneous Endoscopic Gastrostomy (PEG): Persons with Cystic Fibrosis vs. Health Professionals. *Pediatric Pulmonology*. 2002; Supplement 24: 354.

Christensen NK, Prestwich L, Sorenson A, Gustafson D, Cuch I, Hallfrish J. Diabetes risk factors and co-morbidities in Ute Native Americans. *J Am Coll Nutr*. 2000; 19(4):697.

Christensen NK, Steiner J, Schvaneveldt N. Effectiveness of medical nutrition therapy and self management training in lowering hemoglobin A1c Values. *J Am Diet Assoc*. 1999;99(9): A-127.

Christensen NK, Lauritzen GC: The impact of nutrition education on dietary behavior and iron status in participants of the Supplemental Food Program for Women, Infants, and Children and the Expanded Food and Nutrition Education Program. *J Am Diet Assoc*. 1993;93(supp 9): A-66.

Christensen NK, Heins J, Thompson J: Nutrition surveillance information: a tool to assure quality nutrition education intervention. *J Am Diet Assoc*. 1986;86(supp 9):70.

Christensen NK, Lorenz R: Nutrition educational needs of children with insulin dependent diabetes mellitus. *Diabetes*. 1983;32 (supp 1):6A#23.

Poster Presentations:

American Dietetic Association. Development, Evaluation, and Efficacy of a Heart Healthy Curriculum in Two Different Education Settings; Emphasizing Food Portioning and Cooking Skills, Increased Fruits, Vegetables, Whole Grains, Low Fat Dairy and Exercise. Philadelphia PA. September 2, 2007

North American Cystic Fibrosis Conference. Quality of Life in Adult Cystic Fibrosis Patients Based on Age-At-Diagnosis. Denver CO. November 2, 2006

North American Cystic Fibrosis Conference. CF Parent Power: Enhancing Nutrition and Behavior Management Skills of Parents of Children with Cystic Fibrosis. Baltimore MD. October 20 – 23, 2005

North American Cystic Fibrosis Conference. Collaborative Improvement of Nutrition Management for DF: The Mountain West Cystic Fibrosis Consortium Questionnaire for Parents of Children with CF. Baltimore MD. October 20 – 23, 2005.

International Congress of Dietetics. Diabetes Stepping Up To The Plate: An Education Curriculum Focused on Food Portioning Skills. Chicago, IL. May 28-31, 2004

North American Cystic Fibrosis Conference. Bone Density and Nutritional Status In Children With Cystic Fibrosis. Anaheim, CA. October 2003

North American Cystic Fibrosis Conference. Perceptions of Percutaneous Endoscopic Gastrostomy (PEG): Persons with Cystic Fibrosis vs. Health Professionals. *Pediatric Pulmonology*. 2002; Supplement 24: 354.

American Association of Diabetes Educators. Alternate Site Glucose Testing: Six Months After Training". Philadelphia, PA. August 9, 2002.

American College of Nutrition. Diabetes Risk Factors and Co-morbidities in Ute Native American Elders. *J Am Coll Nutr*. 2000; 19(5):697. Las Vegas, NV, October, 2000.

Regional Cystic Fibrosis Conference. Collaborative Efforts of Universities and Medical Clinics In Developing Research Efforts. Breckenridge, CO. June, 2000.

American Dietetic Association. Effectiveness of Medical Nutrition Therapy and Self Management Training on Diabetes Control as Assessed by HbA1c. Atlanta, GA. October, 1999.

American College of Nutrition. Mineral Content of Water on the Navajo Reservation. Albuquerque, NM. October, 1998.

American Dietetic Association. The Impact of Nutrition Education on Dietary Behavior and Iron Status in Participants of the WIC and EFNEP Programs.

