

## Lauren R. Sastre PhD, RDN, LDN

### **EDUCATION**

2006, B.S. Chemistry, Honors College, Western Carolina University (GPA 3.78)  
2012, M.S. Nutrition Science, The University of North Carolina at Greensboro (GPA 3.75)  
2016, Post BS Certificate, Dietetic Internship program, The University of North Carolina at Greensboro  
2016, Ph.D., Nutrition Science, The University of North Carolina at Greensboro (GPA 4.0)

**NSF REU Project Title:** *Electron Transfer between Cytochrome C and Cytochrome C Oxidase,*  
**Thesis Title:** *Staff Perceptions Regarding Pediatric Weight Management from a Low-Income Community Health Clinic*

**Dissertation Title:** *Let's Talk About Food: An Examination of the Dietary and Health Perceptions, Behaviors, Knowledge, and Interests of Newcomer Youth and Caregivers*

**Dietetic Training:** 1) Wake Forest Baptist Medical Center- extended 14 week acute/clinical training, 2) Randolph County Schools - management/food service, food safety, production, 3) Randolph County Health Department - community nutrition, water and food safety, general public health training.

### **WORK EXPERIENCE**

#### **Academic Positions**

*General and Organic Chemistry Tutor* (2005-2006), Western Carolina University  
*Research Assistant, National Science Foundation Undergraduate Research Expo* (2005), Department of Biochemistry, University of Arkansas, Fayetteville, Arkansas  
*Research/Graduate Assistant*, Department of Nutrition, The University of North Carolina at Greensboro, Greensboro NC (2010-2016)  
*Assistant Professor*, Department of Human Nutrition, Winthrop University, Rock Hill SC (2016-2018)  
*Assistant Professor*, Department of Nutrition Science, College of Allied Health Sciences, East Carolina University, Greenville, NC 27834 (Fall 2018-current)

#### **Non-Academic Positions**

*Habilitation Technician, Turning Points, Cullowhee NC* 2003-2006

Job Description: Provided direct personal care and educational support to a child with severe learning and cognitive and physical development disabilities in Jackson County, North Carolina.

### **RESEARCH**

#### **Interests:**

- Chronic disease prevention and management
- Health disparities, underserved populations, social determinants of health (SDOH), food insecurity
- Healthcare policy
- Primary/preventative care

## **PRESENTATIONS**

### **National Research Presentations (Invited)**

1. Villanova University M. Louise Fitzpatrick College of Nursing, MacDonald Center for Obesity Prevention and Education (COPE) Webinar series for health professionals. Presentation Title: *Addressing Obesity within Primary Care: Opportunities and a Multidisciplinary Approach*. November 11, 2020
2. Academy of Nutrition and Dietetics, Reimbursement Representatives Webinar. Presentation Title: *Promote Yourself to Your State Medical Societies*. February 11, 2021. \*\* reviewed research with family medicine physicians regarding interest, use and barriers of RDN care.

### **National Scientific Meeting Presentations (Submitted, Peer-Reviewed)**

1. Disparities in weight and health insurance status exist among newcomer children and adolescents from a low-income pediatric clinic., **Sastre L**, Hooker B, Haldeman L. 4<sup>th</sup> Annual North American Refugee Health Conference, Oral Presentation, 2014, Rochester, NY.
2. Exploring barriers to health services, quality care and diet for refugee communities through the eyes of local service providers., **Sastre L**, Haldeman L. APHA June, 2014 for poster presentation at November 2014 Annual Conference. New Orleans, LA.
3. How Refugees Hold onto the Past: Preserving home through cultural foods and markets., **Sastre L**, Haldeman L. Society for Applied Anthropology, Oral presentation, March 27, 2014 Annual Conference as part of a panel on changing global food systems. Pittsburgh, PA.
4. Availability of Nutrition and Health Education Resources for Service Providers to a Diverse Local Refugee Population. **Sastre L**, Haldeman L. Society for Nutrition Education and Behavior Annual Conference, Poster Presentation, July 27, 2015, Pittsburgh, PA.
5. Nutrition Education Interests, Needs and Perceptions of Newly Arrived Caregivers. **Sastre L**, Haldeman L. Society for Nutrition Education and Behavior Annual Conference, Poster Presentation, August 1st, 2016, San Diego, CA.
6. Nutrition Experiences and Perceptions of Newly Arrived Youth. **Sastre L**, Haldeman L. Society for Nutrition Education and Behavior Annual Conference, Poster Presentation, August 1<sup>st</sup>, 2016, San Diego, CA.
7. Let's Talk About Food! Exploring Diet, Physical Activity and Health Changes, Perceptions, Knowledge and Interests with Newcomer Youth. **Sastre L**, Haldeman L. Food and Nutrition Conference and Expo Annual Meeting, Poster Presentation, October 18, 2016, Boston, MA.
8. Assessment of Patient Interest and Preferences for a Nutrition Education and Counseling Program at a Diverse Low-Income Community Health Clinic. King R\*, Avila B\*\*, **Sastre L**. Food and Nutrition Conference and Expo, Annual Meeting, Poster Presentation, October 22, 2017, Chicago, IL.
9. Nutrition Education and Counseling Program Interest and Preferences of Caregivers from a Low-Income Community Pediatric Clinic. McCurry M\*, Avila B\*\*, **Sastre L**. Food and Nutrition Conference and Expo, Annual Meeting, Poster Presentation, October 22, 2017, Chicago, IL.
10. From the Democratic Republic of the Congo to North Carolina: An Examination of Traditional Diets, Food Related Behaviors, and Nutrition and Health Beliefs. Perez-Velazco X\*\*, Wade M\*, **Sastre L**. North American Refugee Health Conference, Poster Presentation, Friday June 8<sup>th</sup>, Portland Oregon.
11. Evaluation of Clinical Outcomes and Medical Provider Perceptions of a 3-month Pilot Nutrition Education and Counseling Program at a Federally Qualified Health Center. King R\*, Chua J, Nunnery D, **Sastre L**. Food and Nutrition Conference and Expo, Annual Meeting, Poster Presentation, October 21, 2018, Washington, DC.
12. Process Evaluation of the Integration of a 3-month Pilot Nutrition Education and Counseling Program at a Federally Qualified Health Center. King R\*, Chua J, Nunnery D, **Sastre L**. Food and Nutrition Conference and Expo, Annual Meeting, Poster Presentation, October 23, 2018, Washington, DC.
13. From the Democratic Republic of the Congo to North Carolina: An Examination of Health Care Access, Chronic Disease Risk and Lifestyle Changes with a Recently Arrived Refugee Group. Wade M\*,

**Sastre L.** American Public Health Association Annual Meeting & Expo, Poster Presentation, Nov 12, 2018 San Diego.

14. Diet Quality, Food Access, Obesity and Hypertension Risk in Rural Nicaragua. Bonavire K\*\*, William G, **Sastre L.** Society for Nutrition Education and Behavior Annual Conference, Poster Presentation, Monday July 29<sup>th</sup>, 2019, Orlando, FL.

