

## CURRICULUM VITAE

**Ashlea C. Braun, MS, RDN, LD**  
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### Education History

Ph.D. Health and Rehabilitation Sciences, expected May 2020  
The Ohio State University, Columbus, Ohio  
Candidacy Project: Use of motivational interviewing in low-resource families  
Advisor: Colleen K. Spees, PhD, MEd, RDN, LD, FAND

M.S. Allied Health, May 2017  
The Ohio State University, Columbus, Ohio  
Advisor: Colleen K. Spees, PhD, MEd, RDN, LD, FAND  
Thesis: Growing HOPE: Tele-Motivational Interviewing Health Coaching for Overweight and Obese Cancer Survivors

B.S. Allied Health, June 2011  
The Ohio State University, Columbus, Ohio  
Advisor: Christopher A. Taylor, PhD, RDN, LD, FAND  
Magna Cum Laude, Graduation with Distinction  
Thesis: Relations Among Bone Health Measures and Beverage Intakes during the Bone Building Years

### Certifications

Registered Dietitian Nutritionist (RDN), 2011 – present  
Academy of Nutrition and Dietetics, Commission on Dietetic Registration

Licensed Dietitian (LD), 2011 – present  
State of Ohio, Ohio Board of Dietetics

### Professional Experience

#### *Research Experience*

Clinical Research Dietitian, June 2017 – present  
Laboratory of Dr. Colleen Spees  
The Ohio State University, School of Health and Rehabilitation Sciences  
Columbus, Ohio

- Assist in the planning and implementation of numerous human intervention and clinical trials.
- Participate in the preparation of manuscripts for publication.
- Coordinate and train research staff in the collection of data as part of human subjects' research.

Clinical Research Assistant, June 2015 – May 2017

Laboratory of Dr. Colleen Spees

The Ohio State University, School of Health and Rehabilitation Sciences

Columbus, Ohio

- Serve as the study coordinator for numerous human clinical trials.
- Conduct cooking demonstrations and taste-testing at a community garden for adult cancer survivors to encourage adherence to American Institute for Cancer Research guidelines.
- Bionutrition support collecting data (anthropometrics, dietary and physical activity patterns, and clinical biomarkers) for human intervention trials.
- Trained in Nutrition Data Systems for Research (NDSR) nutritional analysis, Research Electronic Data Capture (REDCap), Vioscreen Food Frequency Questionnaire (FFQ), and SPSS statistical software.

Research Assistant, June 2011 – October 2012

Laboratory of Dr. Sarah Keim

Nationwide Children's Hospital Research Institute, Center for Biobehavioral Health

Columbus, Ohio

- Applied knowledge of human nutrition to the design and execution of research studies focused on dietary supplementation and nutrition studies.
- Collected bionutrition data as part of numerous human research studies, including randomized controlled trials.
- Served as a contributing author on a publication characterizing women who share breast milk via the internet.

### ***Teaching Experience***

Observer/Evaluator, Nutrition-Focused Physical Exam, Autumn 2018, Autumn 2017

- Medical Dietetics 4900: Nutrition Assessment
  - Invited to observe, evaluate, and provide feedback for graduate students completing simulated Nutrition-Focused Physical Exams with standardized patients.

Grader, Autumn 2017

- Medical Dietetics 6900: Nutritional Genomics
  - Evaluated assignments, provided student feedback, and assisted with course management.

Teaching Assistant, Summer 2016, Spring 2016

- Medical Dietetics 3100: Human Nutrition and Metabolism
  - Developed guided lecture materials that have been subsequently used and preferred amongst students for five consecutive semesters

Lecturer, October 2014 – June 2015

- Health and Rehabilitation Sciences 3400: Health Promotion and Disease Prevention
- Medical Dietetics 4500: Health Promotion and Community Nutrition
- Medical Dietetics 4700: Research Design in Medical Dietetics
- Medical Dietetics 4923: Nutrition Care Process IV
- Medical Dietetics 5800: Advanced Nutrition Therapy in Complex Disease States

- Assisted faculty in the planning and development of course curricula and assignments, while evaluating coursework.

