

# Corrie M. Whisner, PhD

Associate Professor

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## TRAINING AND EMPLOYMENT

### EDUCATION AND TRAINING

**Cornell University, Ithaca, New York** Sept 2012 - Jul 2014  
*USDA NIFA AFRI Postdoctoral Fellow, Division of Nutritional Sciences*  
Mentor: Kimberly O O'Brien, PhD

**Doctor of Philosophy in Nutrition Science** Dec 2011  
Purdue University, West Lafayette, Indiana  
Dissertation: Prebiotic Effects on Calcium Absorption and Bone Metabolism  
Mentor: Connie M. Weaver, PhD

**Bachelor of Science in Nutrition Science** May 2007  
Purdue University, West Lafayette, Indiana  
Honors Thesis: Impact of Dietary Habits related to Beverage Acidity Intake on  
Dental Erosion and Bone Fragility Fractures  
Mentor: Stacey L. Mobley, PhD

### ACADEMIC APPOINTMENTS

**Creighton School of Medicine, Phoenix, Arizona**  
*Clinical Associate Professor* Jul 2021 - present

**Mayo Clinic, Scottsdale, Arizona**  
*Research Affiliate* Jan 2017 - 2019

**Maricopa Integrated Health System, Phoenix, Arizona**  
*Adjunct Research Affiliate* Jan 2016 - present

**Arizona State University, Phoenix, Arizona**  
*Associate Professor, College of Health Solutions* Aug 2020 – present  
*Assistant Professor, College of Health Solutions* Aug 2014 – Aug 2020  
*Faculty, Biodesign Institute Health Through Microbiomes Center* 2021 – present  
*Faculty, Biodesign Institute Center for Fundamental & Applied Microbiomics* 2018 – 2020  
*Faculty Mentor, Barrett Honors College* 2014 – present

**Cornell University, Ithaca, New York**  
*USDA NIFA AFRI Postdoctoral Fellow, Division of Nutritional Sciences* Sept 2012 - Jul 2014  
Mentor: Kimberly O O'Brien, PhD

**Purdue University, West Lafayette, Indiana**  
*Postdoctoral Associate, Department of Nutrition Science* Jan 2012 - Aug 2012  
*Project manager for metabolic studies*  
*Limited-term Lecturer, Department of Nutrition Science* Jan 2012 - May 2012

Co-taught capstone nutrition communications course	
Graduate Research Assistant, Department of Nutrition Science	Aug 2007 - Dec 2011
Project supervision of calcium metabolism studies	
Graduate Teaching Assistant, Department of Nutrition Science	Aug 2009 - Dec 2011
Assisted lecturer in senior-level nutrition communications course	
Undergraduate Research Assistant, Department of Nutrition Science	Jan 2004 - May 2007
Assisted with biological sample processing and assays	

## RESEARCH INTERESTS

*Topic Areas:* human microbiomes and host health • growth and development in high-risk populations • disease prevention and treatment • functional foods • vitamin and mineral metabolism • dietary and hormonal mediators on osteoporosis and obesity risk • metabolic disturbances in nutrition-related diseases • lifestyle interventions to prevent and treat chronic diseases • how early exposure to dietary and metabolic factors can influence disease risk later in life

*Populations of Interest/Study:* adolescents, children, young adults, pregnant and lactating women

## RESEARCH AND HONORS

### AWARDS

Health and Human Sciences Early Career Achievement Award, Purdue University	2020
TRANSCEND Maternal and Child Nutrition Graduate Mentor of the Year	2019
Pat Tillman Veterans Center Honor Roll, Arizona State University	2018
School of Nutrition and Health Promotion Excellence in Teaching and Mentoring	2017
BUILDing Scholars Mentor Award, UTEP BUILD Summer Research Internship Program	2016
Rookie of the Year, College of Health Solutions, Arizona State University	2016
Diamond of the Department, Nutrition Science 110 <sup>th</sup> Anniversary Gala, Purdue University	2016
Dannon Nutrition Leadership Institute, Early Career Leader	2015
Sun Award for Excellent Performance and Fostering Cooperation, Arizona State University	2014
Experimental Biology, Community and Public Health Nutrition Poster Competition, 2 <sup>nd</sup> Place	2014
Experimental Biology, Vitamins & Minerals Research Session Poster Competition, 1 <sup>st</sup> Place	2013
Graduate Teacher Certificate, Center for Instructional Excellence, Purdue Teaching Academy	2011
Dr. Mary Fuqua, Fuqua Scholarship	2010 - 2011
Lynn Doctoral Fellowship	2007 - 2008
Mortar Board Fellowship	2007 - 2008

### FUNDED GRANTS AND PROJECTS

11. Investigating the influences of sleep-wake patterns and gut microbiome development in infancy on rapid weight gain, an early risk factor for obesity; NHLBI, National Institutes of Health, R01 HL147931-01A1 <b>Whisner</b> – Multi-PI with Megan Petrov; 5 years Amount - \$3,372,621	2020 - 2025
10. Metabolic Disease Translational Team College of Health Solutions <b>Whisner</b> – Member, Matt Buman – PI; 1 year Amount - \$38,000	2018 - 2019

9. Evaluating the effects of corn meal consumption on cardio-metabolic outcomes and the gut microbiome in adults with high cholesterol  
North American Millers Association - Corn Division; (semi-competitive; awarded as research gift through ASU Foundation)  
**Whisner** – Co-PI, Sonia Vega-Lopez – Co-PI; 2 years  
Amount - \$52,823 2017 - 2020
8. Metabolic tracking during pregnancy to promote adequate gestational weight gain  
Project HoneyBee, Arizona State University  
**Whisner** – Co-I, Elizabeth Reifsnider – PI; 1 year  
Amount - \$26,516 2017 - 2018
7. Sustagrain barley effects on glycemic response  
Ardent Mills (awarded as research gift through ASU Foundation)  
**Whisner** – PI; 7 months  
Amount - \$34,000 2017
6. Diet, vascular health and the gut microbiome in heart failure  
ASU-MAYO Seed Grant  
**Whisner** – Co-I, Glenn Gaesser – PI; 1 year  
Amount - \$29,482 2017 - 2018
5. Effect of vitamin D3 supplementation on dynamic stability  
Abbott Nutrition  
**Whisner** - Co-I, Thurmon Lockhart - PI; 2 years  
Amount - \$122,250 (Co-sponsored project; see below) 2016 - 2018
4. Effect of vitamin D3 supplementation on dynamic stability  
DSM Nutrition  
**Whisner** - Co-I, Thurmon Lockhart - PI; 2 years  
Amount - \$108,249 (Co-sponsored project; see above) 2016 - 2018
3. Association of infant feeding, maternal and infant microbiota, and obesity  
Arizona State University Obesity Solutions/Mayo Clinic  
**Whisner** - Co-I, Co-investigator, Elizabeth Reifsnider - PI; 1 year  
Amount - \$5,000 2015 - 2016
2. Intestinal microbiota profiling in relation to health behaviors and social connections among college-aged freshman  
Arizona State University Obesity Solutions  
**Whisner** - Co-PI with Meg Bruening; 1 year  
Amount - \$5,000 2015
1. Impact of maternal diet and dietary beliefs on fetal fat accretion and neonatal birth outcomes in pregnant adolescents  
AFRI / USDA – NIFA 2012-67012-19815  
**Whisner** – PI, 2 years  
Amount - \$130,000 2012 – 2014

## PUBLICATIONS

\*Underlined names represent graduate student mentees, Underlined italicized names represent undergraduate student mentees

### 2021

34. **Whisner CM**, Brown JC, Larson DM, Alonso Rodriguez L, Peter B, Reifsnider E, Bever J, Liu L, Raczynski E, Rosales Chavez J-B, Ojinnaka C, Berkel C, Bruening M. A New American University Model for Training

the Future MCH Workforce Through a Translational Research Team. *Maternal and Child Health Journal*. 2021. [accepted].

