

## **CHRISTY L. ALEXON, PHD, RDN**

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### **ACADEMIC TRAINING**

PhD, Physical Activity, Nutrition and Wellness, Arizona State University, August 2010,  
Dissertation: Effect of Vinegar on Urine Acidity, Glycemia and Fat Oxidation in Healthy Adults

MS, Nutrition, Arizona State University, May 2007

Thesis: Effect of Vitamin C on Fat Oxidation and Plasma Carnitine in Obese Adults

BS, Nutrition, Arizona State University, August 2004

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### **CREDENTIALS**

Registered Dietitian Nutritionist (RDN), 2007

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### **PROFESSIONAL MEMBERSHIPS**

Academy of Nutrition and Dietetics, Member since 2005

Arizona Academy of Nutrition and Dietetics, Member since 2005

- President, 2015-2016
- President Elect, 2014-2015
- Board Member, Chair for the Council on Professional Issues, 2011-2013
- Member, 2004 – present

American Society for Parenteral and Enteral Nutrition, Member since 2015

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### **PROFESSIONAL EXPERIENCE**

**Clinical Associate Professor**, July 2016 – present

**Arizona State University, College of Health Solutions**

Courses taught and/or developed:

- NTR 441/541 – Advanced Macronutrient Metabolism
- NTR 510 – Food and Nutrition Across the Lifespan
- NTR 500 – Research Methods
- NTR 345 – Development of Healthy Cuisines
- CHS 101 – The ASU Experience for College of Health Solutions Students

Special administrative assignments:

- **Program Director, MS Medical Nutrition Program (current)** – Curriculum planning, catalog review, and advising/admissions of ASU Online MS Medical Nutrition degree program students
- **Director of Summer Programs (past)** – Responsible for planning/coordinating student volunteers and camp activities for 4-6<sup>th</sup> grade campers for Camp CRAVE June 2018 and June 2019 as well as teaching and curriculum development of Summer Up: Health Ninja Warrior camp in July 2019

- **ASU Online Unit Lead** – Responsible for attending meetings with CHS Learning Innovation group and serving as point of contact for ASU Online and NTR graduate teaching faculty questions/updates

**Assistant Dean for Student Services, July 2016 – July 2018**

**Arizona State University, College of Health Solutions**

Administrative role:

- Responsible for implementing student admissions and retention strategies as well as ensuring high-quality academic advising and student engagement programs for over 5,000 students in the College of Health Solutions.
- Managed an annual Personnel budget of approximately \$1.6 million and annual Operations budget of >\$185K, making fiscally responsible decisions and restructuring unit to allow for improved efficiency and significant budget savings within first year.

**Clinical Assistant Professor, August 2010 – July 2016**

**Arizona State University**

Courses taught:

- NTR 142 – Applied Food Principles (in-person, hybrid, and fully online versions)
- NTR 441/541 – Advanced Macronutrient Metabolism (in-person and hybrid)
- NTR 500 – Research Methods (online)

Special assignments:

- **Applied Project Coordinator** – Responsible for academic advising and coordinating graduate student applied projects within the MS Human Nutrition (Dietetics) and MS Obesity Prevention and Management programs, plus applied projects in the coordinated MS-VA dietetic internship track
- Developed curriculum and coordinated launch of a new **Online Master of Science in Nutrition (Dietetics concentration) for Registered Dietitians** to get their MS degree online, growing the program from 1 online student to more than 50 online graduate students in under 2 years.

**Sports Nutrition Consultant, July 2018 – present**

**Renaissance Periodization**

Position: Online nutrition coaching for sports performance, weight management and chronic disease management (online work completed in evenings/weekends as needed)

**Clinical Dietitian, December 2012 – July 2016**

**Chandler Regional Medical Center**

Position: PRN clinical dietitian, working as needed on weekends and University holidays

**Adjunct Faculty, August 2007 – August 2010**

**Mesa Community College**

Courses taught:

- FON 241 Lecture – Principles of Human Nutrition
- FON 241 Lab – Principles of Human Nutrition Laboratory
- FON 143 – Food and Culture (online course)

**Faculty Associate, August 2007 – August 2010**

**Arizona State University**

Courses taught:

- NTR 241 – Principles of Human Nutrition
- NTR 340 – Applications in Human Nutrition
- NTR 446 Lab – Human Nutrition Assessment Laboratory

**Registered Dietitian, 2007**

**Phoenix VA Health Care System**

Position: Training dietitian, responsible for education/training of foodservice employees

**Dietetic Technician, 2005 - 2006**

**Tempe St. Luke's Hospital**

Position: Disseminated diet order changes, prepared enteral formulas and patient trays

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## **SERVICE ACTIVITIES AND COMMITTEE CONTRIBUTIONS**

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**Faculty Advisor for ASU Student Club (2020-present)**

- Phi Upsilon Omicron Honor Society in Family and Consumer Sciences, Alpha Upsilon Chapter

**MS Medical Nutrition Selection Committee Chair (2018-present)**

- Serve as Chair for selection of ASU Online MS Nutrition degree applicants

**ASU Non-Degree Track Dietetic Internship Interview Committee Member (2011-present)**

- Reviewed prospective ASU intern applications, developed interview questions, and conduct interviews

**Nutrition Curriculum Committee Member (2011-present)**

- Graduate Curriculum Committee: Planning and proposal of new degree/curriculum offerings and curriculum changes in NTR graduate programs (2018-present)
- Undergraduate Curriculum Committee Member: Planning and proposal of new degree/curriculum offerings and curriculum changes in NTR undergraduate programs (2011-2016)

**CHS Affinity Networks Review Committee (2019-present)**

- Serve as reviewer to evaluate new applications for CHS Affinity Networks
- **Co-Chair** of AN process evaluation committee, obtaining feedback from reviewers on Fall 2019 application cycle to improve the review process and update AN application for Spring 2020
- Currently developing an infographic to provide a visual representation of Affinity Networks in CHS and how they are categorized

**CHS Faculty Service Committee (2019-present)**

- Refining of the scoring methods/intensity ratings for service activities for CHS faculty and made recommendations for tracking and reporting service activities. (including opportunities to participate in CHS student recruitment and student success in collaboration with Carrie Robinson)

**CHS Athletics Affinity Network (2019-present)**

- Initial meeting held on September 20, 2019, where we discussed recruitment of new faculty/staff members, community partner organizations, and student connections.