### ***Clinical Experience***

Outpatient Staff Dietitian, July 2016 – May 2017  
Nutrition Services – Ambulatory  
The Ohio State University Wexner Medical Center  
Columbus, Ohio

- Provided medical nutrition therapy to a variety of clients on an outpatient basis.
- Conducted thorough assessments of patients to evaluate appropriateness for lung and heart transplants.
- Collaborated with a multi-disciplinary team to improve health outcomes in a cardiac rehabilitation program.
- Reformed outpatient nutrition education series for Cardiac Rehabilitation patients.
- Participated in numerous interviews and outreach activities with various media outlets to translate science into evidence-based recommendations.
- Engaged in and contributed to the planning, implementation, and evaluation of a hospital plant-based diet initiative.

Clinical Dietitian, June 2015 – July 2016  
Nutrition Services  
Mount Carmel Health System  
Columbus, Ohio

- Provided medical nutrition therapy for patients on oncology units, the intensive care unit, thoracic unit, and medical/surgical units.
- Collaborated with the Healthy Living Center and employee wellness program to deliver cooking demonstrations and health promotion community activities.
- Delivered multiple presentations at faith-based organizations to promote community-based health and wellness initiatives for low-resource populations.
- Organized dietitian involvement in 'Walk with a Doc' program promoting the role of RDNs in community outreach and engagement.
- Facilitated relationships between the community and inpatient dietitians by participating in numerous local initiatives and programs.
- Collaborated with Nursing and Social Work professionals to develop, implement, and evaluate a food security pilot for low-income patients.

Clinical Dietitian, October 2012 – June 2015  
Dining Services  
Wesley Glen Retirement Community  
Columbus, Ohio

- Integrated nutritional components into existing wellness programming (e.g., evidence-based nutrition and physical activity presentations, cooking demonstrations, nutrition counseling, health coaching, and biometric screenings).
- Designed, delivered, and assessed a 10-week weight loss program for employees, community members, and residents resulting in long-term behavior change.
- Initiated reform of the employee foodservice program to increase consumption of fresh produce and limit consumption of saturated and trans fats using a validated food quality ranking system.

- Participated in numerous outreach programs to promote wellness amongst community and family members including farmers markets, cooking demonstrations, and health fairs.
- Served as a preceptor for numerous central Ohio and distance learning programs to contribute to the professional development of dietetic students.
- Independently performed nutritional assessments and developed medical nutrition therapy care plans for more than 170 patients in rehabilitation, assisted living, mental health, and long term care units.

### Peer-Reviewed Publications

**Braun A**, Portner J, Lipinski E, Grainger EM, Hill EB, Clinton SK, Spees CK. Tele-Motivational Interviewing in Overweight and Obese Cancer Survivors: A Dose-Response Approach. *J Nutr Ed Behav*. In preparation.

**Braun A**, Simons C, Kilbarger J, Cleary D, Spees CK. Sensory Perceptions of Cancer Survivors and their Caregivers Harvesting at an Urban Garden. *Appetite*. In preparation.

Hill E, Clinton SK, Grainger EM, Belury MA, Kopec RE, Chitchumroonchokchai C, Young G, Braun AC, Spees CK. Biobehavioral intervention improves dietary patterns and carotenoid biomarkers in overweight cancer survivors. *Nutrients*. In preparation.

Spees CK, **Braun AC**, Hill EB, Grainger EM, Young G, Portner J, Kleinhenz M, Clinton SK. Effects of a Tailored Garden-Based Behavioral Intervention on Quality of Life and Biomarkers in Overweight or Obese Cancer Survivors. *Transl Behav Med*. In review.

Spees CK, Lobb J, Portner J, **Braun A**, Adams I. Summer Harvest Adventure: A garden-based obesity prevention program for children residing in low-resource communities. *J Nutr Ed Behav*. 2018;50(7):S121.

**Braun A**, Portner J, Grainger EM, Hill EB, Young GS, Clinton SK, Spees CK. Tele-Motivational Interviewing for Cancer Survivors: Feasibility, Preliminary Efficacy, and Lessons Learned. *J Nutr Ed Behav*. 2018;50(1):19-32.

**Braun A**, Portner J, Grainger EM, Hill EB, Young GS, Clinton SK, Spees CK. Electronic Motivational Interviewing Coaching for Overweight Cancer Survivors Improves Health Outcomes. *J Acad Nutr*. 2017 Sep;17(9):A23.

Laubert J, **Braun A**, Adams I, Bebo P, Ludy, MJ, Spees CK. Growing Healthy Kids: Feasibility of a Garden-Based Nutrition Education Intervention for Low-Resource Families. *J Nutr Ed Behav*. 2017 Jul;49(7):S67.

