

## CURRICULUM VITAE

### JESSICA SHEA LEHMANN, MS, RDN

#### **Contact Information**

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#### **Academic Training**

- **Arizona State University**, Mesa, AZ, MS in Human Nutrition, 2011
  - Thesis: How the Media Framed Weight-loss Drugs: A Content Analysis of Newspaper Coverage Of Prescription and Over-the-counter Weight-loss Drugs.
  - Presented poster at the Food and Nutrition Conference and Expo in Houston, October 2013. Nominated for the Margaret Dullea Simko Award for Excellence in a Poster Session.
- **New York University**, New York, NY. Didactic Program in Dietetics, 2007.
- **Wesleyan University**, Middletown, CT. BA, Sociology. 1997
  - Charles B. Ray Scholarship. Women's varsity ice hockey goaltender, Kappa Alpha Theta Vice President-Finance, Writer for The Argus campus newspaper, Resident Adviser.

#### **Academic Employment**

**Associate Teaching Professor, Nutrition, College of Health Solutions, Arizona State University: 2022 – present**

**Lecturer, Nutrition, College of Health Solutions, Arizona State University: 2016 – 2022**

**Instructor, Nutrition Program, School of Nutrition and Health Promotion, College of Health Solutions, Arizona State University: 2014 – 2016**

**Faculty Associate, Nutrition Program, School of Nutrition and Health Promotion, College of Health Solutions, Arizona State University: 2013**

- Taught NTR 241: Human Nutrition to 105 students (immersion, Tempe)
- Taught NTR 100: Introduction to Nutrition Science to 80 students (immersion, Tempe)

**Adjunct Faculty, Nutrition, Maricopa Community College District. Phoenix, AZ: 2009, 2011 – 2013**

- Taught FON 241: Principles of Human Nutrition, FON 247: Weight Management Theory, and FON 100: Introductory Nutrition in immersion, online, and hybrid formats at Paradise Valley Community College and at Glendale Community College

#### **Non-Academic Employment**

**PRN (Part-time) Clinical Dietitian, Abrazo Arizona Heart Hospital, Phoenix, AZ: 2017–2018**

- Delivered clinical nutrition support services to patients (ICU and non-ICU)
- Monitored nutrition status, implemented physician-ordered therapeutic diets, provided nutrition education to patients.
- Coordinated data collected from patient, medical records, nursing, speech therapy, and additional staff to assess and evaluate patients' nutrition needs

**Food and Nutrition Columnist and Contributor, Raising Arizona Kids Magazine, Phoenix, AZ: 2013 –2014.**

- Contributed regularly to a local parenting magazine founded in 1989 with over 140,000 readers in the Valley.
- Pitched ideas, wrote articles, contacted and interviewed sources, collaborated with editors, art director, and photographer to produce articles online and in print.

**Nutrition Educator, Brooklyn Community Health Partners. New York, NY: 2004.**

- Volunteered with a school-based health program offering primary services and health education workshops to over 3500 families in a mixed-income neighborhood.
- Conducted needs assessment, then designed and ran six-week pilot test for school-based community nutrition intervention targeted at parents.
- Facilitated nutrition education workshops for parents and nutrition workshops for students at a school-based health education program.

**Technical Support Representative, Seamless Web, New York, NY, 2003 –2004.**

- Acted as the telephone-based primary point of contact for customers and restaurant partners for technical issues during evening shifts
- Used strong interpersonal communication skills, attention to detail, and patience to successfully diagnose and resolve software issues and customer service issues remotely

**Assistant to Keri Glassman, MS, RDN at KKG BodyFuel, Inc.. New York, NY: 2002 – 2004.**

- Supported business development and public relations initiatives; provided administrative support to a Registered Dietitian Nutritionist in private practice, focusing on prenatal nutrition, weight loss, sports performance, and medical nutrition therapy.
- Researched nutrition topics and drafted handouts for clients.

**Prudential Financial, Assistant Vice President, e-Business. New York, NY: 2000 - 2001.**

- Cultivated and maintained solid professional relationships with business, marketing, systems groups and external vendors; facilitated cross-functional team development, conflict mediation, and project deadlines.
- Screened and interviewed external vendors; researched competitive landscape; evaluated and recommended vendors for web metrics, electronic bill payment and presentment, and wireless alerts.