- Meetings in 2020 were limited with cancellation on in-person events due to global pandemic, but I did give a Zoom presentation to the Sports Nutrition Club on 3/23/20 and have shared the link to join the Athletics AN to increase involvement of NTR students.

#### **CHS Metabolic Disease Translational Team (2018-present)**

- As a member of this team, I share TT involvement opportunities with students in my metabolism course
- Emphasized metabolic disease-related outcomes in Grand Challenges Brainstorming session in 2019
- Mock Application Review: Provided application design feedback and suggestions for incorporating class activities and student roles in meetings on July 5 & 11, 2018
- Mentor students to design applied projects that focus on metabolic disease-related outcomes

#### **CHS Personnel Committee, Annual Review of Clinical NTE Faculty (2018-present)**

- Reviewed and scored annual evaluation submissions for clinical faculty in CHS, including detailed evaluations of teaching, service, and/or administrative duties as applicable

#### **Nutrition Faculty Search Committee (2019-2020)**

- Participated in recruitment, interviews, and selection process for a senior tenure track faculty member (basic science focus) in search committee process from Fall 2019-Spring 2020

#### **CHS Academic Success Hub Committee (2018-2020)**

- Curriculum Subcommittee Member: Outlined a process for submission of new courses as well as review of existing courses already in the catalog to identify/streamline redundancies

#### **CHS Student Success Hub Committee Member (2018-2019)**

- Developed proposal for new peer-mentoring program as part of new CHS visioning committees

#### **CHS Student Recruitment Activities (2018-2020)**

- Presented to prospective Nutrition MS students to enhance CHS recruitment activities (2019 and 2020 Graduate Programs Showcase)
- Presented to prospective students at “More to Explore” CHS recruitment activities for both Spring and Fall events (February 18, 2018 and October 8, 2018)

#### **CHS Rising Scholars Program Faculty Volunteer (2018-2019)**

- Faculty mentor for CHS freshman on academic probation; assigned a student mentee and met 1:1 in my office on a monthly basis

#### **CHS Bowling with the Dean Event (2019)**

- Meet/greet with CHS students in a variety of disciplines on March 28, 2019

#### **Master of Ceremonies, College of Health Solutions Convocation (Fall 2017, Spring 2018)**

#### **CHS Failing Forward Workshop (2018)**

- Attended events to help students learn how to recover from setbacks and how to access student support services in the College of Health Solutions on April 18, 2018

### **University Advisory Council for the Arts Based Initiative for Sexual Violence Prevention (2017-2019)**

- Meetings and development of a creative presentation for Fall welcome week to reduce incidence of sexual violence at ASU

### **ASU Innovation Day Spark Session (2019)**

- Participated in half-day group session exploring ways to best train and support faculty when they are given an administrative role

### **ASU West Campus Working Group (2018)**

- Monthly meetings to discuss events and issues to improve the ASU West campus student experience

### **ASU Undergraduate Enrollment Planning Team (2016-2018)**

- Monthly meetings to discuss current enrollment strategy and campaigns to enhance undergraduate student enrollment at ASU

### **University International Student Services Committee (2016-2018)**

- Monthly meetings to discuss events and issues to improve the international student experience at ASU

### **Arizona State University Senate (2014-2017)**

- Responsible for participating in monthly University Senate meetings, disseminating pertinent information at Nutrition faculty meetings. Served on Research and Creative Activities subcommittee

### **ASU School of Nutrition and Health Promotion, Academic Assembly Chair (2012-2013)**

- Responsible for organizing and leading monthly SNHP faculty meetings

### **Preceptor, ASU Dietetic Internship Program (2012-2013)**

- Preceptor for ASU dietetic interns who complete “Wellness” rotation at ASU NP Healthcare Clinic on the ASU Downtown Campus

### **Nutrition Program Scholarship and Awards Committee (2011-2020)**

- Reviewed student essays and application materials for Susan Coleman scholarship; ranked students, selected recipients, and notified both recipients and non-recipients of outcomes

### **Faculty Advisor for ASU Nutrition College Bowl Team (2010-2012)**

- Qualify, select, and mentor top ASU Dietetics students for an annual quiz bowl competition held at California State University Northridge; Also responsible for setting budget, making travel arrangements, and securing funding for the team

### **Reader, ASU College of Health Solutions Convocation (Spring 2012, Fall 2012)**

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## **SERVICE TO THE DIETETICS PROFESSION**

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### **Dietetic Internship Preceptor (2020-present)**

- Preceptor for Lissette Mahoney, an ASU graduate and intern for the Keith & Associates Distance Dietetic Internship (KADDI)

### **Arizona Academy of Nutrition and Dietetics (formerly Arizona Dietetic Association)**

- **President, 2015-2016:** Responsible for directing and overseeing efforts to support AZAND's mission "to lead the future of dietetics in Arizona"
- **Council on Professional Issues Chair, 2012-2013:** Responsible for planning the two-day annual conference of the Arizona Academy of Nutrition and Dietetics, including venue selection, speaker selection, agenda planning, fundraising, coordinating student volunteers, and vendor expo for 280 attendees
- **Council on Professional Issues Chair Elect, 2011-2012:** Participated in organization, planning, and securing vendors for 2012 annual conference for over 200 attendees

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### **COMMUNITY ENGAGEMENT EVENTS**

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*\*\*Only including activities from last six years (since last promotion)*

#### **ASU Open Door – Downtown Phoenix Campus (2017, 2020)**

- Provided educational activities for young children to learn more about bees/pollinators (in full honeybee costume) and teaching them how to make honey/yogurt/fruit parfaits on February 8, 2020
- Planned and hosted an interactive booth on sugars and sugar substitutes, representing the Nutrition Program and College of Health Solutions on the ASU Downtown campus on January 3, 2017

