

# Zach Cordell

Registered Dietitian Nutritionist

Cordell.ZJ@gmail.com      Master of Science

## LICENSE & EDUCATION

### **Registered Dietitian Nutritionist**

Commission of Dietetic Registration October 2016

### **Yale - New Haven Hospital**

Dietetic Internship August 2016

### **University of Massachusetts Amherst**

Master of Science, Community Nutrition May 2016

### **University of North Carolina at Greensboro**

Bachelor of Science, Human Nutrition and Dietetics May 2013

## EXPERIENCE

### **Assistant Teaching Professor, Arizona State University**

Phoenix, AZ August 2019 – Present

- Educate students in the College of Health Solutions
- Act as the undergraduate Public and Population Health degree director - organizing courses, faculty teaching load, and course development
- Serve on University Committee's to assist with personnel procurement and applicant evaluation
- Teach classes including: Cultural Aspects of Health, Health Theory, Applied Medical/Healthcare Ethics, Healthcare Systems in the US, Eating for Lifelong Health, and others.
- Co-Chair Vitality and Wellness Committee as well as the COVID Rapid Response Group for Faculty Wellness
- Took the lead in authoring a textbook with colleagues for our Cultural Aspects of Health course
- Responsible for teaching online, hybrid, and face to face courses using Canvas LMS
- Course lead for the in-person HSC 210: Cultural Aspects of Health course. Creating curriculum, mentoring faculty, managing the course shell, and identifying areas of improvement.
- Served as the course lead for MED 320: Medical and Healthcare Ethics – including rebuilding course, identifying and implementing new textbook, and working with colleagues who also taught the course
- Served on Population Health hiring committees
- Manage graduate student assistants, undergraduate student assistants and Barrett's Honors College Students
- Participated in Association of College and University Educators (ACUE) professional development for effective teaching

### **Clinical Dietitian, AdventHealth Hospital**

Daytona Beach, FL February 2019 – July 2019

- Utilized Cerner EMR software to document patient care
- Provided nutrition counseling utilizing motivational interviewing
- Executed medical nutrition therapy to clients in acute, step-down, and ambulatory settings
- Determined adequate levels of nutrition support for necessary patients

### **Assistant Professor, Daytona State College**

Daytona Beach, FL

August 2016 – August 2019

- Utilized face-to-face, hybrid and online formats for delivering courses to students
- Introduced new textbook to course and rewrote online coursework
- Worked with the faculty innovation center to create video for introductions, instructions, and assignments to increase online and hybrid course engagement
- Participated as an active member of the Service Learning and General Education Committee's
- Founded and advised student health club "Healthy Roots"
- Acted as liaison for the Department of Health and Wellness at open houses and presented for local high school students to assist with recruitment
- Assisted with the development of the Volusia County Department of Health's website creation for public health nutrition program (5, 2, 1, 0)

### **Dietetic Intern, Yale New Haven Hospital**

New Haven, Connecticut

September 2015 – August 2016

- Utilized EPIC EMR to document patient plan of care
- Performed nutrition counseling utilizing motivational interviewing techniques
- Created outreach methods to engage hospital patrons (including chef demos, heart health education, RD approved menus for the cafeteria, etc.)
- Executed medical nutrition therapy to clients in acute, step-down, and ambulatory settings
- Determined adequate levels of nutrition support for necessary patients
- Worked in a multidisciplinary medical team to evaluate goals for treatment
- Assisted in managing kitchen and diet technician staff to ensure optimal patient care

### **Graduate Teaching Assistant, University of Massachusetts Amherst**

Amherst, Massachusetts

August 2013 – December 2016

- Utilized communication skills to translate complex nutritional concepts to simple principles
- Adapted class syllabus and weekly educational material to best suit each classroom culture
- Measured learning outcomes and administered feedback to students
- Engaged students in group work and real world application on nutrition principles
- Recognized as a finalist for the University's Distinguished Teaching Award