Grants:

Grants successfully funded:

McDonald K, Haberman D, Christensen NK. *CF Parent Power: Nutritional and Behavioral Strategies for Improved Knowledge and Enhanced Self-Efficacy for Parents*

of Children with Cystic Fibrosis. Cystic Fibrosis Foundation, 2009. Amount Awarded: **\$20,695.**

Christensen NK. The Effectiveness of an Adapted Food Stamp Nutrition Education Curriculum for Adults with Intellectual or Developmental Delay (IDD 2008-09 USU Extension Applied Research Grant. Amount Awarded: **\$10,000.**

Christensen, NK, Spanish Translation of Diabetes Stepping Up To The Plate. 2008-09 USU Extension Undergraduate Internship. Amount Awarded: **\$3,000.**

Carter, D, **Christensen NK.** Nutrition and Leadership Development through Teens Reaching Youth (TRY) teams supervised through the 4-H Extension Program. Dannon Company Grant. 2006. Amount Awarded: **\$26,193.**

Holt J, Samson-Fang L. **Christensen NK,** as a discipline leader. Leadership Education for Children with Neurodevelopment and Related Disabilities. This grant was awarded from the Department of Health and Human Services, U.S. Public Health Service, Health Resources and Services Administration, Maternal and Child Health Bureau, Division of Systems, Education and Science. Amount awarded for five years was **\$550,000/year.** This grant pays 20 percent of my salary. 2006 – 2011.

Holt J, Taite F. Christensen as discipline leader. Leadership Education for Children with Neurodevelopment and Related Disabilities. This grant was awarded from the Department of Health and Human Services, U.S. Public Health Service, Health Resources and Services Administration, Maternal and Child Health Bureau, Division of Systems, Education and Science – 2001-2006. Amount awarded for five years \$4,059,066.

Christensen NK, Washburn C, Albrecht C. : Improving Cardiovascular Health Through Medical Nutrition Therapy Emphasizing Food Portioning Skills, Increased Dairy, Fruits and Vegetables, and Exercise. Utah State University Community/University Research Initiative Grant (CURI). 2005. Amount awarded: **\$18,992.80.**

Williams DP, Christensen NK. Payment of Translators for The Diabetes Curriculum, Diabetes Stepping Up To The Plate Into Spanish and Navajo. Utah Dietetic Association Grant Application for 2004. Amount awarded: **\$10,000.**

Christensen NK, McGuire D. Community Nutrition - Measuring Caloric Needs Through Indirect Calorimetry and Body Composition. Utah Dietetic Association Grant Application for 2004. Amount awarded: **\$10,000.**

Christensen NK, Saunders K. Radford D. Nutrition and Physical Education with WIC and FSNE. Utah Dietetic Association for 2004. Amount awarded: **\$10,000.**

Williams DP, Athas B, Christensen NK, Sorenson A. Nutrition Education for Seniors. Utah Dietetic Association for 2004. Amount awarded: **\$4,101**.

McDonald C, Christensen NK. Improvement of Nutrition Management for Cystic Fibrosis. Utah Dietetic Association for 2004. Amount awarded: **\$6,600**.

Williams P, Christensen. Improving Diabetes Control Through a Nutrition Education Program Emphasizing Portion Control. This grant was a University New Faculty Research Grant. The award was for 2002-2003. Amount was **\$9,673.89**

Christensen NK. Determining the Level of Adherence to Blood Glucose Monitoring- Conventional Finger-stick vs Therasense Freestyle in patients with diabetes. This grant was awarded from Therasense Corporation, San Francisco CA - 2000. Amount awarded was **\$48,249.44**.

Christensen NK. Development of an Algorithm for Percutaneous Endoscopic Gastrostomy Tube Placement in Cystic Fibrosis. New faculty grant from Utah State University - 1999. Amount awarded for a graduate student was **\$9,424**.

McDonald C, Christensen NK. Effect of Fortified Milk on Bone Density of Children with Cystic Fibrosis. Awarded by Primary Children's Medical Center Foundation - 1998. Amount awarded was **\$25,338**. Plus **\$5,682** awarded by Utah Dairy Commission.

Christensen NK. Nutrition and Health Risk Assessment of Ute Adults. Awarded through Mineral Lease Grants at Utah State University - 1998. Amount awarded was **\$20,000**.

