

CURRICULUM VITAE

CHRISTINA BARTH

Contact Information

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College of Health Solutions
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Academic Training

M.S. Human Nutrition (Dietetics); Arizona State University, Tempe, Arizona; August 2012

- Applied Project - Book Prospectus: A cookbook designed to foster a positive and healthy relationship with food for the whole family.
- Advisor: Dr. Jeffrey Hampl, PhD, MMC, RD

B.S. Human Nutrition; Concentration: Dietetics; Arizona State University, Tempe, Arizona; May 2002

Certifications

Reversing Cognitive Decline (ReCODE 2.0) Advanced Clinical Training, Apollo Health (in progress)

Master the Media Training with Amy Gorin, MS, RDN; June 2023 (65 CEUs)

Brain Food- Intro to Nutritional Psychiatry, Keri Glassman, MS, RDN, CDN and Dr. Uma Naidoo; July, 2023

Eating Disorders in Sport with Fiona Sutherland, Sports Dietitian; July 2022 (15 CEUs)

GI Dietitian's Roadmap; April 2022 (25 CEUs)

IFM Certified Practitioner, Institute of Functional Medicine (in progress)

Nutrition Counseling for Eating Disorders with Marci Evans 3.0; April 2022 (34 CEUs)

Integrative and Functional Nutrition Academy; Nov 2021 (183 CEUs)

Digestive Disorders & Eating Disorders: A Complicated Mix, M Evans, MS, CEDRD-S, LD; Oct 2021 (18CEUs)

Nutrition Counseling for Eating Disorders with Marci Evans 2.0; December 2020 (13 CEUs)

The Nutritious Life Certified Level 2 by Keri Glassman, MS, RD; May 2020

The Nutritious Life Certified Level 1 by Keri Glassman, MS, RD; May 2020

Reversing Cognitive Decline Advanced Clinical Training 1.0, Institute of Functional Medicine; 2019 (13 CEUs)

Credentials

Registered Dietitian, 2004-Present

Registered Yoga Teacher (RYT) through At One Yoga and Yoga Alliance, 200 Hour, 2004-Present

Yin Yoga Teacher Training Certification, Yoga Alliance, 2021 and 2016

Speakers Academy Graduate of the National Speakers Association, 2014

Professional Employment Record

2015 – Present, Arizona State University - Phoenix, AZ

Assistant Teaching Professor, College of Health Solutions

- Instructor for nutrition and health science courses
- Registered Dietitian Nutritionist for the Home Base Warrior Health and Fitness Program (Spring 2024-Present)
- Course Lead for Nutrition Entrepreneurship (NTR 360)
- Active participant in a Service Role (College, Community, and Profession)
- Barrett Honors Faculty Member
- Mentor to undergraduate and graduate students

2004 – Present, EPIC Biology (Live.Breathe.Nutrition, LLC) - Phoenix, AZ

Founder and CEO

- Independently founded a successful small business to utilize my educational and entrepreneurial skills and experiences with an integrative and functional nutrition approach in executive medicine, brain health, sports nutrition, and eating disorders
- Leader in integrative and functional wellness workshops
- Networked and consulted with various medical and health professionals within the Phoenix-Metro area and nationally
- Freelance writer of various publications, both online and print
- Established a network of hundreds of clients through aggressive advertisement and performance-based referrals from colleagues and current clientele
- Maintained and stewarded multiple client portfolios reaffirming patient relationships and assuring continued health and performance
- Media Spokesperson and Communications Expert for both regional and national media

2017 – 2019, Gatorade Sports Sciences Institute – Barrington, IL

Sports Dietitian Consultant for the G League of the NBA

- Assessed athletes' nutritional needs to achieve maximum performance
- Consulted with players, medical & training staff both individually and through group presentations

2010 – 2015, Community Connections, LLC- Phoenix, AZ

Registered Dietitian, Nutrition Therapist and Yoga Teacher

- Led in the development of the nutrition program for treating eating disorders and disordered eating.
- Provided teaching and support in accordance with individual treatment plans & target behavior plans.
- Completed assessments and provided input into the development of services, goals and objectives.
- Provided individual and group nutrition therapy to clients and nutritional training to BHT staff.
- Developed discharge plans

2014 – 2015, Arizona State University - Phoenix, AZ

Faculty Associate

- Instructor of various nutrition courses including the History of Human Nutrition and Cultural Aspects of Food

2012 – 2015, Arizona Cardinals - Phoenix, AZ

Team Sports Dietitian

- Assessed the team's nutritional needs to achieve maximum performance
- Designed a sports nutrition program for players
- Consulted with players, medical & training staff both individually and through group presentations
- Assisted in the creation of a training table menu with a catering company

2012 – 2014, Milwaukee Brewers - Phoenix, AZ

Team Sports Dietitian

- Assessed the team's nutritional needs to achieve maximum performance
- Designed a sports nutrition program for the Club
- Consulted with players, medical and training staff individually and through group presentations in person, via skype, and on conference calls
- Assisted in the creation of a training table menu with a catering company

2005-2016, At One Yoga / Lifetime Fitness - Scottsdale, AZ

Yoga Instructor

2008 – 2015, Maricopa Community Colleges - Phoenix, AZ

Adjunct Faculty

- Instructor of various nutrition courses in the Dietetic Technology Consortium Program, including Sports Nutrition, Introductory Nutrition, Principles of Human Nutrition Lecture and Lab, Weight Management Theory, and Food Principles
- Engaged in public speaking and seminar delivery to various populations within the school

2004 – 2009, Mayo Clinic -Phoenix, AZ

Registered Dietitian

- Developed professional relationships with various medical specialties within the Mayo Clinic network
- Counseled patients on a diverse range of health/wellness issues both inpatient and outpatient
- Created the nutrition component for a Cardiology prevention program, working with professional athletes, executives, and active individuals
- Engaged in public speaking and seminar delivery to hospital staff and outside organizations

Professional Memberships and Offices Held

Sports and Human Performance Nutrition (formerly: Sports, Cardiovascular & Wellness Nutritionists, 2004-2025

American Sports and Performance Dietitians Association, 2010-present

-ASPPA Entrepreneurial Special Interest Group (SIG) (2024-Present)

Arizona Functional Nutritionists – Founder, 2019-present

Institute of Functional Medicine, 2019-present

Integrative and Functional Nutrition Academy, 2019-present

National Speaker's Association – Arizona Chapter, 2009-present

-Marketing Committee Member, 2017-2020

-Living Room Forum Co-Chair, 2018-2019

-Speaker Bootcamp Planning Committee, 2018

Dietitians in Integrative and Functional Medicine, 2004-Present

-Nominating Committee Chair, 2025-Present

-Nominating Committee Member, 2024-2025

Spring Symposium Task Force, 2024-2025

-Public Policy Advocacy Leader (PAL), 2021-2024

-Mind-Body Editor for *The Integrative RDN* Newsletter, 2018-Present

Arizona Academy of Nutrition and Dietetics, 2004-Present

-Arizona Public Policy, 2019-2025

-Nominating Committee Chair, 2024-2025

-Nominating Committee, 2017-2018; Chair, 2019-2020

-Planning Committee Member for the Arizona Academy of Nutrition + Dietetics Annual Conference, June 2017

-COPI Chair, 2015

-Incoming COPI Chair, 2014

Central Arizona Academy of Nutrition and Dietetics, 2004-Present

-Nominating Committee (2006-2007 and 2025) Chair (2007-2008)

-Events Committee Member, 2022-2023

-Private Practice Chair, 2008 - 2015

Nutrition Entrepreneurs Dietetic Practice Group, 2004-Present

-Public Advocacy Leader – 2019-2020

-Mentor Program Coordinator - 2012-2014

-Newsletter (Incoming (2010-2011) Editor (2011-2012)

Glendale Community College Fitness & Wellness and Nutrition Advisory Council Member, 2017

Remuda Ranch / The Meadows – IRB Committee Member, 2017-2018

Integrated Bone Health Systems Committee, 2017

Behavioral Health Nutrition, 2015-2022
International Federation of Eating Disorder Dietitians, 2015-2022
Dietitians in Business and Communications, 2012-2022
International Association of Eating Disorder Professionals – Officer, 2010
National Association of Professional Women, 2007