15. Registered Dietitian Nutritionists (RDNs) Perceptions, Experiences and Job Satisfaction in Primary Care Settings. Schneider E\*, **Sastre L.** Food and Nutrition Conference and Expo, Annual Meeting, Poster Presentation, Tuesday October 29<sup>th</sup>, Philadelphia PA

*^1st Author/Presenter (Graduate Student: E. Schneider) received an Academy Foundation Scholarship to present this research. \*Received CAHS travel grant to travel and present research at FNCE, 2019 annual conference.*

16. In Person, Online or Social Media? Preferences of Low-Income Patients for Nutrition and Physical Activity Programming within Community Clinic. McBride O\*\*, Schneider E\*, Das B, **Sastre L.** Food and Nutrition Conference and Expo, Annual Meeting, Poster Presentation, Tuesday October 29<sup>th</sup> 2019, Philadelphia PA.

17. Infant Feeding Practices and Social Determinants of Health of Women in Rural Nicaragua. Nunnery D, Bonavire K\*\*, Williams G, **Sastre L.** Food and Nutrition Conference and Expo, Annual Meeting, Poster Presentation, Sunday October 27<sup>th</sup> 2019, Philadelphia PA

18. Low Socio-economic Patients' Preferences For Lifestyle Interventions: Low Socio-economic Patients' Preferences For Lifestyle Interventions: A Qualitative Analysis. Das MB, McBride O\*\*, **Sastre L.** Poster Presentation, 2020 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Exercise in Regenerative Medicine of the American College of Sports Medicine, San Francisco, California, May 27th, 2020.

19. Acceptability of the Adapted Centers for Disease Control and Prevention Diabetes Prevention Program (DPP) Educational Resources for a Social Media Delivered e-health Lifestyle Intervention. Estorge B\*\*, Das MB, **Sastre L.** ePoster Presentation, Wednesday, April 7 from 2:30:00 PM to 3:15:00 PM EST at the Society for Public Health Education 72nd Annual Conference, Gateway to the Future: Health Education & Promotion for All.

20. Acceptability of Culinary Support within a Social Media Delivered Intensive Lifestyle Intervention Among Rural Individuals. Calabria C\*, Das MB, **Sastre L.** ePoster Presentation, April 6-9, at the Society for Public Health Education 72nd Annual Conference, Gateway to the Future: Health Education & Promotion for All.

21. "MOTHeRS' Project":Addressing Food Insecurity of Women with High-Risk Pregnancies in Rural Eastern NC. Craven K, Kolasa L, Smith B\*, **Sastre L.** ePoster Presentation, August 7-10, at the Society of Nutrition Education and Behavior Annual Conference: Raising Reliance and Resilience, New Orleans

22. Vegetable Consumption by Low-Socioeconomic Patients Targeted for Produce Rx. Win R\*\*, Smith E\*, **Sastre L.** Poster Presentation. Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science, National Institute of Health. September 23, 2021.

23. HEALED: A Produce Rx Program Targeting Rural Uninsured Patients with Diabetes. Stroud B\*, Batt H\*\*, Humphries W, Liang C, **Sastre L.** Poster Presentation. Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science, National Institute of Health. September 23, 2021.

24. Farmer's Perceptions of Gleaning: Opportunities and Barriers to Food Recovery. Stroud B, Bradshaw R, **Sastre L.** Poster Presentation. Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science, National Institute of Health. September 23, 2021.

25. Food Insecurity, Food-Based Interventions and Chronic Disease Management. Batt H\*\*, Jacobs M, **Sastre L.** Poster Presentation. Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science, National Institute of Health. September 23, 2021.

25. 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.

26. Satisfaction of Tailored Food Bags for Food Insecure Pregnant Patients. Modi V\*\*, Woodlief S \*, Saeed S, De Andrea N, Craven K, Kolasa K, **Sastre L**. Roundtable Presentation. SOPHE 2022 73rd Annual Conference, *Health Education: The ARCH of an Era*, March 22-25, 2022.
27. We Asked, Patients Answered: Preferences for a Produce Rx Program. Hendrix K\*\*, Smith E\*, Stroud B\*, **Sastre L**. Virtual Poster Presentation. American Public Health Association (APHA) 2021 Annual Meeting, Denver, Colorado October 22, 2021.
28. Evaluation of a Sustainable Produce Prescription Model. Stroud B\*, **Sastre L**. Virtual Poster Presentation. American Public Health Association (APHA) 2021 Annual Meeting, Denver, Colorado October 22, 2021.
29. Satisfaction of Tailored Food Bags for Food Insecure Pregnant Patients. Modi V\*\*, Woodlief S BA\*\*, Sy SA, De Andrea N, Craven K, Kolasa KM, **Sastre LR**. Roundtable Presentation, 73rd Annual Conference of the Society for Public Health Education. March 2022.
30. Fresh Start: A comprehensive nutrition program targeting multiple social determinants of health to optimize diabetes management with uninsured patients. Stroud B\*, **Sastre L**. Poster Presentation. American Public Health Association (APHA) 2021 Annual Meeting, Boston MA, November 9, 2022.
31. HEALED: A rural delivery-based produce prescription program for uninsured patients with type-2 diabetes improves glycemic control. Stroud B\*, **Sastre L**. Oral Presentation. American Public Health Association (APHA) 2021 Annual Meeting, Boston MA, November 9, 2022.

#### **Regional Meeting Presentations (Peer-Reviewed)**

1. From the Farm to the Clinic. Dodge R\*\*, **Sastre L**. The World of Food Conference, Winthrop University, Oral Presentation, February 23, 2019, Rock Hill SC.
2. A Glass of Milk: The Rocha Nicaragua Project. Williams G, **Sastre L**, Bell A\*\*, Van Cleave J\*\*, Montgomery J\*\*. The World of Food Conference, Winthrop University, Panelist, February 23, 2019, Rock Hill SC
3. Lift-Off: A Social Media Delivered Lifestyle Intervention Focusing on Rural, Low-Socioeconomic Patients. CB Calabria\*, BJ Estorge\*\*, BM Das, LR Sastre. Eastern AHEC 2020 Rural Health Symposium, February 27<sup>th</sup>, 2020, Poster Presentation
4. Rural, Low-Income Patient's Nutrition and Physical Activity Behaviors and Interest in Support from a Nutritionist or Personal Trainer. B Stroud\*\*^, Das BM, **Sastre L**. Poster Presentation, North Carolina Academy of Nutrition and Dietetics Regional Meeting, Gastonia March 6, 2020.  
^ *Ist Author/Presenter (Undergraduate Student, B Stroud) recognized as people's choice award for presentation.*
5. Assessing Healthcare Provider Perceptions and Roles: Validation of a Survey on Lactation Practices. Ganio-Molinari M\*, Culp R, Brown M\*, Van Scyoc S\*, Arnold N, **Sastre L**, Nunnery N, Lima H. Poster Presentation, North Carolina Academy of Nutrition and Dietetics Regional Meeting, Gastonia March 6, 2020.
6. Acceptability of Culinary Support within a Social Media Delivered ILI Among Rural Individuals. Calabria C, Das BM, **Sastre L**. Oral Lightening Presentation, North Carolina Academy of Nutrition and Dietetics Eastern Virtual Regional Meeting, September 18, 2020. 2020.
7. 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 Thursday February 25, 2021.
8. 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.
9. Socio-demographic Predictors of Culinary Knowledge, Self-Efficacy and Skills of Rural

Individuals in Eastern North Carolina. Lewis A\*\*, McBride O\*\*, Calabria C\*, **Sastre L.** Oral Lightening Presentation, North Carolina Academy of Nutrition and Dietetics Eastern Virtual Regional Meeting, March 5th, 2021.