Fitz E, Warner J, **Braun A**, Hill EB, Wolf KN, Spees CK. Development, implementation, and evaluation of evidence-based cooking videos for cancer survivors. *J Nutr Ed Behav*. 2017;49(6):525-526.

Hill EB, Clinton SK, Grainger E, **Braun A**, Moran N, Fitz E, Chitchumroonchokchai C, Failla M, Spees CK. Growing Hope: A Comprehensive Lifestyle Intervention Increases Fruit and Vegetable Intake and Carotenoid Status in Overweight Cancer Survivors. *J Acad Nutr Diet*. 2016;116(9):A82.

Smith J, Wolf KN, Cleary D, **Braun A**, Spees CK. e-Motivational Interviewing Coaching for Cancer Survivors: Feasibility, Preliminary Efficacy, & Lessons Learned. *J Nutr Ed Behav*. 2016;48(7):S1-S2.

Keim SA, McNamara KA, Jayadeva CM, **Braun AC**, Dillon CD, Geraghty SR. Breast Milk Sharing via the Internet: The Practice and Health and Safety Considerations. *Matern Child Health J*. 2014;18(6):1471-9.

### Scholarly and Professional Presentations

\*Denotes work of a mentee

#### **National Scholarly Presentations**

Foster M, LeMaster M, **Braun A**, England E, Spees C, Clinton S. Providing Lean Beef for the NExT Project: Beef as a Component of a Healthy Dietary Pattern in Cancer Survivors. 2018 American Meat Science Association Reciprocal Meat Conference. Kansas City, MO. September 2018. [poster]

Bittoni AM, Champion D, Beery A, Stephens N, **Braun A**, Al-Muhanna K, Hill E, Spees CK. Correlation Between the Malnutrition Screening Tool and ASPEN Malnutrition Clinical Characteristics in Head and Neck Cancer Patients. Academy of Nutrition and Dietetics 2018 Oncology Nutrition Symposium. Minneapolis, MN. April 2018. [poster]

**Braun A**, Portner J, Grainger EM, Hill EB, Young GS, Clinton SK, Spees CK. Electronic Motivational Interviewing Coaching for Overweight Cancer Survivors Improves Health Outcomes. Academy of Nutrition and Dietetics 2018 Oncology Nutrition Symposium. Minneapolis, MN. April 2018. [poster]

**Braun A**, Portner J, Grainger EM, Hill EB, Young GS, Clinton SK, Spees CK. Electronic Motivational Interviewing Coaching for Overweight Cancer Survivors Improves Health Outcomes. Academy of Nutrition and Dietetics Food and Nutrition Conference and Exhibition (FNCE). Chicago, IL. Oct 2017. [poster]

\*Laubert J, **Braun A**, Adams I, Bebo P, Ludy, MJ, Spees CK. Growing Healthy Kids: Feasibility of a Garden-Based Nutrition Education Intervention for Low-Resource Families. Society for Nutrition Education and Behavior (SNEB) Annual Conference. Washington, DC. Jul 2017. [poster]

Hill E, Clinton SK, Grainger EM, **Braun AC**, Moran NE, Fitz EA, Chitchumroonchokchai C, Failla ML, Spees CK. Comprehensive lifestyle intervention increases adherence to AICR recommendations and associated biomarkers. The 25<sup>th</sup> American Institute for Cancer Research (AICR) Research Conference, North Bethesda, MD. Nov 2016. [poster]

Hill EB, Clinton SK, Grainger, EM, **Braun AC**, Moran NE, Fitz EA, Chitchumroonchokchai C, Failla ML, Spees CK. Growing Hope: A Comprehensive Lifestyle Intervention Increases Fruit and Vegetable Intake and Carotenoid Status in Overweight Cancer Survivors. Academy of Nutrition and Dietetics Food and Nutrition Conference and Exhibition, Boston, MA. Oct 2016. [poster]

#### **State Scholarly Presentations**

**Braun A.** Motivational Interviewing: A New Look at an Old Approach. 98<sup>th</sup> Annual Ohio Academy of Nutrition and Dietetics Conference. Cincinnati, OH. May 2, 2019 (scheduled). [platform]