**Juno Online Services, Account Executive, Strategic Marketing. New York, NY: 1999 - 2000.**

- Excelled as day-to-day account lead; successfully performed trouble-shooting and resolved all marketing, operations and billing issues.
- Created business-to-consumer marketing programs and ensured promotional activities leveraged client branding strategies.
- Supervised implementation of 50 advertising campaigns for clients in a wide range of industries including consumer goods, telecommunications, nonprofit, and technology

**Coach Leatherware, Administrative Assistant, Logistics. New York, NY: 1998 - 1999.**

- Compiled periodic sales and inventory reports; performed detailed analyses on wholesale order data, fill rates, and inventory availability
- Distributed weekly sales reports; scheduled meetings; assisted Director

**Synapse Group, Account Coordinator. Stamford, CT: 1997 - 1998.**

- Facilitated print production of magazine subscription offers for credit cards, retail stores, and financial institutions
- Established and maintained client relationships through daily phone meetings and regular face-to-face meetings and resolved print problems at client mail warehouses

**Professional Memberships**

- Past President, Central District, Arizona Academy of Nutrition and Dietetics, 2023 – present.
- President, Central District, Arizona Academy of Nutrition and Dietetics, 2022 – 2023.
- President-elect, Central District, Arizona Academy of Nutrition and Dietetics, 2020 – 2022.
- Member, Academy of Nutrition and Dietetics, 2003 – present.
- Member, Arizona Academy of Nutrition and Dietetics, 2011 – present.
- Member, Nutrition Educators of Health Professionals Dietetic Practice Group, 2019 – present
- Member, Nutrition Education for the Public Dietetic Practice Group. 2020 - present
- Member, Hunger and Environmental Nutrition Dietetic Practice Group, 2018 – present
- Member, Asian American and Pacific Islanders Dietetic Practice Group, 2016 – present
- Member, Nutrition Entrepreneurs Dietetic Practice Group, 2013 – present.
- Member, Sports, Cardiovascular Health, and Wellness Nutrition Dietetic Practice Group, 2014 – present.
- Member, Food and Culinary Professional Dietetic Practice Group, 2014 – present.
- Member, Oncology Nutrition Dietetics Practice Group, 2017 - present.

### **Professional Trainings [2023: 1 hour]**

- ASU – Seeds of Sustainability Training, December 2023
- Arizona Public Service Orientation, June 2023
- ASU - Your Duty to Report, June 2023
- ASU - Preventing Harassment and Discrimination, June 2023
- Arizona State University, Information Security Training, June 2023
- Arizona State University Fire Safety and Prevention Certified, June 2023
- Arizona State University Inclusive Communities Training, December 2022
- Arizona State University EHS Authorized Driver Training, July 2022
- Arizona State University Community of Care Training, August 2020, June 2021
- Arizona State University ASU Sync Workshop, July 2020
- Collaborative Institutional Training Initiative (CITI), Human Subjects Training Certified, 2014-present
- Arizona State University FERPA Training, 2015 - present
- Arizona State University, Preventing Harassment and Sexual Violence, 2017

