

Brandon Stroud

3845 E Baywood Ln.

Greenville, NC 27858

Phone: 919-495-0560

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EDUCATION

Intended Graduation May 2023, MPH Community Health and Health Behavior, East Carolina University (GPA 4.0)
2021, B.S. Nutrition, East Carolina University (GPA 3.44)

Work Experience: Academic Positions

Nutrition Science Department, East Carolina University, Fresh Start Assistant Director, May 2021-Present

- Managing a \$365,000 healthcare access grant to provide a mobile nutrition education, culinary medicine, telehealth, and produce prescription program for uninsured rural patients with type-2 diabetes in eastern North Carolina.
- Led group culinary medicine, nutrition education, and physical activity classes for patient participants.
- Managing all community partner communication/relationships.
- Ordering and purchasing of equipment.
- Budget monitoring/tracking.
- Quantitative and Qualitative data collection and analysis.
- Supervising a team of 20+ graduate/undergraduate research assistants.

Engagement and Outreach Scholars Academy, Paid Undergraduate Research Assistant, Spring-Summer 2021

- Only undergraduate student hired for this competitive application position.
- Conducted a mixed-method study utilizing a survey and semi-structured interviews with purposeful sampling targeting farmers who grew produce at farmers markets in Central and Eastern North Carolina between March 2021-June 2021.

HEALED Produce Prescription Program, Assistant Director, February 2021-December 2021

- Conducted a formative evaluation to tailor a delivery-based produce prescription program to the uninsured patient populations needs.
- Managed the undergraduate research team, program development, implementation, evaluation, and data analysis utilizing SPSS.

Farm to Clinic (F2C) Program, Assistant Director, Summer 2020-Current

- Developed partnerships with community initiatives to provide safety-net clinics in Eastern North Carolina with fresh produce for patients with chronic disease (e.g., type-2 diabetes and hypertension).
- Developed a process evaluation tracking procedure to identify pounds of produce being provided per clinic and how many patients received produce.
- Coordinated and communicated volunteering and research opportunities with student volunteers.
- Developed marketing, community outreach, and student recruitment materials.

RESEARCH

Interests:

- Primary/preventative care
- Chronic disease prevention and management
- Health disparities, underserved populations, social determinants of health (SDOH), food insecurity
- Healthcare policy
- Intensive lifestyle interventions
- Quality improvement in clinical care

Volunteer Research Experience:

Undergraduate Research Assistant, December 2019-May 2021

- Development and validation of a patient satisfaction tool to be used in Registered Dietitian Nutritionist-centered care.
- Took part in 10 different research projects over 2 years including qualitative, quantitative, and mixed-methods studies.

Fresh Start, Health Coach Trainer, October 2020-Present

- Developed training protocol for student health coaches and led training sessions for undergraduate health coaches.

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Lift-Off Diabetes Lifestyle Intervention Program, Undergraduate Research Assistant, Fall 2019-Spring 2020

- Conducted clinical (A1c and blood pressure), anthropometric (waist circumference, height, and weight) and survey data collection.

Presentations

National Scientific Meeting Presentations (Peer-Reviewed)

- Fresh Start: A comprehensive nutrition program targeting multiple social determinants of health to optimize diabetes management with uninsured patients. **Stroud B.***, Sastre L. American Public Health Association 2022 Annual Meeting and Expo. November 9th, 2022.
- HEALED: A rural delivery-based produce prescription program for uninsured patients with type-2 diabetes improves glycemic control. **Stroud B.***, Sastre L. American Public Health Association 2022 Annual Meeting and Expo. November 7th, 2022.
- Taking a Bite out of Produce Rx Program Gaps: The HEALED Program. Batt H, **Stroud B***, Liang C, Sastre L. Poster Presentation. SOPHE 2022 73rd Annual Conference, *Health Education: The ARCH of an Era*, March 22-25, 2022.
- We Asked, Patients Answered: Preferences for a Produce Rx Program. Hendrix K., Smith E., Win R., **Stroud B.***, Sastre L. Virtual Oral Presentation, American Public Health Association 2021 Annual Meeting and Expo. October 21st, 2021.
- Gleaning and Salvaging Produce to Address Food Insecurity and Related Health Disparities. **Stroud B.***, Sastre L. Virtual Oral Presentation, American Public Health Association 2021 Annual Meeting and Expo. October 21st, 2021.
- Farmer's Perceptions of Gleaning, Opportunities and Barriers to Food Recovery. **Stroud B.***, Bradshaw R., Sastre L. Virtual Oral Presentation, National Institute of Health: Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science Virtual Workshop. September 21st, 2021.
- HEALED: A Produce Rx Program Targeting Rural Uninsured Patients with Diabetes. **Stroud B.***, Batt H., Humphries W., Liang K., Sastre L. Virtual Oral Presentation, National Institute of Health: Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science Virtual Workshop. September 21st, 2021.