33. van Woerden I, Payne-Sturges DC, **Whisner CM**, Bruening M. Dietary quality and bisphenols: trends in bisphenol A, F, and S exposure in relation to the Healthy Eating Index using representative data from the NHANES 2007–2016, *The American Journal of Clinical Nutrition*. 2021;114(2):669–682.
32. Petrov ME, Jiao N, Panchanathan SS, Reifsnider E, Coonrod DV, Liu L, Krajmalnik-Brown R, Gu H, Davidson LA, Chapkin RS, **Whisner CM**. Protocol of the Snuggle Bug/Acurrucadito Study: a longitudinal study investigating the influences of sleep-wake patterns and gut microbiome development in infancy on rapid weight gain, an early risk factor for obesity. *BMC Pediatrics*. 2021;21:374. <https://doi.org/10.1186/s12887-021-02832-8>
31. Chakraborty S, Wu T, Forzani E, **Whisner C**, Jackemeyer D. Long-Term Resting Metabolic Rate Analysis in Pregnancy and Weight Loss Interventions. *International Journal of Prognostics and Health Management*. 2021; ISSN 2153-2648,
30. Petrov ME\*, **Whisner CM\***, McCormick D, Todd M, Reyna L, Reifsnider E. Sleep-wake patterns in newborns are associated with infant rapid weight gain and incident adiposity in toddlerhood. *Pediatric Obesity*. 2021;16(3):e12726. <https://doi.org/10.1111/ijpo.12726>. \*denotes equal first-author contributions
29. Vander Wyst K B, Ortega-Santos CP, Toffoli SN, Lahti CE, **Whisner C**. Diet, adiposity, and the gut microbiota from infancy to adolescence: A systematic review. *Obesity Reviews*. 2021;22(5):e13175.
28. Arias-Gastélum M, Lindberg NM, Leo MC, Bruening M, **Whisner CM**, Der Ananian C, Hooker SP, LeBlanc ES, Stevens VJ, Shuster E, Meenan RT, Gille S, Vaughn KA, Turner A, Vega-López S. Dietary patterns with healthy and unhealthy traits among overweight/obese Hispanic women with or at high risk for type 2 diabetes. *Journal of Racial and Ethnic Health Disparities*. 2021;8:293–303. <https://doi.org/10.1007/s40615-020-00782-y>.

## 2020

27. Ortega-Santos CP, Al-Nakkash L, **Whisner CM**. Exercise and/or Genistein Treatment Impact Gut Microbiota and Inflammation after 12 Weeks on a High-Fat, High-Sugar Diet in C57BL/6 Mice. *Nutrients*. 2020;12(11):3410. <https://doi.org/10.3390/nu12113410>.
26. Vander Wyst KB, Buman MP, Shaibi GQ, Petrov ME, Reifsnider E, **Whisner CM**. Resting Energy Expenditure Relationship with Macronutrients and Gestational Weight Gain: A Pilot Study. *Nutrients*. 2020;12(2):450. doi:10.3390/nu12020450.
25. Journey EK, Ortega-Santos CP, Bruening M, **Whisner CM**. Changes in Weight Status and the Intestinal Microbiota among College Freshman, 18 Years of Age. *Journal of Adolescent Health*. 2020;66(2):166-171.

## 2019

24. Vander Wyst KB, Quintana G, Balducci J, **Whisner CM**. Comparison and Characterization of Prenatal Nutrition Counseling among Large-for-Gestational Age Deliveries by Pre-Pregnancy BMI. *Nutrients*. 2019;11:3018. doi:10.3390/nu11123018.
23. **Whisner CM**, Angadi SS, Weltman NY, Weltman A, Rodriguez J, Patrie JT, Gaesser GA. Effects of Low-Fat and High-Fat Meals, with and without Dietary Fiber, on Postprandial Endothelial Function, Triglyceridemia, and Glycemia in Adolescents. *Nutrients*. 2019; 11(11), 2626. <https://doi.org/10.3390/nu11112626>.
22. Vander Wyst KB, Vercelli ME, **Whisner CM**. A social media intervention to improve nutrition knowledge and behaviors of low income, pregnant adolescents and adult women. *PLOS ONE*. 2019;14(10): e0223120. <https://doi.org/10.1371/journal.pone.0223120>.

21. Gaesser G, Rodriguez J, Patrie J, **Whisner C**, Angadi S. Effects of glycemic index and cereal fiber on postprandial endothelial function and insulinemia in healthy adults. *Nutrients*. 2019. 11, 2387; doi:10.3390/nu11102387.
20. Gadau A, Mayek R, Giraudeau M, McGraw KJ, **Whisner M**, Kondrat C, Sweazea K. A comparison of the nutritional physiology and gut microbiome of urban and rural house sparrows (*Passer domesticus*). *Comparative Biochemistry and Physiology, Part B. Biochemistry and Molecular Biology*. 2019;237:110332.
19. Crawford M, **Whisner C**, Al-Nakkash L, Sweazea KL. Six-week high fat diet alters the gut microbiome and promotes cecal inflammation, endotoxin production and simple steatosis without obesity in male rat. *Lipids*. 2019; 54(2-3):119-131.
18. **Whisner CM**, CA Aktipis. The role of the microbiome in cancer initiation and progression: How microbes and cancer cells utilize excess energy and promote one another's growth. *Current Nutrition Reports*. 2019;8(1):42-51.
17. Vander Wyst KB, **Whisner CM**, Reifsnider E, Petrov ME. The Combined Impact of Sleep and Diet on Adiposity in Infants, Toddlers and Young Children: A Systematic Review. *Journal of Developmental & Behavioral Pediatrics*. 2019;40(3):224-236.
16. Steinl GK, **Whisner CM**, Pressman EK, Cooper EM, CNM, Groth SW, O'Brien KO. Patterns and Correlates of Self-Reported Physical Activity in a Cohort of Racially Diverse Pregnant Adolescents. *Journal of Pediatric and Adolescent Gynecology*. 2019;32(1):51-56.

## 2018

15. Bruening M, van Woerden I, Schaefer DR, Hruschka D, Brewis A, **Whisner CM**, Dunton GF, Todd M, Ohri-Vachaspati P, Laska MN. Friendship as a social mechanism influencing body mass index (BMI) among emerging adults. *PLoS ONE*. 2018; 18;13(12):e0208894.
14. **Whisner CM**, Maldonado J, Dente B, Krajmalnik-Brown R, Bruening M. Diet, physical activity and screen time but not body mass index are associated with the gut microbiome of a diverse cohort of college students living in university housing: a cross-sectional study. *BMC Microbiology*. 2018;18:210.
13. **Whisner CM**, Castillo LE. Prebiotics, Bone and Mineral Metabolism. *Calcified Tissue International*. 2018;102(4), 443-479.

## 2017

12. Akoh C, Pressman EK, **Whisner CM**, Thomas CE, Cao C, Kent T, Cooper EM, O'Brien KO. Vitamin D Mediates the Relationship between Placental Cathelicidin and Group B Streptococcus Colonization during Pregnancy. *Journal of Reproductive Immunology*. 2017;121:42-48.
11. Jackemeyer D, Forzani E, **Whisner C**. Study of resting energy expenditure and weight changes during pregnancy. *Global Journal of Obesity, Diabetes and Metabolic Syndrome*. 2017;4(1):016-023.
10. Petrov ME, Vander Wyst KB, **Whisner CM**, Jeong M, Denniston M, Moramarco MA, Gallagher MR, Reifsnider E. Relationship of sleep duration and regularity with dietary intake among preschool-aged children with obesity from low-income families. *Journal of Developmental & Behavioral Pediatrics*. 2017;38(2):120-128.

## 2016

9. **Whisner CM**, O'Brien KO, Cooper EM, Pressman EK. Pregnant adolescents participating in a vitamin D supplementation trial have a preference for receiving prenatal nutrition and health information via digital media platforms. *The Medical Journal of Obstetrics and Gynecology*. 2016;4(4):1089.

8. Bruening M, Ohri-Vachaspati P, Brewis A, Laska MN, Todd M, Hruschka D, Schaefer DR, **Whisner CM**, Dunton G. Longitudinal social networks impacts on weight and weight-related behaviors assessed using mobile-based ecological momentary assessments: Study Protocols for the SPARC study. *BMC Public Health*. 2016;16:901.
7. **Whisner CM**, Martin BR, Nakatsu CH, Story JA, MacDonald-Clarke CJ, McCabe LD, McCabe GP, Weaver CM. Soluble corn fiber increases calcium absorption associated with shifts in the gut microbiome: A randomized dose-response trial in free-living pubertal girls. *Journal of Nutrition*. 2016;146(7):1298-1306.
6. **Whisner CM**, Bruening M, O'Brien KO. A brief survey of dietary beliefs and behaviors of pregnant adolescents. *Journal of Pediatric and Adolescent Gynecology*. 2016;29(5):476-481.
5. Miller BJ, **Whisner CM**, Johnston CS. Vitamin D supplementation appears to increase plasma A $\beta$ 40 in vitamin D insufficient, older adults: a pilot RCT. *Journal of Alzheimers Disease*. 2016; 52(3):843-847.

## 2015

4. **Whisner CM**, Young BE, Cooper E, Queenan RA, Pressman EK, O'Brien KO. Maternal diet but not gestational weight gain predicts central adiposity accretion in utero among pregnant adolescents. *International Journal of Obesity*. 2015;39(4):565-570.

## 2014

3. **Whisner CM**, Young BE, Witter FR, Harris ZL, Queenan RA, Cooper EM, O'Brien KO. Reductions in heel bone quality across gestation are attenuated in pregnant adolescents with higher pre-pregnancy weight and greater increases in PTH across gestation. *Journal of Bone & Mineral Research*. 2014;29(9):2109-2117.
2. **Whisner CM**, Martin BR, Nakatsu CH, McCabe GP, McCabe LD, Weaver CM. Soluble maize fiber affects short-term calcium absorption and retention in adolescent boys and girls: a randomized controlled trial using dual stable isotopic tracers. *British Journal of Nutrition*. 2014;112(3):446-456.