**Braun A,** Portner J, Grainger EM, Hill EB, Young GS, Clinton SK, Spees CK. Electronic Motivational Interviewing Coaching for Overweight Cancer Survivors Improves Health Outcomes. 97<sup>th</sup> Annual Ohio Academy of Nutrition and Dietetics Conference. Columbus, OH. May 11, 2018. [poster]

**Braun A,** Clinton SK, Grainger EM, Young G, England E, Focht BC, Kleinhenz M, Hill EB, Spees CK. Nutrition and Exercise Cancer Survivor Trial (NEXt) Improves Cardiometabolic Profiles of Overweight and Obese Cancer Survivors. 15<sup>th</sup> Annual Russell Klein Nutrition Symposium, The Ohio State University, Columbus, OH. Apr 2018. [poster]

Hill EB, Clinton SK, Grainger EM, Young G, England E, Focht B, Kleinhenz M, **Braun A,** Spees CK. Nutrition and Exercise Cancer Survivor Trial (NEXt) Improves Lifestyle Behaviors and Health Outcomes in Overweight and Obese Cancer Survivors. 15<sup>th</sup> Annual Russell Klein Nutrition Symposium, The Ohio State University, Columbus, OH. Apr 2018. [poster]

\*Laubert J, **Braun A,** Adams I, Spees CK. Growing Healthy Kids: Feasibility of a Garden-Based Nutrition Education Intervention for Low-Resource Families. 14<sup>th</sup> Annual Russell Klein Nutrition Symposium, The Ohio State University, Columbus, OH. Mar 2017. [poster]

**Braun A,** Portner J, Grainger EM, Hill EB, Young GS, Clinton SK, Spees CK. Electronic Motivational Interviewing Coaching for Overweight Cancer Survivors Improves Health Outcomes. 14<sup>th</sup> Annual Russell Klein Nutrition Research Symposium, The Ohio State University, Columbus, OH. Mar 2017. [poster]

Hill E, Clinton SK, Grainger EM, **Braun AC,** Moran NE, Fitz EA, Chitchumroonchokchai C, Failla ML, Spees CK. Growing hope: comprehensive lifestyle intervention increases fruit and vegetable intake and carotenoid status in overweight cancer survivors. 13<sup>th</sup> Annual Russell Klein Nutrition Research Symposium at The Ohio State University, Columbus, OH. Mar 2016. [poster]

**Braun A.** Relations Among Bone Health Measures and Beverage Intakes During the Bone Building Years. 14<sup>th</sup> Annual Martha Nelson Lewis Symposium at The Ohio State University, Columbus, OH. Aug 2011. [platform]

### ***Local Scholarly Presentations***

**Braun A,** Steven CK, Grainger EM, Young GS, England E, Focht B, Kleinhenz M, Hill EB, Spees CK. Nutrition and Exercise Cancer Survivor Trial (NEXt) Improves Cardiometabolic Profiles of Overweight and Obese Cancer Survivors. 19<sup>th</sup> Annual Ohio State University Comprehensive Cancer Center – James Annual Scientific Meeting, Columbus, OH. April 27, 2018. [poster]

Hill E, Clinton SK, Grainger EM, Young GS, England E, Focht B, Kleinhenz M, **Braun A,** Spees CK. Nutrition and Exercise Cancer Survivor Trial (NEXt) improves lifestyle behaviors and health outcomes in overweight and obese cancer survivors. 19<sup>th</sup> Annual Ohio State

University Comprehensive Cancer Center – James Annual Scientific Meeting, Columbus, OH. April 27, 2018. [poster]

**Braun A**, Hill E. Nutrition and Exercise Cancer Survivor Trial (NExT) Improves Lifestyle Behaviors and Health Outcomes in Overweight and Obese Cancer Survivors. Growing the Cure Fundraising Event #2. Columbus, OH. April 23, 2018. [poster]

**Braun A**, Hill E. Nutrition and Exercise Cancer Survivor Trial (NExT) Improves Lifestyle Behaviors and Health Outcomes in Overweight and Obese Cancer Survivors. The Ohio State University Clinical Research Center Staff Presentation. Columbus, OH. April 23, 2018. [poster]

**Braun A**, Hill E. Nutrition and Exercise Cancer Survivor Trial (NExT) Improves Lifestyle Behaviors and Health Outcomes in Overweight and Obese Cancer Survivors. Growing the Cure Fundraising Event #1. Columbus, OH. April 9, 2018. [poster]