Honors and Awards

Nominated for Distinguished Faculty, College of Health Solutions, Arizona State University, Fall 2025
Recipient of the Top Docs Scottsdale Award for Best Dietitian–Nutritionist; attended awards dinner on December 11, 2025.
SUN Award presented by Kissa Powell for social embeddedness and sun devil pride for volunteering at Lost Our Home Pet Rescue on July 31, 2025
SUN Award presented by Swapna Reddy for exemplary service in teaching a functional nutrition lecture to undergraduate Al Quds University students, March 18, 2025
2024 Excellence in Private Practice: Dietitians in Integrative and Functional Medicine, October 7, 2024
SUN Award for Innovation by Dr. Shawn Hrnecir, Fall 2024
Riipen Award for Communication, Summer 2023
Professor of Impact Award (3), Spring 2023
SUN Award for Collegiality, Spring 2023
SUN Award at ASU for exemplary service, innovation, and supporting student success, 2021
Voyage Phoenix Magazine's Inspiring Stories feature as a Registered Dietitian, January 2020
SUN Award at ASU for mentoring Barrett students, 2016-2017
Arizona's Recognized Young Dietitian of the Year, 2007
Who's Who of Executives and Professionals – Dietetics Honor's Ed. 2007

Current Classes Taught at the University Level

College of Health Solutions

CHS 100: Optimizing Health and Performance
CHS 300: An Exploration of Well-Being

Exercise and Wellness

EXW 302: Fundamentals of Wellness
EXW 484: Internship for Exercise and Wellness

Health Sciences and Healthcare Delivery

HSC 210: Cultural Aspects of Health
HSC 300: Complementary Healthcare
HSC 310: Health Communication
HSC 320: Medical and Healthcare Ethics
HCD 330: Healthcare Systems in the US
HSC 394: Eating for Lifelong Health
HSC 400: Practicum in Health Sciences
HSC 420: Evaluation of Health Sciences Research
HSC 484: Internship for Health Sciences

Kinesiology

KIN 484: Internship for Kinesiology

Nutrition:

NTR 241: Human Nutrition

NTR 300: Computer Applications in Nutrition
NTR 320: History of Human Nutrition
NTR 345: Development of Healthy Cuisine
NTR 348: Cultural Aspects of Food
NTR 353: Western Diets
NTR 360: Entrepreneurship and Value Creation
NTR 450: Nutrition in the Lifecycle
NTR 457: Sports Nutrition

Study Abroad

***Served as Co-Lead for the Study Abroad Program to Ikaria, Greece (June 7–21, 2025), centered on wellness and longevity (CHS 494). Developed and taught NTR 348: Cultural Aspects of Food, tailored specifically for this program and enriched with content highlighting Ikaria as a designated Blue Zone. The program also included a graduate student enrolled through CHS 598.**

*Served as Co-Lead for the Study Abroad Program to Ikaria, Greece to study wellness and longevity from May 14-30, 2023 sponsored by the Flinn Organization with 16 of their scholars of the Class of 2023. CHS 300: An Exploration of Well-Being was also taught in the program.

*Served as Co-Lead for the Study Abroad trip to New Zealand and Australia, Summer 2019. Courses taught included the following: NTR 348: Cultural Aspects of Food and NTR 457: Sports Nutrition

Teaching and Curriculum Development

Certificate program: Blue Zone Advocate, a partnership between Blue Zones and ASU, Fall 2023–Spring 2024

*Live media segment on set with Arizona Family's Channels 3/5 on the Blue Zone Advocate Course between the College of Health Solution and Blue Zones, April 20, 2024

*Blue Zones Project Community Kickoff in Scottsdale, Arizona, January 13, 2024

*Attended weekly meetings and at times more than once a week with the ASU Team consisting of 5 Faculty Members and 4 Instructional Designers, and at times with the Blue Zones Team and Dean Helitzer

*Helped complete an Alignment Chart for the project with feedback and re-design

*Created 2 Modules of the program based on the Blue Zones Principles titled “Move Naturally” and “Wine @ 5.” Each of these modules consist of research and information supporting each Principle including a reflection, quiz questions, and feedback on the quiz questions.

Courses Re-Designed and Taught at the University Level (online and hybrid)

NTR 320 Gold Designation Syllabus Statement, Fall 2024 (~10 hours)

*Revised the NTR 320 syllabus and the NTR HUAD Checklist.

*Observed an orientation meeting led by Becky Scott with Dr. Shawn Hrnecir, detailing the steps involved in completing the task.

*Collaborated with Sarah Hoyt from the Instructional Design Team during two 1-hour working meetings and with Becky Scott, Curriculum Manager, during a 1-hour working session.

NTR 360: Nutrition Entrepreneurship (Redesign – Summer 2025)

***Added 3 well-being reflections which invites students to explore personal well-being as a foundational pillar of resilient, mission-driven entrepreneurship. Each reflection is focused on a different aspect of well-being. These reflections help students integrate self-awareness, values, energy management, and purpose into how one lead and grow your nutrition business.**

***Transitioned from a traditional discussion board format to Yellowdig in Summer 2025, in response to student feedback and with support from the Instructional Design Team. Created 6 new discussion topics.**

***Added new rubrics for each course assignment based off of student feedback.**

***Module 4 Enhancements: Expanded the Learning Materials to include new content such as “Using Social Media for Business” and *Becoming a Media-Savvy Nutrition Expert*. Updates incorporate key resources from the *Curating Credibility* course, designed to support students in building a strong online presence and**

positioning themselves as credible voices in the media. The module covers strategies for identifying a clear niche, creating an impactful media kit, and securing brand partnerships and media opportunities. Guest speakers Kristen Carli, MS, RD, and Gilleen Barkyoumb, MS, RD, offer practical insights from their experience in television, digital media, and national publications. Additional materials include a video overview, a handout on setting professional rates, and access to the Expert with Influence platform.

Spring 2024 Updates:

*Module Updates: Enhanced the overviews for each module.

*Module 5 Additions: Incorporated a recorded live presentation, “*5 Pillars to a Great Speech*,” by Dan Shinder.

*Curriculum Expansion: Introduced a Pitch Assignment and a Professional Interview of an Entrepreneur component.

-The Business Pitch includes: Attention-grabbing opening statement; Introduction of yourself; Identification of the problem; Presentation of your product and how it addresses the problem; Target market and marketing strategy; Analysis of competition; Team introduction and areas of expertise; Cost of doing business; and Call to action

Added new entrepreneurial guest speakers for in-person course including the following:

-Dr. Tyrone Holmes; Topic: Using Video to Increase Your Client Base

-Ashley Koff, RD. Topic: Personalized Medicine and Q and A

-Panel Discussion: Michelle Bacarella, RD and Liz Brinkman, RD

-Branding with Rani Sweiss

-Building a Presentation with Dan Shinder

-Entrepreneurism with Dr. Steven Sorr, NMD, Naturopathic Medical Doctor and Business Owner

Redesign (online) to meet the experiential learning criteria Summer 2022 (set to go live for Fall 2022)

- Modified the course by adding in new discussion board posts, guest speakers, assignments, course syllabus, team project
 - Podcast Assignment (create own mini podcast and evaluate/review peers’ podcasts)
 - Experiential learning group assignment (journal entries, special team project, working logs)
- Collaborating with Riipen, an experiential learning platform and marketplace that integrates work and education and brings real projects from organizations into higher education. With Riipen, I meet with various business professionals through virtual meetings to learn about their businesses and to see if my students would be a good fit for their projects which allows my students to meet the experiential learning requirement.

Redesign (hybrid and online format) 2019

- Created an online version of NTR 360 to accommodate a Session A and B course.
- Created new class assignments, updated the syllabus, and added new guest speakers
- The new assignments added include the following:

-Group Pitch Assignment (paper, presentation, and three checkpoints)

-Ted Talks for Entrepreneurs

-Podcasting

Redesign (hybrid) 2017

- Took over as course lead and created a new course shell
- Created powerpoint presentations based off of the primary textbook discussed in the course: *Attach Your Day! Before It Attacks You* (paperback) Publisher: FT Press: 1st edition (October 10, 2012).
- Created an updated course syllabus and discussion board topics and a rolodex of entrepreneurial guest speakers.
- Organized 6 guest speakers throughout the semester to attend class where each shared their personal and professional insight and experiences as an entrepreneur.
- Added class learning activities, individual and group assignments including the following:
 - Visualization Learning Activity
 - Business Model Learning Activity
 - Franchising Learning Activity

-Portfolio and Vision Board Learning Activity

HSC 320: Medical and Healthcare Ethics

Re-design (online) 2016:

- As the course manager for HSC 320, I modified the course due to the adoption of a new edition of the text book (Doherty and Purtilo (2016). Ethical Dimension in the Health Professions (paperback) Publisher: Elsevier; 6th Edition.
- Modified the discussion boards, journal topics, modules and a few exam questions to match the updated edition of the text book.

HSC 400: Practicum in Health Sciences

Re-design (online) 2016:

- Modified the course to accommodate the required practicum hours (3 credits = 135 practicum hours; 6 credits = 270 practicum hours).
- Updated the course syllabus, modified the assignments and created forms including a Petition to Affiliate a New Internship Site (PNEW) due to a new requirement where all practicum sites must be affiliated with ASU before a student is placed.