### **Professional Development: Teaching/Pedagogy**

**1 hour per activity, unless noted otherwise [2023: 25.5 hours]**

- Attended the Clinical Nutrition Mini-Conference for Central District-Arizona Academy of Nutrition and Dietetics, held in person at Banner University, September 16, 2023. *Application: to stay informed about clinical practice and to improve mentoring of nutrition students. [3 hours]*
  - “Introduction to Insulin for Registered Dietitians” by Kirsten Adamson RD, CDCES
  - “Introduction to TPN Management” by Kori Pelletier RD, CNSC
  - “Charting Updates” by Shawn Toso, MS, RDN
- Attended “Health, Technology & Equity Virtual Summit”, College of Health Solutions, September 15, 2023. *Application: teaching & mentoring. [2 hours]*
  - Health Equity 101 & Advancing the Public Health Workforce by Speakers: Swapna Reddy, JD, DrPH, MPH (she/her) (Moderator), Benjamin Mesnik
- Attended webinar “Using AI/ChatGPT as Your Teaching Assistant”, ASU Learning Experience Design September 8, 2023. *Application: developing assessments, brainstorming, revisions to writing on Canvas in all courses.*
- Attended the Arizona Academy of Nutrition and Dietetics “Widen Your Horizons” Conference, May 19-20, 2023. *Application: to stay informed about a variety of practice areas in the dietetics profession and to improve mentoring of nutrition students. [12 hours]*
  - Tour of Manzo Elementary School Garden
  - “Harnessing the Power of Diversity in Dietetics” by Christy Wilson
  - “Cultural Humility in Dietetics” by Zach Cordell
  - “Understanding and Implementation Guiding Patients with Nutrition - Unique Perspectives of Healthcare Professionals” panel discussion with physicians Leila Ali-Akbarian, Noshene Ranjbar, and Mari Anoushka Ricker, moderated by Diana Kinsfather
  - “Harnessing the Power of Food as Medicine Across Arizona” by Melanie Hingle
  - “Culinary Medicine Food Demonstration” by Jennifer Parlin and Connie Bell
  - “Fueling the Former Athlete: Bridging the Gap Between Sports Nutrition and Everyday Eating” by Carmen Young
  - “Overcoming the Dietitian Desert: Building the Rural Dietetics Pathway” by Ashlee Linares-Gaffer and Kayle Skorupski
  - “Meet Your Arizona Dairy Farmers & Beef Ranchers” panel discussion, moderated by the Arizona Beef Council & the Dairy Council of Arizona
  - “Academy and AZAND Policy Updates” by Erika Barrera and Glenna McCollum
  - “If not Weight, Then What: Diabetes Management from a Weight Inclusive Lens” by Ashley Munro
- Attended webinar “Playposit 101”, May 9, 2023. *Application: creating Playposit videos in Health Equity course for CHS faculty and staff and creating Playposit videos for NTR 345 and additional courses.*
- Attended C-AZAND Virtual Ethics Workshop: The Disease of Obesity and Weight Bias in Healthcare, hosted by Central District-Arizona Academy of Nutrition and Dietetics. May 9, 2023. *Application: to stay informed about clinical practice and to improve mentoring of nutrition students. [1.5 hours]*
- Inclusive Teaching Strategies for Dietetic Educators in Higher Education webinar by the Academy of Nutrition and Dietetics, February 10, 2023. *Application: to improve teaching and mentoring.*