Christensen NK. Use of no-fat meats and dairy products to lower serum lipids in people with diabetes and heart disease. New Faculty grant awarded by Utah State University - 1997. Amount awarded was **\$22,500**.

Hendricks D, Christensen NK, Walsh MK. Milk fractions in human health and disease: Mineral Lease Grant at Utah State University - 1996. Amount awarded was **\$22,363**.

Invited Presentations:

National Association of Diabetes Camps, Healthy Eating in a Fast Food World. Philadelphia, Pennsylvania. October 17, 2008.

National Association of Diabetes Camps, Effective Education in the Diabetes Camp Setting. Philadelphia, Pennsylvania. October 16, 2008.

Family Consumer Science Workshop, USU Extension, Nutrition Projects for the Next Year. St. George, Utah. October 21, 2008.

Utah Food Bank Hunger Conference. Extension Involvement in Hunger Projects. Salt Lake City, Utah. September 30, 2008.

Sevier County Extension. Diabetes Stepping Up To The Plate, Richfield Utah. January 17, 2008.

Montana Diabetes – Dietetic Association Combined Annual Conference, Nutrition for Persons with Disabilities. West Yellowstone, Montana. May 16, 2007.

Utah Dietetic Association, Evidence Based Practice. Salt Lake City, Utah. April 13, 2007

American Association of Diabetes Educators, Utah Division, Cooperation of Extension and Certified Diabetes Educators with the Stepping Up to the Plate curriculum, plus Cooking Demonstrations Without a Kitchen. Salt Lake City, Utah. November 1, 2006.

Nutrition Jeopardy, a Compilation and Review of Nutrition Education through the FSNE Program. Midway, Utah. October 17, 2006.

American Association of Diabetes Educators Utah Division, MyPyramid. Salt Lake City, Utah. November 11, 2005.

Spanish Translation of Diabetes Stepping Up To The Plate. Annual FCS Conference. Provo, Utah. October 18, 2005.

Utah School Lunch Program Annual Meeting. Preventing Childhood Obesity. St. George, Utah. February 16, 2005.

Utah Department of Health Diabetes Training for Paraprofessionals. Provo, Utah. October 21, 2004.

The WIC and Food Stamp Grant Project. Annual Family and Consumer Science

Extension Service Nutrition Research -- Brigham Young University Graduate Studies Program. Provo, Utah. October 8, 2004

Fishing Lessons – the WIC/Food Stamp Grant Project. Orem, Utah. September 24, 2004.

Your Views, Our News, Your Needs, Our Deeds: USU Extension Programs for Senior Citizens. Utah Gerontological Society Conference. Salt Lake City, Utah. September 23, 2004.

Brigham Young University Women's Conference. Run And Not Be Weary, Walk And Not Faint. Emphasizing good nutritional status to be able to serve others. Provo, Utah. April 29, 2004.

Grant Writing Hints. Utah Dietetic Association Annual Convention. Salt Lake City, Utah. April 8, 2004.

Nutrition Reimbursement Issues. Utah Dietetic Association. Salt Lake City, Utah. January 22, 2004.

Nutrition Smarts, Not Fads. Stake Relief Society Presentation. West Valley, Utah. January 21, 2004.

Extension Service's Contribution to Rural Health. 4th Annual Rural Health Conference. Cedar City, Utah. November 6-7, 2003.

Diabetes UAFCS. Diabetes Stepping Up to the Plate. Annual FCS meeting. Aspen Grove, Ut. November, 2003.

One Diet Fits All. Presentation at the Annual Extension Agent Training. Provo, Utah. October 14, 2003.

Functional Foods. Food Stamp Nutrition Education Annual Conference. Heber City, Utah. September 16, 2003.

Diabetes: Stepping Up to the Plate. Richfield, Utah - January 21, 2003; Kanab, Utah - January 22, 2003; Montecello, Utah - January 24, 2003; Morgan, Utah - February 25, 2003.

Utah School Food Service Association Annual Meeting. Food Allergies in School Age Children. Orem, Utah. June 19, 2003.