## 2013

1. **Whisner CM**, Martin BR, Schoterman MHC, Nakatsu CH, McCabe LD, McCabe GP, Wastney ME, van den Heuvel EGHM, Weaver CM. Galacto-oligosaccharides increase calcium absorption and gut bifidobacteria in young girls: a double blind cross-over trial. *British Journal of Nutrition*. 2013;110(7):1292-1303.

## MANUSCRIPTS UNDER REVIEW

1. Toffoli SN, Vander Wyst KB, Petrov ME, Reifsnider E, McCormick DP, **Whisner CM**. Rapid weight gain and feeding practices in the first 6 months of life are associated with dysbiosis of the gut microbiome in toddlerhood. *PLOS ONE*.

## WORKSHOP PAPERS

**Whisner C**, Porter A, Pecor N, Maciejewski R. A Survey of Personal Nutrition in mHealth Apps. *Personal Visualization: Exploring Data in Everyday Life – IEEE VIS Workshop*, 2015. (workshop paper)

## BOOK CHAPTERS

3. **Whisner CM**, Weaver CM. Prebiotics and bone. In: McCabe L, Parameswaran N (eds). *Understanding the Gut-Bone Signaling Axis*. *Advances in Experimental Medicine and Biology*, Vol 1033. Springer. 2017. [https://doi.org/10.1007/978-3-319-66653-2\\_10](https://doi.org/10.1007/978-3-319-66653-2_10)
2. **Whisner CM**, Weaver CM. Galacto-oligosaccharides: Prebiotic effects on calcium absorption and bone health. In: Burkhart P, Dawson-Hughes B, Weaver CM [eds.]. *Nutritional Influences on Bone Health – 8th International Symposium*. Springer. 2014.

1. **Whisner CM**, Weaver CM. Interactions of Probiotics & Prebiotics with Minerals. In: Semih Otles [ed.]. Probiotics and Prebiotics in the Triangle of Food, Nutrition and Health. CRC Press. 2013.

#### INVITED COMMENTARIES

2. Ortega-Santos CP, **Whisner CM**. The key to successful weight loss on a high-fiber diet may be in gut microbiome Prevotella abundance. *Journal of Nutrition*. 2019;149(12):2083-2084.
1. **Whisner CM**. Ingestion of a synbiotic pasta by those with elevated blood sugar and body mass index boils down to health benefits. *Journal of Nutrition*. 2019;149(10):1687-1689.

#### EDITORIALS AND NON-PEER REVIEWED PUBLICATIONS

2. Wardenaar F and **Whisner C**. Dose receiving dietary counseling make a difference in the use of dietary supplements and sport nutrition products? SCAN PULSE for Academy of Nutrition and Dietetics. 2017.
1. **Whisner CM**. Deeply ingrained in gut health. *Home Baking Association Newsletter*. July 2017. [http://homebaking.org/PDF/whisner\\_guthealth.pdf](http://homebaking.org/PDF/whisner_guthealth.pdf)

#### INVITED RESEARCH PRESENTATIONS

##### 2021

30. Exploring the Impacts of Sleep-Wake Patterns, Feeding Practices, and the Intestinal Microbiome on Weight Outcomes during Infancy. University of Colorado School of Medicine Nutrition & Obesity Research Center. February 4, 2021

##### 2020

29. At the Table with Trillions: Evaluating Dietary Recommendations from a Gut Microbiome Perspective. Nutrition Future Forward - Are we Ready for Out-of-the-Box Thinking? Villanova University College of Nursing. March 6, 2020
28. Exploring the Impacts of Sleep-Wake Patterns, Feeding Practices, and the Intestinal Microbiome During Infancy on Weight Outcomes. Purdue University Department of Nutrition Science. February 7, 2020

##### 2019

27. Use of big data in food science: Exploring responder status of the gut microbiome for calcium absorption. International Conference on Food Factors. Kobe, Japan. December 1-5, 2019
26. Making the case for food barley. Tri-State (Idaho, Washington, Oregon) Grain Convention (invited by Idaho Barley Commission). Spokane, Washington. November 15, 2019
25. Positioning the U.S. barley market around emerging health claims. U.S. Grains Council Food Barley Promotion Seminar. Seoul, South Korea. November 13-14, 2019
24. Exploring responder status of the gut microbiome for calcium absorption during adolescent growth. International Society of Nutrigenetics / Nutrigenomics. Cambridge, United Kingdom. July 12-13, 2019
23. Prebiotic Applications for Children: Focus on Calcium Absorption and Bone Development. International Society for Probiotics and Prebiotics, Work-Group for Prebiotic Effects on Pediatric Health. Antwerp, Belgium. May 14-16, 2019

##### 2018

22. Wheat and your inner ecosystem: Insights on how the gut microbiome interacts with wheat. Wheat Foods Council Annual Meeting, Scottsdale, Arizona. January 19, 2018

##### 2017



- |             |  |                    |
|-------------|--|--------------------|
| 21.         | Energy expenditure and weight management in pregnancy<br>Maximizing the value of metabolic tracking workshop for healthcare professionals, Black Bag for Dietitians Workshop, Tempe, Arizona   | December 16, 2017  |
| 20.         | Dietary impacts on the microbiome and implications for human health. Institute for Food Technologists Joint Luncheon for Food Laws and Regulations (FLRD), Toxicology and Safety Evaluation (TASED), and Quality Assurance (QAD) Groups, Las Vegas, Nevada (Keynote speaker) | June 26, 2017      |
| 19.         | Prebiotics, the intestinal microbiome and bone health. International Probiotics Association (IPA) World Congress and Probiota Americas, San Francisco, California  | June 7, 2017       |
| 18.         | Study of resting energy expenditure and weight during pregnancy. 2nd Annual ABRC Research Conference. Phoenix, Arizona.  | March, 2017        |
| <b>2016</b> |  |                    |
| 17.         | The effect of exercise on the microbiome. The 25 <sup>th</sup> American Institute for Cancer Research Conference. North Bethesda, Maryland.  | November, 2016     |
| 16.         | A microbial view of the human dinner plate. Arizona Academy of Nutrition and Dietetics, Phoenix, Arizona   | June 17, 2016      |
| 15.         | Going with your gut: Insights on prebiotics, probiotics, superbugs and health. Building Healthy Lifestyles Conference, Tempe, Arizona  | March 19, 2016     |
| 14.         | Wheat and your inner ecosystem: insights on how the gut microbiome interacts with wheat. Ardent Mills, Grain Science Research Group, Denver, Colorado  | March 4, 2016      |
| 13.         | A personalized approach for tracking metabolism with mobile tools. The Human Placenta Project (HPP) – Understanding human placental structure and function in real time, 3 <sup>rd</sup> Annual Meeting. National Institutes of Health. Bethesda, Maryland                   | April 14, 2016     |
| 12.         | Wheat and your inner ecosystem: insights on how the gut microbiome interacts with wheat. Wheat Foods Council, Annual Meeting, Phoenix, Arizona   | January 14, 2016   |
| <b>2015</b> |  |                    |
| 11.         | Diet and health: The gut microbiome and grains. North American Millers Association, Annual Meeting, Phoenix, Arizona   | October 24, 2015   |
| 10.         | Adolescent intestinal microbiome and calcium absorption: Friend or foe? Department of Nutritional Sciences, University of Arizona, Tucson, Arizona   | September 26, 2015 |
| 9.          | Symbiosis in nutrition science: The intestinal microbiome and calcium absorption. Central Arizona Academy of Nutrition and Dietetics, Phoenix, Arizona   | September 15, 2015 |
| 8.          | Big data in nutrition science: The microbiome and calcium absorption. Computer Graphics and Human Computer Interaction Group, Kaiserslautern University of Technology, Kaiserslautern, Germany   | July 24, 2015      |
| 7.          | Bones to obesity: Dietary and hormonal insights for adolescent health promotion. Undergraduate Nutrition Research Symposium, School of Nutrition and Health Promotion, Arizona State University, Phoenix, Arizona  | April 22, 2015     |
| 6.          | Maternal diet and dietary beliefs impact maternal health and neonatal birth outcomes in pregnant adolescents. Southwest Interdisciplinary Research Center, Phoenix, Arizona.   | March 25, 2015     |



## 2014

5. Bones to Obesity: Dietary and microbial insights for adolescent health promotion. September 12, 2014  
School of Biological and Health Systems Engineering, Arizona State University,  
Tempe, Arizona

## 2012

4. Revolutionizing Nutrition Communications with Social Media. May Conference. May 2012  
Department of Nutrition Science, Purdue University, West Lafayette, Indiana