HSC 484: Internship for Health Sciences

Re-design (online) 2016:

- Modified the course to accommodate the required practicum hours (3 credits = 135 practicum hours; 6 credits = 270 practicum hours).

Publications and Presentations at National Conferences

The Huddle Sports Medicine Conference, Phoenix, AZ, March 10-11, 2023. Guest Speaker: "Fueling the Female Athlete," March 10, 2023

Speaker for the International Association of Fairs & Expositions at the Renaissance Hotel in Downtown Phoenix, 100 N 1st St, Phoenix, Arizona, Title: Reach and Maintain a High Performance Lifestyle, April 7, 2022

Speaker at The Huddle Sports Medicine Conference in Phoenix, AZ, Sports Nutrition - The Latest Fads: Do They Work?, March 19, 2022

Guest Speaker for the United States Public Health Service (USPHS) Scientific and Training Symposium. Topic: Reach and Maintain a High Performance Lifestyle, June 22, 2021

How to Create Yoga and Nutrition Workshops for Mind-Body Dietitians, November 15, 2016

Led a Vinyasa flow yoga class at the 2015 Food and Nutrition Conference and Expo in Nashville, TN at the Sports, Cardiovascular, and Wellness Nutrition (SCAN) breakfast, October 5, 2015

Ultimate Nutrition for the Performing Artist, e-book, 2014

Performance Nutrition for Tennis Players, e-book, 2014

Professional Presentations

Panelist and Functional Sports Dietitian, National Girls & Women in Sports Day Virtual Speaker Panel, Arizona Athletic Grounds, January 30, 2025

Speaker at The Meadows Outpatient Center in Scottsdale, AZ. Title: "Brain Boost: 11 Key Risk Factors That Impact Your Cognitive Health" November 27, 2024.

Speaker at The Meadows Outpatient Center in Scottsdale, AZ. Title: The Better Brain: Tips to Keep Your Brain Sharp." September 21, 2024.

Presentation to the City of Glendale: Nutrition for Optimal Metabolism, March 5, 2024

Sports Nutrition Presentation for the Competitive Figure Skaters at the Ice Den in Scottsdale, AZ. Title: High Performance Fuel, September 24, 2022

Dietitians in Integrative and Functional Medicine (DIFM) Dietetic Practice Group of the Academy of Nutrition and Dietetics. Co-presenter for a webinar (1 CEU): "Make Policy Your Business: You Are the Expert!" May 26, 2022

The Female Athlete; guest speaker on a panel discussion at Spooner in Scottsdale AZ talking about sports nutrition for female athletes, February 10, 2022

Nutrition Presentation at the Desert Mountain Golf and Country Club. Title: The 7 Pillars of Optimal Health, Wellness, and Longevity, October 26, 2021

Presenter for an Educational Seminar for Spooner. Title: The Advocate (Advocating for your athlete's nutrition with a focus on performance and recovery), September 18, 2021

Aspire Kids Sports Center. Title: High Performance Fuel, August 13, 2021

Spooner Sports Medicine. Title: Nutrition Hot Topics and the Performing Arts Athlete, July 30, 2021

Presentation to the City of Glendale: High Performance Fuel for Athletes and Exercise Enthusiasts, September 15, 2020

Presentation to the City of Glendale: 8 Pillars of Optimal Health and Wellness, August 5, 2020

Healthy Holiday Eating Tips and Tricks, U-Haul, December 10, 2019

You Are What You Absorb: Mastering the Gut-Brain Connection, U-Haul, February 4, 2019

You are What You Absorb: Mastering the Gut-Brain Connection, PING – 2 Presentations, November 2018

International Federation of Eating Disordered Dietitians (IFEDD). Presentation: Addiction as a Co-Occurring Condition: The Role of a Dietitian in Substance Abuse Treatment, August 22, 2017

Webinar Series for Anderson Nutrition titled "Mindfulness" and "Creating Your Niche," August 2017

"Creating Mindfulness," at Nutrition Alliance's 17th Annual Conference, May 4, 2017

"High Performance Fuel for Athletes" to the student athletes at Notre Dame Prep in Scottsdale, AZ, 2016

"Meal Planning and Preparation for Families" to the Paradise Valley Moms of Multiples Group (PVMOM), 2016

“Nutrition and the Athlete: Unique Perspectives.” Co-Presenter of the Central Arizona Academy of Nutrition and Dietetics, November 16, 2016

National Strength and Conditioning of Arizona meeting held at Chandler Gilbert Community College on “High Performance Fuel for Athletes and Exercise Enthusiasts,” November 6, 2015

Pedagogy: Professional Conferences and Workshops Attended

Attended the Food and Nutrition Conference and Expo (FNCE®) 2025, Nashville, TN; Dietitians in Integrative and Functional Medicine (DIFM) Executive Board member, October 10–14, 2025.

Attended a live presentation, *Applying an Integrative Lens: Functional Medicine Meets Medical Nutrition Therapy for Comprehensive Patient Care* — 1.5 CPEs, October 13, 2025.

Attended a live presentation, *Find Your Purpose in Dietetics to Unlock Your Unique Career Path* — 1.5 CPEs, October 13, 2025.

Attended *Teacher Talks – SAILS Flex Plan*, September 9, 2025.

Attended: Career-Track Faculty Promotion Workshop, April 25, 2025

Attended: Teacher Talks Session on AI, April 21, 2025

Attended Food, Mind, and Body Club Meeting featuring Megan Kniskern, MS, RD, on “Diet Culture,” April 9, 2025

Attended: CFA/FWA Faculty Success Series Session on “Navigating Pathways to Promotion for Career Track Faculty,” April 8, 2025

Attended and Served on Planning Committee for DIFM Virtual Symposium: “Root Cause Revolution: Toxicity and Functional Nutrition Solutions,” April 5, 2025 (5 CEUs)

Attended: Teacher Talk – Special Topic: Teaching Tools for Inclusive Excellence, March 27, 2025

Attended: Teacher Talks Session – February 18, 2025

Completed: “Nutrition and Alzheimer’s Disease: How to Protect and Restore Brain Health” with Amylee Amos, RD – February 14, 2025 (1 CEU)

Attended NSA Arizona Workshop: “Be Your Clients’ Solution” with Alana Hill, Tempe, AZ – February 8, 2025

Attended: Women in Sports Medicine Networking Event – “Building Your Brand!” with Guest Speaker Dr. Brook Choulet, MD, Concierge Sports and Performance Psychiatrist, January 23, 2025

Attended Food, Mind, and Body Club Meeting featuring Christina Caple, RD on “Body Image and Social Stigma Chat,” January 22, 2025

GS Gold Designation Syllabus Statement for NTR 320, December 2024

Food and Nutrition Conference and Expo in Minneapolis, Minnesota, October 5-8, 2024

Dietitians in Integrative and Functional Medicine Board Meeting at FNCE in Minneapolis, Minnesota, October 3-4, 2024

Stress and Cognition Webinar: Unraveling the Impact on Brain Health by Dr. Rachel Heussner, ND, September 18, 2024

Arizona Alzheimer's Consortium Conference at Arizona State University, September 12, 2024

CHS Teacher Talk, September 5, 2024

Expert with Influence Media Mentorship, June-July 2024

Making Money with the Media Online Course, June-July, 2024

AZ Academy of Nutrition and Dietetics 2024 Annual Conference in Gilbert, AZ (6 CEUs), May 18, 2024

CHS Teacher Talks: ChatGPT!, February 13, 2024

Policy Leader Town Hall as Policy Advocacy Leader for the Dietitians in Integrative and Functional Medicine, December 12, 2023

Session on Identity Stories for Nutrition in the College of Health Solutions, September 22, 2023

Policy Leader Town Hall as Policy Advocacy Leader for the Dietitians in Integrative and Functional Medicine, September 19, 2023

Her Way to Health at the Willow Creek Conference Center in Phoenix, AZ, September 9, 2023

Session 2 on Identity Language for Nutrition in the College of Health Solutions, September 1, 2023

CPSDA Sports Nutrition Webinar, APN Series: Integration of Sports Science Data & Nutritional Interventions: Cases From an NHL High-Performance Model with Carl Bombardier, July 25, 2023

Policy Leader Town Hall as Policy Advocacy Leader for the Dietitians in Integrative and Functional Medicine, June 20, 2023

Webinar - Sports Nutrition Symposium 7.0: Eat 2 Win. "Plant Based Diets and Athletic Performance with Leslie Bonci, MPH, RD, CSSD, LDN, June 9, 2023