Local/Regional Scientific Meeting Presentations (Peer-Reviewed)

- Fresh Start: A Mobile Comprehensive Diabetes Self-Management, Culinary and Lifestyle Medicine Program Addresses Diabetes Disparities in Rural Eastern North Carolina. Gillespie B., **Stroud B.***, Sastre L. Oral Presentation, Eastern AHEC 2023 Rural Health Symposium Innovations Session: Bringing Care to the People, February 23rd 2023.
- Healthy Start Produce Prescription Program: A Formative Evaluation. Smith E., **Stroud B.***, Hendrix K., Sastre L. Oral Lightening Presentation, North Carolina Academy of Nutrition and Dietetics Eastern Virtual Regional Meeting, March 5th, 2021.
- Farm to Clinic (F2C): An Academic-Community Collaborative to Address Diet Related Health Disparities through a Sustainable Produce Prescription Initiative. **Stroud B.***, Sastre L. Virtual Oral Presentation. Eastern AHEC 2021 Rural Health Symposium: COVID-19 Innovations Session February 25th, 2021.
- Development of a Validated Patient Satisfaction Tool to be Used in Dietitian-Centred Care. **Stroud B.***, Sastre L. Virtual Oral Presentation, State of North Carolina Undergraduate Research and Creativity Symposium, Virtual, November 7th, 2020.
- Rural, Low-Income Patient's Nutrition and Physical Activity Behaviors and Interest in Support from a Nutritionist or Personal Trainer. **Stroud B***, Das BM, Sastre L. Poster Presentation, North Carolina Academy of Nutrition and Dietetics Regional Meeting, Gastonia March 6th, 2020. **Recognized as people's choice award for presentation.*

Invited Panelist/Presentation

- Food Insecurity and how it is Being Addressed in Eastern North Carolina. Presentation to the Science Education Partnership Program Students, Brody School of Medicine. November 18th, 2020.

Publications

Peer-Reviewed Publications

- Stroud BJ**, Sastre LR. From the Field to the Patient: A Rural Food Recovery-Based Produce Rx Program. *Health Promotion Practice*. May 2022. doi:10.1177/15248399221091546

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Manuscripts Under Review

1. **Stroud BJ***, Jacobs M., Palakshappa D., Sastre L. A Delivery-Based Produce Prescription Program Improves Glycemic Control in Rural, Uninsured Patients with Type-2 Diabetes. *Submitted, under review.*
2. Sastre L., **Stroud BJ***, Smith E., Hendrix K., McBride O. Development and Evaluation of the Delivery-Based HEALED Produce Rx Program with Uninsured Patients with Diabetes in Rural Eastern NC. *Submitted, under review.*

Manuscripts Under Preparation/Revision

1. Sastre L., **Stroud BJ***, Palakshappa D., Jacobs M., Das B. The Fresh Start Program: Using Culinary Instruction and Lifestyle Counseling to Improve Diabetes Self-Management. *Final Stages of Preparation.*
2. **Stroud BJ***, Palakshappa D., Sastre L. A Comprehensive Produce Prescription (PRx) Program Improves Diabetes Knowledge, Numeracy, and Glycemic Control. *Under Preparation.*
3. Sastre L., **BJ Stroud***. Evaluation Measures and Findings From the Fresh Start Program: A Comprehensive Produce Prescription (PRx) Program. *Under Preparation.*
4. Sastre L., **BJ Stroud***. An Innovative Culinary/Nutrition Education Approach Tailored for Rural, Uninsured Patients with Type-2 Diabetes. *Under Preparation.*