Utah Diabetes Center Educators Retreat. Nutrition Education through Portion Sizes. Salt Lake City, Utah. May 16, 2003

Utah Diabetes Center Educators Retreat. Nutrient Content of Juniper Ash. Salt Lake City, Utah. May 16, 2003.

2003 4-H Leadermete. Portion Potions at Platform 9 ¾. Park City Utah. April 25, 2003.

2003 Priestler National Extension Health Conference - Bringing Health to Your Community: Responding to Emerging Issues. Diabetes Stepping Up to the Plate. Phoenix Arizona. April 23, 2003.

Kanab, Utah Women's Forum. Diabetes: Stepping Up to the Plate. Kanab, UT.

September 14, 2002.

The Management of Diabetes – Putting Your Plate Where Your Mouth Is. Nutrition and Food Science Workshop, Utah Consumer Scientist Workshop. Salt Lake City, Utah. June 17, 2002.

Limiting Glucose Rises Through Portion Sizes – Dining with Diabetes Nutrition Education. Utah Academy of Sciences, Arts & Letters. Logan, Utah. April 12, 2002.

Nutrition in Pregnancy and Lactation. Lectures to the graduate nursing students in the Nurse Midwifery Program. 2001 – present. Salt Lake City, Utah.

Diabetes Update 2001: An Update. Three 1 ½ hour teleconferences broadcast to the Utah Extension sites on diabetes. Logan, Utah. Feb 13, 27, March 20, 2001.

American College of Nutrition. “Juniper Ash as a Source of Calcium in the Navajo Diet”. San Francisco, CA. April, 1998.

Utah State Family & Consumer Science Association. 1992 – present.

Utah Gerontological Society – Fourth Annual Conference. “Juniper Ash as a Source of Calcium in the Navajo Diet”. Salt Lake City, Utah. September, 1996.

Speaker at various County Extension programs and teleconferences throughout Utah. Topics including: Diabetes, Sports Nutrition, Vegetarianism, Infant Nutrition 1988 - present.

Speaker/Trainer in nutrition activities for the Navajo Nation. Extension Service programs in Utah and involvement in the Tri-State Navajo Extension Service. National or regional presentations include:

Nutritional Assessment Through Computer Training. Page, AZ. May, 2004.

Diabetes Education – Food Portioning. Page, AZ. May, 2004.

“Strengthening Native American Families for the New Millennium. Tri-State Navajo Nation Conference”. Henderson NM. April, 2000.

“Strong in Body and Spirit”. Multi-Tribe Conference. Salt Lake City, UT. March, 2000.

Navajo Nation Title VI Nutrition Program Conference. Mesquite, NV. December, 1999.

Tri-State Navajo Nation Conference for the Family. Monticello, UT. March, 1999.

Piute Tribe Diabetes Conference. Pipe Springs, AA. March, 1999.

Three Feather Conference. Kansas City, MO. June, 1997.

EIRP Conference (Extension Indian Reservation Program). Warm Springs, OR. November, 1996.

Tri-State Navajo Youth Camp. Window Rock, NM. June, 1995 and 1996.

Utah State Office of Education Child Nutrition Programs, 1993 & 94.

Alabama Annual Diabetes Association Meeting, "Update on Diet". Mobile, Alabama. October, 1983.

Tennessee Annual Diabetes Association Meeting, "Diet Adherence" and "Fiber". Nashville, Tennessee. May, 1982.

Radio and T.V. Discussions on health and nutrition.

Logan T.V. hosted by Kris Saunders. Topics included:

- Diabetes
- Cystic Fibrosis
- Vegetarian Diets
- Five- A-Day.

Radio talk shows with Roger McEvoy included topics of:

- Diabetes
- Healthy Diets
- Supplement Use and Guidelines for Use

Radio talk show with JoAnn Hermanson of Sanpete County.
Calcium Supplements.