## Prior to PhD in 2011

3. R.E.C.I.P.E. for Healthy Growing Children. Indiana Team Nutrition Grant Extension Education Program. Indiana May 2009
2. The Bone Zone: Fostering Good Habits for Healthy Bones in Youth. The Ohio State Farm Science Review. Columbus, Ohio September 2008
1. The Bone Zone: Fostering Good Habits for Healthy Bones in Youth. NASULGC: A University Science and Education Exhibition and Reception on Capitol Hill. Washington DC March 2008

## ORAL CONFERENCE PRESENTATIONS

### 2021

12. Jasbi P, Mohr AE, Zhu Q, Bruening M, Gu H, **Whisner C**. Microbiome and Metabolome Profiles of High Screen Time in a Cohort of College Students. Arizona Physiological Society. 14<sup>th</sup> Annual Meeting, October 29-30, 2021. Abstract #S2.4 \*Student won 1<sup>st</sup> place for graduate oral presentations.
11. Reifsnider E., Vander Wyst, K, **Whisner C.**, Toffoli S., & McCormick D. Differences in gut microbiome at 3 years of age in relation to early life weight gain and feeding practices. American Public Health Association (APHA). Annual Meeting and Expo, Denver, CO, October 2021.
10. Tribby R, Kasraeian K, Petrov M, **Whisner CM**. The Snuggle Bug / Acurrucadito Study: An Observational Study of Infant Sleep. Resiliency in Maternal and Child Health Populations Conference. April 8, 2021 (virtual)

### 2020

9. Crawford M, **Whisner CM**, Al-Nakkash L, Sweazea K. Implications of short-term high-fat intake on gut, liver, and cardiovascular health of adolescent male rats. AOCs Annual Meeting & Expo. Montreal, Quebec, Canada. Abstract #4096. April 26-29, 2020.

### 2019

8. Petrov ME, **Whisner CM**, McCormick D, Todd M, Reifsnider E. Sleep-wake patterns during infancy are associated with gut microbial community structure in toddlerhood. SLEEP 2019 -American Academy of Sleep Medicine and the Sleep Research Society Conference. San Antonio, TX. June 12, 2019.

### 2017

7. Castillo LF, Tucker WJ, Angadi SS, Gaesser GA, **Whisner CM**. Exercise effects on fecal pH during a period of excess dietary fat and sugar consumption. FASEB Journal. 2017;31(1\_suppl):138.8.  
PI, CA

### 2016

6. **Whisner CM**, Thomas CE, O'Brien KO. Placental megalin and cubilin expression with markers of vitamin D status but not fetal bone growth during adolescent pregnancy. FASEB J. 2016;30:128.4. April, 2016. Experimental Biology, San Diego, California.
5. **Whisner CM**, Bruening M. Associations between physical activity and the intestinal microbiome of college freshmen. FASEB J. 2016;30:146.2. April, 2016. Experimental Biology, San Diego, California.  
PI, CA

## 2015

4. Ellis ME, O'Brien KO, Cooper EM, Pressman EK, **Whisner CM**. A Comparison of Nutrition Knowledge and Behaviors of Low Income Pregnant Adolescents and Adults. *FASEB J.* 2015;29:395.6. March, 2015. Experimental Biology, Boston, Massachusetts. PI, CA

## 2013

3. **Whisner CM**, Pressman EK, Young BE, Cooper E, Queenan RA, O'Brien KO. Adipokines and fetal fat accretion in pregnant teens. *FASEB J.* 2013;27:111.8 April, 2013. Experimental Biology, Boston, Massachusetts.

## 2012

2. **Whisner CM**, Martin BR, McCabe GP, McCabe LD, Weaver CM. Soluble corn fiber effects on calcium absorption and retention in adolescent girls and boys. *FASEB J.* 2012; 26: 373.4. Experimental Biology, San Diego, California.
1. **Whisner CM**, Martin BR, Clavijo A, Nakatsu CH, McCabe GP, van den Heuvel EGHM, Schoterman MHC, Weaver CM. Galactooligosaccharides: Effects on calcium absorption and gut microflora in young premenarcheal girls. 8th International Symposium on Nutritional Aspects of Osteoporosis, Lausanne, Switzerland, May 19, 2012.

## REFEREED ABSTRACTS AND POSTERS

### 2020

43. Ortega-Santos CP, Argo KB, Sweazea KL, Al-Nakkash L, **Whisner CM**. Genistein impacts the gut microbiota of a mouse model of cystic fibrosis. North America Cystic Fibrosis Conference. Phoenix, AZ, October 22-24, 2020.
42. Ortega-Santos CP, Al-Nakkash L, **Whisner CM**. Exercise, genistein, and combined effects on gut microbiota after 12-week of the Western diet in C57BL/6 adult mice. Experimental Biology. San Diego, CA, USA, April 4-7, 2020.

### 2019

41. **Whisner CM**, Vander Wyst K, Petrov M, McCormick D, Todd M, Reifsnider E. Differences in weight gain and microbiome between breastfed and formula-fed infants among a low-income, minority sample. American Public Health Association. Philadelphia, PA. (November 2-6, 2019)
40. Vander Wyst KB, **Whisner CM**, Reifsnider E, Buman MP, Shaibi GQ, Petrov ME. Relationships between changes in sleep and gestational weight gain (GWG) in pregnant women. SLEEP 2019 – American Academy of Sleep Medicine and the Sleep Research Society Conference. San Antonio, TX. (June 8-12, 2019)
39. Gutierrez M, Fine KL, Bruening M, **Whisner C**, Lee RE. Acculturation is related to diet quality in Phoenix preschoolers, controlling for food insecurity. American Society for Nutrition Conference. Baltimore, MD. (June 8-11, 2019)
38. Ortega-Santos CP, Brown C, Tucker WJ, Laubitz D, Barberan A, Gaesser GA, Angadi SS, **Whisner CM**. The impact of exercise on gut microbiota diversity during a period of increased caloric intake characteristic of the winter holiday period. American Society for Nutrition Conference. Baltimore, MD. (June 8-11, 2019)
37. **Whisner CM**, Argo KB, Sweazea KL, Al-Nakkash L. Impacts of genistein on the gut microbiota of a mouse model of cystic fibrosis. American Society for Nutrition Conference. Baltimore, MD. (June 8-11, 2019)

36. **Whisner CM**, Vander Wyst KB, Petrov ME, McCormick DP, Todd M, Reifsnider E. Rapid weight gain and feeding practices in the first 6 months of life are associated with dysbiosis of the gut microbiome in toddlerhood. American Society for Nutrition Conference. Baltimore, MD. (June 8-11, 2019)
35. Vander Wyst KB, Buman M, Shaibi GQ, Petrov ME, Reifsnider E, **Whisner CM**. Mediation effect of macronutrient composition on gestational weight gain among pregnant women during the second trimester. American Society for Nutrition Conference. Baltimore, MD. (June 8-11, 2019)
34. Vander Wyst KB, Buman M, Shaibi GQ, Petrov ME, Reifsnider E, **Whisner CM**. Evaluation of variability in resting energy expenditure and its relationship with macronutrients and gestational weight gain during the second trimester of pregnancy. American Society for Nutrition Conference. Baltimore, MD (June 8-11, 2019)
33. Petrov ME, **Whisner CM**, McCormick D, Todd M, Reyna L, Reifsnider E. Sleep-Wake Patterns During Infancy are Associated with Rapid Weight Gain and Incident Adiposity in Toddlerhood. February 2019; Sleep Research Society and the Society for Biological Rhythms, Clearwater Beach, Florida. (February 1-4, 2019)

## 2018

32. Vander Wyst KB, Quintana G, Balducci J, **Whisner CM**. Comparison of prenatal health parameters & nutrition counseling among macrosomic deliveries. November 2018; The Obesity Society, Nashville, Tennessee.
31. **Whisner CM**, Bruening M. Engaging undergraduates in research: Maximizing learning experiences and study resources. *Journal of Nutrition Education and Behavior*. 2018;50(7):S58-S59. Society for Nutrition Education and Behavior, Minneapolis, Minnesota.
30. Wilson SL, D'lugos AC, Jorgensen TM, Harper J, **Whisner CM**, Dickinson JM, Gaesser GA, Angadi SS. Cardiometabolic changes during the hormonal transition of a male-to-female athlete: a case study. *Medicine & Science in Sports & Exercise*. 2018;50(5S):742.
29. Petrov ME, **Whisner CM**, Mahmood TM, Castillo LF, Richardson J, Gupta R. Actigraphic sleep is associated with bone mineral density and bone turnover in young adults. *Sleep*. 2018;41(Suppl 1):A97-A98. Sleep Research Society
28. Bruening M, van Woerden I, Schaefer DR, Hruschka D, Brewis A, **Whisner CM**, Dunton DF, Todd M, Ohri-Vachaspati P, Laska M. Friendship as a social mechanism influencing body mass index (BMI) among college freshmen. *Annals of Behavioral Medicine*. 2018;52:S583.