**Braun A**, Portner J, Grainger EM, Hill EB, Young GS, Clinton SK, Spees CK. Remote Motivational Interviewing Coaching for Overweight and Obese Cancer Survivors is Feasible and Improves Quality of Life. 18<sup>th</sup> Annual Ohio State University Comprehensive Cancer Center - James Annual Scientific Meeting, Columbus, OH. April 2017. [poster]

**Braun A**, Portner J, Grainger EM, Hill EB, Young GS, Clinton SK, Spees CK. Electronic Motivational Interviewing Coaching for Overweight Cancer Survivors Improves Health Outcomes and Quality of Life. 16<sup>th</sup> Annual Ohio State University Wexner Medical Center College of Medicine Trainee Research Day, Columbus, OH. April 2017. [poster]

**Braun A**, Portner J, Grainger EM, Hill EB, Young GS, Clinton SK, Spees CK. Electronic Motivational Interviewing Coaching for Overweight Cancer Survivors Improves Behaviors and Health Outcomes. 31<sup>st</sup> Annual Edward F. Hayes Graduate Research Forum, The Ohio State University, Columbus, OH. March 2017. [poster]

Hill E, Clinton SK, Grainger EM, **Braun AC**, Moran NE, Fitz EA, Chitchumroonchokchai C, Failla ML, Spees CK. Growing hope: comprehensive lifestyle intervention increases fruit and vegetable intake and carotenoid status in overweight cancer survivors. 17<sup>th</sup> Annual James Scientific Meeting, Columbus, OH. April 2016. [poster]

Hill E, Clinton SK, Grainger EM, **Braun AC**, Moran NE, Fitz EA, Chitchumroonchokchai C, Failla ML, Spees CK. Growing hope: comprehensive lifestyle intervention increases fruit and vegetable intake and carotenoid status in overweight cancer survivors. 15<sup>th</sup> Annual Ohio State University Wexner Medical Center College of Medicine Trainee Research Day, Columbus, OH. April 2016. [poster]

### ***National Professional Presentations***

Taylor CA, Spees CK, **Braun AC**. Using Mentored Peer Review of Journal Articles as a Strategy for Graduate Student Development. Society for Nutrition Education and Behavior National Webinar Series. March 7, 2019 (scheduled).

### ***Invited Professional Presentations***

**Braun A**. “Motivational Interviewing: from theory to practice,” September 27, 2018.

Women, Infants, and Children (WIC) Annual Staff Retreat.  
Women, Infants, and Children (WIC)  
Columbus, Ohio

**Braun A, Hill E.** "Nutrition, Cancer Prevention, & Garden-Based Lifestyle Interventions," May 3, 2018. Facing Our Risk of Cancer Empowered (FORCE) monthly meeting.  
Cancer Support Community  
Columbus, Ohio

**Braun A.** "Shopping Tips for Healthy Living," April 7, 2018  
Lynch Syndrome Beyond Risk Conference 2018  
The Ohio State University James Cancer Hospital  
Columbus, Ohio

**Braun A.** "Shopping Tips for Healthy Living," April 7, 2018  
Hereditary Breast and Ovarian Cancer Syndrome Beyond Risk Conference 2018  
The Ohio State University James Cancer Hospital  
Columbus, Ohio

**Braun A.** "Food: Fast, Flavor, Facts," March 10, 2018  
Ohio Nurses Association Wellness Conference  
The Ohio State University James Cancer Hospital  
Columbus, Ohio

**Braun A.** "NExT: Nutrition and Exercise Trial in Survivorship," March 3, 2018  
Ohio Cattleman's Association Beef 510 Meeting  
The Ohio State University  
Columbus, Ohio

**Braun A.** "The Future of Dietetics: Nutritional Genomics," November 9, 2017  
Dayton Dietetic Association  
Miami Valley Hospital  
Dayton, Ohio

**Braun A.** "Garden of Hope," October 5, 2017  
Initiative for Food and AgriCultural Transformation Affiliates Gathering (InFACT)  
The Ohio State University  
Columbus, Ohio

**Braun A.** "Food for Thought: Eating for Mental and Physical Wellbeing," May 6, 2017  
The Ohio State University Retirees Association Health & Wellness Special Interest Group  
The Ohio State University  
Columbus, Ohio