Broadcasts and Ask a Special Publications since 1996:

Newsletter and Newspaper Articles:

- Asparagus. March 2008
- How Can I Spot a Weight Loss Gimmick, June 2006
- Healthy Weight for the Holidays and Always, December 2006.
- How Can I Spot a Weight Loss Gimmick, June 2006.
- Health Risks of Artificial Sweeteners. May 2006
- Pumpkins and Pumpkin Seeds. October 2005.
- Choosing Fast Foods Wisely. May, 2005.
- The New Dietary Guidelines. March 2005.
- Cranberries – November 2004.
- Dehydration. March 2004.
- Nutritious Holiday Treats. December 2003.
- Holiday Food Safety. December 2003
- Fad Diets. June 2003.
- Cutting Calorie Intake Regular, Exercise Ensure Permanent Weigh Loss. July, 2003.
- Sports Nutrition – Carbohydrate, Protein, Fat & Fluid Replacement. Sept, 2000.
- Herbs and Alternative Medicine. May, 2000.
- Evaluating Weight Loss Programs. August, 1999.
- Lactose Intolerance. August, 1999.
- Creatine for Athletes. July, 1999.

Vitamin and Mineral Supplement Usage. July, 1999.
Asthma Patients Have a Higher Risk for Osteoporosis. July, 1999.
Olestra. July, 1998.
Five-A-Day. September, 1997.
Folate and Heart Disease. September, 1997.
Eating Out Sensibly. June, 1996.
Eating On the Go. June, 1996.
Iron. June, 1996.
Complementing Proteins. June, 1996.
Misuse and Mistsreatment of "Boarderline" Diabetes. January, 1996.

Broadcasts:

Fun Food and Fitness. June 6, 2006.
Fruits and Vegetables. May 2, 2006.
Healthy Breakfast. April 4, 2006.
Food Safety. March 21, 2006.
Using Behavior Theories in Nutrition Education. February 7, 2006.
Meeting the RDA at Meal Time. January 10, 2006
Family Meal Time. November 1, 2005.
Weight Management Strategies. October 26, 2005.
Behavioral Change. FSNE Broadcast. September 6, 2005.
Prevention of Dehydration. FSNE Broadcast. April 26, 2005.
Food Fights. FSNE Broadcast. April 12, 2005
Portion Distortion. FSNE Broadcast. March 22, 2005.
Low FAD Diets. FSNE Broadcast. February 1, 2005.
Childhood Obesity Prevention. Food Stamp Nutrition Education (FSNE)
Broadcast. January 4, 2005.
Your Views, Our News, Your Needs, Our Deeds: USU Extension Programs for
Senior Citizens. November 9, 2004.
Childhood Obesity: A Local School Policy. September 14, 2004
Hormone Replacement Therapy with a Cancer Twist. October 7, 2003.
Behavioral Management of Childhood Overweight: Annual Pediatric
Teleconference. June 4, 2003.
What is New in Diabetes Management, Medication & Research. May 20, 2003.
Development of 10 video tapes on Diabetes through the technology center at
USU. March 2003.
Three part series – Diabetes Mellitus in 2001. February 13 & 27, March 20,
2001.

Campus Service:

Representative for Utah State University Extension Service with the Utah
Department of Health Chronic Disease Bureau – Diabetes Program and the
Cardiovascular Program.

Health Issues Team for USU Extension Service. This team of County Agents and interested campus Extension Specialists collaborates with other Utah agencies throughout the state to promote wellness and health. Educating the public is a major focus. Early issues include prevention of obesity, diabetes and cardiovascular problems.

Professional Service:

National and Regional:

Service to the Navajo and Ute Tribes through USU Extension Service activities. The majority of the service has been through development of diabetes education programs, but also includes heart healthy education developed in conjunction with the no-fat meat developed at USU, and with menu development. 1989-present.

Editorial board and test writer for continuing education credits for the newsletter, "On The Cutting Edge". This is a newsletter for dietitians specializing in diabetes care. They can obtain continuing education credit by completing the test after reading the newsletter. 1998 – present.

Intermountain Cystic Fibrosis Center Education/Evaluation and Research Coordination Team Member. Coordinated research efforts of Utah, New Mexico, Arizona and Colorado are reviewed by this team and presented in the annual regional meeting. National collaborations have been coordinated through the regional team. 2002 – present.