#### **ASU Foundation Event (2018, 2019)**

- Attended event with Dorothy Sears, answered question on impromptu Q/A panel, and interacted with potential donors on April 13, 2019
- Participated in "Recipes for Healthier Communities: Cooking Demonstration and Discussion" event and interacted with potential donors on April 19, 2018

#### **Sustainability Play Day at Phoenix Children's Museum (2019)**

- Educational activities for young children to learn more about bees/pollinators and teaching them how to make honey/yogurt/fruit parfaits on February 17, 2019

#### **Pat's Run CHS Booth Volunteer (2018)**

- Helped supervise student volunteers who were distributing energy snacks and leading stretching activities for Pat's Run attendees on April 21, 2018

#### **A Day of Social Outreach (2018)**

- ASU sponsored volunteer work at the Arizona Humane Society on March 16, 2018

#### **Connect2STEM at UA College of Medicine (2018)**

- Developed interactive activities and volunteered at booth, focusing on functional foods for heart health on January 23, 2018

#### **ASU Homecoming Volunteer (2017)**

- Participated in event planning and met with ASU alumni and other attendees of all ages, providing an interactive tasting and brief education on nutritive vs. non-nutritive sweeteners on October 28, 2017

### Host for “Camp Bienvenida” (2017)

- Summer camp experience for incoming freshman with a migrant farm worker family background. Participated in event planning and coordinated with student volunteers/staff for recipe challenge.

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### GUEST LECTURES / INTERVIEWS / COMMUNITY OUTREACH

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*\*\*Only including activities from last six years (since last promotion)*

#### 2021

- Volunteered to provide “Lunchtime Nuggets: Nutrition & Mental Health” Zoom lecture for CISA staff and faculty (February 12, 2021)
- Zoom presentation for Summer Scrubs Program: “Welcome to the World of Nutrition!” (May 23, 2021)
- Zoom presentation on “Aging Well: Eating for Longevity” for Renaissance Periodization Virtual Summit\*\* (May 28, 2021) *\*\*I was provided an honorarium for this lecture*

#### 2020

- Volunteered to provide community lecture for Osher Lifelong Learning Institute: “The World of Gut Bacteria and Health” (January 29, 2020)
- Gave Zoom presentation to ASU Sports Nutrition Club “Working with recreational and competitive athletes as a sports nutrition coach/consultant” (March 23, 2020)
- Guest lecture on “Immune Function and Nutrition” for virtual “Facts and Snacks” meeting for CISA staff members (April 30, 2020)
- STEM Pro Live At-Home Broadcast (K-12 students): “Learn Nutrition and Cooking Tips with ASU College of Health Solutions” – Office of the Maricopa County School Superintendent (May 8, 2020)
- Volunteer presentation via Zoom for PRS Physical Therapy group: “Nutrition and Rehabilitation After Musculoskeletal Injury” (May 28, 2020)
- Interviewed for Renaissance Periodization podcast on nutrition/exercise recommendations for healthy aging as well as tips for success when working with a diet coach and preparing for physique competitions (August 29, 2020)
- Volunteered to provide community lecture for Osher Lifelong Learning Institute: “Aging Well: Eating for Longevity” (September 30, 2020)
- Wednesday Workshop presentation on “Nutrition and Mental Health” for ASU and Maricopa Country Dietetic Interns (December 9, 2020)

#### 2019

- STEM Pro Live Broadcast (K-12 students) – Office of the Maricopa County School Superintendent (January 16, 2019)
- “Aging Well: Nutrition for Longevity” – Community Presentation at DC Ranch (January 17, 2019)
- Interviewed by Naomi Gallagher for MS Health Informatics program – benefits/challenges of data integration of mobile health/wellness apps into an EHR (February 8, 2019)
- “Your Brain on Food” – Community Presentation at Desert Botanical Garden (April 2, 2019)
- “Mythbusting the Keto Diet” – Interviewed for State Press article (April 19, 2019)
- Summer Scrubs Program – gave “Nutrition 101” lecture and also provided lecture on careers in Nutrition to high school students (June 28, 2019)

- “Nutrition for Mental Health” – presentation for American Night Writers Association Conference (September 14, 2019)
- “World Hunger on the Rise – Causes, Consequences and Solutions” – Interviewed for City Sun Times (December 7, 2019)

## 2018

- ENS Doctoral Seminar: To Tenure Track or Not Tenure Track (January 23, 2018)
- Osher Lifelong Learning Institute: Healthy Eating for Healthy Aging (February 21, 2018)
- Interviewed by ENS doctoral student Jeni Matthews for Teaching Internship project on advice and preparation for first-time teachers (April 17, 2018)
- Future Health Leaders Camp: Carbohydrates & Sugars Presentation (for high school students visiting ASU on June 14, 2018)
- Summer Scrubs: Nutrition Careers Presentation (for high school students visiting UA Medical School on June 28, 2018)
- OBS 501 Seminar Guest Lecture: Macronutrient Balance and Energy Balance (September 13, 2018)
- Desert Botanical Garden Lecture: Nutrition for Aging Well (September 17, 2018)
- Mesa Police Department, Peer and Wellness Unit, Peer Team Annual Training: Nutrition for Mental Health (October 25, 2018)
- Interviewed by Amanda Prah for POPSUGAR story: “Experts Agree These Are the 10 Healthy Habits You Should Develop in Your 20s” (November 2018)
- Lunch ‘n Learn Presentation at ASU Polytechnic Campus: Nutrition for Gut Health (November 7, 2018)
- Osher Lifelong Learning Institute: The Bonus Years Diet (February 21, 2018)
- Interviewed for STEM ProLive Pre-Recording: Nutrition Science Careers (December 5, 2018)