## 2017

27. Chacon L, King J, **Whisner CM**. Investigating the efficacy of Sustagrain barley and rice mixes to lower glycemic response. November 2017; Annual Biomedical Research Conference for Minority Students. Phoenix, Arizona.
26. Castillo LF, **Whisner CM**, Esch P, Petrov ME. Association between bone mass, sleep duration and sleep quality in college students. November 2017; 10<sup>th</sup> International Symposium on Nutritional Aspects of Osteoporosis, Hong Kong.
25. **Whisner CM**, Dickinson JM, D'Lugos AC, Harper J, Gaesser GA, Angadi SS. Musculoskeletal changes in a trans-athlete across a male-to-female hormone transition. November 2017; 10<sup>th</sup> International Symposium on Nutritional Aspects of Osteoporosis, Hong Kong.
24. Soto F, Floris M, **Whisner CM**. Use of indirect calorimetry before and after bariatric and metabolic surgery using a portable metabolism tracker device: Longitudinal case study. October 2017; American Society for Metabolic & Bariatric Surgery, Washington, DC.

23. Vander Wyst KB, **Whisner CM**. Prenatal metabolism tracking: a case series report of the portable breezing device. *FASEB Journal*. 2017;31(1\_suppl):lb308.
22. Vander Wyst KB, **Whisner CM**, Petrov ME, Gallagher MR, Reifsnider E. Relationship of feeding practices with sleep duration on infant weight at 12 months. *FASEB Journal*. 2017;31(1\_suppl):lb307.
21. Crawford MS, **Whisner CM**, Sweazea K. Examination of changes in intestinal microbiota induced by high fat feeding in male adolescent rats. *FASEB J*. 2017;31(1\_suppl):891.1.
20. Petrov ME, Calvin S, Vander Wyst K, **Whisner CM**, Felix K, Richardson JL, Khan A. Sleep Patterns, Disturbances, and Hygiene of Adolescent Female Victims of Sex Trafficking and Sexual Abuse. *Journal of Sleep and Sleep Disorders Research*. 2017;40(suppl 1):A361-A362.

## 2016

19. Crawford M, **Whisner CM**, Sweazea KL. Preliminary examination of changes in the intestinal microbiota induced by high fat feeding in male adolescent rats. October 2016; Arizona Physiological Society, Tucson, Arizona.
18. Crawford M, **Whisner CM**, Sweazea KL. Preliminary examination of changes in the intestinal microbiota induced by high fat feeding in male adolescent rats. November 2016; Sigma Xi, The Scientific Research Society, Atlanta, Georgia.
17. Journey E, Hotz R-L, Bruening M, **Whisner CM**. Assessing relationships between dietary intake, gut microbiota and weight among a diverse cohort of college freshmen. *FASEB J*. 2016;30:1166.10.
16. **Whisner CM**, Wang H, Felix S, Maciejewski R. Mining the Twitter-sphere for consumer attitudes towards dairy. *FASEB J*. 2016;30:897.2. April, 2016.
15. Vander Wyst KB, Calvin SL, **Whisner CM**, Petrov ME. Sleep, diet and physical activity among sex trafficked or sexually abused adolescents. Arizona State University, Institute for Social Science Research, Graduate Student Poster Competition. March, 2016, Phoenix, AZ.

## 2015

14. **Whisner CM**, Martin BR, Nakatsu CH, Weaver CW. The case of the non-responder in prebiotic-induced calcium absorption in adolescents. 9th International Symposium on Nutritional Aspects of Osteoporosis, Montreal, Canada, June 17-20, 2015;P27.
13. Argent A, Bever J, Bruening M, Reifsnider E, **Whisner C**. The influence of maternal diet on in utero and postnatal fetal adiposity among diverse pregnant adolescents: a pilot study. Western Institute of Nursing. 2015. Albuquerque, New Mexico

## 2014

12. **Whisner CM**, Cooper EM, Pressman EK, O'Brien KO. Infant cord cortisol is impacted by birth size in pregnant adolescents. *Reproductive Sciences*. 2014;21(3 supp):345A.
11. **Whisner CM**, Cooper BM, Pressman EK, O'Brien KO. A brief survey of digital media access among pregnant teens. *FASEB J*. 2014;28:806.21.

## 2013

10. **Whisner CM**, Nakatsu CH, Martin BR, McCabe LD, McCabe GP, Weaver CM. Soluble corn fiber (SCF) modulates calcium absorption by altering colonic microbiota. *FASEB J*. 2013;27:1056.1.
9. **Whisner CM**, Pressman EK, Young BE, Cooper EM, Queenan RA, O'Brien KO. Does pre-pregnancy BMI, gestational weight gain and dietary intake in pregnant teens influence fetal fat accretion? *Reproductive Sciences*. 2013;20(3 supp):217A.

8. Macdonald-Clarke C, Martin B, **Whisner C**, McCabe G, McCabe L, Ziarko K, Murphy C, Weaver C. Soluble corn fiber increases calcium absorption in free living adolescent girls. *Journal of Bone and Mineral Research*.2013;28.

## 2012

7. **Whisner CM**, Young BE, McNanley T, Queenan RA, Cooper E, Witter F, Harris ZL, O'Brien KO. An explanatory study to identify the role of calcium and vitamin D in fetal bone growth compared to maternal bone loss among pregnant adolescents. *Vitamin D: Beyond Bone*. New York Academy of Science, New York, New York, September 21, 2012.
6. **Whisner CM**, Martin BR, Clavijo A, Nakatsu CH, McCabe GP, van den Heuvel EGHM, Schoterman MHC, Weaver CM. Galactooligosaccharides: Effects on calcium absorption and gut microflora in young premenarcheal girls. *FASEB J*. 2012; 26: 625.5.
5. **Whisner CM**, Martin BR, McCabe GP, McCabe LD, Weaver CM. Soluble corn fiber effects on calcium absorption and retention in adolescent girls and boys. Health and Human Sciences Chronic Disease Research Interest Group Poster Session, Purdue University, April 22, 2012.
4. Martin BR, **Whisner CM**, Delaney L, Weaver CM. Race, diet, and body size contribute to skeletal parameters in female adolescents. *FASEB J*. 2012; 26: 378.3.
3. **Whisner CM**, Martin BR, Clavijo A, Nakatsu CH, McCabe GP, van den Heuvel EGHM, Schoterman MHC, Weaver CM. Soluble corn fiber effects on calcium absorption and retention in adolescent girls and boys. Interdepartmental Nutrition Program Poster Session, Purdue University, February 24, 2012.

## Prior to PhD in 2011

2. **Whisner CM**, Mobley S. The role of coffee consumption on bone geometrical properties in young females consuming a high habitual calcium diet. *FASEB Journal*. 2009;23(1-suppl):LB488.
1. Mobley SL, **Whisner CM**, Hill K, Hara A, Eggertsson H. Impact of dietary acidity related to beverage intake on dental erosion and bone fragility fractures. *FASEB Journal*. 2007;21(5):A355.

## Panel Discussion Presentations

Nutrition Science, Risk Communication and Agricultural Perspectives on GMOs. Food for Thought Series. Arizona State University. March 28, 2018 (Panel Member)

Urban Metabolism Metrology and Sewage Epidemiology. Biodesign Institute. Arizona State University. April 18, 2017 (Panel Member)

School of Life Sciences Seminar Series. Personalized Medicine. October 23, 2017 (Panel Member)

## TEACHING, MENTORING & OUTREACH

### ASU TEACHING

<u>Course</u>	<u>Semester</u>	<u>Enrollment</u>	<u>Overall Instructor Score</u>
<i>Arizona State University, Downtown Phoenix</i>			
NTR535: Nutrigenomics			
ASU Online Course	Fall 2016	3	5.00 / 5.00
Online	Fall 2016	19	4.73 / 5.00
NTR440: Advanced Human Metabolism: Micronutrients			
In-person	Fall 2021	37	4.60 / 5.00
In-person (remote learning during pandemic)	Spring 2021	23	4.50 / 5.00

In-person	Spring 2020	43	4.61 / 5.00
In-person	Fall 2019	58	4.67 / 5.00
In-person	Spring 2019	63	4.84 / 5.00
In-person	Fall 2018	73	4.60 / 5.00
In-person	Spring 2018	25	4.93 / 5.00
In-person	Fall 2017	33	4.79 / 5.00
In-person	Spring 2017	24	4.56 / 5.00
In-person	Fall 2016	54	4.94 / 5.00
In-person	Spring 2016	36	4.94 / 5.00
In-person	Fall 2015	47	4.93 / 5.00
In-person	Spring 2015	36	4.67 / 5.00
In-person	Fall 2014	36	4.21 / 5.00
NTR550: Lifecycle Nutrition			
Online	Spring 2018	2	4.50 / 5.00
NTR450: Lifecycle Nutrition			
Online	Fall 2018	40	4.33 / 5.00
Online	Spring 2018	42	4.29 / 5.00
ASU Online Course	Fall 2017	24	4.56 / 5.00
In-person	Spring 2017	57	4.73 / 5.00