Test item writer for the American Dietetic Association's National Board Examination. My interest and expertise in psychometrics has been utilized for current and accurate knowledge and skills are obtained by new applications to the dietetic profession. 1994 – 2001.

Invited reviewer for The American Journal of Public Health. 1997 - present.

Food and Nutrition Education Coordinator for the Tennessee Camp for Diabetic Children. Responsible for the food delivery and nutrition education for the Tennessee Camp for Diabetic Children. Responsible for the food order of approximately \$16,000 for the two-week session, supervise eight kitchen staff, and organize/teach nutrition education classes. 1981 - present.

State and Local:

Food Bank Board Member with subcommittee on the Programs Committee. Coordinate efforts of Extension and Food Stamp Nutrition Education Assistants with the Food Bank, as well as supervise senior dietetic student rotations. 2008 – present.

Utah Dietetic Association President. This organization has 550+ members and three years: one year as president-elect, one as president and one as past president. During the past year as president, the organization successfully passed the Sunset legislation for 10 years which will end in 2015. This means that dietitians (and not self proclaimed nutritionists) are licensed to practice in hospital settings in Utah. As past president this year, I will focus on legislative issues in regard to health promotion. The major focus will be wellness programs in public schools to prevent childhood obesity. 2003 – 2006.

Utah Dietetic Association Educators Consortium. Educators of dietitians in Utah have coordinated efforts in providing Professional Continuing Education Hours (CEUs) and professional training for preceptor dietitians. A common student evaluation form has also been developed. Participating universities include Utah State University, Brigham Young University, University of Utah and Utah State University Continuing Education Distance Internship. 2002 – present.

Advisory board member for the Diabetes Control Program AND the Cardiovascular Program for the Utah State Health Department, Chronic Disease Bureau. 1992 – present.

Primary Children's Medical Center's Cystic Fibrosis Parent to Parent Initiative Advisory Board. Medical, financial and emotional resources are discussed and presented to parents of children with cystic fibrosis at a quarterly dinner meeting. Curriculum has been piloted for the Intermountain Cystic Fibrosis Education/Evaluation and Research team. 2001 – present.

Utah Action for Healthy Kids State Team. The Utah team is part of a national initiative to develop wellness policies in public schools. Nutrition and physical activity programs are the focus of the team. Efforts range from grassroots activities of School Boards to statewide legislative efforts. 2002 – present.

Advisor for the USU Master's in Dietetic Administration Degree Program (MDA). I serve as advisor for program goals for the MDA program and on graduate student committees. 2001 – present.

Co-Author of the Handbook of Clinical Dietetics, Utah Dietetic Association. This handbook is used in each hospital in the state of Utah as the protocol for providing instruction for nutrition services and patient instruction. The sections I wrote were the sections for parenteral nutrition support in the Intensive Care Unit, and Diabetes. 1996.

Utah State University Extension Service 4 - H Judge. 1989 - present.

Community Service:

Utah Food Bank Board Member. This is a privately funded organization that feeds the low income residents of Utah.

Cystic Fibrosis Foundation's "Great Strides Toward a Cure" committee member. This is a fund raising event for cystic fibrosis.

American Diabetes Association, Utah Chapter. Fund raising activities for this association.

Food and Nutrition Education Coordinator for the Tennessee Camp for Diabetic Children. I am responsible for the food delivery and nutrition education for the Tennessee Camp for Diabetic Children. This includes the food order of approximately \$16,000 for the two-week session, supervising eight kitchen staff, and organizing/teaching nutrition education classes. It also involves coordinating efforts with the national diabetes camping organization. 1981 - present.

Technical Advisory Board for Utahns Against Hunger. 1993.

Other Service and Professional Activities:

Coordinate the annual Pediatric Teleconference for Extension Agents, Health Department Employees on topics of pediatric growth, development and health. It is broadcast from University of Alabama at Birmingham. 1994 - present.

Participation in the Food Stamp Nutrition Education Grant Conference. The purpose is to learn requirements for the program and financial management. Denver CO. March 1 – 4, 2005.