### **Student Mentored Global/State/Local/University Presentations**

1. Project LIFT-Off: Development of physical activity resources. Prentis CM\*\*, Verk SL\*\*, Sastre LR, Das BM (April 2020). Poster submitted to the annual meeting of East Carolina University's Research and Creative Awards Week. Greenville, North Carolina.
2. Farm to Clinic: Connecting the Gap Between Food Waste and Food Insecurity in Eastern North Carolina. Tripp M \*\*, **Sastre L.** (November 23, 2019) State of North Carolina Undergraduate Research and Creativity Symposium (SNCURCS) 2019
3. Development of a Validated Patient Satisfaction Tool to be Used in Dietitian-Centered Care. Stroud B\*\*, **Sastre L.** Virtual Oral Presentation, State of North Carolina Undergraduate Research and Creativity Symposium (SNCURCS) November 7<sup>th</sup>, 2020.
4. The MOTHeRS Project Satisfaction Evaluation. Modi V, Sastre L. Virtual Oral Presentation RWCA, April 7, 2022.
5. The MOTHeRS Project Satisfaction Evaluation. Modi V, Sastre L. Virtual Oral Presentation by invitation: 7<sup>th</sup> Annual Global Issues Conference, April 8, 2022

\*\* Denotes undergraduate student co-author

\*Denotes graduate student co-author

^ Denotes presentation award/recognition

## **PUBLICATIONS**

### **Peer-Reviewed Publications**

1. **Sastre L**, Haldeman L. Environmental, Nutrition and Health Issues in a US Refugee Resettlement Community. MEDICC Review, October 2015, Vol 17, No 4 \*28 citations
2. Smith E\*, **Sastre L.** "We didn't know": An Examination of Health and Nutrition Knowledge, Behaviors and Clinical Risk Factors to Guide a Tailored Education Intervention for Refugees from Burma. *Journal of Refugee and Global Health*, 2019. \*1 citation
3. **Sastre, L. R.**, Matson, S., Gruber, K. J., & Haldeman, L. (2019). A qualitative study examining medical provider advice, barriers, and perceived effectiveness in addressing childhood obesity to patients and families from a low-income community health clinic. *SAGE Open Medicine*. <https://doi.org/10.1177/2050312119834117> \*6 citations
4. Sastre LR, Wright LD, Haldeman L. Use of Digital Photography With Newcomer Immigrant and Refugee Youth to Examine Behaviors and Promote Health. *Health Promot Pract*. 2019;20(5):639-641. doi:10.1177/1524839919863465 \*2 citations
5. **Sastre, L.R.**, Haldeman, L. Diet, Physical Activity and Weight-Related Behaviors, Changes and Risks with Newly-Arrived (< 1 Year) Immigrant and Refugee Adolescents (Ages 12–17). *J Immigrant Minority Health* 22, 282–290 (2020). <https://doi.org/10.1007/s10903-020-00970-2>
6. Jacobs M, Harris J, Craven K, **Sastre L.** Sharing the 'weight' of obesity management in primary care: integration of registered dietitian nutritionists to provide intensive behavioural therapy for obesity for Medicare patients [published online ahead of print, 2020 Feb 20]. *Fam Pract*. 2020;cmaa006. doi:10.1093/fampra/cmaa006 ^Article chosen for press release, covered by CNN, and in ECU now blog (see Media section links).
7. **Sastre, LR.** (2020) "From the Democratic Republic of the Congo to North Carolina: An Examination of Chronic Disease Risk," *Journal of Refugee & Global Health*: Vol. 3 : Iss. 1 , Article 3. DOI: 10.18297/rgh/vol3/iss1/3 \*1 citation

8. **Sastre L**, Van Horn LT. Family medicine physicians' report strong support, barriers and preferences for Registered Dietitian Nutritionist care in the primary care setting, *Fam Prac*, 06 October 2020, cmaa099, <https://doi.org/10.1093/fampra/cmaa099> \*1 citation
9. Tripp M, Jacobs M, **Sastre L**. (2020) Perceptions, Satisfaction, and Experience of Low-Socioeconomic, Rural Patients Who Participated in a Pilot Farm to Clinic (F2C) Program Utilizing Local, Donated Produce, *Journal of Hunger & Environmental Nutrition*, DOI: 10.1080/19320248.2020.1860848
10. **Lauren R. Sastre** & Lauren Haldeman (2021) Food Selection Factors and Perceived Influence on Household Foods Post-Arrival to the U.S. of Newcomer Immigrant and Refugee Adolescents, *Ecology of Food and Nutrition*, DOI: [10.1080/03670244.2021.1872023](https://doi.org/10.1080/03670244.2021.1872023) \*1 citation
11. **Sastre L**, Wynn D, Roupe M, Jacobs M. Link between redemption of a medical food pantry voucher and reduced hospital readmissions. *Prev Med Rep*. 2021 May 18;23:101400. doi: 10.1016/j.pmedr.2021.101400. PMID: 34136336; PMCID: PMC8178117.
12. J Dharod, D NounKeu, J Labban, L Paynter, **L Sastre** (2021). Examination of the Cameroon-DHS data to investigate how water access and sanitation services are related to diarrhea and nutrition among infants and toddlers in rural households. *Journal of Water and Health*. DOI: [10.2166/wh.2021.123](https://doi.org/10.2166/wh.2021.123)
13. Stroud B\*, **Sastre L** (2022). From the Field to the Clinic: A Gleaning and Donation-Based Produce Program for Rural, Low-Socioeconomic Patients Accepted, *Journal of Health Promotion and Practice*
14. King R\*, Chua J, Nunnery D, **Sastre L**. Opportunities and Lessons Learned to Support Didactic Experiential Learning through a Nutrition Education and Counseling Pilot at an FQHC. *The Journal of the Academy of Nutrition and Dietetics*.

#### **Manuscripts Under Review:**

1. Bonavire K\*\*, Nunnery D, Dharod J, Ginger W, **Sastre L**. Food insecurity, Diet Quality and Obesity and Hypertension Risk in Rural Nicaragua. *Submitted, Under review*
2. **Sastre L**, Haldeman L, Desiree W, Roupe M, Jacobs M. The Cost of Addressing Food Insecurity: An Economic Analysis of the Implementation of a Hospital-Based Medical Food Pantry. *Submitted, Under review*
3. Schneider E\*, Van Horn L, **Sastre L**. Dietitians Report Interprofessional Roles, Experiences, Perceptions and High Satisfaction Working in Primary Care. *Submitted Under Review*.
4. Stroud BJ\*, **Sastre LR**, Jacobs M, Palakshappa D. A Rural Delivery-Based Produce Prescription Intervention Improves Glycemic Control and Stress
5. **Sastre LR**, 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.

#### **Manuscripts Under Preparation/Revision**

1. **Sastre L**, Stroud B, Bradshaw R. Promoters and Barriers to Gleaning: Perceptions of Farmers in the Rural, Eastern North Carolina. *Under Preparation*.
2. Cornelius P\*, Stroud BJ\*, Das B, **Sastre L**. Perceptions of Patients and Students from a Pilot Health Coaching Project to Address Care Gaps in Rural Eastern North Carolina. *Under Preparation*.
3. **Sastre L**, Stroud BJ\*, Das BM, Jacobs M, Palakshappa D. Fresh Start: Intersecting Culinary and Lifestyle Medicine, Produce Prescriptions and Diabetes Self-Management Education for Comprehensive Care *Under Preparation*.