#### GUEST LECTURES AT ASU

<b>Advanced Nutrigenomics</b> , NTR 598 Topic: Metabolomics, School of Nutrition and Health Promotion, Arizona State University	Spring 2018
<b>Nutrigenomics</b> , NTR444 Medical Nutrition Therapy, School of Nutrition and Health Promotion, Arizona State University	Spring 2018 Fall 2017 Spring 2016 Fall 2016 Spring 2015 Fall 2015
<b>The Human Microbiome And its Role in Obesity</b> , OBS598 Obesity Management and Prevention, School of Nutrition and Health Promotion, Arizona State University	Spring 2017 Fall 2015
<b>The Human Microbiome And its Role in Obesity</b> , EXW598 Obesity Perspectives and Prescriptions, School of Nutrition and Health Promotion, Arizona State University	Fall 2016 Fall 2015

#### TEACHING AT OTHER INSTITUTIONS

<u>Course</u>	<u>Semester</u>	<u>Enrollment</u>	<u>Overall Instructor Score</u>
<i>Purdue University</i>			
FN424: Nutrition Communications			
Limited-term Lecturer	Spring 2012	29	4.7 / 5.0
Teaching Assistant	Fall 2011	40	4.6 / 5.0
	Fall 2010	26	4.7 / 5.0
	Spring 2010	46	4.2 / 5.0
	Fall 2009	28	4.6 / 5.0
	Spring 2009	28	4.7 / 5.0

#### TEACHING MATERIALS DEVELOPED

Whisner CM. Human Metabolism of Vitamins and Minerals (interactive digital textbook used in NTR440). 2019. ISBN: 978-1-77330-298-0

This book integrates video content with text and pictures to engage students more thoroughly in material relating to vitamin and mineral metabolism. The text integrates questions to allow students to test their knowledge in real-time and identify areas for further reading.

Vitamin B12 Metabolism Board Game. 2019. (developed for NTR440)

This board game was designed to help students practice applying metabolism concepts to deficiency

and toxicity symptoms, cellular mechanisms and varying dietary sources of vitamin B12.

## COMMITTEE CHAIR – GRADUATE, UNDERGRADUATE HONORS, & SCHOLARLY PROJECTS

### Doctoral Students

<b>Amequita, Magdalena</b> , PhD, Exercise and Nutritional Sciences Dissertation: TBD	2021 - present
<b>Wilson, Shannon</b> , PhD, Exercise and Nutritional Sciences Dissertation: TBD	2019 - present
<b>Ortega, Carmen</b> , PhD, Exercise and Nutritional Sciences Dissertation: Exercise, genistein, and the combined effect on gut microbiota and mitochondrial oxidative capacity after 12 weeks of a Western diet in C57BL/6J adult mice	2017 – 2021
<b>Vander Wyst, Kiley</b> , PhD, Exercise and Nutritional Sciences Dissertation: Metabolism Tracking and the Moderating Effect of Sleep and Diet on Prenatal Gestational Weight Gain	2016 – 2019

### Masters Students

<b>Koelbel, Megan</b> , MS-Dietetic Internship, Nutrition, College of Health Solutions Thesis: TBD	2021 - present
<b>Alanis, Victoria</b> , MS-Dietetic Internship, Nutrition, College of Health Solutions Thesis: TBD	2020 - present
<b>Ahern, Mary</b> , MS-Dietetic Internship, Nutrition, College of Health Solutions Thesis: Microbial Diversity in the Gut Microbiome in Relation to Weight Gain of Freshman Adolescents at Arizona State	2019 - 2021
<b>Toffoli, Samantha</b> , MS-Dietetic Internship, Nutrition, College of Health Solutions Thesis: Associations Between Rapid Infant Weight Gain, Feeding Practice and the Infant Gut Microbiome	2019 - 2021
<b>Lolley, Sara</b> , MS-Dietetic Internship, Nutrition, College of Health Solutions Thesis: Microbial Diversity in the Human Gut Microbiota in Relation to Dietary Fiber Consumption of College Freshman at a Southwestern University	2019 - 2021
<b>Argo, Katie</b> , MS-Dietetic Internship, Nutrition, College of Health Solutions Thesis: Alterations in Gut Microbiota Diversity Following Dietary Genistein Treatment in DF508 Mice	2017 – 2019
<b>King, Jessica</b> , MS-Dietetic Internship, Nutrition, College of Health Solutions Thesis: A Dose Response Study of the Glycemic Response and Self-Reported Satiety Following Consumption of Barley and Rice Mixes	2016 – present
<b>Mahmood, Tara</b> , MS, Nutrition, College of Health Solutions Thesis: The effects of sleep patterns and physical activity on bone turnover markers in college students	2016 – 2019
<b>Paver, Stephanie</b> , MS, Nutrition, College of Health Solutions Thesis: Alkaline water in oncology care	2015 – 2018
<b>Journey, Elizabeth</b> , MS-Dietetic Internship, College of Health Solutions Thesis: A Pilot Study to Assess Nutrition Knowledge and Behaviors of Low-Income, Pregnant Adolescents and Adult Women	2015 – 2017
<b>Hotz, Ricci-Lee</b> , MS-Dietetic Internship, Nutrition, College of Health Solutions	2014 – 2016



Thesis: Do Weight and Diet Impact the Gut Microbiome in Healthy College Students Living in the Dorms?: A Cross-Sectional Observational Analysis

**Ellis, Megan**, MS-Dietetic Internship, Nutrition, College of Health Solutions 2014 – 2016  
Thesis: A Pilot Study to Assess Nutrition Knowledge and Behaviors of Low-Income, Pregnant Adolescents and Adult Women

### **Undergraduate Barrett Honors Students**

**Le, Justin**, Biochemistry, College of Liberal Arts & Sciences 2019 – 2021  
Thesis: The Relationship Between Corn Flour and Cardiometabolic and Inflammatory Disease Markers in Adults with Hyperlipidemia

**Gabrielle Pettit**, Management, W.P. Carey School of Business 2019 – 2020  
Thesis: Genistein's Impact on Inflammation and the Gut Microbiome

**Hill, Cody**, Medical Studies, College of Health Solutions 2018 – 2019  
Thesis: The Effects of Resistance Training on Vascular Health in Overweight Adults

**Bosnino, Jasmine**, Exercise and Wellness, College of Health Solutions 2018 – 2019  
Thesis: Stress, Depression, and Sleep Among College Students

**Ladipo, Evelyn** (Barrett Honors Senior Thesis, Biology, School of Life Sciences) 2017 – 2018  
Thesis: Effect of sleep efficiency on bone-specific alkaline phosphatase biomarker in college students

**Marsh, Courtney**, Dietetics, College of Health Solutions 2017 – 2018  
Thesis: The Effects of Sleep Efficiency on Serum Osteocalcin in College-Aged Individuals

**Esch, Patricia**, Biology, School of Life Sciences 2016 – 2017  
Thesis: The Effects of Sleep on Bone Mineral Density in College Aged Males and Females

**Norwood, Katrina** (Barrett Honors Senior Thesis, Health Sciences, Arizona State University) 2016 – 2017  
Thesis: Impact of BMI and Central Adiposity in Arizona State University Freshman

**Christina Gunnare** (Barrett Honors Senior Thesis, Nutrition, Arizona State University) 2014 – 2015  
Thesis: Development of a clinically relevant brochure about the baby friendly hospital initiative

### **Undergraduate Capstone Projects**

**Kuamo'o, Amber** (Capstone Senior Project, Microbiology, Arizona State University) 2016  
Scholarly Project: Modified *Bifidobacterium bifidum* inhibits TNF- $\alpha$  induced NF- $\kappa$ B activation to decrease inflammation and permeability of intestinal epithelium in Celiac disease

**Nardi, Tiffany** (Capstone Senior Project, Biology, Arizona State University) 2016  
Scholarly Project: The use and knowledge of probiotics in the Phoenix Metro Area

**Tarver, Michael** (Capstone Senior Project, Biology, Arizona State University) 2016  
Scholarly Project: Antibiotic use on livestock culture

## **COMMITTEE MEMBER – GRADUATE & UNDERGRADUATE HONORS**

### **Doctoral Students**

**Bowes, Devin** (PhD, Biological Design, Arizona State University) 2019 – present  
Dissertation: TBD; Chair: Rolf Halden

**Mohr, Alex** (PhD, Exercise and Nutrition Sciences, Arizona State University) 2018 – present  
Dissertation: TBD; Chair: Karen Sweazea