- Attended the Nutrition Leadership Mini-Conference for Central District-Arizona Academy of Nutrition and Dietetics held on February 4, 2023, 7:30 am – 12:30 pm at Mercy Gilbert Medical Center. *Application: to stay informed about clinical practice and to improve mentoring of nutrition students. [4 hours]*
  - “Sports Nutrition” by Taylor Mogel-Simpson, Registered Dietitian for the Arizona Cardinals)
  - “Climate Change and Food Security” by Dr. Hallie Eakin, PhD, Arizona State University School of Sustainability
  - “Low FODMAP Diet” by Michelle Sharpe, RD, Mayo Clinic
  - “Food Allergies” by Dr. David Reeder, AZ Allergy Associates).
- Viewed “DBC Webinar: Communicating Nutrition with Music, Movement, Movies, and Media! Part 1,” hosted by the Dietitians in Business and Communications Dietetic Practice Group. December 10, 2022. *Application: updating content in NTR 345, 351.*
- Viewed “DBC Webinar: Communicating Nutrition with Music, Movement, Movies, and Media! Part 2,” hosted by the Dietitians in Business and Communications Dietetic Practice Group. December 10, 2022. *Application: updating content in NTR 345, 351.*
- Viewed webinar “Cultural Competency and Humility in Dietetics”, hosted by the Sports, Cardiovascular and Wellness Nutrition (SCAN) Dietetic Practice Group, November 26, 2022. *Application: updating content in NTR 142, 241, 351.*
- Viewed webinar “Understanding Suicide: What Dietitians Need to Know but are Afraid to Ask” hosted by Behavioral Health Nutrition Dietetic Practice Group. Speaker: Nicole Siegfried, PhD, CEDS. November 11, 2022. *Application: mentoring students and interns.*
- Attended Behavioral Health Nutrition Dietetic Practice Group: “Nutrition and Depression/Food and Mood”, August 25, 2022. *Application: updating content in NTR 345.*
- Attended the Clinical Nutrition Mini-Conference for Central District-Arizona Academy of Nutrition and Dietetics, held in person at St. Joseph’s Hospital, September 17, 2022. *Application: updating content in NTR 241. [4 hours]*
  - “Role of Nutrition in Inflammatory Bowel Disease” Brad Pasternak, MD
  - “Clinical Practice Guidelines for Patients with Renal Disease” by Srijana Neupane, MS, RD, CSR and Adriana Guzman RDN
  - “Dysphagia Status Post-Extubation: Speech Therapy & Dietitian Involvement” by Kimberly Deal, MS, CCC-SLP & Rebecca Volk, MS, CCC-SLP, BCS-S
  - “Diabetes Care & Medication Updates” by Janet Ward, RDN, CDCES
- Attended the Arizona Academy of Nutrition and Dietetics “Back to the Future” Conference, June 3 – 4, 2022. **[12 hours]**
  - “Learned Leadership” by Michael Welsh, MS, RD
  - “Great Leaders Need Great Teams” by Al Haddad and Emery Young
  - “By Teaching, We Learn: Lessons of Leadership through Mentoring” by Moderator: Lily McNair and Lucia Mosqueira, MS, RDN, CNSC and Speakers: Kristen Carli, RD, Brittany Gill, RD, Wendy Green, RD, and Ashlee Linares-Gaffer, MS, RDN, FAND
  - “Leadership Reflection” by Zach Cordell, MS, RD
  - “FoodMASTER Reach to Teach” by Sylvia Escott, MA, RD, FADA, LDN
  - “A Sustainable Nutrition Conversation: Making a Meaningful Connection” by Melissa Joy Dobbins, MS, RDN, CDCES
  - “Reimagining the Future of Nutrition and Dietetics Leadership” by Jaclyn Chamberlain, MPH, RDN, CSP
  - “Precision Nutrition: Can you eat for your genes?” by Veronica Mullins, MS, RD, CSCS
  - “The Risk of Dehydration Now and in the Future – Tools That Help to Optimize the Hydration Status of Your Clients?” by Floris Wardenaar, PhD
  - “AZAND Advocacy Committee Update: RDNs and Public Policy” by Erika Barrera, MPH, RDN
  - “Future Graduate Requirements - How Arizona Dietetics Programs are Paving the Way Forward” by Diana Kinsfather, MS, RD and Courtney Baker, MHS, RDN
  - Modernizing Consumer Food Safety by Dean Chiarelli, MA, RDN, CEP, CHES, REHS*Application: updating course content and mentoring nutrition students/interns.*
- Viewed CV-Well Webinar: How Exercise, Nutrition, Sleep, and Social Connection Complete the Well-being Puzzle”, hosted by the Sports, Cardiovascular and Wellness Nutrition (SCAN) Dietetic Practice Group, May 15, 2022. *Application: updating content in NTR 345.*
- Attended Central District-Arizona Academy of Nutrition and Dietetics “Burnout in Healthcare”, April 28, 2022, a webinar by Colleen Cordes, PhD, about burnout among healthcare professionals and strategies for dealing with burnout. *Application: mentoring healthcare students/interns.*