4. **Sastre LR**, Stroud BJ\*, Haldeman L. Produce Prescription Programs: Gaps in Implementation and Evaluation *Under Preparation*.
5. Stroud BJ\*, Das BM, **Sastre LR**. Fresh Start: A Logic Model for Community Based Comprehensive Diabetes Care with Vulnerable Patients *Under Preparation*.
6. **Sastre LR**, Stroud B, Thompson K, Nunnery D. Produce Prescription (PRx) Programs: Context, Evidence, Gaps and Opportunities for the Registered Dietitian Nutritionist *Under Preparation*

\*\* Denotes undergraduate student co-author

\*Denotes graduate student co-author

^ Denotes presentation award/recognition.

## OTHER PUBLICATIONS

### Peer Reviewed Textbook/Chapter

1. **Sastre L**, Dharod J, Nunnery D. **Chapter (10)**: Global Health: Importance of Interprofessional Approach. **Text**: Public Health Nutrition Rural, Urban, and Global Community-Based Practice. Springer, *In Press, Spring Anticipated Release: June 28, 2020 ISBN 13 9780826146847*  
*\*Chapter case study also highlights 1st author; L. Sastre community-engaged research with Burmese Refugees conducted in Charlotte, NC.*

## GRANTS

### Funded

1. **(Role: RA)** Evaluation of the Take Charge Weight Initiative Program offered by Triad Adult and Pediatric Medicine (TAPM). (\$3000, 6/2011-6/2012) Funded by the Community Based Research Grant Program sponsored by the Office for Leadership and Service Learning. PI: Lauren Haldeman PhD.
2. **(Role: PI)** Our Health, Our Voice a Community-Based Participatory Research Project for Newcomer Youth. (\$3000, 10/2014-7/2015) Funded by the Williams Award in Arts Health Graduate Research Award sponsored by the School of Health and Human Sciences. PI: **Lauren Sastre MS**.
3. **(Role: Co-PI)** From the Democratic Republic of the Congo to North Carolina: An examination of the nutrition and health literacy, interests, perceptions, behaviors, needs and risks of a newly arrived African refugee group (\$2700, 3/22/2016-6/30/2018) Funded by the Sponsored Programs and Research (SPAR) Office, Winthrop University PI: **Lauren Sastre PhD, RDN, LDN**.
4. **(Role: PI)** Fresh Start: A Mobile Telehealth and Culinary Medicine Program to Improve Diabetes Management and Outcomes with Uninsured Patients in Rural Eastern North Carolina. (\$365,000, December 15, 2020, 3 years 2021-2024) The Duke Endowment: Health Care Application
5. **(Role: Co-PI)** Soul FOOD: Sistas Fighting Overweight and Obesity Diseases (\$5,700, February 22, 2021) (Co-PI, Dr. Bhibha Das, Department of Kinesiology, College of Health and Human Performance, East Carolina University) 2021 Women for Women of Pitt County, North Carolina Community Foundation. \*Selected from internal competition at ECU for external submission
6. **(Role: Co-I)** Exploring and Identifying African-American Women's Social, Cultural, and Physical Barriers to Physical Activity and Nutrition in the Context of Type 2 Diabetes Prevention (\$6,250.00, 1 year 2021-2022) RESEARCH/CREATIVE ACTIVITIES COMMITTEE, East Carolina University
7. **(Role: Co-PI)** *Development, Implementation, and Evaluation of KINE 4001: Health Coaching - An Interdisciplinary Approach.* (\$10,140, Fall 2021) (Co-PI, Dr. Bhibha Das,

Department of Kinesiology, East Carolina University) Faculty Senate: Teaching Grants Committee.

8. **(Role: PI)** Where are the tortillas? Diversity and Inclusion Research and Scholarships (DIRS) Seed Grant (\$11,970.00, 1 year: Summer 2022-Spring 2023)
9. **(Role: Advisor)** Carolina Consortium to Improve BP Control in Vulnerable Populations (PCORI Grant, PI: Skip Cummings, Family Medicine)

### **Submitted/Under Review**

1. **(Role: Advisor)** NIH F31 international grant focusing on global malnutrition assessment and treatment in Guatemala/low-income countries. PI: Doctoral candidate (Nursing) Morgan Braxton, Co-PI/Mentor: Kim Larson.(Invited Spring 2020, Fall 2020 anticipated submission)

### **Submitted/Not-Funded/Progressed**

1. **(Role: Co-PI)** Physician Referral, Perceptions and Interests of RD/RDN Services in Primary Care (\$1000, June 2018) Academy of Nutrition and Dietetics Foundation: Julie O'Sullivan Maillet Research Grant
2. **(Role: PI)** RDN Provided Intensive Behavioral Therapy for Obesity (IBTO) in the Primary Care Setting: An Examination of a Services, Reimbursement, Patient Outcomes and Economic Value. (\$1000, 1 year 2019-2020) Academy of Nutrition and Dietetics Foundation: Julie O'Sullivan Maillet Research Grant
3. **(Role: PI)** Development and Delivery of an eHealth Intervention to Address Gaps in Primary Care: Targeting vs. Tailoring- How Specific Does the Message Need to be? (\$6,060.00, 1 year 2019-2020) RESEARCH/CREATIVE ACTIVITIES COMMITTEE, East Carolina University
4. **(Role: Co-PI)** Farm to Clinic: Sustainable Resource Alignment to Address Food Insecurity & Health Inequity. Pioneering Ideas, Robert Wood Johnson Foundation (\$50,563, 1 year 2020-2021) (Co-PI: Molly Jacobs, PhD (Department of Health Services and Information Management, Carolina University) *\*\*Letter of Intent*
5. **(Role: Co-PI)** Farm to Clinic: Sustainable Resource Alignment to Address Food Insecurity & Health Inequity. Bill and Melinda Gates Foundation (\$95,000, 1 year 5/1/2020-8/31/2021) (Co-PI: Molly Jacobs, PhD (Department of Health Services and Information Management, Carolina University)*\*\* Letter of Intent*
6. **(Role: Co-PI)** Home Garden Support: A Model to Sustain Rural, Low-Income Patient's Healthy Eating. (\$99,999.38, 4/1/2020-3/31/2022) Aetna Foundation/Healthiest Cities. Co-PI Nicole Arnold, PhD (Department of Nutrition Science, East Carolina University)
7. **(Role: Co-PI)** Improving Diabetes Management and Reducing COVID-19 Risks with Uninsured Patients by Addressing Underlying Behavioral and Resource Risk Factors to Poor Glycemic Control. North Carolina Healthcare Association: NCHF COVID-19 Fill the Gap Response Fund (\$96,289.60 2020-2021). (Co-PI Dr. Bhibha Das, Department of Kinesiology, East Carolina University) *\*Internal Competition for Proposal Submission, Approved by ECU Medical & Health Sciences Foundation May 7,2020.*
8. **(Role: Co-PI)** Farm to Clinic: Aligning Community Resources to Improve Diet, Nutrition and Health, (\$874,249.96, 7/1/2020-6/30/2023). USDA-NIFA-AFRI-007052, National Institute of Food and Agriculture, Agriculture and Food Research Initiative - Foundational and Applied Science. (Co-PI: Molly Jacobs, PhD (Department of Health Services and Information Management, East Carolina University)
9. **(Role: PI)** Advancing preventative care, diabetes management and reducing COVID-19 risks with by addressing underlying behavioral and resource risk factors associated with glycemic control through a novel approach. ADA COVID-19 and Diabetes Research Award (\$87,831 7/1/2020-7/1/2021) (Co-PI, Dr. Bhibha Das, Department of Kinesiology, East Carolina University)