**Braun A.** "Gluten-Free Diets – Good, Bad or Fad?," March 31, 2017  
The Ohio State University College of Nursing's Buckeye Wellness Program  
The Ohio State University  
Columbus, Ohio

**Braun A, Hill E.** "The impact of diet on health: implications for business development,"  
November, 2016



Girls Heart Reading  
The Ohio State University  
Columbus, Ohio

**Braun A.** "Nutrition and Heart Health," March 20, 2016  
Eastpointe Christian Church Health Ministry  
Eastpointe Christian Church  
Blacklick, Ohio

**Braun A.** "Working with Dietitians," September 9, 2015  
Mount Carmel College of Nursing  
Mount Carmel West Hospital  
Columbus, Ohio

**Braun A.** "Nutrition for Weight Loss," March 13, 19, & 21, 2012  
Victory Fitness Center  
Columbus, Ohio

**Braun A.** "Nutrition in the New Year," January 17, 2012  
City of Gahanna Wellness Program  
Gahanna City Hall  
Gahanna, Ohio

### ***Guest Lectures***

**Braun A, Hill E.** "Nutritional Genomics and Oncology," January 14, 2019  
Medical Dietetics 4923: Nutrition Care Process IV  
The Ohio State University  
Columbus, Ohio

**Braun A.** "Unique Considerations for the Assessment of Behavior and Nutrition in Older Adults," December 4, 2018  
Medical Dietetics 4900: Nutritional Assessment  
The Ohio State University  
Columbus, Ohio

**Braun A, Hill E.** "Nutritional Genomics," November 6, 2018  
Human Nutrition 5611: Medical Nutrition Therapy I  
The Ohio State University  
Columbus, Ohio

**Braun A.** "Cardiovascular Disease Medical Nutrition Therapy: Clinical and Behavioral Perspectives," October 3, 2018  
Medical Dietetics 4912: Nutrition Care Process III  
The Ohio State University  
Columbus, Ohio

**Braun A.** "Motivational Interviewing: Transition to Practice," September 7, 2018  
Medical Dietetics 4912: Nutrition Care Process III  
The Ohio State University  
Columbus, Ohio

**Braun A.** “Nutritional Genomics,” March 29, 2018  
Public Health: Epidemiology 6413: Conducting and Communicating Research in Clinical and Translational Science  
The Ohio State University  
Columbus, Ohio

**Braun A, Hill E.** “Nutritional Genomics,” November 2, 2017  
Human Nutrition 5611: Medical Nutrition Therapy I  
The Ohio State University  
Columbus, Ohio

**Braun A.** “Motivational Interviewing in Vulnerable Populations,” September 28, 2017  
Health and Rehabilitation Sciences 4320: Clinical interviewing and Risk Assessment in Health Care  
The Ohio State University  
Columbus, Ohio

**Braun A.** “Motivational Interviewing: Translating Evidence into Practice,” September 30, 2016  
Medical Dietetics 6300, Advanced Nutrition and Metabolism  
The Ohio State University  
Columbus, Ohio

### **Professional Trainings Facilitated**

Motivational Interviewing: Conversations About Change, Co-Facilitated, November 7 & 14, 2018  
College of Social Work, The Ohio State University  
Columbus, Ohio

### **Mentorship**

- 2018     Carpenter, Kaleigh (graduate)  
*Project title:* Health Perceptions of Cancer Caregivers Harvesting at the Garden of Hope
- Bower, Grace (high school)  
*Project title:* Evidence-Based Obesity Prevention Strategies in Low-Resource Families
- Petruskevich, Evan (high school)  
*Project title:* Variation in Color and Intramuscular Fat (Marbling) of the Longissimus Dorsi in Pigs and its Effects on Grading
- 2017     Laubert, Jeff (undergraduate)  
*Project title:* Growing Healthy Kids: Feasibility of a Garden-Based Nutrition Education Intervention for Low-Resource Families