## 2017

- OBS 501 Seminar Guest Lecture: Energy Balance (March 29, 2017)
- Student recruitment presentation (overview of Nutrition program and shared my Sun Devil story) in Nutrition Kitchen (May 5, 2017)
- Presented to "Spirit of the Senses" cultural salon/community group on "Healthy Eating for Healthy Aging" on August 10, 2017, 7-9 pm.
- Interviewed by Charly Edsitty for Channel 12 News story about the impact of short lunch periods for school-age children and ideas to improve nutritional outcomes (September 21, 2017).
- Guest speaker/faculty lunch guest at CHS Freshman FITness Workshop on September 30, 2017

## 2016

- Interviewed for story on innovative health leaders with student writer Jacee Cooper (January 22, 2016).
- Spirit of the Senses community group: Healthy Eating for Healthy Aging (March 5, 2016)
- Shamrock Foods Healthcare Conference: Nutrition for Aging Well (March 9, 2016)
- American Association of Professional Coders (AAPC) Casa Grande Chapter meeting: Nutrition for Gut Health (May 10, 2016)
- Guest speaker at Shamrock Foods School Nutrition Conference (December 9, 2016)
- ASU Alumni Career Services Panel Discussion, Tempe Center for the Arts (February 11, 2016)



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## STUDENT MENTORSHIP

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*\*\*Names in **bold** are recent students mentored since previous promotion packet was submitted in 2015*

### Doctoral Dissertation Committee Membership

- **Cameron Scholtz, 2019**  
The Flavor Station: A Pilot Salad Bar Trial to Increase Fruit and Vegetable Consumption in Elementary School Children
- **Claudia Thompson-Felty, 2017**  
Adoption and Use of Social Media Among Registered Dietitian Nutritionists Nationwide: Implications for Health Communication
- Catherine Trier, 2012  
Protein Ingestion as a Dietary Strategy for Managing Calorie Intake in Healthy Adults

### Master's Applied Project Committees Chaired

- **Angelica Robles, 2021**  
Religious Perspectives and Artificial Nutrition and Hydration Preferences of Hospitalized Adults with Life-Limiting Illnesses: A Pilot Study
- **Bethany Krasuski, 2021**  
The Effects of a Mediterranean Diet on Depression: A Systematic Review
- **Christina Monteilh, 2021**  
A Comparison of Nutritional Therapy for Pediatric Patients with Inflammatory Bowel Disease: A Systematic Review
- **Sidra Ansari, 2020**  
Overcoming Barriers to Type 2 Diabetes Education Associated with Mediterranean-Like Dietary Patterns for South Asian & Indo-Fijian Muslim Adult Women
- **Lacey Jones, 2020**  
A Low-Fat Diet for Individuals with Gallbladder Disease: Development of Educational Materials
- **Nan Lee (Natalie) Ng, 2020**  
Effect of the Combination of Coenzyme Q10 and Vitamin E on Chronic Kidney Disease
- **Carol Mas, 2020**  
The Impact of Nutrients on Gut Microbiota and the Risk of Developing Parkinson's Disease: A Systematic Review
- **Beverly Jue-Smith, 2020**  
The Role of Nutrition in Osteoporosis Prevention and Management: A Systematic Review
- **Jennifer Martinez, 2020**  
Food Environments and Food Availability Among Differing Cultural Geographies and Impact on Obesity: A Systematic Review
- **Bryce Wolcott, 2020**  
The Role of the Gastrointestinal Microbiome in Sarcopenia: A Systematic Review
- **Gabriella Ciulla, 2019**

The Portfolio Diet May Aid in Lowering Total and LDL Cholesterol in Adults with Familial Hypercholesterolemia Currently Being Treated With a Statin or Other Lipid-Lowering Therapy

- **Marisa Salt, 2017**  
Development and Evaluation of NEOMAX: Software to Improve Nutrition Outcomes in the Neonatal Intensive Care Unit
- **Susanne Trout, 2017**  
Increasing Breastfeeding or the Provision of Human Milk in Infants with Congenital Heart Disease (CHD) by Educating Prenatally
- **Lauren Pellizzon, 2017**  
Development of a Protocol for Transitioning Patients from Conventional Antacid Therapy to Using Diet and Lifestyle Changes in Conjunction with Appropriate Dietary Supplements for the Treatment of Heartburn/GERD
- **Kimberly Baker, 2017**  
Educational Tool for Renal Social Workers on the Renal Diet: A Cross-Training Implementation Intended to Improve Interdisciplinary Team Effectiveness
- **Christina Shaw, 2017**  
Impact of a Whole Food Plant-Based Jumpstart Program On Males and Females Led by a Clinical Dietitian on Health Outcomes
- **Donielle Dominguez, 2017**  
Comparing Online Educational Methods and In-Person Educational Methods Among Certified NurseAides in Long-Term Care Facilities
- **Shawn Toso, 2016**  
Pilot Study on the Effects of a Plant-Strong Diet on Cardiovascular Risk Factors
- **Ashley Bremer, 2016**  
Very Low Calorie Liquid Diet compared to a Traditional Weight Loss Program to Achieve Weight Loss in Those Declined Surgery Due to Obesity: A Randomized Controlled Trial in the Veteran Population
- **Mallory Giles, 2015**  
“Health at Every Size” Education Intervention and Self-Efficacy
- **Andrea Miller, 2015**  
Proposed Implementation of an Oncology Nutrition Screening Tool at the Phoenix VA Hospital Oncology Clinic: A Formative Evaluation
- **Janae (Richey) Bagley, 2015**  
Goal Setting and Health Behaviors in Overweight/Obese Pediatric Outpatients

#### **Master’s Thesis/Applied Project Committee Membership**

- **Kelly Chondropolos, 2021**  
An Investigation into the Effect of Time-restricted Feeding on Mood State in College Students: A Randomized 8-Week Trial
- **Michelle Hook, 2020**  
Supplementation with Omega-3 Polyunsaturated Fatty Acids, Nicotinamide, and Polyphenols May Be Beneficial in Lowering the Prevalence of Non-Melanoma Skin Cancer
- **Amanda Harb, 2020**

Is a Dynamic Measurement of Exposure to the Retail Food Environment Associated with Fiber Intake of Adults Residing in San Diego County, California?