Arizona Academy of Nutrition and Dietetics, Central District: Ethics Workshop, May 10, 2023

Dietitians in Integrative and Functional Medicine Webinar: "Nutrition and Diet for Depression and Depressive Symptoms" by David Wiss, PhD, MS, RDN, May 2, 2023

CHS Spring Semester Teacher Talk #3 - Topic: Student Mentoring, April 21, 2023

EPR 201: Emergency Preparedness & Response Seminar for returning global education program leaders with Dan Hart of the Global Education Office, April 18, 2023

Symposium by the Dietitians in Integrative and Functional Medicine - Inflammation: Applications in Functional Medicine (5 CEUs), April 15, 2023

COVID-19 Preparation Workshop for global education program leaders with Dan Hart of the Global Education Office, April 12, 2023

Think Tank: Education Session on Human Performance Therapy; it's Application, and the Integration of HPT with a Chiropractor Approach, Scottsdale, AZ, March 18, 2023

Dietitians in Integrative and Functional Medicine Webinar: "Getting to the Root of a Champion: An Intro to Functional Sports Nutrition" by Kyleene Bogden, RD, March 13, 2023

CHS Teacher Talks Topic: ChatGPT!, February 15, 2023

CHS Barrett Honors Informational Zoom Workshop with Tamiko Azuma, February 1, 2023

ASU Vita Workshop and Annual Review Update: Presented by Colleen Codes and Carol Johnston, November 29, 2022

Attended the College of Health Solutions Teacher Talks: Academic Integrity, November 17, 2022

Attended the College of Health Solutions Teacher Talks: When and How to Change, October 21, 2022

Presentation - Central Arizona Academy of Nutrition and Dietetics Meeting on Working with the Media with Kristen Carli, RD, 1 CEU, October 19, 2022

Food and Nutrition Conference and Expo (FNCE) in Orlando, Florida. Attended the Dietitians in Integrative and Functional Medicine (DIFM) Executive Board Meeting as the Public Policy Advocate. Dates of conference: October 7-11, 2022

Attended the Public Policy Advocacy Luncheon at FNCE to discuss the White House Conference on Hunger, Nutrition, and Health, October 11

Attended the follow session at FNCE: Sports Medicine and Sports Nutrition: The Team Approach to Child and Adolescent Athletes with Aubrey Armento, MD and Amanda McCarthy, MS, RDN, CSSD (1 CPEU), October 10, 2022

Attended the following sessions at FNCE: Athlete with Eating Disorders: Unique Nutrition Assessment and Treatment Parameters (1 CPE Credit) with Paige Love, MS, RD, CSSD, LD and Ron Thompson, PhD, HSPP, FAED, CEDS Retired, October 9, 2022

Webinar: Town Hall with Academy President, Ellen Shanley: Reflections on the White House Conference on Hunger, Nutrition, and Health, September 29, 2022

Webinar: Yoga Therapy for Nutrition-Related Conditions: Mechanisms, Evidence, Practical Applications, and Credentialing, presented by Annie Kay, MS, RDN, RYT500, C-IAYT, September 28, 2022

Mind-Body Virtual Meet-up with a group of integrative and functional medicine dietitians, September 23, 2022

Functional Forum at MVP Medical Care - 7312 E Deer Valley Rd #110, Scottsdale, AZ 85255, USA. Speaker: Dr. Cheri Dersam, MD; Topic: Addressing the Gut as it Relates to Whole Body Health, September 21, 2022

Webinar (1 CEU): "Getting to Know the Landscape of Nutrition in Integrative and Functional Medicine: Education, Career Opportunities, and Everyday Practice" of the Dietitians in Integrative and Functional Medicine Dietetics Practice Group of the Academy of Nutrition and Dietetics, September 21, 2022

Clinical Dietetics Mini Conference with the Central Arizona Academy of Nutrition and Dietetics (4 CEUs) - St. Joe's Hospital and Medical Center in Phoenix, AZ 85013, September 17, 2022

Teacher Talks - Topic: Tips and Tricks!, September 15, 2022

Town Hall for Policy Leaders of the Academy of Nutrition and Dietetics, July 19, 2022

Collegiate and Professional Sports Dietitian Association's (CPSDA) 14th Annual Conference in Scottsdale, AZ, (11.75 CEUs), May 16-18

Eating Disorders in Sport: A Treatment Playbook for Providers with Riley Nickols & Rebecca McConville at Arizona State University (5 CEUs), May 14, 2022

Webinar by Eating Recovery Center: Treating Eating Disorders in Athletes (1.5 CEUs), May 13, 2022

Q4 Public Policy Leadership Town Hall as PAL of DIFM and public policy committee member of AZAND, March 15, 2022

Legislative Day for National Nutrition Month in Arizona, Virtual programming serving on the AZ Public Policy Committee, March 10, 2022

Dietitian Deep Dive: Understanding the Relationship Between Disordered Eating & GI Conditions (2 CEUs), March 5 and 18

Online Meeting: Pandemic Challenges in School Nutrition with Angela Gomez, RD for the CAZAND (1 CEU), February 17, 2022

Public Policy of the Arizona Academy of Nutrition and Dietetics (AZAND) Monthly Meeting, February 7, 2022

Virtual Advocacy Summit by the Academy of Nutrition and Dietetics; representing the DIFM DPG as PAL (18 hours total), January 25-27

Dietitian in Integrative and Functional Nutrition of the Academy of Nutrition and Dietetics Leadership Retreat (online); invited as the Public Advocacy Leader (8 hours total), January 21-22

Webinar and Q and A with Dr. Jeffrey Bland, PhD (Father of Functional Medicine) through IFNA, January 14, 2022

Detox and Therapeutic Diets: Mary Purdy, RD of the Dietitians in Integrative and Functional Medicine, January 11, 2022

ASU Online Instructor Meeting, October 22, 2021

AZ Functional Nutritionist Meeting: Hormonal Health with Dr. Keenan, NMD of Ayush Herbs, October 22, 2021

Master Your Anti-Diet Message with Christy Harrison, MPH, RD, CEDS (1.5 CEUs), October 7, 2021

Webinar by Congressional Management Foundation. "Backstage Pass: Behind the Scenes of Congressional Decision Making," which provides an inside look at what members of Congress care about and the value that constituents bring to the table to inform decision-making processes. This "backstage pass" will dispel myths about Congress and provide practical strategies on how decisions are really made and by whom. September 1, 2021

The Gut Brain Connection: Cutting Edge Research & Future Directions for Eating Disorders Care Workshop with Marci Evans, RD, May 24, 2021

National Speakers Associate Program Meeting: 15 Ways to Grow Your Speaking Business in Every Economy (Pedagogy for NTR 360), May 8, 2021

Nutrition and the Immune System: Dr. Carol Johnston, PhD, RD at the Arizona Academy of Nutrition and Dietetics Meeting, April 23, 2021

Arizona Functional Nutritionist Meeting with Vibrant America on Functional Nutrition Testing, April 16, 2021

Experiential Learning Affinity Network Workshop *3 Parts. Part 1: Mentoring Undergraduate Teaching Assistants: Using a Structured Canvas Shell to Facilitate Mentoring with Kasondra McCracken and Methods for Ensuring a Meaningful Learning Experience with Kathleen Dixon; Part 2: Applying Theory and Best Practices to Working with Students: (Using Validated Reflection Prompts, Jordan Miller) and (Using Contact Theory to Reduce Bias, Simon Holzapfel); Part 3: Collaborating to Create an Experiential Course (Maureen McCoy and Jessica Carlson), April 14, 2021

2-hour webinar with Laura Shoenfeld, RD: The 3 Keys to a 6-Figure Nutrition Business! (Pedagogy for NTR 360), March 5, 2021

SELI-AN Workshop. Empathic Communication Strategies in Education Workshop, Empathic Course Policies Workshop, and Centering Yourself for Empathic Teaching Workshop, February 26, 2021

Gut health: the secret to health and happiness? - Webinar by Dietitian Connection, February 25, 2021

Instructor Online Support Meeting, February 19, 2021

Keri Glassman's Webinar: "Know Your Worth, Then Add Tax: How to Set Prices with Purpose," February 4, 2021

The Low Sulfur Diet for Hydrogen Sulfide SIBO (Webinar), February 3, 2021

Webinar: "Being Your Own Boss: How To Successfully Navigate Nutrition Entrepreneurship with Skelly Skills (Pedagogy for NTR 360), January 26, 2021

Instructor Online Support Meeting, January 15, 2021

Teacher Talks, January 15, 2021

Webinar: Avoidant/Restrictive Food Intake Disorder (ARFID) with Ovidio Bermudez, MD, FAAP, FSAHM, FAED, F. IAEDP, CEDS, October 30, 2020