Participation in the Leadership Institute for the American Dietetic Association. Scottsdale AZ. February 26-29, 2004.

Co-coordinator of an Interdisciplinary Nutrition Short Course: Nutrition for Children with Special Health Care Needs in Managed Care. Coordinated the Utah portion of the teleconference in conjunction with the University of Cincinnati. Dr. Donald McClain presented to the national audience on Diabetes Pathology and Genetic Mapping. September 27, 2002.

Wrote the Diabetes lesson plan for the EFNEP curriculum for the State of Utah in flip chart format. 1996.

Coordinated a program of nutrition education for 5th grade students to be incorporated into their economic unit of school. Five interactive lessons were followed by "cooperative learning" activities. 1996.

Coordinator of "Semiannual Nutrition Workshops" for public health dietitians and

nurses throughout Utah. 1985 - 1988.

Board member of The Nashville District Dietetic Association. Chair of Council on Practice 1982 - 84; Chair of Division of Education 1981 - 82.

Co-Chair - Workshop, "Nutritional Counseling for Home Health Nurses", for The Tennessee Nursing Association. 1982.

Honors:

2005-2006 Researcher of the Year, Department of Nutrition and Food Science.

2003 American Dietetic Association Outstanding Educator Award.

2002 Utah Academy of Sciences, Arts and Letters Best Paper Award for the Spring 2002 Annual Conference

2001 Award of Merit, Utah Dietetic Association. May, 2001

Teacher of the Year, College of Agriculture, Utah State University. 1996.

Utah State University Mortar Board "Top Prof". 1991, 1992, 2001.

Faculty Escort for the College of Agriculture Valedictorian. 1996.

Faculty Escort for the College of Family Life Valedictorian. 1991.

The senior dietetic students at USU have won the undergraduate division for the "most scholarly" poster session at the Utah Dietetic Association for the past six years. This was developed in my NFS 4420 Nutrition Methods Research class.

2008 Continuing Education for Nutrition Assistants in EFNEP & SNAP* 2nd place

2007: Effectiveness of Adapted Nutrition Education Curriculum for Individuals with Intellectual/Developmental Disabilities.

2006: Utah Food Stamp Nutrition Education (FSNE) Program Evaluation Effectiveness

2005 Food Camp for USU 4-H Participants.

2004 Placemat Nutrition Education for Seniors.

2003 Effectiveness of Food Guide Pyramid Based Diabetes Education.

2002 Maintenance of Diabetes Knowledge and Anthropometrics: USU Extension Program.

2001 The Role of Extension in Diabetes Education.

2000 Nutritional Adequacy of Food Pantry Participants: Corresponding Food Pantry Supplementation.

1998 The Effect of Outpatient Follow-Up Nutrition Clinic Interventions on Weight Gain in Failure to Thrive Children.

Promotion and Tenure Chair:

Promotion and Tenure Chair:

Siew Sun Wong, Assistant Professor in the NFS Department

Heidi LeBlanc, Extension Associate Professor, NFS Department

Kim McMahan, Clinical Instructor in the NFS Department

Debra Proctor, Extension Assistant Professor, Wasatch County

D. Pauline Williams, Extension Assistant Professor, Salt Lake County
Kristine Jacobson, Extension Assistant Professor, Salt Lake County
Clint Albrecht, Extension Assistant Professor, Beaver County

Promotion and Tenure Committee Member:

Heidi Wengreen, Assistant Professor in the NFS Department.
Tammy Vitale, Clinical Associate Professor in the NFS Department

Major Professor:

Sarah Gunnell, PhD Student. Nutrition Education in the Refugee Population.
Start Date August 2008.

Pauline Williams, PhD Student. Prevention of Childhood Obesity: A
Collaboration of Nutrition and Physical Therapy. Start Date August 2008.

Amanda Panting, Master's Student. Adapted Food Stamp Nutrition Education
Curriculum for adults with disabilities. Start date: August 2008.