- Attended the membership education meeting for Central District-Arizona Academy of Nutrition and Dietetics “Pandemic Challenges in School Nutrition” panel discussion on Zoom, February 17, 2022, by Registered Dietitian Angela Gomez. *Application: mentoring nutrition students/interns*
- Central District-Arizona Academy of Nutrition and Dietetics “Inclusive Institutional Menu Planning”, November 18, 2021: attended webinar panel discussion with speakers about menu planning in school, eating disorder recovery center and for Native American diets. *Application: updating content on menu planning in NTR 345.*
- CHS Workshop: Students' Writing - Presenter, Duane Roen, Professor of English, College of Integrative Sciences and Arts. September 24, 2021. *Application: NTR 142, NTR 241, NTR 345 and NTR 351 content. [1.5 hours]*
- Central District-Arizona Academy of Nutrition and Dietetics “Advancing Health Equity”, John Molina, MD, JD, LHD, Corporate Compliance Officer for Native Health September 23, 2021: attended webinar about health equity, health disparities in the southern Native American tribes, cultural humility. *Application: updating content on health communication in NTR 351.*
- CHS Health Talk “Race, Equity and Health in the COVID Era”, Presenters: Dr. Mark Wieland, Professor of medicine, Chair of the Division of Community Internal Medicine, Mayo Clinic, and David Hayes-Bautista, Distinguished professor of medicine, Director of the Center for the Study of Latino Health and Culture, David Geffen School of Medicine, UCLA. Moderator: Michael Yudell, Vice dean and professor, College of Health Solutions, Arizona State University. September 23, 2021: attended webinar about how historic forces affect the disparate impact of COVID-19 on marginalized populations. *Application: updating content on health communication in NTR 351.*
- Massachusetts Academy of Nutrition and Dietetics - “The Food and Facts of Asian Culture and Health – July 15, 2021. Speaker: Ka Hei Karen Lau, MS, RDN, LDN, CDCES. *Application: NTR 345 and NTR 351 content.*
- Prescott College Food Systems Friday Episode 19: “The Role of Weight and Race Bias in Health Outcomes” – recorded November 19, 2020, watched July 3, 2021. Speaker: Dr. Fatima Cody Stanford (physician, scientist, educator, and policy maker at Massachusetts General Hospital and Harvard Medical School) spoke about how weight bias and stigma contribute to energy storage, how early life interactions influence weight bias, the impact of weight bias on health outcomes and how health professionals harbor implicit and explicit weight bias. *Application: NTR 351 content.*
- Food and Culinary Professionals Dietetic Practice Group, “Future of Food: Global Food and Nutrition Trends for 2021” – June 22, 2021: attended webinar about the connections among nutrition, sustainability and social justice and how they influence the food industry and consumer preferences, and “the new era of health empowerment, the demand for radical transparency and values-based buying”. Speaker: Janet Helm, MS, RD. *Application: NTR 345, NTR 351 content*
- Dietitians in Business and Communication Masterclass, “Keeping Your Virtual Audience Engaged: Distractions are Just a Click Away” – June 22, 2021: attended webinar about tools and techniques to keep the virtual audience engaged during presentations/classes/meetings. *Application: NTR 345, NTR 351 content. [2 hours]*
- Certificate, Global Advocacy. Attended 3 2-hour workshops about cultural responsiveness, antiracism, strategies to serve as resources for CLD students, proficiencies to identify and navigate cultural and linguistic diversity. May 17, June 9, and July 29, 2021. *Application: NTR 345, NTR 351 content. [6 hours]*
- Food and Culinary Professionals Dietetic Practice Group, “What’s on the Menu? Culture!” – March 4, 2021: attended webinar about cultural humility in nutrition education. *Application: NTR 345, NTR 351 content*
- Arizona Academy of Nutrition and Dietetics - Michele Redmond, “Your Pantry and Easy, Plant-rich Meals” February 25, 2021: attended a virtual cooking demo about cooking a pantry-friendly meal and learned about flavor tips to boost meal variety and enjoyment. *Application: updating content in NTR 345 and 351.*
- Online Instructor Support Committee – February 19, 2021: attended a meeting with CHS faculty intended to create and sustain supportive professional connection and community among remote faculty and share best practice online teaching strategies. *Application: NTR 345, NTR 351 content*
- “Embodying Place: Social Environment & Epigenetic Mechanisms” – February 18, 2021: attended ASU CEMinar (Center for Evolutionary Medicine) by Dr. Chantel Martin about her research, which “seeks to uncover social and biological mechanisms of health disparities across the life course. By identifying the long-term effects of early life stressors, such as neighborhood deprivation, crime, residential segregation and air pollution, her multidisciplinary research aims to improve health among racial/ethnic minorities and eliminate health disparities.” *Application: NTR 351 content*
- “From the Continent to the Americas: Foodways, Culture and Traditions” – February 6, 2021: attended a panel discussion by chefs, scholars and authors about African-American foodways and “the role that food has played in Black family life throughout the diaspora”. *Application: NTR 345, NTR 351 content. [2 hours]*