- **Anne Hardy, 2020**  
Relationship Between Assisted Reproductive Technology and Feeding Difficulties in a Pediatric Population
- **Kanan Jariwala, 2020**  
A Systematic Review of the Effects of the Ketogenic Diet on Metabolic Syndrome
- **Kati Kauffman, 2020**  
Status and Safety of Artificial Ingredients within a Food Company: A Review of Landscape and Literature
- **Melissa Korth, 2020**  
Introducing the Nutrition-Focused Physical Examination and the Measured Confidence Level of Nutrition Clinicians
- **Kaitlin Lichty, 2020**  
The Effect of Providing Evidence-Based Nursing Education to Hospital Nursing Staff to Increase the Administration of Kefir Probiotics in Enterally Fed Patients
- **Lydia (Udell) Moraca, 2020**  
Intuitive Eating Outcomes and Postpartum Women
- **Daniel More, 2020**  
The Perinatal Use of Probiotics, Prebiotics, and Synbiotics for the Primary Prevention of Allergic Diseases in Children: A Systematic Review
- **Candace Morgan, 2020**  
Nutrition Recommendations for the Adolescent Athlete
- **Lareina Samonte, 2020**  
Volume-Based Feeding as a Safe and Effective Method in Optimizing the Nutrition Status of Intensive Care Unit Patients: A Systematic Review
- **Elizabeth Stanway-Mayers, 2020**  
Quality Improvement Project to Update a Feeding Protocol for Very Low Birth Weight Infants
- **Nidja Thomas, 2020**  
Comparison of The Mediterranean and Ketogenic diets in Controlling Blood Glucose Levels in Adults with Type 2 Diabetes: A Systematic Review
- **Christina Tran, 2020**  
High Protein Diets and Effects on the Rate of the Wound Healing Among Trauma Patients: A Systematic Research Review
- **Rosaura Trevino, 2020**  
Employee Feedback on Using Telehealth as a Method of Improving WIC Program Participation Rates
- **Kimberly Walko, 2020**

The Effect of Intermittent Fasting on Weight Loss in Overweight and Obese Adults: A Systematic Review

- **Joy Wesolowski, 2020**  
Effects of A Plant-Based Diet on HbA1c: Educational Pamphlet and Meal Plan for Adults with Type 2 Diabetes
- **Courtney Wood, 2020**  
A Variety of Treatments and Their Effectiveness for Improving Diabetes Status in Youths with Type 2 Diabetes: A Systematic Review
- **Kristen Almenario, 2020**  
The Effects of Probiotics on Periodontal Disease in Adults: A Systematic Review
- **Miranda Armstrong, 2020**  
The Effects of Plant-Based Diets on Athletic Performance: A Systematic Review
- **Kayla Bellaire, 2020**  
Supplements as Performance and Combat Enhancements or Hinderances in Healthy, Active-Duty Military Individuals: A Systematic Review
- **Kayla Boeckman, 2020**  
Prevalence of Caffeine from Energy Drinks and Other Beverages on Military Personnel: A Survey-based Study
- **Chrystal Meginley, 2019**  
Educating Intensive Care Nurses About Gastric Residual Volumes and Tube Feeding Intolerance
- **Stacy Phillips, 2019**  
Fruit and Vegetable Consumption of Adult Residents of an Agrihood
- **Kelly McCormick, 2019**  
Will a Novel Organometallic Complex Mitigate the Effects of Hypertension in Rats Fed a High Fat Diet?
- **Karrol (Kassie) Shaw, 2019**  
The Effects of Antiseptic Mouthwash Use and Sodium Intake on Systemic Blood Pressure Regulation and Salivary Nitrate Levels: A Randomized Controlled Crossover Trial
- **Paniz Jasbi, 2018**  
Fat as a Basic Taste: CD36 and its Role in Fat Taste
- **Summer Henningson, 2018**  
The Effects of Dietary Vinegar on Salivary pH and Dental Erosion
- **Mary Gordon, 2018**  
Comparing Efficacy and Patient Comprehension of Video-based Diet Education versus Paper Handout Version on Fluid Management in Hemodialysis Patients
- **Raelynn DeBevits, 2018**  
Exploring the Correlation Between Resting Energy Expenditure and Lean Body Mass in Overweight/Obese Children

- **Julia Barberes, 2018**  
The Effects of Sumac on Saturated Fat-induced Inflammation in Human Vascular Smooth Muscle Cells and Isolated Mesenteric Arteries from Rats
- **Kelsie Lewis, 2018**  
Retrospective Chart Review Study Following MNT Influence on Weight Loss and HbA1c in Patients with Type 2 Diabetes Completing a 120 day DSME Outpatient Program
- **Roni Romash, 2018**  
Matcha Tea and its Acute Effects on Postprandial Blood Glucose
- **Stephanie Paver, 2018**  
Alkaline Water in Oncology Management: A Review of the Literature
- **Emily Schwab, 2017**  
Pilot Study: The Synergistic Effect of Almond Consumption and Aerobic Activity on the on the Reduction of Cardiovascular Disease Risk in Sedentary Adults
- **Tana Ingram, 2017**  
Evaluation of Protein Glycation and Antioxidant Levels in Birds of Prey
- **Caitlyn Liptak, 2017**  
Development of a Free Water Protocol and Educational Materials, and the Evaluation of Acute Rehabilitation Staff Knowledge and Perceptions after an In-Service
- **Jessica Ostheim, 2017**  
Can Perioperative Nutrition Supplementation Improve Surgical Outcomes for Pancreatic and Esophageal Cancer Patients?
- **Cali Kent, 2017**  
Multidisciplinary Approach to Improving Patient Outcomes, Reducing Hospital Readmissions, and Improving Reimbursement
- **Heather Solfelt, 2017**  
Short-term CBT-focused Nutrition Therapy Compared to Traditional Nutrition Therapy on an Adolescent Inpatient Eating Disorder Unit
- **Olivia Baker, 2017**  
Visceral Fat Reduction in Response to Red Wine Vinegar Consumption
- **Chelsea Quinn, 2017**  
Quality Improvement Evaluation of All Kids Can Classes – A Clinic-Based Multidisciplinary Program in Low-Income, Multicultural Communities
- **Ryan Cengel, 2017**  
Does Offering Breakfast in the Classroom Instead of in the School Cafeteria Increase Participation Rates Among High School Students in Title I Schools?
- **Jill McCleary, 2017**  
A Comparison of Total Carbohydrate Content and the Glycemic Load of Mixed Meals and Their Effects on Post-prandial Glycemia in Adults with Type 2 Diabetes
- **Jerilyn Hart, 2017**