Debra Christofferson, Master's Student. Nutrition Certification Program for
Nutrition Education Assistants in the Food Stamp Nutrition Education Program
and the Expanded Food and Nutrition Education Program. Start Date,
September 2007.

Kristen Stokes, Master's Student. Nutrition and Leadership Development
through Teens Reaching Youth (TRY) teams supervised through the 4-H
Extension Program. Start date September 2006.

Rachel Richins, Master's Student. Development and Analysis of a
Cardiovascular Diet Curriculum, Healthy Beat, for live presentation and DVD
format. Defended November 20, 2006.

Marlene Isrealson, Master's Student. The Effect of Age at Diagnosis in Cystic
Fibrosis Patients on Depression. Defended July 11, 2005.

Catherine McDonald, Doctoral Candidate. CF Parent Power: Enhancing
Management Skills and Self Efficacy for Parents and Care Providers of Children
with Cystic Fibrosis. Defended April 21, 2005.

Ann Romero, Master's Student. Early Intervention for Childhood Obesity
Through the WIC and EFNEP Programs. Defended January 10, 2005.

Joanna Kelley, Master's Student. Effect of Fortified Milk on Bone Density on
Children with Cystic Fibrosis. Defended June 28, 2004.

Marianne Rich, Master's Student. Leadership Education for Children with Neurodevelopment and Related Disabilities grant. Defended June 28, 2004.

Nancy Bennion, Master's Student. Determining the level of adherence to blood glucose monitoring – conventional vs. Therasense meter in patients with diabetes. Defended May, 2003.

Sarah Gunnel, Master's Student. Development of an algorithm of health factors to initiate tube feedings in Cystic Fibrosis. Defended December 2002.

Laura Prestwich, Master's Student. Nutrition and health risk assessment of Ute Adults. Defended May, 2000.

Committee member for Graduate Students:

Jennie Murri. Interactive Curriculum for the SNAP program. Defense set for Spring 2009.

Megan Williams. Improving Diabetes Clinics. Defense set for December 2009.

Skij Nielsen. National Initiatives for weight loss programs. Defended April 7, 2008.

Kathy Wickersham. Psychology reinforcement in weight loss for type 2 diabetes. Start date July 2007.

Cara Moncur, Thesis title yet to be determined. Start date September 2005 with Dr. Heidi Wengreen.

Cynthia Mitchell, Master's student. Weight Maintenance: Determinants of Success. Defended April 25, 2005.

Jack Charoonruk, Doctoral Candidate. Diabetes Mellitus, cognitive function, and risk of Alzheimer's Disease among elderly participants of the Cache County Study on Memory Health and Aging. Defended January 14, 2005.

Keith Jensen, Doctoral Candidate. Calcium intake among multiethnic youth. Defended June 28, 2003.

Michele Singer, Master's student. The obesity epidemic: Characteristics of successful weight management programs and Colorado's approach. Defended 2002.

Heidi Wengreen, Doctoral Candidate. Utah hip fracture picture-sort food frequency questionnaire validation and reproducibility Study. Defended May 2001.

Lara Schultz, Master's Student in Department of Psychology. Determining the effect of chocolate, chocolate substitute, sugar and sugar substitute on subjects screened as addicted to chocolate and sugar. Defended May, 1999.

Patti Marinicic, Doctoral Candidate: Quantitation of bovine serum albumin in cow's milk based infant formulas and removal of bovine serum albumin from cow's milk and whey protein isolates. Defended June, 1998.

Karri Hoyt, Master's Student. Response rates and response quality of a self-administered food frequency questionnaire in an elderly population. Defended June, 1997.

Jennifer Bowden, Master's Student: Iron absorption from conjugated vegetable extracts. Defended June, 1997.

Alison Lemon, Master's Student. Effect of a nutrition and fitness program on the dietary habits, fitness level and health status of Ute Indian youth. Defended June, 1994.

Julianne Steiner, Master's Student. The effect of computerized dietary analysis nutrition education on nutrition knowledge, nutrition status, dietary compliance and quality of life of hemodialysis patients. Defended June, 1992.