Eat 2 Win (1-hour webinar): How to Improve an Athlete's Eating Habits and Optimize their Athletic Performance, October 21, 2020

CPSDA Webinar: "Utility of DXA in Treating Athletes with Low Energy Availability/Eating Disorders sponsored by Hologic" Speaker: Dr. Kate Ackerman, MD, October 5, 2020

Webinar: Dietitian Connection: In Conversation with Joy Bauer, Ellie Krieger and Maye Musk - all Dietitian Entrepreneurs, September 14, 2020

Institute of Functional Medicine's Annual International Conference (Virtually) for 19.75 CEUs, June 12-13, 2020

Ethics of Hunger Webinar, May 31, 2020

Webinar by Onegevity and Dr. Bob Rountree: Telehealth with the IBS Patient, April 22, 2020

Arizona Academy of Nutrition and Dietetics Webinar: Vitamin C 101 by Dr. Carol Johnston, PhD, RD, FAND, April 16, 2020

National Speaker's Association of Arizona monthly virtual meeting (9am-12pm) titled "Steal the Show" by Michael Port. April 11, 2020

15th Annual Building Healthy Lifestyles Conference - Science and society in a new decade of lifestyle medicine, February 28-29, 2020

"How You and Your Patients can FUEL WELL" by Kristin Kirkpatrick, MS, RDN, November 15, 2019

Bodytalk Fundamentals Workshop in Phoenix, Arizona, November 8-10, 2019

International Federation of Eating Disorder Professionals Meeting, November 2, 2019

Institute of Functional Medicine Conference on Biotransformation (17.5 CEUs) in Scottsdale, AZ at the Gainey Hyatt, October 27-29, 2019

Institute of Functional Medicine Conference on Gut Health (17.5 CEUs) in Scottsdale, AZ at the Gainey Hyatt, October 24-26, 2019

National Speaker's Association-Arizona Monthly Meeting from 9am-1:30pm. Topic: How to Grow a Speaking Empire by Jeffrey Hayzlett, CPAE, October 12: 2019

Spectracell Webinar - Sports Nutrition, September 26, 2019

National Speaker's Association Monthly Meeting, Tempe, AZ, September 14, 2019

Behavioral Health Nutrition Webinar. "The Mental Muscle: The Role of Performance and the Brain During RED-S," August 22, 2019

"Anti-Aging: A Functional Medicine Approach." Webinar provided by FullScript, July 25, 2019

Webinar by Spectracell Laboratories: "Alzheimer's and Type 3 Diabetes," March 2019

Spark System Wellness Seminar: Metabolic Efficiency at Scottsdale College of Naturopathic Medicine, March 2019

Reversing Cognitive Decline Advanced Clinical Training through the Institute of Functional Medicine (13 CEUs), March 21, 2019

Webinar: “The Role of Mind-Body Modalities in Stress Management and Gut Health” Presented by Sandeep (Anu) Kaur, MS, RDN, RYT-500, January 31, 2019

Dietitians in Integrative and Functional Medicine. Webinar on “Gut Health,” January 10, 2019

HEALab: January Speakers Series with Dr. Paul Oran, founder and CEO of Orb Health, January 30, 2018

Behavioral Health Online Interactive Retreat: Game Changing Future Practices, February 9, 2018

Southwest College of Naturopathic Medicine “New Advances in Evidence-Based Botanical Medicine, February 23, 2018

2018 Building Healthy Lifestyles Conference Lifestyle as Medicine: Thinking Differently about Food, Exercise, and Sleep, ASU Tempe Campus, February 2018

NSA-AZ Monthly Meeting: Building a Multi-Million-Dollar Speaking/Training/Consulting Business” with Bob Pike, CSP, CPAE, March 10, 2018

Food as Fuel: The Role of Diet in Behavioral Healthcare presented by Kristin Kirkpatrick, MS, RDN, of The Meadows, Arizona, March 2020

National Speaker’s Association - Arizona Chapter, Presentation: Before the “How” WHY? Presenters: Damian and Lori Mason, March 28, 2018

Attended the HEALab monthly meeting: Failing Your Way to a Successful Lifestyle with Chris Asterino, CEO of RevMD, April 11, 2018

Attended the 2018 Global Sport Summit by the Global Sport Institute of Arizona State University, April 13, 2018

NSA-AZ Monthly Meeting: Become a Highly Paid Expert Who Speaks Professionally with Debbie Allen, CSP and The Four Es of Pro Speaking with Kristin Arnold, CSP, April 14, 2018

SCAN Symposium in Keystone, Colorado, May 2018

NSA-AZ Monthly Meeting: How to Build a Speaker Brand That Will Get You Hired by Bruce Turkel, CPAE, May 12, 2018

SpectraCell Laboratories: Piecing Together Nutrient Deficiencies to Get the Bigger Picture with Dr. Arland Hill, DC, MPH, DACBN, May 19, 2018

NSA-AZ Monthly Meeting: “To Keynote or Not to Keynote - That is The Question.” Kathy Dempsey, CSP; Pamela Jett, CSP; Don Thoren, CPAE; and Kristin Arnold, CSP, June 8, 2018

National Speakers Association - Arizona Monthly Chapter Meeting, “3 Money Traps that Keep Speakers Struggling” with Karen Russo and “Reshape the Model of your Speaking Business and Connect Better with the Female Audience!” with Frances Rios, September 8, 2018

Co-Chair of the Living Room Forum's September Meeting "You are the Differentiator: How to promote yourself more effectively" Speaker: Connie Kadansky, October 2018

"FOOD: The Main Course to Digestive Health" in Ann Arbor, Michigan, September 28-30, 2018

National Speakers Association - Arizona Monthly Chapter Meeting, "The One Thing! How to make your life and your speaking career Easy - Lucrative - Fun!" with Joe Polish and the Candidate Program: "The ABCs of Unpacking Your Speaking Business" with Dr. Karen Jacobson, October 13, 2018

Living Room Forum's October Meeting "Passive Income Strategies for Speakers" Speaker: Belinda Goodrich, October 24, 2018

National Speakers Association - Chapter Meeting - "How to Work with a Bureau or Speaker Representative," November 10, 2018

Dietitians in Functional Medicine (DIFM) Meet-Up in Phoenix, AZ, December 4, 2018

International Federation of Eating Disorder Dietitians meeting and dinner in Phoenix, AZ with Alsana' Vice President of Clinical Nutrition Services, Tammy Beasley, RDN, CEDRD, CSSD, December 5, 2018

National Speaker's Association Monthly Chapter Meeting in Tempe, Arizona, September 10, 2016

CHS Media Training for Leaders and Faculty – "Dealing with the Media" at the ASU Downtown Campus, 2016

International Association of Eating Disorder Professionals (IAEDP), Phoenix Chapter at The Meadows Intensive Outpatient Center in Scottsdale, Arizona. The topic was "Shame Resilience in Eating Disorder Treatment," September 9, 2016

Workshop: Dr. Carol Johnston & Dr. Karen Sweazea on "Working with Honors Students" at ASU, August 11, 2016

Workshop: Dr. Carol Johnston titled "The Applied Project" at ASU, August 11, 2016

International Federation of Eating Disorders Dietitians (IFEDD): Bariatrics with Samantha Easterly, RD in Phoenix, Arizona, August 10, 2016

Unlocking Entrepreneurship by ASU's Office of Entrepreneurship + Innovation at the ASU Downtown Campus in the AE England Building, June 6, 2016

International Association of Eating Disorder Professionals (IAEDP), Phoenix Chapter in Phoenix, Arizona. Topic: "Exercise: Addiction or Healthy Lifestyle Choice," by Dr. Kim Dennis, May 6, 2016

ASU Social Media Workshop by Claudia Thompson-Felty at the ASU Downtown Campus, April 27, 2016

ASU Sports Symposium on the Tempe Campus of ASU, April 8, 2016

ASU Building Healthy Lifestyles Conference in Tempe, Arizona, March 18-19, 2016

Workshop: Rose Martin at ASU, "Development and Management of Large E-Learning Course," January 7, 2016

Mayo Clinic Arizona Orthopedic Sports Medicine Program; Education and Networking Event, 2016

Academy of Nutrition and Dietetics FNCE conference, Nashville, TN, 2015

SNHP Non-Tenure Track Training on annual evaluation preparation, August 26, 2015

Academy of Nutrition and Dietetics FNCE conference, Houston, TX, 2013

Academy of Nutrition and Dietetics FNCE conference, Philadelphia, PA, 2012

Arizona Dietetic Association Annual Conference, Scottsdale, AZ 2012

American Dietetic Association Annual FNCE conference, San Diego, CA, 2011

Arizona Dietetic Association Annual Conference, Flagstaff, AZ 2011

Arizona Dietetic Association Annual Conference, Scottsdale, AZ 2010

Arizona Dietetic Association Annual Conference, Scottsdale, AZ 2009

Media Training for Arizona Dairy Council and Arizona Dietetic Association, 2009

Student and Peer Mentoring (2016-Present)