Evaluation of MOVE! Weekly Classes on Weight Loss in Veterans: A Retrospective Comparative Study

- **Maryann Smitt, 2017**  
College Campus Women's Heart Healthy Project
- **Amber Bonsall, 2017**  
The Dissociation of Vinegar and the Effect on Post-Prandial Glycemic Response
- **Namrata Oza, 2016**  
Effect of Curcuma Longa (Turmeric) on Postprandial Glycemia in Healthy Non-Diabetic Adults
- **Amanda Stewart, 2016**  
Development, Implementation and Evaluation of a Phosphorus Food Guide for Controlling Serum Phosphorus in Hemodialysis Patients
- **Leah McCulley, 2016**  
Exploring the Association Between Vitamin D Status and Albumin Levels in Hemodialysis Patients
- **Rachel Shedden, 2016**  
Effect of Coconut Oil Supplementation on the Total Cholesterol to HDL Cholesterol Ratio in Healthy Adults
- **Shannon Truong, 2016**  
Arizona State University Downtown Campus Snack and Beverage Vending Machine Study
- **Elizabeth McElaney, 2016**  
Almond Consumption During a Walking Intervention in Relation to Heart Rate Recovery Reduction of Cardiovascular Disease Risk in Sedentary Adults
- **Noor Dwaik, 2016**  
Exploring the Weight Loss Strategies Adopted by Overweight and Obese Parent and Child Dyads
- **Zoe Yeh, 2015**  
Is Apple Cider Vinegar Effective for Reducing Heartburn Symptoms Related to Gastroesophageal Reflux Disease?
- **Jessa Zuck, 2015**  
A Comparison of the Impact of Temperature and Glucose Concentration on Percent Glycated Serum Albumin between Chickens and Humans
- **Nia Jarrett, 2015**  
Iron depletion therapy and chromium supplementation for improving insulin sensitivity
- **Darren Snyder, 2015**  
Exploring the Benefits of a Gluten Free Diet
- **Jason Pawloski, 2015**  
Hypotensive Effects of Potassium and Magnesium
- **Kathryn Earhart (Bratrud), 2014**  
Vitamin C and the Common Cold in the Asthmatic Population

- Samer Alenbagy, 2014  
The Effect of Omega 3 Supplementation on Markers of Obesity and Endothelial Function in Healthy Subjects
- Katherine Peterson, 2014  
The Effects Of Almond Consumption In Subjects With Type 2 Diabetes: Differences Between Men And Women
- Taylor Goett, 2013  
Eating in the Absence of Hunger in College Students
- Nicole Perna, 2013  
Diet Controversies: The HCG Diet
- Allyson Hamacher, 2013  
Developing a Low Sodium Education Kit to Increase Participant Ability to Identify and Purchase Lower Sodium Products
- Serena Loeb-White, 2012  
Colonic Fermentation as a Byproduct of Vinegar Consumption: A Parallel Arm Randomized Control Trial in Adults at Risk for Type 2 Diabetes
- Megan Guterrez, 2012  
Fish Oil Supplements and Symptoms of the Common Cold in Healthy Young Women
- Samantha Quagliano, 2012  
Vinegar's Effects on Hemoglobin A1c and Postprandial Glycemia in Individuals at Risk for Diabetes
- Amy Moore, 2012  
Can A Vegetarian Diet Affect Resting Metabolic Rate or Satiety: A Pilot Study Utilizing a Metabolic Cart and the SenseWear Armband
- Sara Schumacher, 2011  
Plasma Vitamin C Supplementation and Physical Activity in Young Men

**Undergraduate Honors Thesis/Creative Project Committees and Directed Interdisciplinary Studies Projects (served as Chair where indicated):**

- **John Jesse, 2019 (served as Chair)**  
Personal Training Studio Business Proposal (developed for ISD 401 course)
- **David Skoog, 2018 (served as Chair)**  
Diet and Health: A Look into Naturopathic Healing
- **Karishma Shah, 2017 (served as Chair)**  
A Cookbook for Improving Fiber Intake
- **Myrella Arellano Summer, 2017**  
Kids in the Kitchen: A Cookbook for Little Chefs
- **Gabriela Jimenez, 2016**  
Antiglycemic Properties of Mustard, a Condiment High in Vinegar

- **Aleksandra Booher (Kras), 2016**  
All About the Beets - Cookbook
- **Krystiana Cornella, 2015 (served as Chair)**  
Development and Evaluation of a Nutritious Menu for Lions Camp Tatiyee: An Entrepreneurial Endeavor in Designing a Nutrition Program for Individuals with Special Needs
- Daniel Murphy, 2015  
Paleo Nutrition: Investigating Possible Consequences of Fad Dieting
- Ashley Ryder, 2014  
An Examination of Fish Oil on Blood Clotting Times in Blood Types A and O
- Karina Gneck Loudon, 2013  
Assessing Diet Through Pictures Compared to Traditional Methods
- Neenah Grade, 2013  
Obesity and the Use of Brown Adipose Tissue as a Tool for Fat Loss in Humans
- Kathryn Bratrud, 2013  
Dietary Mushrooms and Decreased Risk of Cardiovascular Disease: A Case Study Approach to Validating an Experimental Design
- Amanda Jensen, 2012  
Dietary Exclusion of Omega-6 Rich Foods Favorably Influences Plasma CRP in Omnivores

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## PROFESSIONAL DEVELOPMENT ACTIVITIES

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*\*\*Only including activities from last six years (since last promotion)*