10. **(Role: Co-PI)** LIFT-Off (Lifestyle Intervention focusing on Food and physical AcTivity): An Interdisciplinary Research Collaborative to Build Interdisciplinary Research, Teaching, and Service Capacity (\$34,988, September 16, 2020) (Co-PI, Dr. Bhibha Das, Department of Kinesiology, East Carolina University)UNC System Undergraduate Research Program Award. *Internal competition, not progressed.*
11. **(Role: Co-PI)** *Development, Implementation, and Evaluation of KINE 4001: Health Coaching - An Interdisciplinary Approach.* (\$14,340, Fall 2020) (Co-PI, Dr. Bhibha Das, Department of Kinesiology, East Carolina University) Faculty Senate: Teaching Grants Committee. *Internal competition, not progressed.*
12. **(Role: Co-PI)** Project FAMILY: Fostering Advocacy and Management of Type 2 Diabetes In Low-Income Families. (\$25,000 December 8, 2020, 1 year) (Co-PIs, Dr. Bhibha Das, Department of Kinesiology, College of Health and Human Performance, East Carolina University & Dr. Katherine Wickel, Department Child Development and Family Relations, College of Health and Human Performance, East Carolina University. Vidant Health Community Benefits Grants Program \* *Letter of Intent*
13. **(Role: Co-I)** FrESH (Food and Exercise Support towards Health) Healthy Lifestyle Support Program (\$43,589.00, 1 year 2021-2022) (Co-PI, Dr. Bhibha Das, Department of Kinesiology, College of Health and Human Performance, East Carolina University) The Carolinas Center for Medical Excellence
14. **(Role: PI)** 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.

## **Research/Scholarship Training**

**Engagement and Outreach Scholars Academy (EOSA) 2020-2021** Cohort. East Carolina University. Application/acceptance required\*\*. Program/Training Focus: professional development and project support for community engagement. Faculty selected to the program participate in cohort-based workshops and develop a research project with a community partner.

## **Student Research (Mentored, Supervised)**

*The University of North Carolina at Greensboro*

### **Undergraduate Student Research**

Mentored and trained undergraduate students (research assistants)

1. Jovanna Fuentes (UNCG Spring 2015)
2. Amy Minicucci (UNCG Spring/Summer/Fall 2015)
3. Lucas Wilkerson (UNCG Spring/Summer/Fall 2015)
4. Ellen Bizzell (UNCG Spring/Summer 2015)

*Winthrop University*

### **Undergraduate Student Research**

Mentored and trained undergraduate students (research assistants)

1. Chelsea Dehring (WU, Fall 2016)
2. Jessica McCarton (WU, Spring-Summer 2017)
3. Jovanna Orozco (WU, Fall 2016-Spring 2016)
4. Brenda Avila (WU, Fall 2016-Spring 2017)

## **Graduate/Post-Bacc Student Research**

Mentored and trained graduate students (research assistants)

1. Alina Pitman (WU, Spring-Summer 2017)
2. Salem Zeglin (WU, Fall 2016-Spring 2017)
3. Monique Dorsey (WU, Fall 2016-Spring 2017)
4. Katherine Johnson (WU, Fall 2016-Spring 2017)
5. Lauren Wright (WU, Spring 2017-current)
6. Casey McCurry (WU, Fall 2016-Spring 2017)
7. Tara Lavelle (WU, Fall 2016-Spring 2017)
8. Elizabeth Smith (WU, Summer 2017)
9. Stephanie Matson (WU, Fall 2017)
10. Michelle Hearn (WU, Fall 2017)
11. Caroline Areklian (WU, Spring 2018)
12. Marley Wade (WU, Fall 2016-Spring 2018)

## **Master's Thesis Students**

1. Rebecca King (WU, Fall 2016-Spring 2018, current, role: Committee Chair). Project Title/Focus: Evaluation of a 3 Month Pilot Nutrition Education and Counseling Intervention at a Low-Income Community Health Clinic.

## **Honors Thesis Students**

1. Melody Sheets (WU, Spring 2017, role: reader honors thesis)
2. Taylor Hamilton (WU, Spring 2017, role: reader honors thesis)
3. Julia Pompell (WU, Spring 2017, role: reader honors thesis)

## **McNair Scholars Program Mentorship**

1. Ximena Perez-Velazco (WU, Spring 2017, role: Mentor) Project Title/Focus: Provider Perceptions of a Pilot Nutrition Education and Counseling Program at a Low-Income Community Pediatric Clinic.  
*\*Awarded 1<sup>st</sup> place for Health at the 2017 National SAEOPP McNair/SSS Research Conference (Summer 2017) and 1<sup>st</sup> place at the Nutrition Research Symposium at Winthrop University (Fall 2017).*

*East Carolina University*

## **Director of the Student Engagement and Outreach Scholarship Academy, Honors College/REDE (2022-current)**

## **Undergraduate Student Research (General Mentoring/Research Assistants on Various Projects)**

Mentored and trained undergraduate students (research assistants, non-URCA/non-MINI)

1. Kaila Bonavire (ECU, Spring 2019- Spring 2020)
2. Rachel Dodge (ECU, Spring 2019- Fall 2019)
3. Jared Willis (ECU, Fall 2019- Spring 2020)
4. Brandon Stroud (ECU, Fall 2019-current)
5. Holly Ault/Batt (ECU, Fall 2020-current)
6. Shelby Lambert (ECU, Fall 2020- current)
7. Rupa Winn (ECU, Fall 2020-current)

8. Khadijah Hendrix (ECU, Fall 2020-current)
9. Vedika Modi (ECU, Fall 2020-current)
10. Amy Turner (ECU, Fall 2020-current)
11. Raven Reinhart (ECU, Fall 2020-current)
12. Megan Brinkley (ECU, Fall 2020-current)
13. Kalle Parks (ECU, Fall 2020-current)

### **URCA Award**

1. McBride, Olivia (ECU, Spring-Summer 2019, role: Mentor) Project Title/Focus: Patient Interest in Farm to Clinic Program.
2. Estorge B, Verk Samuel, Prentis Cameron (ECU, Spring 2020, role: Primary Mentor/Co-mentor). Project Title/Focus: LIFT-Off
3. Lewis, Amy. (ECU, Spring 2020, role: Mentor). Project Title/Focus: Finding Water: Creative Use of Digital Storytelling \*\* delayed for Summer 2021 Zimbabwe Study Abroad Trip
4. Stroud, Brandon (ECU, Spring 2021, role: Mentor). Project Title/Focus: Addressing Food Waste: A Food Insecurity Paradox
5. Hendrix, Khadijah (ECU, Spring 2021, role: Mentor). Project Title/Focus: Patients Preferences for a Produce Rx Program
6. Batt, Holly (ECU, Fall 2021, role: Mentor). Project Title/Focus: Healthy Food vs. Medications: A Cost Analysis
7. Sarah Elliot (ECU, Fall 2022, role: Mentor). Project Title/Focus: Student Lead Health Coaching