Grants

FUNDED

- **(Role: Assistant Director/Paid Staff)** Fresh Start: A Mobile Telehealth and Culinary Medicine Program to Improve Diabetes Management and Outcomes with Uninsured Patients in Rural Eastern North Carolina. (\$395,000, December 15, 2020, 3 years 2021-2024) The Duke Endowment: Health Care Application
- Undergraduate Research and Creative Activity Award. Project Title/Focus: Addressing Food Waste: A Food Insecurity Paradox. Spring 2021. Amount: \$1,500.
- Undergraduate Mini Research Award. Project Title/Focus: Development of F2C Tracking, Evaluation System. Fall 2020. Amount: \$1,000.
- Undergraduate Mini Research Award. Project Title/Focus: Patient Satisfaction Survey Development/Validation for RDN Provided Nutrition Care. Spring 2020. Amount: \$600.

Submitted/Not Funded/Progressed

- **(Role: Co-I)** Fresh Start: A Mobile Lifestyle and Culinary Medicine Program to Improve Diabetes Management and Outcomes with Uninsured Patients in Rural Eastern North Carolina. (\$273,610, 3 years 2022-2024). Cigna Foundation.

AWARDS/ACHIEVEMENTS

- Study Abroad Scholarship. Thomas W. Rivers Foreign Exchange Scholarship. Summer 2021. Amount: \$1,500.
- Chancellor's List: Spring 2021
- Article published in local newspaper: Stroud B, Kolasa KM. Make a colorful plate during National Nutrition Month. The Daily Reflector. Page B4. March 3, 2021.
- Dean's List: Fall 2020
- Article published in local newspaper: Stroud B. Eating foods rich in omega 3s crucial to healthy lifestyle. The Daily Reflector. Page B4. December 9, 2020
- Honor Roll: Fall 2019, Spring 2020.
- Boy Scouts of America, highest rank of Eagle Scout. 2013.

PROFESSIONAL MEMBERSHIPS AND POSITIONS

- Health Sciences Leadership Council, East Carolina University, *Master of Public Health Program Representative*, 2022-2023
- Student Public Health Organization, East Carolina University/Brody School of Medicine, *President*, 2022-2023
- Society of Public Health Education, student member 2022-current
- American Public Health Association, student member 2021-current
- Student Liaison for the Academy of Nutrition and Dietetics 2020-current (**Application required for position**).
- Academy of Nutrition and Dietetics, student member 2019-current

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- North Carolina Academy of Nutrition and Dietetics, student member 2019-current

VOLUNTEER EXPERIENCE

- Society of Saint Andrew, *Territory Field Supervisor*, Pitt County, NC January 2022-Present
- Society of Saint Andrew, *Volunteer*, Greenville, NC, September 2020-Present
- Food Bank of Central and Eastern North Carolina, *Volunteer*, Greenville and New Bern, NC November 2019-Present

CERTIFICATIONS

- CITI Training Certification: Essentials of Public Health Research (December 2022-2025).
- CITI Training Certification: Responsible Conduct of Research- Social and Behavioral Responsible Conduct of Research Course 1 (December 2022-December 2025).
- CITI Training Certification: Group 2 Social/Behavioral Research Investigators and Key Personnel Refresher Course (December 2022-December 2025).
- National Commission for Health Education Credentialing, Certified Health Education Specialist (CHES®), Certification ID: 37962 (December 2022).
- First Aid/CPR/AED certification (January 2019-January 2023).
- National Academy of Sports Medicine, Certified Personal Trainer (March 2019-March 2023).
- East Carolina University, Four Habits of High-Performance Teams and Teamwork from a Person-Centered Perspective CAIPER Certification (August 2020).
- ServSafe Manager certification (August 2020).
- dotFIT Nutrition certification (February 2020).

LICENSE and TRAINING

- Region 2 Public Health Training Center, Advanced Program Evaluation (January 2023).
- East Carolina University, 2022 HIPAA Privacy and Basic Security Training (December 2022).
- Northwest Center for Public Health Practice, Business Planning for Public Health Programs (December 2022).
- National Institute of Health Essential and Returning Workers (December 2020).
- National Institute of Health Protecting Yourself From COVID-19 in the Workplace (December 2020).
- HIPAA Training (November 2019-November 2022).
- East Carolina University, HIPAA Privacy and Basic Security Training (December 2020).