### **Patient Nutrition Attendant, Moses Cone Hospital**

Greensboro, North Carolina

May 2011 – August 2013

- Established a comfort with working in a clinical environment and patient communication
- Administered therapeutic diets for renal, pediatric, post- and pre-operative, cardiovascular and neurological intensive care patients
- Educated patients on healthy food practices, behaviors, and relationships
- Aided the kitchen staff on the food service line
- Observed managerial practices and their effects on employees and patient care

### **Intern Project Manager, Global Humanitarian Solutions**

Summerfield, North Carolina

May 2011 – August 2012

- Enlisted business and community sponsors for our selected humanitarian project
- Obtained project management practices to establish effective and appropriate projects

### **Health Educator, The Center for New North Carolinians, AmeriCorps**

Greensboro, North Carolina

November 2010 – June 2011

- Developed and taught culturally appropriate nutrition curriculum to educate immigrants and refugees on healthy dietary behaviors and the US food environment
- Contracted relationship with local farming organizations to supply equipment for the continuation of traditional gardening practices

### **Peer Educator, University of North Carolina at Greensboro**

Greensboro, North Carolina

December 2010 – December 2011

- Created, marketed, and hosted nutrition workshops/focus groups to improve student health
- Collaborated with University Dietitian to reform workshop experience

## **RESEARCH EXPERIENCE**

### **Graduate Researcher, University of Massachusetts Amherst**

Amherst, Massachusetts

August 2014 – May 2016

- Evaluated awareness of risk factors of type 2 diabetes in university affiliated individuals
- Established community sponsors to assist with participant engagement
- Utilized online survey evaluation software for respondent analysis
- Presented research in a poster session to the Connecticut Academy of Nutrition and Dietetics

### **Graduate Research Assistant, University of Massachusetts Amherst**

Amherst, Massachusetts

August 2014 – September 2014

- Created cross-cultural coursework for young women of Cambodian heritage to increase vegetable consumption and cooking self-efficacy
- Delivered educational material and evaluated effectiveness of programming
- Performed recruitment tasks while fostering relationships with community partners
- Utilized social media for participant engagement to enhance the impact of the education

### **Undergraduate Researcher, University of North Carolina at Greensboro**

Greensboro, North Carolina

August 2011 – August 2013

- Evaluated Vitamin D intake levels in African immigrants and refugees residing
- Assisted PhD candidate in understanding the use of child language brokering and its influence on family food choices in Latino populations
- Assessed need of a community clinic for nutrition research and program evaluation
- Developed research and institute review board proposals and composed questionnaires
- Organized recruitment with Universities, organizations, and local community leaders
- Carried out in-home, phone, and office interviews and gathered anthropometric data
- Analyzed data and presented results as listed below

## **PUBLICATIONS**

“Culture and Health: An Introduction for Future Health Professionals” – Great River Learning Textbook Publishing – June 2021 – ISBN: 9781644965443

“Raising a Healthy Family in a Health-Obsessed World” – Ensign Magazine Article – September 2020

“40 Days: A Diet Devotional” – Kindle Direct Publishing – July 2019

“The Creation Code: God’s Blueprint for Creating the Future You Want” – Kindle Direct Publishing – December 2018

“Analysis of Child Food Requests and Maternal Compliance in Low-income Hispanic and Non-Hispanic Families” – Authors: Amber Haroldson, Zachary Cordell and Lauren Haldeman  
First published online September 8<sup>th</sup> 2015 - Family and Consumer Sciences Research Journal  
(Awarded “Best Paper in Foods and Nutrition” published in this journal for year 2015)

## **PROFESSIONAL PRESENTATIONS**

### **Leadership Reflection**

Arizona Academy of Nutrition and Dietetics  
Phoenix, AZ  
July 2022

### **Series on Faith, Food, and Health**

BYU Education Week– Scheduled to present  
Provo, UT  
August 2021

### **Culture and Care**

Arizona Academy of Nutrition and Dietetics  
Phoenix, AZ  
July 2020

### **Series on Faith, Food, and Health**

BYU Education Week– Cancelled due to COVID  
Provo, UT  
August 2020

### **Food, Faith and Science**

International Congress of Dietetics - Cancelled due to COVID  
Johannesburg, South Africa  
August 2020