### **Mini-Grant Undergraduate Student Research Award**

1. Kayyali, Deena (ECU, Spring-Summer 2019, role: Mentor) Project Title/Focus: Development of Targeted Low-Income Patient Nutrition Education Resources
2. Harris, Jordan (ECU, Spring-Summer 2019, role: Mentor) Project Title/Focus: RDN Delivered IBTO within the Primary Care Setting
3. Stroud, Brandon (ECU, Spring-Summer 2020, role: Mentor) Project Title/Focus: Patient Satisfaction Survey Development/Validation for RDN Provided Nutrition Care
4. Stroud, Brandon (ECU, Fall 2020, role: Mentor) Project Title/Focus: Development of F2C Tracking, Evaluation System

### **Honors Signature Project**

1. Madeline Tripp<sup>\$</sup> (ECU, Spring 2019- current, role: Mentor) Project Title/Focus: Patient Produce Preferences Participating in the ENC Farm to Clinic Program (<sup>\$</sup>EC Scholar, Class 2020).
2. Amy Lewis (ECU, Summer 2019-current, role: Mentor) Project Title/Focus: TBD
3. Quaid Lawler (ECU, Summer 2022-current, role: Mentor) Project Title/Focus: Dental Care Access for Rural Uninsured Patients Served by NCAFCC Clinics in Eastern, North Carolina.
4. Vedika Modi (ECU, Summer 2022- current, role: Mentor) Project Title/Focus: Evaluation of the Experience, Satisfaction and Perceptions of Pregnant, Food Insecure Patients who Received a Medically Tailored Food Bag in the MOTHeRS Project
5. Grace Regan (ECU, Summer 2022- current, role: Mentor) Project Title/Focus: A Mixed Method Evaluation of Patient Experience and Satisfaction of the Group Classes in the Fresh Start Program
6. Sarah Elliot (ECU, Summer 2022- current, role: Mentor) Project Title/Focus: A Mixed Method Evaluation of Patient Experience and Satisfaction of Health Coaching Services in the Fresh Start Program
7. Quaid Lawler (ECU, Summer 2022- current, role: Mentor) Project Title/Focus: Promoters and Barriers to the Dental Practice in Rural, Eastern NC

### **Graduate/Master's Projects**

1. Erin Schneider (ECU, Fall 2018- current, role: Mentor) Project Title/Focus: RDN Perceptions and

- Experiences in Primary Care
2. Elisa Smith (ECU, Fall 2020- current, role: Mentor) Project Title/Focus: Formative Evaluation of a Produce Prescription Program Targeting Rural, Low-Socioeconomic Uninsured Patients
  3. Pamela Cornelius (ECU, Fall 2020- current, role: Mentor) Project Title/Focus: Process Evaluation of a Student Led Health Coaching Program: Healthy Start Targeting Rural, Low-Socioeconomic Uninsured Patients with Type II Diabetes
  4. Emma Whitesell (ECU, Fall 2020- current, role: Mentor) Project Title/Focus: Exploration of RDNs Interest and Practices to Evaluate Patient Satisfaction with Nutrition Care and Services
  5. Camila Calabria (ECU, Fall 2019-, role: Chair) Project Title/Focus: Feasibility and Acceptability of LIFT-off: A Social Media Delivered Intensive Lifestyle Intervention with Culinary Support Among Low-income, Rural Patients

### **Graduate/Master's Thesis Chair**

1. Jordan Harris (ECU, Fall 2020-Fall 2022, role: Chair) Project Title/Focus: Sports Dietetics: Perceptions, Roles, Satisfaction and Career Trajectories

### **Graduate/Master's Thesis Committee Member**

1. Jesse Clow (Chair: Dr. Virginia Stage, 2018-current)

### **Graduate/Doctoral Committee Member (External, Invited)**

1. Coleman Murray (Chair: Dr. Lauren Haldeman, 2020- current, The University of North Carolina at Greensboro)
2. Morgan Braxton (Chair: Kim Larson, 2021-current, Nursing, East Carolina University)

## **TEACHING**

### The University of North Carolina at Greensboro

- Community Nutrition Academic Co-Instructor, The University of North Carolina at Greensboro, Greensboro NC (2014)
- Guest Lecturer: International Nutrition: water security, pediatric malnutrition, cultural competency. (2014, 2015), Community Nutrition: program planning, policy, cultural competency, ethics (2014, 2015), Quantity Foods and Production Course: Developed lecture and lab: dysphagia diets and food production (2015), Public Health Personal Health, refugee health and nutrition, food insecurity and food deserts (2014,2015), Nutrition Education (2 lectures) program planning(s) cultural competency. (2014), Three-week unit on Life Cycle nutrition for and developed exam regarding material. (2012)

### Winthrop University

#### Undergraduate Courses

- Introduction to Clinical Nutrition (2016-2018)
- Food Composition (2016-2017)
- Nutrition Education Behavior and Counseling (2016)
- Community Nutrition (2017-2018)
- Cultural Food Perspectives (2017-2018)

#### Graduate Courses

- Research Seminar in Food and Nutrition/Readings in Human Nutrition/Recent Developments in Nutrition & Dietetics (2017-2018)
- Global Health (Spring 2018)
- Global Service Learning (Spring 2018)

### East Carolina University

- Nutrition Assessment (NUTR 2400, Fall 2018-current)
- Special Topics (NUTR 4901, Spring 2020)
- Nutrition and Public Health Issues (NUTR 6610, Fall 2020)
- Community Nutrition (NUTR 4500, Spring 2021-current)

### **Curriculum Development**

#### *Winthrop University*

- Co-developed new and redesigned courses for ACEND accredited DPD program in the Department of Human Nutrition at Winthrop University including: Nutrition Education and Nutrition Counseling and Nutrition Assessment (Fall 2017)
- Redesigned courses within the Graduate Program in the Department of Human Nutrition at Winthrop University including: Global Service-Learning Course and Global Nutrition. (Fall 2017-current)
- Co-developed new major concentration/track within the Department of Human Nutrition at Winthrop University with a focus on Chronic Disease Prevention and Wellness (Spring 2017-Fall 2017) as well as a new BS to MS track within Department of Human Nutrition at Winthrop University for an ACEND accredited DPD program. (Spring 2017-Fall 2017)

#### *East Carolina University*

- Development of Nutrition Topics course specifically focusing on Public Health Nutrition for spring 2020 (NUTR 4901)
- Modified/developed existing Nutrition and Public Health Issues Graduate Course to be offered in Fall 2020 (NUTR 6610)
- Modified/developed existing courses for Study Abroad including major revisions of experience focus to include both service learning components as well as field research for the following courses: NUTR 4400, NUTR 4600 and NUTR 6610 for Summer/Study Abroad Use). \*\* Co-Developed with Dr. Melissa Wdowik, Nutrition Science Adjunct Faculty.