Corrie M. Whisner, PhD

<b>Dirks, Blake</b> (PhD, Microbiology, Arizona State University) Dissertation: TBD; Chair: Rosa Krajmalnik-Brown	2018 – present
<b>Arias Gastelum, Mayra</b> (PhD, Exercise and Nutrition Sciences, Arizona State University) Dissertation: Dietary Patterns among Overweight/Obese Mexican-American Women with or at risk for Type 2 Diabetes; Chair: Sonia Vega-Lopez	2017 – 2018
<b>Crawford, Meli'sa</b> (PhD, Biological Sciences, Arizona State University) Dissertation: TBD; Chair: Dr. Karen Sweazea	2016 – 2019
<b>Jarrett, Catherine</b> (PhD, Physical Activity, Wellness, and Nutrition Interdisciplinary Doctorate, Arizona State University) Dissertation: Effects of Muscle Contraction Frequency on Blood Glucose Control, Insulin Sensitivity, Endothelial Function and Blood Pressure Among Obese Males; Chair: Dr. Glenn Gaesser	2016 – 2017
<b>Argent, Autumn</b> (PhD, Nursing and Health Innovation, Arizona State University) Dissertation: TBD; Chair: Dr. Elizabeth Reifsnider	2015 – present
<b>Tucker, Wesley</b> (PhD, Physical Activity, Wellness, and Nutrition Interdisciplinary Doctorate, Arizona State University) Dissertation: Effects Of A Fat-Sugar Supplemented Diet, With And Without Exercise Training, On Body Fat Mass and Selected Cardiometabolic Risk Markers In Overweight And Obese, Sedentary Males; Chair: Dr. Glenn Gaesser	2015 – 2016
<b>Arnold, Taylor</b> (PhD, Physical Activity, Wellness, and Nutrition Interdisciplinary Doctorate, Arizona State University) Dissertation: Assessing the Impact of Oral Vitamin B12 Supplementation on Vibration Sensitivity, Dexterity, and Balance in Young Adult Vegetarians and Vegans; Chair: Dr. Carol Johnston	2014 – 2016
<b><u>Masters Students</u></b>	
<b>Stolworthy, Alexandra</b> (MS-Dietetic Internship, Arizona State University) Thesis: TBD; Chair: Dr. Meg Bruening	2021 - present
<b>Ketha Hazarath, Pravallika Reddy</b> (MS, Electrical Engineering, Arizona State University) Thesis: Machine learning-based analysis of the relationship between the human gut microbiome and bone health; Chair: Dr. Daniel Bliss	2020
<b>Schmucker, Madison</b> The Association of Romantic Relationships, Eating Out Habits, and Alcohol Consumption in College Freshmen Over Time: A Longitudinal Study; Chair: Dr. Meg Bruening	2018 – 2020
<b>Gutierrez, Marisa</b> (MS-DI, Nutrition, Arizona State University) Thesis: Does diet quality mediate the relationship between food insecurity and obesity among preschoolers?; Chair: Dr. Meg Bruening	2018 – 2020
<b>Curtin, Annie</b> (MS-DI, Nutrition, Arizona State University) Thesis: The Effects of Vitamin B6 Supplementation on Mood States in College Women Taking Oral Contraceptives; Chair: Dr. Carol Johnston	2018 – 2020
<b>Emily Pelham</b> (MS-DI, Nutrition, Arizona State University) Thesis: Dietary Intake Behaviors of Recreational Mountain Hikers Climbing "A" Mountain in Summer and Fall; Chair: Dr. Floris Wardenaar	2018 - 2020
<b>Ugarte, Noel</b> (MS-DI, Nutrition, Arizona State University)	2017 – 2019

Thesis: Assessing the Relationship Between Cobalamin Deficiency and Methylation Capacity in a Vegetarian Population; Chair: Dr. Carol Johnston

**McCormick, Kelly** (MS-DI, Nutrition, Arizona State University) 2017 – 2018  
Thesis: Will a Novel Organometallic Complex Mitigate the Effects of Hypertension in Rats Fed a High Fat Diet?; Chair: Dr. Karen Sweazea

**Henningson, Summer** (MS-DI, Nutrition, Arizona State University) 2017 – 2018  
Thesis: The Effects of Vinegar on Salivary pH and Dental Erosion; Chair: Dr. Carol Johnston

**Chen, Yufei** (MS, Nutrition, Arizona State University) 2016 – 2017  
Thesis: Associations among depressive mood, BMI, and added sugar consumption among Arizona State University Freshmen; Chair: Dr. Meg Bruening

**Miller, Brendan** (MS, Nutrition, Arizona State University) 2014 – 2016  
Thesis: The Effect of Vitamin D Supplementation on Plasma A $\beta$  in an Older Population: A Randomized Control Trial; Chair: Dr. Carol Johnston

**Nelson, Stephanie** (MS-DI, Nutrition, Arizona State University) 2014 – 2016  
Thesis: The Association between In-State and Out-of-State Residency Status, Social Connectedness and Nutrition and Physical Activity Behaviors among Diverse College Freshmen, Chair: Dr. Meg Bruening

#### **Undergraduate Honors Students**

**Gallelo, Chloe** (Barrett Honors Senior Thesis, Biochemistry, College of Health Solutions) 2021- present  
Thesis: TBD

**Williams, Susanna** (Barrett Honors Senior Thesis, Nutrition, College of Health Solutions) 2020 – 2021  
Thesis: Effect of Vinegar Consumption on Mood State; Chair: Dr. Carol Johnston

**Gadau, Alice** (Barrett Honors Senior Thesis, Health Sciences, School of Life Sciences) 2016 – 2018  
Thesis: Studying the gut microbiome of urban and rural birds; Chair: Dr. Karen Sweazea

**Ugarte, Noel** (Barrett Honors Senior Thesis, Nutrition, Arizona State University) 2015 – 2017  
Thesis: Studying the effect of ground turmeric on constipation and bowel movement regularity; Chair: Dr. Carol Johnston

**Patel, Kapila** ((Barrett Honors Senior Thesis, Nutrition, Arizona State University) 2015 – 2016  
Thesis: Evaluating Changes in the Gut Microbial Composition, Diet, and Overall Health in Children in the Nutrition and Health Awareness Program; Chair: Dr. Rosa Krajmalnik-Brown

**Do, Julie** (Barrett Honors Senior Thesis, Nutrition, Arizona State University) 2015 – 2016  
Thesis: Turmeric Effects on Serum Lipid Concentration; Chair: Dr. Carol Johnston

#### **UNDEGRADUATE RESEARCH MENTORSHIP**

**BUILDing SCHOLARS Summer Research Mentor**, ASU and Univ. of Texas at El Paso

**Desiree Miller**, General Studies, UTEP Student May-Jul 2019

**Castillo-Martinez, Luisa**, Chemistry, UTEP Student May-Jul 2016 & 2017  
Student Mentor Award, BUILDing Scholars UTEP, Sept 2017

**Chacon, Lauren**, Health Sciences, UTEP Student May-Jul 2017

**SEED Program**, ASU 2015 – 2016  
Mohamad Alkahlout, Engineering, ASU

#### **Undergraduate Research Interns, PAID**

<b>Gabrielle Pettit</b> , W.P. Carey School of Business, ASU	2018 – 2019
<b>Dente, Brandon</b> , Nutrition, ASU	2016
<b>Kargar, Sarah</b> , Biology, ASU	2016
<b>Smith, Nicole</b> , Nutrition, ASU	2016

#### **NTR499 Independent Undergraduate Research or Volunteers**

<b>Adams, Dylon</b> , Kinesiology, College of Liberal Arts & Sciences, ASU	2019
<b>Lahti, Caroline</b> , Biochemistry, College of Liberal Arts & Sciences, ASU	2019 - present
<b>Ganev, Elena</b> , Dietetics, College of Health Solutions, ASU	2019
<b>Bhakta, Simran</b> , Dietetics, College of Health Solutions, ASU	2019
<b>Davison, Stacy</b> , Dietetics, College of Health Solutions, ASU	2019
<b>Jenny, Matthew</b> , Medical Studies, College of Health Solutions, ASU	2019
<b>Ahern, Mary</b> , Dietetics, College of Health Solutions, ASU	2018-2019
<b>Quigley, Kate</b> , Dietetics, College of Health Solutions, ASU	2018-2019
<b>Gustafson, Lauren</b> , School of Molecular Sciences, ASU	2018
<b>Gabrielle Pettit</b> , W.P. Carey School of Business, ASU	2018
<b>Adams, Danielle</b> , School of Nutrition and Health Promotion, ASU	2017
<b>Godinez, Jacqueline</b> , School of Nutrition and Health Promotion, ASU	2017
<b>Hammon, Leslie</b> , School of Nutrition and Health Promotion, ASU	2016 - 2017
<b>McCormick, Kelly</b> , School of Nutrition and Health Promotion, ASU	2016 - 2017
<b>Dente, Brandon</b> , School of Nutrition and Health Promotion, ASU	2015 - 2016
<b>Gruberg, Brett</b> , School of Nutrition and Health Promotion, ASU	2015 - 2016
<b>Ringgenberg, Katherine</b> , School of Nutrition and Health Promotion, ASU	2015
<b>Pecor, Nicholas</b> , School of Nutrition and Health Promotion, ASU	2014 – 2015
<b>Rivera, Almarie</b> , School of Nutrition and Health Promotion, ASU	2014 – 2015