(list is available on a separate document)

University Senate Standing Committee

***Food Is Medicine: Implementation Toolkits for Workplaces* with Richard Leach. Contributed as a member of the Food Procurement Subgroup, November 2025-Present**

Digitally Enhanced Teaching and Learning Committee (DETL), Fall 2023-Present

Department/Program and College Services

Ad Hoc Annual Review Committee (Teaching Professor/Instructor), 2025

Aging and Alzheimer's Disease Committee (co-founder), Fall 2024 – Present

Community Building Committee, Fall 2024 – Present

Blue Zones Working Group, Fall 2023 – Spring 2024

Blue Zones / Activate South Phoenix Committee, Fall 2023- Spring 2024

CHS Toastmasters Committee Co-Lead, Fall 2022 – Spring 2024

Online Instructor Support Co-Lead, 2022- Spring 2024

Social Emotional Learning & Skills (SELS) Community of Practice Member, 2021-Present

Social Emotional Learning & Skills (SELS) Community of Practice Co-Lead, Fall 2023-Present

Global Education Committee Member (formerly Study Abroad), 2021-Spring 2024

Undergrad Nutrition Curriculum Committee Member, 2020-Present

MS Nutritional Sciences Committee Member, 2020- Present

Vitality and Wellness Committee Member, 2019-2024

Affinity Network Advisory Committee, Fall 2022 – Spring 2023

Training Affinity Network Committee, Fall 2022- Spring 2023

Lecturer for Movement Sciences Hiring Committee Member for two positions, 2019-2021

Faculty Club Advisor: Food for Change, 2019-2020

Lecturer for Medical Studies Hiring Committee Member, 2019

Faculty Mentor Committee Member, 2018-2019

CHS Curriculum Committee, 2018
Faculty Search Committee Member for Sports Physiology (Lecturer), 2018-2019
NTE Faculty Review Committee, Member, 2018
HEALab: Steering Committee Member, 2017-2022
Social Media Committee Chair of SNHP, 2016-2018
MS Intern Selection Committee, CHS, 2017-2018
Planning Committee for the Food & Thought Series, 2016
Eating Disorder Graduate Certificate Planning Committee Member, 2016
HEHP Committee Member, 2016
EXW Committee Member, 2016
Degree Coordinator Committee Member, 2016

University Service: Home Base Warrior Health and Fitness Program, Spring 2024-Present

Fall 2025

- **Attended one-hour meetings bi-monthly with the Home Base team to support program development and implementation.**
- **Conducted 23 nutrition assessments, providing personalized summaries for each participant.**
- **Engaged in meetings and ongoing collaboration with Chef Kent and Dana West of Home Base to plan a Winter Food Demonstration and Nutrition Education seminar for program participants and their families, scheduled for February 2026.**
- **Attended the Veterans Breakfast hosted by Home Base at the Arizona Biltmore, Phoenix, AZ, on November 12, 2025.**

Summer 2025

- **Attended one-hour meetings bi-monthly with the Home Base team to support program development and implementation.**
- **Conducted 2+ initial nutrition assessments**
- **Developed a hydration handout titled *Why Hydration Matters—Especially for Veterans***
- **Presented on hydration at the Adventure Series on July 19th**

Spring 2025

***Completed 6 nutrition assessments.**

***Attended one-hour bi-monthly meetings with the Home Base team to support program development and implementation.**

***Provided guidance on nutritious snack options for veterans to support performance and recovery before, during, and after exercise at the gym.**

***Spoke on the role of the dietitian in the Home Base and Warrior Health and Fitness Program at a Tempe Parks and Recreation event, Papago Park, Tempe, AZ – January 25, 2025 (1.5 hours)**

Fall 2024

***Completed 13 initial nutrition assessments.**

Prepared a presentation for the Veterans for Spring 2025

Title: "Brain Boost: 11 Key Risk Factors That Impact Your Cognitive Health"

Spring 2024

- **Attended four one-hour meetings with the Home Base team to support program development and implementation.**
- **Met with Dr. Louis Chow, PhD, on April 11, 2024, to discuss the history, objectives, and vision of the Home Base program.**

- Developed and delivered a webinar, “7 Pillars for Health and Performance,” on May 8, 2024, to Veterans participating in the program. The presentation took 4 hours to prepare and present.
- Attended weekly check-in meetings with the Phoenix, Arizona Home Base Team, transitioning to bi-monthly meetings as the program progressed.
- Created a Nutrition Health and History form for the Veterans to complete prior to their nutrition sessions

Contributions to Veteran Support

- Created customized nutrition handouts for Veterans that are distributed following individual sessions.
- Conducted initial nutrition assessments for Veterans completing the Warrior Health and Fitness Training Program:
 - Reviewed paperwork, conducted 30-60 minute sessions, and provided personalized nutrition summaries and handouts tailored to performance and wellness goals.
 - Documented detailed nutrition assessments in the electronic medical record.
 - Dedicated approximately 2-2.5 hours per Veteran for the complete assessment process.

Summer 2024: Completed 9 initial nutrition assessments.

Additional University Service

Interviewed by Tiara Muguri, graduate student in the Nutritional Sciences (Maternal & Child Health) program at Arizona State University, enrolled in NTR 519: Nutrition for Eating Disorders, December 3, 2025.

Guest panelist for *Exploring the Registered Dietitian Profession, Internship Pathways, and Master’s Degree Options* – NTR 400, November 11, 2025.

Attended CHS Innovation Talks: *ASU’s Food Is Medicine Initiative—A National Campaign to Reverse the Trends in Diet-Related Disease* with Richard Leach, November 6, 2025.

Student interview with Andrew Rodriguez Acosta for NTR 480: Integrative and Functional Nutrition, October 12, 2025.

Attended Grand Rounds featuring Dr. Holly Wilcox on *Public Health Approaches to Suicide Prevention*, Thunderbird School of Global Management, Phoenix, AZ, September 17, 2025.

Student interview with Elisa Medrano for NTR 480: Integrative and Functional Nutrition, September 15, 2025.

Interviewed by Dhemi Bell, reporter for *The State Press* at Arizona State University, for a story examining the rise in media marketing of health supplements, September 9, 2025

**Guest Speaker, Arizona State University – Freshman & Sophomore Student-Athletes
 “*Nutrition for College Athletes: Fueling Performance & Recovery*”
 Garson Student-Athlete Center, Tempe, AZ | September 3, 2025**

Nutritionist expert interview for Forbes Vetted on “Meal Kits” – August 28, 2025

Attended Paws, Purpose & Playtime – Volunteer with CHS at HALO Animal Rescue. July 31, 2025

Interviewed by ASU student Melanie Ochoa for a News Reporting and Writing class story on caffeine addiction – April 24, 2025

Guest Speaker for Fall 2025 Academic Orientation Session – March 26, 2025; filmed a 2-minute “Tips for College Freshmen” video

Guest Lecturer for Al-Quds University – Undergraduate Session: “Functional Food: A Personalized Approach to Health,” March 17, 2025

Participated in Annual Review Committee Meeting for Evaluation of 7 Faculty Members – February 6, 2025

Annual Review Meeting for 2025, December 4, 2024

Guest Speaker for the Eating Disorder Awareness Club at ASU. Topic: Fueling the Female Athlete, October 30, 2024

All-College Meeting, August 23, 2024

OLIS meeting - co-lead with Dr. Shawn Hrnair - "Develop self-awareness in financial decision-making and purposeful living, while practicing essential social and emotional skills," May 2, 2024

SELS AN Co-Lead. Topic: Discuss updates and devise plans for our collaboration with Ron Hicks, Executive Director of Student Success, to implement a purpose intervention for retention across the entire CHS college, April 4, 2024

Nutrition at CHS working session, March 29, 2024

CHS Toastmasters - Co-Lead. Topic: 5 Pillars to a Great Speech with Dan Shinder, March 27, 2024

Nutrition at CHS working session, March 1, 2024

CHS Toastmasters - Co-Lead. Topic: Pivoting to Virtual in 5 "Kinda" Simple Steps with Dr. Tyrone Holmes, February 28, 2024

Online Instructor Support Meeting Co-Lead with Cara Sidman. SELS 5 Competencies, February 28, 2024

CHS Blue Zones / Activate South Phoenix (1-hour meeting), November 29, 2023

ASU Interview for a Newsweek article: Healthiest Snacking for People Trying to Lose Weight, November 9, 2023

Online Instructor Support Meeting (Co-Chair), topic: Explore and discuss innovative teaching and learning strategies and tools to meet the diverse social-emotional needs and challenges of our 21st-century learners, November 3, 2023

CHS Toastmasters Workshop; Co-Chair Guest Speaker: Dr. Tyrone Holmes; Topic: 3 BIG Presentation Mistakes and What to Do About Each One, September 21, 2023

Moderator for the presentation "Precision Nutrition App" by Martin Kohlmeier, MD, PhD at the Health, Technology, and Equity Virtual Summit (1 hour), September 15, 2023

Reviewer for the Global Education Committee's Study Abroad Proposals for Italy and South Pacific for 2024, June 21, 2023

ASU and U of A Faculty Zoom Meeting, June 12, 2023

Teaching Peer Review completed for Dr. Allison Poulos, June 7, 2023

Co-lead for a Study Abroad Program to Ikaria Greece to study wellness and longevity from May 14-30, 2023 sponsored by the Flinn Organization with 16 of their scholars for the Class of 2023.