### **Raising a Healthy Family in a Health Obsessed World**

Brigham Young University – Education Week  
Provo, UT  
August 2019

### **Approaching Health with an Eternal Perspective**

Brigham Young University – Education Week  
Provo, UT  
August 2019

Brigham Young University Idaho – Education Week  
Rexburg, ID  
August 2019

### **Understanding the Majesty of Our Bodies in Mortality**

Brigham Young University – Education Week  
Provo, UT  
August 2019

Brigham Young University Idaho – Education Week  
Rexburg, ID  
August 2019

### **Food, Faith, Culture and Science**

Sunstone Symposium  
Sandy, UT  
August 2019

## **PROFESSIONAL PRESENTATIONS (CONTINUED)**

### **Exploring Faith, Culture and Food Behaviors**

Brigham Young University – Education Week August 2019  
Provo, UT  
Brigham Young University Idaho – Education Week July 2019  
Rexburg, ID

### **Putting Taboo on the Table in Educational Settings**

Stetson University Colloquium on Learning April 2019  
Deland, FL  
Daytona State College Academic Excellence Symposium February 2019  
Daytona Beach, FL

### **Health and Size**

Volusia Academy of Nutrition and Dietetics September 2018  
Daytona Beach, FL

### **Weight... What Bias**

Stetson University Colloquium on Learning April 2018  
Deland, FL

### **Cholesterol and You**

New Spring Chiropractic February 2018  
Palm Coast, FL

### **Secret Window of Higher Education**

Daytona State College Academic Excellence Symposium February 2018  
Daytona Beach, FL

### **The Closet Monster of Body Image**

Elevate Daytona January 2018  
Daytona Beach, FL

### **Research Findings Regarding University Awareness of Type 2 Diabetes**

Connecticut Academy of Nutrition and Dietetics Spring 2016  
Meriden, CT

### **Review of Program Evaluation at Triad Adult and Pediatric Medicine**

North Carolina Academy of Nutrition and Dietetics Annual Meeting Spring 2013  
Pinehurst, NC

### **Vitamin D intake in African Immigrants and Refugees**

University of North Carolina at Greensboro Community Based Research Colloquium Spring 2013  
Greensboro, NC

## **HONORS AND AWARDS**

Faculty Mentor Award Nominee	Arizona State University, 2022
Rookie of the Year, College of Health Solutions	Arizona State University, 2020
Dr. John Guthrie Jr. Award for Research and Prof. Development	Daytona State College, 2019
Recognized Young Dietitian of the Year	Florida Academy of Nutrition and Dietetics, 2019
Distinguished Teaching Award Nominee	University of Massachusetts, 2014
Peter Pellett Scholarship for International Nutrition	University of Massachusetts, 2014
Golden Chain Honors Society	University of North Carolina at Greensboro, 2013
Disciplinary Honors	University of North Carolina at Greensboro, 2013
Jay Allen Scholarship for Dietetics	University of North Carolina at Greensboro, 2012
Eagle Scout Award	Boy Scouts of America, 2002

## **CERTIFICATES**

ACUE – Online Educator Training April 2019  
Quality Matters - Online Educator Training May 2018  
LEAD development program May 2018

Writing Across the Curriculum, Writing-in-the-Disciplines  
 Introduction to Cultural Competency and Title VI  
 Social and Behavioral Research Investigators and Key Personnel  
 Social and Behavioral Responsible Conduct of Research Course 1  
 Institutional Review Board Members

May 2017  
 Public Health Foundation, 2014  
 CITI Program, 2014  
 CITI Program, 2011  
 CITI Program, 2011

### **PROFESSIONAL AFFILIATIONS**

Academy of Nutrition and Dietetics  
 Arizona Academy of Nutrition and Dietetics  
 Central Arizona Academy of Nutrition and Dietetics