### Honors/Awards/Scholarships

- Ohio Academy of Nutrition and Dietetics, Special Project Grant, January 2019
- Comprehensive Cancer Center and James Annual Scientific Meeting, 1<sup>st</sup> Place, Population Science
- Anita Owen Award of Recognition for Innovative Nutrition Education, Academy of Nutrition and Dietetics Foundation, April 2018
- John Milner Nutrition and Cancer Prevention Research Practicum Attendee, March 2018
  - *1 of 40 nutrition professionals chosen nationally*
- Center for Advanced Functional Foods Research and Entrepreneurship (CAFFRE) Travel Award, February 2018
- Natalie Ridgeway Memorial Fund, January 2018
- Award of Excellence in Oncology Nutrition Research, Oncology Nutrition Dietetic Practice Group, 2017
- Recognized Young Dietitian of the Year Award, Ohio Academy of Nutrition and Dietetics, 2017
- Ray Travel Award, The Ohio State University, 2017
- Outstanding Dietetic Student of the Year Award, Ohio Dietetic Association, 2011
- Award of Merit, School of Health and Rehabilitation Sciences, The Ohio State University, 2011
- 2nd place, Denman Undergraduate Research Forum – health professionals, clinical, 2011
- Student Research Award, Ohio Dietetic Association, 2011
- Honors Thesis Proposal Scholarship, 2010
- Edgar W. Ingram Scholarship, 2010

### Peer-Review Activities

Grant Reviewer, The Women's Fund of Central Ohio, October 2018

Invited Journal Reviewer (mentored), Journal of Nutrition Education and Behavior (JNEB), September 2018

Invited Journal Reviewer (mentored), Journal of Nutrition Education and Behavior (JNEB), June 2018

Career Development Grant Reviewer, Council of Graduate Students, The Ohio State University, 2018

Student and Early Career Scholarship of Teaching and Learning Research Abstract Awards, The Society of Nutrition Education and Behavior Higher Education Division, 2018

Fall Undergraduate Research Forum Judge, September 14, 2017  
The Ohio State University  
Columbus, Ohio

Denman Undergraduate Research Forum Judge, March 29, 2017  
The Ohio State University  
Columbus, Ohio

Volunteer Judge, 2014  
Future City Competition  
Columbus, Ohio

### **Professional Organization Membership**

American Association for the Advancement of Science, member, 2018 – present  
Society of Nutrition Education and Behavior, member, 2018 – present  
Research Dietetic Practice Group, member, 2018 – present  
Oncology Nutrition Dietetic Practice Group, member, 2017 – present  
Graduate Society of Nutritional Sciences, member, 2016 – present  
Sports, Cardiovascular and Wellness Dietetic Practice Group, member, 2016 – present  
Columbus Dietetic Association, member, 2015 – present  
Academy of Nutrition and Dietetics, member, 2008 – present

### **Professional Development**

Food and Nutrition Conference and Exhibition, The Academy of Nutrition and Dietetics,  
Washington, DC, October 20-23, 2018

Crafting Compelling and Competitive NIH Grant Proposals, Bioscience Writers, The Ohio  
State University, Columbus, OH, June 5, 2018

John Milner Nutrition and Cancer Prevention Research Practicum, National Cancer Institute,  
Rockville, MD, March 12-16, 2018

Food and Nutrition Conference and Exhibition, The Academy of Nutrition and Dietetics,  
Chicago, IL, October 21-24, 2017

### **Extracurricular Activities**

#### ***Leadership***

Society of Nutrition Education and Behavior, Research Division Membership Chair, 2018 –  
present  
Graduate Society of Nutritional Sciences, Communications Co-Chair, 2017 – present  
Columbus Dietetic Association, Public Policy Chair, 2017 – present

#### ***Service***

Council on Research, Dissemination Sub-committee, 2018 – present  
Academy of Nutrition and Dietetics

Speaker's Bureau, 2018 – present  
Oncology Nutrition Dietetic Practice Group  
The Academy of Nutrition and Dietetics

16<sup>th</sup> Annual Russell Klein Nutrition Research Symposium Planning Committee, 2018 – 2019  
The Ohio State University  
Columbus, Ohio

Faculty Representative, August 20, 2018  
School of Health and Rehabilitation Sciences Welcome Event  
Columbus, Ohio

Master of Ceremonies (MC)/Moderator, April 5, 2018  
15<sup>th</sup> Annual Russell Klein Nutrition Symposium  
Columbus, Ohio

Walk Leader, 2015 – 2017  
Walk With A Doc  
Columbus, Ohio

Volunteer, 2016 – 2017  
The Ross Heart Hospital Community Garden  
Columbus, Ohio

Volunteer, 2015 – 2017  
JamesCare for *Life*, Garden of Hope  
Columbus, Ohio