CHS Podcast Guest for students interested in sports medicine/sports performance. Student Interviewer: Korbyn Stahl, TA for Dr. Alicia Montalvo, April 14, 2023

Online Instructor Support Meeting Co-chair with Cara Sidman. Topic: SELI Basics with Shawn Hrnecir, March 24, 2023

CHS Toastmasters (Co-chair); Meeting; Guest: Dr. Tyrone Holmes "Practicing your Presentation" March 23, 2023

Online Instructor Support Meeting Co-chair with Cara Sidman. Topic: Core values and how they inform the idea of "self-care" and how they may differ from traditional approaches to self-care and work-life balance with guest Maddie McLean, February 24, 2023

CHS Toastmasters – Committee Member, Initial Meeting (1 hour) with Maureen Mason and Michael Moody, February 23, 2023

Interview with Mallory Arnold, Assistant Editor of Clean Eating Magazine on the Benefits of Peppermint Oil and Peppermint, December 9, 2022

Co-Led Online Instructor Support SELI Edition Meeting; Topic: Brainstorming and sharing session on ways to tweak courses to meet high enrollment demands which is critical for our faculty wellbeing, November 18, 2022

Presenter for the Translational Science Conference with the Social Emotional Learning and Intelligence Affinity Network. Presentation: EQ - The Difference Between and Good Teacher and a Great Teacher, October 28, 2022

Drop-in Zoom session with the Nutrition Faculty!: Food and Nutrition Entrepreneurship BS/BAS, October 25, 2022

Interview with Tyson Wildman, a reporter with The State Press, an ASU student-run newspaper. Topic: Halloween Candy, October 21, 2022

Online Instructor Support Meeting (co-lead with Cara Sidman) Title: Are You a Slacker? (1 hour), October 14, 2022

Interview with Orlando Mayorquin, a reporter at USA Today for a story on the fundamentals of calories and how many we should be eating a day, June 2, 2022

Contributed for an article for HGTV.com (through ASU) with a focus on “what’s new and next in terms of functional and wellness ingredients to enhance overall health and well-being,” December 2, 2021

Speaker at the ASU Mindfulness Center. Topic: Superfoods for Mental Toughness, July 7, 2021

Speaker at the ASU Mindfulness Center. Topic: Pillars to Optimal Health and Wellness, June 29, 2021

Speaker at the ASU Mindfulness Center. Topic: You Are What You Absorb: Mastering the Gut-Brain Connection, June 23, 2021

Global Sports Institute: Global Sport Matters Live: The State of Mental Health in Sport, November 19, 2020

ASU Vita: Orientation – Zoom, November 19, 2020

Online Seminar: Unconscious Bias in the Search and Recruitment Process as Developed by the Association of American Medical College, October 28, 2020

Guest panel speaker for the Pre-Health Integrative Holistic & Quantum Club (PHIHQ), August 24, 2020

Panel guest for CHS Health Talks - Food and Nutrition During COVID-19, May 21, 2020

NTE Promotion Workshop via Zoom, April 27, 2020

Student interview regarding Fad Diets, February 25, 2020

Interview with a NTR 241 student regarding food deserts in the United States, February 6, 2020

Media Interview at ASU regarding the pros and cons of Juicing, November 6, 2019

ASU Interview regarding Healthy Holiday Eating, October 31, 2019

Female Athlete Triad and RED-S Presentation to the visiting Chinese Coaches, October 2, 2019

Female Athlete Triad and RED-S Presentation to the visiting Chinese Coaches, October 1, 2019

General Sports Nutrition Presentation to the visiting Chinese Coaches, September 20, 2019

General Sports Nutrition Presentation to the visiting Chinese Coaches, September 19, 2019

Global Sport Institute - Sport and The Body: Theme Launch Luncheon @ ASU Tempe Campus, August 29, 2019

Co-led Study Abroad Program in New Zealand and Australia during Summer 2019 (NTR 457: Sports Nutrition and NTR 348: Cultural Aspects of Food) for 4 weeks (6 credits)

Connect2STEM Exhibitor Booth for SNHP at the University of Arizona College of Medicine, January 27, 2018

Interview with Karishma Albal with the ASU State Press on juice cleanses, February 8, 2018

Interviewed by student, Edith Noriega, ASU Global Sports Matters Reporter on Caffeine and Athletes, August 17, 2018

Presented to the visiting Chinese Coaches on two topics re: Sports Nutrition (General Sports Nutrition and The Female Athlete Triad and Relative Energy Deficiency Syndrome) provided over 4 90-minute presentations. Dates of presentations: 9/20, 9/21, 10/1, and 10/2 - 2018

Volunteer at the Team Arizona Summit for The University of Arizona College of Medicine serving as a Facilitator, November 8, 2018

Interviewed by Madison Alder, student reporter of the Arizona State Press Magazine, on the topic of “Drunkorexia,” 2016

Yoga for Athletes Presentation and Vinyasa Flow Yoga Class to the visiting Chinese Coaches, November 2016

Interviewed by Christopher Whitcomb for Cronkite Sports, January 18, 2017

Presentation: High Performance Fuel for Athletes and Exercise Enthusiasts for the Sun Devil Fitness Center Wellness “Best Practices” Series on the Tempe Campus, February 17, 2017

ASU Now interview by Emma Greguska on the “History of Yoga,” June 14, 2017

ASU interview with Susan Horowitz of Cronkite Media for a Facebook Live segment on “Hydration,” June 29, 2017

ASU interview with Susan Horowitz of Cronkite Media on “Physical Activity and Nutrition for Youth Athletes,” June 29, 2017

ASU student interview with MacKinley Lutes-Adloch with the Walter Cronkite School of Journalism and Mass Communication regarding “Nutrition Quality in the Dining Hall at ASU,” September 20, 2017

Interviewed by Jessica Ferrigno of the State Press regarding “Fast Food Dining,” November 10, 2017

Professional Service

Interview with published quotes for an article in EatingWell on how spinach lowers the risk of dementia. August 22, 2025

Interview with published quotes for an article in EatingWell titled “Trying to Eat More Magnesium? These Are Dietitians' Top Picks,” July 15, 2025

Served as Panel Guest for Grand Canyon University’s Student Nutrition Club – April 7, 2025

Guest on Dr. Connie Mariano’s Podcast, *House Calls* – March 20, 2025

DIFM Spring Symposium Meeting for Spring 2025, December 5, 2024

Top Docs Quarterly Meeting with Dr. Connie Mariano, MD in Scottsdale, AZ, September 3, 2024

Interview with Woman’s World: “The Crossfit Diet: What It Is, Risks and More,” May 26, 2024

Interviewed and Quoted in Woman’s World: “The Atkins Diet: Behind the Staple Weight Loss Plan,” May 16, 2024

Interview with Woman's World: “The Keto Diet Explained: Is the Popular Weight Loss Regimen Effective?” April 22, 2025

Media Segment: Smart Snack Tips; Sonoran Living ABC 15 Phoenix, AZ, February 8, 2024

Interview for an article in Verywell Fit titled “What Happens to Your Body When You Take Melatonin?” October 10, 2023

Interview for an article for Verywell Fit titled "Electrolyte Powders Every Day," October 10, 2023

The Ouput Blog Interview. Title: Add These 11 Muscle-Building Foods to Your Grocery List, September 19, 2023

Interview for Health.com, "The Best Zinc Supplements," June 24, 2023

Nutrition and Dietetics Virtual Advocacy Summit (March 28-30) 12 hours; attending as the Policy Advocacy Leader for DIFM and AZ Policy Advocacy Team, March 28, 2023