### **MENTORING & SUPERVISORY EXPERIENCE**

Yat (Jay) Chan – Graduate Student Assistant	Spring 2023
Gabriela Anguamea Rodriguez - Undergraduate Teaching Assistant	Spring 2023
Anjali Raju - Undergraduate Teaching Assistant	Spring 2023
Melanie Roberts-Bolton – Graduate Teaching Assistant	Fall 2022, Spring 2023
Angel Jose Sanchez – Undergraduate Teaching Assistant	Fall 2022
Yashvi Naik - Barrett Honors College Student	Fall 2022
Hannah Moton - Barrett Honors College Student	Fall 2022
Anjali Raju - Barrett Honors College Student	Fall 2022
Karen Nguyen - Barrett Honors College Student	Fall 2022
Lisa London – Graduate Teaching Assistant	Summer 2022
Chantel Renolds Vu – Graduate Student Assistant	Fall 2020 - Summer 2021, Spring 2022
Emily White - Barrett Honors College Student	Fall 2021
Gaberiela Bravo - Barrett Honors College Student	Fall 2021
Yolotzin, Olguin-Rivera - Barrett Honors College Student	Fall 2021
Karen Martinez Castro – Barrett Honors College Student	Spring 2021
Cynthia Stumer – Graduate Student Assistant	Spring 2020 – Fall 2020, Fall 2021
Rebekah Littleton – Undergraduate Student/Teaching Assistant	Spring 2020 - Fall 2020
Claire Peterson – Barrett Honors College Student	Spring 2020
Emma Utagawa – Barrett Honors College Student	Spring 2020
Michael Piedra Gonzalez – Barrett Honors College Student	Spring 2020
Faith Kyaruzi – Barrett Honors College Student	Spring 2020
Nicholas Pasquale – Graduate Student Assistant	Spring 2020
William Townsley – Graduate Student Assistant	Spring 2020
Kim Cobler – Graduate Student Assistant	Spring 2020
Judith Ware – Graduate Student Assistant	Fall 2019
Ali Syed Haider – Graduate Student Assistant	Fall 2019, Fall 2020
Pooja Sangha – Barrett Honors College Student	Fall 2019

### **UNIVERSITY SERVICE**

Vitality and Wellness Committee (Co-Chair Fall 2020 – present)	Fall 2019 – Present
Population Health Graduate Hiring Committee	Fall 2021 – Spring 2022
Curriculum Committee	Fall 2019 - Present
Member of the Mentor/Mentee Program	Fall 2019 - Present
Faculty Awards Committee	Fall 2019 - Present
Personnel Ad Hoc Committee	Fall 2019 – Spring 2021
The Learning Commons	Fall 2019 – Spring 2021
Co-Lead of Health and Wellness Domain during COVID Response	Spring 2020

### **VOLUNTEER EXPERIENCE**

**Arizona Academy of Nutrition and Dietetics, Treasurer**

Phoenix, AZ	December 2021- Present
<b>Volusia Academy of Nutrition and Dietetics, Public Policy Chair</b>	
Volusia County, FL	August 2018 – July 2019
<b>Volusia Academy of Nutrition and Dietetics, Committee Chair Member and Secretary</b>	
Volusia County, FL	August 2017 – August 2018
<b>Elders Quorum President, Church of Jesus Christ of Latter-Day Saints</b>	
Daytona Beach, FL	June 2017 – April 2018
<b>Member of Board of Directors and Clerk, Secretary, Health Community South Hadley</b>	
South Hadley, MA	May 2014 – May 2015
<b>Curriculum Committee Student Representative, University of Massachusetts Amherst</b>	
Amherst, MA	August 2013 – May 2015
<b>Students in Graduate Nutrition Organization, Secretary</b>	
Amherst, MA	May 2014 – May 2015
<b>Head Middle School Boy's Lacrosse Coach, Belchertown Lacrosse Association</b>	
Belchertown, MA	March 2014 – June 2014
<b>Missionary, Church of Jesus Christ of Latter Day Saints</b>	
Oklahoma, Arkansas, Missouri	September 2006 – June 2009