### 2021

- Leadership Network Webinar – Inclusion: Women Leaders in the Workplace, Zoom meeting, February 19, 2021
- Understanding the ASU Ecosystem – External Relations led by Grace O’Sullivan, Zoom meeting, February 24, 2021
- ACUE Alignment live working session, Zoom meeting, February 25, 2021
- ACUE Transparency working session Zoom meeting, February 26, 2021
- Promoting Health and Well-being through Non-pharmacological Intervention: Brain Mechanisms and Clinical Applications – Yi Yuan Tang, Zoom meeting, April 5, 2021
- Power & Influence, Effectively Leading Others Without Relying On the Use of Authority, led by Prof. Kevin Corley, Zoom meeting, April 9, 2021
- Leadership Network Webinar – Inclusion: LGBTQ+, Zoom meeting, April 20, 2021
- CHS Student Research Symposium, Zoom meeting, April 23, 2021
- The American Health Care System – Lessina Cline, Zoom meeting, May 4, 2021
- Resilience in Health Care – Leslie Rowans, Zoom meeting, May 6, 2021
- Implicit Bias in Health Care – Teri Taylor, Zoom meeting, May 10, 2021
- The Food Mood Connection: How Research on the Gut-Brain Connection Can Teach Us to Lead a Happier Life, Institute for Mental Health Research, Zoom meeting, May 13, 2021



- ACUE Final Sprint Working Session, Zoom meeting, May 24, 2021
- Integrated Health Conference: Population Health Management in the Time of COVID-19: The Pathway Ahead, fully online conference (5 sessions), May 26, 2021
- Applied Sports Nutrition Webinar Series: Dietary Supplements and Risk, Zoom meeting, September 7, 2021

## 2020

- CHS Faculty and Staff Research Day – Phoenix, AZ, January 31, 2020
- CHS Tea and Talk Workshop – Phoenix, AZ, February 14, 2020
- Teaching and Learning Community of Practice, online support meeting February 21, 2020
- Teaching for Active and Engaged Learning, Lilly Conference – San Diego, CA, February 27-29
- Teaching and Learning Community of Practice, online support meeting March 20, 2020
- How To Manage Teams Remotely: Building Culture and Collaboration, Zoom meeting, April 10, 2020
- CHS Health Talks – COVID-19 and effective diagnostics: The key to recovery of health, society and the economy, Zoom meeting, April 17, 2020
- Communicating in Crisis Webinar, Zoom meeting, April 21, 2020
- BMI Research Symposium and Student Poster Competition, Zoom meeting, April 24, 2020
- Leadership Network Webinar: Battling Burnout and Crafting Meaningful Work in a Period of Social Distancing, Zoom meeting, April 28, 2020
- CHS Student Research Symposium, Zoom meeting, May 1, 2020
- CHS Health Talks – COVID-19: What does the science say about reopening? Zoom meeting, May 8, 2020
- CHS Health Talks – COVID-19 and Vulnerable Populations, Part 2: The effects on racial and ethnic minorities, Zoom meeting, June 18, 2020
- Summer of Health: Nutritious Cooking with Sasha Bayat, Zoom meeting, July 8, 2020
- Leadership Network Webinar Series – Inclusion: Creating a Sense of Belonging, July 31, 2020
- TRANSCEND Seminar Series - Mineral Metabolism During Pregnancy: Myths and Misconceptions, September 17, 2020
- TRANSCEND Seminar Series - Addressing Social and Structural Determinants of Dietary Behavior in the US: Using Community-Based Participatory Approaches to Advance Health Equity and Food Justice, October 1, 2020
- Effective Teaching Practices Certificate Program, Cohort K, Association of College and University Educators (ACUE); Program launch meeting on October 2, 2020
- TRANSCEND Seminar Series - Restoring Indigenous Food Systems to Improve Native Health, October 15, 2020
- Leadership Network Webinar – Inclusion: Creating Safe Spaces for Dialogue, Zoom meeting, October 19, 2020
- TRANSCEND Seminar Series - Cystic Fibrosis: Re-Thinking Nutrition Care for Lifelong Health, October 29, 2020
- Affinity Networks & Translational Teams Fall Retreat, Zoom meeting, October 30, 2020
- TRANSCEND Seminar Series - Neurodevelopmental Outcomes of Extremely Pre-Term, Extremely Low Birth Weight Infants, November 12, 2020
- TRANSCEND Seminar Series - Improving Child Nutrition through Father Engagement in a Mexican-Heritage Family-Centered Program, November 19, 2020

- TRANSCEND Seminar Series - Non-invasive Methods for Assessing Nutritional Regulation of Neonatal Gut Gene Expression and Host-Microbe Interactions, December 3, 2020

## 2019

- CHS Leadership Series Part 2: Separate As The Fingers But One Hand – Phoenix, AZ, January 30, 2019
- Translational Science: A Vision for the 22nd Century with Dr. Bonnie J. Spring – Phoenix, AZ, February 6, 2019
- Etiquette Dinner with The Dean – Phoenix, AZ, February 7, 2019
- Biostatistics Seminar: How can we deal with statistical uncertainty? – Phoenix, AZ, February 22, 2019
- Exploring Leadership Series: Self-Awareness and Self-Accountability with Dr. Mike Baer – Tempe, AZ, February 28, 2019
- Arizona Metabolomics Laboratory: Metabolomics Symposium 2019 (ASU Mayo Campus) – Scottsdale, AZ, March 1, 2019
- CHS Retreat: Leading the College to Success – Phoenix, AZ, March 29, 2019
- Raising the Physical, Mental, Social and Spiritual Health of American Indians and Alaska Natives with IHS Rear Admiral Michael Weahkee – Phoenix, AZ, April 11, 2019
- Sports, Cardiovascular and Wellness Nutrition (SCAN) Dietetics Practice Group 35<sup>th</sup> Annual Symposium: Navigating the Path of Wellness – Phoenix, AZ, April 26-28, 2019
- Renaissance Periodization Summit 2019 – Philadelphia, PA, November 9, 2019
- Joined CHS Teaching and Learning Community (TLC) and attend monthly meetings, where discussions include topics such as promoting diversity in the classroom, support for online instructors, and other strategies for enhancing teaching effectiveness.