Nutrition Guest Speaker for a Panel Discussion for "Wellness Wednesday with MyHomeGroup" Scottsdale, AZ (1.5 hours), March 22, 2023

Media Segment: "Healthier Super Bowl Snacking" - WCHE 1520AM/95.3FM called Libby's Luncheonette Mondays from 12:15-1:00 pm ET., February 6, 2023

Co-Presenter to Spooner Sports Medicine Institute addressing Employee Burnout and Self-Care. Topic: 7 Pillars for a High Vibe Lifestyle, November 10, 2022

Corporate Wellness Webinar to Hom Inc. Topic: 7 Pillars for a High Vibe Lifestyle, October 21, 2022

Dietitians in Integrative and Functional Medicine DPG Panel for Student Happy Hour (panel guest), July 18, 2022

Guest speaker at Paradise Valley Community College for MNT practicum students. "You are What You Absorb: Mastering the Gut-Brain Connection." June 1, 2022

Dietitians in Integrative & Functional Medicine DPG Panel for Student Happy Hour (panel guest), November 22, 2021

Guest speaker to a group of nutrition students at Paradise Valley Community College about my career as a sports dietitian, November 16, 2021

Participant in an L-Nutra sponsored focus group regarding intermittent fasting, hosted by the Dietitian in Functional Nutrition, October 27, 2021

Podcast Interview with Andrea Samadi on The Neuroscience Meets Social and Emotional Learning Podcast. Title: High Performance Fuel for Athletes, August 25, 2021

Guest Speaker for nutrition students at Paradise Valley Community College. Topic: Functional Nutrition and Gut Health, June 2, 2021

Professional Interview for an article in Environmental Nutrition re: Adaptogens, April 13, 2021

"Porter Novelli View Food" panel. The panel brings together dietitians and others with experience in the food and nutrition space to share their thoughts on important topics of the day, 2020

Arizona Functional Nutritionists Monthly Meeting: MRT Testing and LEAP Protocol with Susan Linke, MBA, RD, Nov 2020

Arizona Functional Nutritionists Monthly Meeting: Saliva in health and performance with Patti Milligan, PhD, RD, Dec 2020

Arizona Functional Nutritionists Monthly Meeting Cell Sciences with Erin Hayes, October 2020

Arizona Functional Nutritionists Meeting with Metagenics on Medical Foods and Detox Speaker: Terra Janczak, Territory Sales Manager, January 2020

Arizona Functional Nutritionists Monthly meeting with Apexenergetics and Gut Health, December 2019

Arizona Functional Nutritionists Monthly Meeting, Discussion on Case Studies, November 2019, 2022

Arizona Functional Nutritionists Monthly Meeting. Topic: Dunwoody Labs and Food Allergy Testing, September 2019

Arizona Functional Nutritionists Monthly Meeting. Topic: Your Energy Body with Dr. Nancy Rizzo, B.S., M.S., Ph.D., Founder LuceMed, LLC, August 2019

Arizona Functional Nutritionist Meeting with Advanced Genomic Solutions, Spectracell Laboratories, and a personal chef, January 2019

Corporate Wellness Talk for U-Haul "Ultimate Makeover: The Fridge, Freezer, and Pantry Edition," January 10, 2018

Corporate Wellness Talk for U-Haul "High Performance Fuel for Athletes & Exercise Enthusiasts," April 4, 2018

Corporate Wellness Talk for U-Haul "Superfoods for Health and Performance," September 25, 2018

Guest Speaker for a Monthly Wellness Talk at the Integrative Medicine Clinic of Arizona titled: You are What You Absorb: Mastering the Gut-Brain Connection (1.25 hours), September 25, 2018

Guest Speaker on Randy Goruk's podcast for "Healthy Holiday Eating and Lifestyle Tips," November 18, 2018

Presentation at the Colonial Sports Medicine Camp at the College of William and Mary in Williamsburg, Va. Presentation title: "High Performance Fuel for Athletes," July 10, 2017

Community Outreach

Interview with Carine Harb, editor of Newsweek: "Expert Tips on Seasonal Nutrition" November 8, 2024

Media Segment: Smart Snacks for the Holiday Season; Sonoran Living ABC 15 Phoenix, AZ, November 27, 2023

Sports Nutrition presentation titled "High Performance Fuel for Athletes" to the students at Biltmore Prep Academy (7am-9am), November 9, 2023

Media Segment: Food & Drinks to Keep You Cool this Summer; Sonoran Living ABC 15 Phoenix, AZ, August 8, 2023

Flinn Foundation Luncheon (3 hours), May 6, 2023

Sports Medicine Networking Event for Women, Tempe, AZ (6:30pm-8:30pm), April 20, 2023

Media Segment: Reach your fitness goals with hydration; Sonoran Living ABC 15 Phoenix, AZ, February 1, 2023

Guest for a Media Segment on Sonoran Living, Phoenix, ABC: Nutrients You Need to be Healthy BEFORE the Holidays, November 17, 2022

Guest Speaker for SheMoves Collective, Scottsdale, AZ. "Full Body Detox: 7 Ways to Rejuvenate Your Mind and Body," June 2, 2022

AZ News Radio Interview with Connie Webber. "Weight Gain During the Pandemic," October 12, 2021

TV Media Segment for ABC in Tucson Arizona - Back to School Nutrition, September 16, 2021

Sonoran Living TV Segment on ABC Phoenix, AZ: Healthy Holiday Tips, November 6, 2020

Sonoran Living TV Segment on ABC Phoenix, AZ: Family Meals Month, August 20, 2020

Interview on Vitamin D with Consumer Reports, July 6, 2020

Interviewed by 4 students from the University of Arizona who are interested in going into dietetics - Arizona Virtual Job Shadow Program, May 21, 2020

Media Segment for Sonoran Living: Stock your Kitchen Like a Dietitian, May 18, 2020

Authored an educational handout titled "Reach and Maintain a High Performance Lifestyle" for Arizona Women in Healthcare during the COVID-19 pandemic. Article touches on superfoods for mental performance, gut health for physical and mental performance, and mindfulness-based practices, March 29, 2020

Business RadioX: Live radio discussion from an Integrative and Functional Dietitian's View, March 18, 2020

Sonoran Living ABC Phoenix, AZ: Reach your Resolutions - Simple Nutrition Swaps for 2020, January 15, 2020

Live local TV segment: Your Life A to Z: Healthy Holiday Eating Tips and Tricks, December 20, 2019

Live local TV segment TV: Sonoran Living (ABC): Healthy Halloween Eating, October 31, 2019

Live local TV segment: Sonoran Living (ABC): Nutritious Eats for the Big Game, January 23, 2019

Leadership Seminar of the Arizona Academy of Nutrition and Dietetics, January 26, 2019

FOX 10 News Phoenix TV segment for National Nutrition Month, "Boost your Fruit and Veggie Intake," March 25, 2018

KJZZ 91.5 Radio Interview in studio on Summer Cravings and Weight Gain, July 30, 2018

FOX 10 News Phoenix TV, "Back To School Lunches," August 13, 2018

Attended The Orange Ball 2018 with a group of nutrition colleagues from the College of Health Solutions and supported Dr. Linda Vaughan accepting her award with the United Food Bank, September 22, 2018

Guest Speaker for Career Day at the Esperanza School where I spoke to Elementary School Students about my career as a dietitian, including being a Lecturer at Arizona State University, September 25, 2018

Taped national media segment for "The List" on "Food and Mood," August 2, 2017

Live local TV segment for Fox 10 News regarding the “Benefits of Coffee,” July 23, 2017

Live local TV segment for 3TV regarding “Superfood Snacks for Kids,” May 28, 2017

Live local TV segment for Fox 10 News regarding the “Sirtfood Diet,” May 21, 2017

3TV Segment: Back-to-School Lunches, August 13, 2016

Interview by Sarah Watts of Prevention Magazine, “4 Types of Belly Bulges & How to Fix Them,” Aug 10, 2016

Sonoran Living Live TV Segment: Back-To-School Lunches, August 5, 2016

Sonoran Living Live TV Segment: Gym Bag Essentials, June 22, 2016

Interview for the September issue of the ASU Magazine, 2015

Interview by Brandy Aguilar of Health 2 Fit for National Nutrition Month. The title of our piece was “Eating Healthy Does Not Have to Be Boring,” December 22, 2015

Regional Broadcast Nutrition and Lifestyle Interview for Good Morning! Arizona (KTVK) titled “Healthy Eating at Someone Else’s Home During the Holidays,” December 22, 2015

Regional Broadcast Nutrition and Lifestyle Interview for Sonoran Living (KNXV) titled “Fall Wellness,” September 18, 2015