## **SCHOLARSHIPS, AWARDS, RECOGNITION**

### **Undergraduate Student Scholarships/Fellowships/Awards**

- Alumni Grant, Western Carolina University (2001)
- Frank H. Brown Family Scholarship, Department of Chemistry and Physics, Western Carolina University (2004)
- Honors College Tuition Scholarship, Western Carolina University (2005)
- Frank H. Brown Sr. Trust Scholarship, Department of Chemistry and Physics, Western Carolina University (2005)

### **Graduate Student Scholarships/Fellowships/Awards**

- Graduate Student Fellowship, University of North Carolina at Greensboro (2010-2016)
- Greensboro Graduate Scholar Award, The Graduate School, The University of North Carolina at Greensboro (2010)
- 3-T Competition Finalist, The Graduate School, The University of North Carolina at Greensboro (2014)
- APHA Annual Meeting Scholarship, awarded by APHA Student Assembly to travel and present at the American Public Health Association Conference (2014)
- Rossie Henley Lindsey Graduate Fellowship in Nutrition, awarded by the School of Health and Human Sciences at The University of North Carolina at Greensboro (2014)
- Rev. and Mrs. G.D. Albanese Scholarship, awarded by the School of Health and Human Sciences,

at The University of North Carolina at Greensboro (2015)

- Outstanding Graduate Student Award, awarded by the School of Health and Human Sciences, at The University of North Carolina at Greensboro (2016)

## **Research**

- Outstanding Faculty Recognition, Office of the Vice Chancellor, Division of Research, Economic Development and Engagement, College of Allied Health Sciences Nominee, Spring 2022
- Graduate Faculty Research Spotlight, Winthrop Graduate School, Spring 2017

## **Community Engagement/Service**

- Woman of Excellence Award Nominee, Office of Diversity and Student Engagement, Winthrop University (2017)

## **Student Mentorship/Teaching**

- Student Mentorship Nominee, Women and Gender Office, East Carolina University (2022)
- Student Athlete Coach Nominee, East Carolina Women's Basketball (2021)
- Supervisor of the Year Nominee, Student Employment Office, East Carolina University (2019)
- Student Mentorship Nominee, Women and Gender Office, East Carolina University (2019)
- Student Athlete Coach Nominee, East Carolina Women's Basketball (2019)

## **SERVICE**

### **Graduate School/Student Service**

- APHA Student Assembly Community Liaison 2014-2015, University of North Carolina at Greensboro
- Kappa Omicron Nu, Health and Human Sciences Honors Society 2013-present. Vice President (2013-2014), President (2014-2015)
- Nutrition Graduate Student Association, 2010-present, SGA chair (2013-present), Vice President (2014-present)

### **Institutional Service**

#### *Winthrop University*

##### **University Level Service**

- Graduate School Scholarship Committee, College of Arts and Science Representative, Winthrop University (Spring 2017-Summer 2018)
- 3MT Thesis Committee Chair, Graduate School. Representative, College of Arts and Sciences, Winthrop University (2018-Summer 2018)

##### **College Level Service**

- Secretary, College of Arts and Science Faculty Conference, Winthrop University (Fall 2017-current)
- CAS Student Research Committee, Department of Human Nutrition Representative, College of Arts and Sciences, Winthrop University (2016-2018)
- CAS Graduate Student Research Sub-Committee, Department of Human Nutrition Representative, College of Arts and Sciences, Winthrop University (2016-2018)

##### **Departmental Service**

- Assistant/Associate Professor Search Committee, Role: Chair, Department of Human Nutrition, Winthrop University (Fall 2017-Spring 2018)
- Assistant/Associate Professor Search Committee, Role: Committee Member, Department of Human Nutrition, Winthrop University (Fall 2016-Spring 2017)

- Curriculum Development Committee, Role: Committee Member, Department of Human Nutrition, Winthrop University (Spring 2017-Summer 2018)
- Assistant/Associate Professor Search, Role: Committee Chair, Department of Human Nutrition, Winthrop University (Fall 2017-Summer 2018)
- Advising/Mentoring Graduate and Undergraduate Students (Fall 2016-Summer 2018)

#### *East Carolina University*

Undergraduate Research/Other

- RCAA Judge- Undergraduate Research (Spring 2019)

#### Departmental Service

- Search Committee Member (Fall 2019-Spring 2020)
- Search Committee Member (Spring 2022)

#### College Service/College of Allied Health Sciences

- CAHS Faculty Council, Department of Nutrition Science Representative (Summer 2020-Summer 2022)

#### University Service

- CAHS Representative, Global and Domestic Diversity Workshop/Working Group (Summer 2019-Fall 2019)
- Office of Equity and Diversity, Research & Teaching Work Group (Spring 2020-current)
- ECU Global Affairs committee (Spring 2022-current)
- Quality Enhancement Plan (QEP) Steering Committee (Spring 2022-current)

#### **Professional Service**

- Reimbursement Representative, North Carolina Dietetics Academy of Nutrition and Dietetics Board (NCAND), (2019-2020)
- Program Planning Committee, North Carolina Dietetics Academy of Nutrition and Dietetics Board (NCAND), (2019- 2021)
- Abstract Reviewer, Food and Nutrition Section, APHA (2019, 2020)
- Secretary, Food and Nutrition Section, American Public Health Association (2020-2021)
- Secretary, Food and Nutrition Section, American Public Health Association (2020-2021)
- Preventing Chronic Disease (Ad hoc) Journal Reviewer (2013-current)
- Health Promotion Practice (Ad hoc) Journal Reviewer (2019-current)
- Journal of Healthcare for the Poor and Underserved (ad hoc) Journal Reviewer (2019-current)
- American Journal of Health Promotion (ad hoc) Journal Reviewer (2020-current)
- Family Practice (ad hoc) Journal Reviewer (2019-current)

#### **Professional Memberships:**

The Academy of Nutrition and Dietetics (2014-current)

North Carolina Academy of Nutrition and Dietetics (2014-current)

American Public Health Association (2013-current, Sections: Food and Nutrition Section, Public Health Education and Health Promotion)

Society for Nutrition Education and Behavior (2012-current)

#### **Honors Societies**

Phi Kappa Phi, National Honors Society, inducted, Western Carolina University (2005)

\*Oldest, most selective multidisciplinary collegiate honor society

Kappa Omicron Nu, Health and Human Sciences Honors society, inducted at the University of North