#### **NTR499 Independent Undergraduate Research (Group Experience)**

<u>Students</u>	<u>Experience Description</u>	<u>Semester</u>
Sarah Alyea, Sarah Appleby, Melinda Barnum, Makenna Baum, Alex Berghorst, Sha Charley, Brandon Dente, Monica Diaz, Megan Dzurka, Sydney Fierreira, Teresa Fisher, Anna Gianpetro, Andrea Golfen, Hunter Green, Jessie King, Melissa Lycsynski, Gavin Mack, Carole Matadamas, Abby McGrath, Lexi Nazarro, Oralía Ochoa, Angela Griffen, Almarie Rivera, Kara Robertson, Lisa Rodriguez, Eva Sanchez, Syed Umer, Ashley VanStratum, Ashley Vaso-Aust, Kalah Walden <b>(30 students)</b>	Team of students enrolled in a group version of NTR499 – Independent Undergraduate Research. This course was co-led by Dr. Meg Bruening and myself and students assisted with longitudinal devilSPARC (social network effects on dietary and physical activity behaviors and weight gain in college freshmen) and devilWASTE (impact of dietary and physical activity behaviors on weight gain-related changes in the gut microbiome) studies. Students also learned about study designs, research methods, ethics surrounding human subject's research and practiced critiquing the literature through journal clubs.	Fall 2015
Katy Argo, Alyssa Azuma, Sha Charley, Brandon Dente, Megan Fowler, Cole Humphries, Lenea Logvin, Emily Marashian, Kelly McCormick, Alyssa Nelson, Katrina Norwood, Peter Pace, Kelli Potter, Analeisa Ramos, Janica Sampang, Anna Schmeling, Kristen Steiner, Kalah Walden <b>(18 students)</b>	*See description above	Spring 2016

#### **STUDENT AWARDS**

Corrie M. Whisner, PhD

**Castillo, Luisa**

- Cornell Univ., Deans Excellence Fellowship (4.5 years, tuition & stipend) 2019
- 10<sup>th</sup> International Symposium on Nutritional Aspects of Osteoporosis Dr. Bess Dawson-Hughes Poster Award, 2<sup>nd</sup> Place 2017
- BUILDing Scholars Travel Grant (\$1,000) 2017
- BUILDing Scholars Best Mentor Award (\$500) 2017
- COURI Travel Award (\$300) 2017
- SGA Travel Award (\$150) 2017

**Journey, Elizabeth**

- GPSA Graduate Research Grant (\$2,000) 2015

**Mahmood, Tara**

- Texas A&M, Dept. of Nutrition & Food Science, Graduate Excellence Fellowship (1 year, tuition & stipend) 2019
- GPSA Jumpstart Award (\$750) 2017
- GPSA Graduate Research Grant (\$2,000) 2016

**Ortega-Santos, Carmen**

- College of Health Solutions Graduate Student Travel Grant (\$700) 2020
- GPSA Out-of-State Career Development Grant (\$500) 2018
- Exercise and Nutrition Sciences PhD Student Block Grant (\$3,460) 2017

**Vander Wyst, Kiley**

- GPSA Out-of-State Career Development Grant (\$550) 2018
- Exercise and Nutrition Sciences PhD Student Block Grant (\$4,570, \$4,570) 2017, 2018
- John & Elizabeth Ainsworth PANW Student Travel Award (\$250, \$500, \$500) 2017, 2018, 2019

**Vercelli (Ellis), Megan**

- Sigma Xi Grant-in-Aid of Research, ASU Chapter (\$200) 2015

**PROFESSIONAL, UNIVERSITY, AND COMMUNITY SERVICE****PROFESSIONAL COMMUNITY SERVICE**

- Section Editor – Functional Foods, Current Nutrition Reports Journal 2019 – 2021
- Editor (Nutrition-related articles), PLOS ONE Journal March 2019 – present
- Purdue University Nutrition Science Alumni Network
- Past-President 2018 – 2020
- President 2016 – 2017
- Session Chair/Moderator for Abstract Presentations, ISNAO Conference, Montreal, Canada Jun 18, 2015
- Member, American Society for Nutrition (ASN) Public Information Committee 2014 – 2016
- Reviewer, FASEB Research Interest Section Abstract Reviewer for Experimental Biology Conference 2013 – 2015
- Poster Judge, Sigma Xi International Student Research Conference Nov 8, 2014
- Postdoctoral Student Blogger, American Society for Nutrition Blog 2013 – 2014
- Postdoctoral Representative, ASN Vitamins and Minerals Research Interest Section 2012 – 2013

**UNIVERSITY/COLLEGE/PROGRAM SERVICE****University Service**

- Two Faculty Searches, Biodesign Institute Center for Fundamental and Applied Microbiomics 2018 - 2019
- Faculty Mentor, Arizona State University Edson Award-winning Startup Company, NeoLight 2014 – 2016
- Mentor, ASU Startup Summit Innovation Challenge Sept 2014

**College Service**

Co-Chair, College of Health Solutions Wellness and Vitality Committee	2019 – 2021
Co-Chair, Two Search Committees for Research Laboratory Technician	2019 – 2020
Member, College of Health Solutions Executive Visioning Committee	Fall 2019 – 2020
Member, College of Health Solutions Ad-Hoc Workload Distribution Committee	2019 – 2020
Member, College of Health Solutions Workload Distribution Committee	2019 – 2020
Member, College of Health Solutions Committee on Committees	2018 – 2020
Member, College of Health Solutions Community Partnerships Visioning Committee	Spring 2018
Three Faculty Searches, Nutrition Academic Program (global nutrition, nutrigenomics, and sports nutrition focuses)	2016 – 2017
Faculty Member, Residential College Advisory Board (RCAB), Faculty Affiliate for Chill N' Chats with students on 3 floors at Taylor Place	2016 – 2017
CHS101, Faculty Instructor (College Nutrition Topic with Dr. Meg Bruening)	Fall 2016
College and Program Staff Search Committees	2017
Senior Lab Technician	2016
PRN Nurse	2015
Radiology Technician	

### **School and Program Service**

School of Nutrition and Health Promotion, Annual Tenure-Track Performance Evaluation Committee	
Chair	Spring 2018
Member	2015 – 2017
Member, Exercise and Nutrition Science Doctoral Program Admissions Committee	2016 – present
Member, Nutrition Master of Science Program Admissions Committee	2015 – 2018
Member, Nutrition and Health Sciences Scholarship and Awards Committee	2014 – 2020
Nutrition Co-Chair, Student Health Outreach for Wellness (S.H.O.W.) Program	2014 – 2016

### **ACADEMIC SOCIETY MEMBERSHIPS**

American Society for Nutrition	2008 – present
American Society for Bone and Mineral Research	2013 – present
Developmental Origins of Health and Disease	2012 – present
Sigma Xi (current member of ASU Chapter, past member of Cornell Chapter)	2013 – present
Obesity Society	2017 – present

### **AD-HOC JOURNAL REVIEWS**

American Journal of Clinical Nutrition  
International Journal of Molecular Sciences  
Journal of Nutrition  
Maternal and Child Health  
Molecular Nutrition and Food Research  
Nutrients  
Obesity  
Osteoporosis International  
PLOS ONE  
Scientific Reports

### **SCIENTIFIC ADVISORY BOARD MEMBERSHIPS**

Arden Mills, L.L.C.	2018 – 2021
Avocado Nutrition Science Center Advisory Board	2019 – present
Wheat Foods Council	2020 – present

### **COMMUNITY SERVICE**

<b>Maricopa County Department of Public Health, South Phoenix Healthy Start Community Action Network</b> - As part of this group, I led a group of community health workers and	April 2015 – Dec 2017
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other team members in writing a March of Dimes Community Grant. A major goal of this group is to meet monthly to discuss ways that diverse members of the community and healthcare system can address common health problems among mothers, children and families in the greater Phoenix area.

**StreetLight USA** - Program assessment of current residents' dietary, physical activity and sleep habits with the plan to help implement sustainable changes which improve the mental and physical health of girls who have been or are at risk for sex trafficking. I also served as a mentor to one or more of the girls in my free time 5-10 hours per week.

Jan 2016 – Mar  
2017

**Girl Scout Troop Nutrition Presentation** - Chandler, AZ: Spent time with the troop talking about healthy eating and making healthy after-school snacks together.

Feb 6, 2015