## 2018

- Building Healthy Lifestyles Conference – Tempe, AZ, February 23-24, 2018
- Food & Thought Series: Join the Discussion about GMOs – Phoenix, AZ March 28, 2018
- AZ Transfer Summit Conference - Scottsdale AZ, April 12-13, 2018
- Understanding and Overcoming the Challenge of Obesity and Overweight in the Armed Forces: A Workshop – National Academy of Sciences Webinar, May 5, 2018
- Leadership Academy peerLA Cohort V Workshop 3 – Scottsdale, AZ May 24-25, 2018
- The Teaching Professor Annual Conference – Atlanta, GA, June 1-3, 2018 2018
- Health Solutions + Design and Arts Faculty Mixer – Tempe, AZ, September 5, 2018
- ASU Commission on the Status of Women Professional Development Conference – ASU Polytechnic Campus, October 17, 2018
- CHS Faculty Leadership Series: Leading From Where You Are: Managing Up, Down and Sideways – Phoenix, AZ, December 11, 2018

## 2017

- Building Healthy Lifestyles Conference – Tempe, AZ, February 10-11, 2017
- Teaching Workshop: Teaching Active and Veteran Military Students presented by Julian Robinson and Shawn Hrcir – Phoenix, AZ, April 3, 2017
- West Valley Health Career Expo – Peoria, AZ, April 19, 2017
- American College of Sports Medicine Annual Meeting – Denver, CO, May 30 – June 3, 2017
- ASU Peer Leadership Academy Cohort V Workshop 1 – Scottsdale, AZ, August 2-4, 2017
- Starting Strength Coaches Association 6<sup>th</sup> Annual Meeting – Wichita Falls, TX, August 5-6, 2017

- Academy of Nutrition and Dietetics, Annual Food and Nutrition Conference and Expo (FNCE 2017), Chicago, IL, Oct 21-23, 2017

## 2016

- Development and Management of Large E-Learning Courses with guest speaker Rose Martin, ASU Downtown Phoenix Campus, 1-3 pm on January 7, 2016
- Building Healthy Lifestyles Conference – Tempe, AZ, March 18-19, 2016
- Social Media Workshop, ASU Downtown Phoenix Campus, 1-2 pm on April 27, 2016
- Arizona Academy of Nutrition and Dietetics/WIC Annual Meeting, June 17, 2016
- Academy of Nutrition and Dietetics, Annual Food and Nutrition Conference and Expo (FNCE 2016), Boston, MA, Oct 15-17, 2016
- Phoenix Health Care Sector Partnership, UA College of Medicine, October 19, 2016
- Tec de Monterrey, site visit to Mexico City campus to review Nutrition & Exercise Curriculum, Study Abroad Partnerships and Scholarships for ASU & Tec students, November 16-18, 2016

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## ORAL PRESENTATIONS AT PROFESSIONAL MEETINGS

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“Vitamin C Depletion in Healthy Adults is Associated with Impaired Mood States and Increased Perception of Fatigue During Sub-Maximal Walking,” Annual Meeting of the Federation of American Societies for Experimental Biology, San Diego, CA, April 5-9, 2008

“Vitamin C Status and Fatigue in Obese Adults Consuming a Reduced-Calorie Diet,” Annual Meeting of the Federation of American Societies for Experimental Biology, San Francisco, CA, April 1-5, 2006

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## ABSTRACTS

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**Appel CL, Johnston CS.** Frozen pickle juice reduces mealtime glycemia in healthy adults but not in third trimester pregnant women. American Diabetes Association 70<sup>th</sup> Scientific Sessions. 2010;1947-P.

**Appel CL, Johnston CS.** Medicinal use of vinegar should be accompanied by a diet rich in potassium alkali salts to avoid possibility of low grade metabolic acidosis. FASEB Journal. 2009;23:902.12

Johnston CS, **Appel CL.** Frozen pickle juice reduces mealtime glycemia in healthy adults. FASEB Journal. 2009;23:900.2

**Appel CL, Johnston CS, Huck CJ, Beezhold BL, Swan PD.** Vitamin C depletion in healthy adults is associated with impaired mood states and increased perception of fatigue during sub-maximal walking. FASEB Journal. 2008;22:157.7.

**Appel CL, Johnston CS, Beezhold BL, Swan PD.** Vitamin C status and fatigue in obese adults consuming a reduced-calorie diet. FASEB Journal. 2006;20:529.8.

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## MANUSCRIPTS

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Martin, KR, **Appel, CL.** Polyphenols as dietary supplements: A double-edged sword. Nutrition and Dietary Supplements. 2009;1, 1-12.

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## **CREATIVE SCHOLARLY WORK**

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Metabolic Map: Part I

Copyright 2005, on file in Library of Congress

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## **DISSERTATION RESEARCH SUPPORT**

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11/2/09 – 6/30/10

Source: Office of the Vice-President for Research and Economic Affairs, Graduate and Professional Student Association Research Grant Program, 2009 – 2010

Award: \$2000

Title: Effect of Apple Cider Vinegar on Fat Oxidation

11/5/08 – 6/30/09

Source: Office of the Vice-President for Research and Economic Affairs, Graduate and Professional Student Association Research Grant Program, 2008 – 2009

Award: \$750

Title: Two Day Pickle Juice Trial in Gestational Diabetes

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## **HONORS/AWARDS/NOMINATIONS**

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*Graduate Student Teaching Excellence Award* Recipient, 2008-2009

Nominated for ASU *Centennial Professor Award*, 2012-2013

*Recognized Young Dietitian of the Year*, Arizona Academy of Nutrition and Dietetics, 2013

Nominated for *Teaching Award: 5<sup>th</sup> Annual CHS Staff and Faculty Awards*, 2020

Nominated for *Teaching Award: 6<sup>th</sup> Annual CHS Staff and Faculty Awards*, 2021