Carolina at Greensboro (2013) \* National Honor Society for the Human Sciences

### **Invited Panelist/Presentation**

1. Juvenile Diabetes Research Foundation, Presentation on Celiac Diet (Spring 2014)
2. Doris Henderson Newcomer's School Family Day Nutrition Presentation for Immigrant/Refugee Parents (Spring 2014, Fall 2015)
3. Campus Cultural Event "Welcome to America"/DiGorgio Center, Winthrop University (Spring 2017)
4. Campus Cultural Event "Just Eat It"/DiGorgio Center, Winthrop University (Fall 2017)
5. South Mecklenberg Rotary Club, "Zimbabwe: From Rhodesia and Riches to Poverty" (Fall 2017)
6. Carolina Refugee Resettlement Agency Democratic Republic of the Congo Community Wellness Workshop (June, 2018)
7. The Socio-Environmental Context of Obesity. Presentation to the Science Education Partnership Program Students, Brody School of Medicine. (December 5, 2018)
8. Measuring, Documenting and Demonstrating the Impact of Nutrition Care. Presentation for Vidant and ECU RDNs/providers, local nutrition and health professionals (CPE credits). ECU Family Medicine. (March 26, 2019)
9. The Socio-Environmental Context of Obesity. Presentation to the Science Education Partnership Program Students, Brody School of Medicine. (October 9th, 2019)
10. An Introduction to Clinical Nutrition Assessment and Care, Nutrition Seminar presented to the Department of Physician Assistant Studies, College of Allied Health Sciences, East Carolina University, February 3, 2020.
11. An Introduction to Clinical Nutrition Assessment and Care, Nutrition Seminar presented to the Department of Physician Assistant Studies, College of Allied Health Sciences, East Carolina University, September 22, 2020.
12. Nutrition Counseling for the Primary Care Provider, Grand Rounds presented to Dept. of Family Medicine and Community Health, University of Miami Miller School of Medicine. October 21, 2020.
14. Culinary Medicine, Nutrition Webinar presented to Dept. of Family Medicine and Community Health, University of Miami Miller School of Medicine. December 9, 2020.
13. An Introduction to Clinical Nutrition Assessment and Care, Nutrition Seminar presented to the Department of Physician Assistant Studies, College of Allied Health Sciences, East Carolina University, September 27, 2021.
14. Photovoice, Digital Story Telling, and the use of Photography: Theoretical Foundation, Best Practices and Ethical Considerations in Research. Office of Faculty Excellence, Research/Statistics Workshop 2021
15. It's all about the Benjamins: The Critical Necessity and Example Approaches to Examine Cost-Effectiveness of Interventions Addressing Patient's Social Determinants of Health, Laupus Health Sciences Library, Love Data Week, East Carolina University, February 22, 2022.
16. Photovoice, Digital Story Telling, and the use of Photography: Theoretical Foundation, Best Practices and Ethical Considerations in Research. Engagement and Outreach Scholars Academy Workshop, September 9, 2022.

### **Community Service/Volunteer Work**

#### **Local/General**

- Assistant Soccer Coach, Cullowhee Recreational Center, Cullowhee NC (2001)
- Brenner's Children's Hospital Volunteer, Pediatric Cancer Floor (2007)
- Founded People Helping People Service Club, Western Guilford HS, Guilford County Schools, Greensboro NC (2006-2010, Role: Founder, Faculty Adviser)
- Garden Outreach Liaison Volunteer, Greensboro NC (2013-2014, Role: Community liaison)
- Volunteer, African Services Coalition (2014-2015, Role: Nutrition and Preventative Health and Nutrition Educator)
- Moses Cone Hospital Volunteer, Guest & Nutrition Services, Greensboro NC (Fall 2014-Spring

2015)

- NC School Nutrition Association Workshop Series Volunteer, University of North Carolina at Greensboro (Summer 2014, Summer 2015)

## Local/Clinical

- North Central Family Medical Center (low-income community health clinic), Rock Hill SC. Provision (volunteer) adult and pediatric patient nutrition education and counseling services from March 2017-August 2017 (\*Until full time RD hired).
- Shifa Clinic (bi-monthly, free community health clinic) Charlotte, NC. Provision (volunteer) patient nutrition education and counseling services from March 2017-Summer 2018
- MERCI Clinic (free community health clinic), New Bern NC. Provision (volunteer) patient nutrition education and counseling services from November 2018- Current (bi-monthly-monthly)
- MERCI Clinic (free community health clinic), New Bern NC. Developed and supervised a health coaching program “Fresh Start” which included two nutrition graduate students and five nutrition undergraduate students and one kinesiology undergraduate students to provide 12 weeks of health coaching support to uninsured patients with type II diabetes and/or in need of weight management.
- Food Insecurity and Nutrition Initiative Monthly Worksop/Round Table Sessions Consultant for the North Carolina Association of Free and Charitable Clinics (Summer 2022-Fall 2022)

## Global

Volunteer/Leader, Hands of Hope, Zimbabwe (2009, 2010, Role: volunteer, team leader-education/food/health community outreach to children orphaned by HIV crisis)

Volunteer/Leader, Nicaragua (Spring 2018, Role: Faculty Leader overseeing graduate student global service learning collaborative project with Department of Human Nutrition and Peace and History Departments focusing on water/sanitation, food security, dentistry and general health promotion and nutrition education)

Survey Trip. Harare, Zimbabwe (2019, Role: Leader- explore potential areas for future interdisciplinary and/or interprofessional (health care/health sciences focus) collaborations for international service learning/research study abroad trip w/ East Carolina University. Provision of community-based nutrition and health education in Rugare Community (Rugare Orphan Care).

## MEDIA

### General

- 3-T Competition Finalist UNCG- YouTube: <https://www.youtube.com/watch?v=bAymeZgZ2Kc> (November 2014)
- WUNC Interview “The Art of Seeing”: <http://wcqs.org/post/art-seeing> (October 2015)
- The Daily Reflector Interview “Experts: Eat right, move more in 2019”  
<http://www.reflector.com/News/2019/01/07/Achieving-financial-and-physical-health-in-2019.html> (January 2019)

### Research/Scholarship

- CNN Interview on article “Sharing the “Weight” of Obesity Management in Primary Care: Integration of Registered Dietitian Nutritionists to Provide Intensive Behavioral Therapy for Obesity for Medicare Patients”. Link:  
<https://www.cnn.com/2020/02/21/health/dietitian-intensive-therapy-weight-loss-wellness/index.html?fbclid=IwAR11GK6Wc8deTIZxSG-h4gtXIAEO-FkAKHPFpr39Qm0fgQboosrle59ttjE> (Friday February 21, 2020)

- SCIENCE Codex Press Release for article “*Sharing the “Weight” of Obesity Management in Primary Care: Integration of Registered Dietitian Nutritionists to Provide Intensive Behavioral Therapy for Obesity for Medicare Patients*“.  
<https://www.sciencecodex.com/study-shows-dietitians-are-effective-part-weight-loss-641223?fbclid=id=IwAR314Kghza2j1vO8VYeZUPxRSQpmlx7LZWijmCPEWfYM8EAVb29lgN-TPQ>  
(February 20, 2020)
- Interviewed by Natalie Sayewich, University Communications, with release highlighted on ECU now/blog regarding “*Sharing the “Weight” of Obesity Management in Primary Care: Integration of Registered Dietitian Nutritionists to Provide Intensive Behavioral Therapy for Obesity for Medicare Patients*” Link:  
<http://blog.ecu.edu/sites/ecunow/blog/2020/03/05/looking-to-lose-weight-new-ecu-study-suggests-that-intensive-behavioral-therapy-can-help/> (March 5th, 2020)
- ECU, Health Science/University Communications Story:  
<https://news.ecu.edu/2022/04/08/fresh-start/> (April 8, 2022)
- North Carolina News  
<https://darik.news/northcarolina/ecu-teams-up-with-nc-free-and-charitable-clinic-duke-endowment-to-bring-uninsured-diabetes-management-program-to-eastern-nc/584967.html> (May 9 2022)
- OBX Today News Story [o-bring-diabetes-management-program-to-uninsured-in-eastern-n-c/](http://bring-diabetes-management-program-to-uninsured-in-eastern-n-c/) (May 9 2022)
- ECU, Health Science/University Communications Story:  
<https://news.ecu.edu/2022/08/12/ecu-leads-blood-pressure-clinical-trial-using-home-monitoring-team-approach/> (August 12, 2022)