- “COVID-19 and Food Systems” – February 5, 2021: attended a presentation and panel discussion by researchers (including Dr. Punam Ohri-Vachaspati in CHS) on their work studying the impact of COVID-19 on food systems and food insecurity and implications for policy goals. *Application: HPEN Food Justice. [2 hours]*
- “Teacher Talk” – January 15, 2021: participated in an interactive CHS faculty meeting hosted by Tannah Broman about teaching tips and solutions. *Application: improving how I plan and conduct class meetings and updating content in NTR 345 and 351.*
- “Strategies & Tools for Designing for an Inclusive Learning Community”, CHS Online Instructor Support Meeting: January 15, 2021. Attended webinar about how to create an inclusive classroom community (social presence, teaching presence, cognitive presence), presented by Tamara Mitchell, instructional designer for CHS. *Application: updating content in NTR 345 and 351.*
- ASU Remote Instructor Training - January 4 – 11, 2021. Took asynchronous course on remote teaching to prepare classes. *Application: planning class meetings in NTR 345 and 351. [3 hours]*
- “Help All Students to Thrive: An Introduction to Culturally Responsive Teaching”. Hosted by Diversify Dietetics – December 8, 2020: attended webinar about pedagogy to promote resource (asset-based) pedagogical approaches to bridge to the dominant culture while sustaining home and community practices. *Application: teaching class meetings, planning course content in NTR 345 and 351.*
- “Next Normal: Optimal Nutrition In a Pandemic Reality”. Hosted by EatWell Global – October 29, 2020: attended 2-hour presentation about nutrition recommendations for the public during the pandemic, health disparities and how health professionals should be communicating with patients and the public during the pandemic. *Application: updating content in NTR 345 and 351. [2 hours]*
- “How to Cook and Eat for DIABETES without sacrificing flavor!” Hosted by Registered Dietitians Abbie Gellman, Julie Harrington - October 23, 2020: attended webinar about culinary nutrition techniques for diabetic diets. *Application: updating content in NTR 345 and 351.*
- “Teacher Talk” – October 22, 2020: participated in an interactive CHS faculty meeting hosted by Tannah Broman about helpful teaching strategies. *Application: conducting class meetings/content in NTR 345 and 351.*
- “Empathy from the Inside Out: Navigating Difficult Times with Mindfulness” – October 9, 2020: participated in an interactive webinar hosted by the Committee for Campus Inclusion about how to use empathy as a tool to connect with others and improve relationships. *Application: supporting students in my courses and students with whom I have a mentoring relationship.*
- “A Panel Conversation on the Trauma of Systemic Racism “ – October 7, 2020: attended webinar about the trauma of enduring systemic racism and community resources for helping students. *Application: supporting students in my courses and students with whom I have a mentoring relationship.*
- “Teacher Talk” – September 18, 2020: participated in an interactive CHS faculty meeting hosted by Tannah Broman about helpful teaching strategies. *Application: improving how I plan and conduct class meetings and updating content in NTR 345 and 351.*
- “Teacher Talk” – August 27, 2020: participated in an interactive CHS faculty meeting hosted by Tannah Broman about helpful teaching strategies. *Application: improving how I plan and conduct class meetings and updating content in NTR 345 and 351.*
- Nutrition Educators for Health Professionals “The Culturally Responsive Professor in Nutrition and Dietetics Education” – August 15, 2020: attended webinar about how to approach students with cultural humility. *Application: improving my interactions with students in my courses and students with whom I have a mentoring relationship.*
- ASU Sync Workshop – July 2020. Participated in a two-week course, including live webinars, on Canvas about how to teach in ASU Sync. *Application: improving how I conduct class meetings for NTR 345 and 351.*
- CHS Health Talk, COVID-19 and Vulnerable Populations, Part 2: The effects on racial and ethnic minorities. – June 18, 2020: attended webinar about the pandemic’s impact on underserved racial and ethnic populations and how COVID-19 has exacerbated health disparities. *Application: supporting students in my courses and students with whom I have a mentoring relationship.*
- “Scaling Your Practice With Tools That Incorporate Culinary Instruction”. Watched a Nutrition Entrepreneurs Dietetics Practice Group recorded webinar by Jeanne Petrucci, MS, RDN: June 10, 2020. *Application: updating content in NTR 345.*
- “Lunch and Learn Series: Maintaining Resilience During Times of Uncertainty” – May 17, 2020: attended webinar by Amber Wonder, Amber Wonder, assistant director of ASU's Employee Assistance Office. *Application: supporting students in my courses and students with whom I have a mentoring relationship.*
- CHS Health Talks: “Women and Leadership” – April 20, 2020: attended webinar about the institutional and personal challenges women face in the professional world, hosted by ASU professors Kristin Gilger, Julia Wallace and Mi-Ai Parrish and Dean Deborah Helitzer. *Application: supporting students in my courses and students with whom I have a mentoring relationship.*
- Central AZAND: “Vitamin C” - April 16, 2020: attended webinar on Vitamin C presented by Dr. Carol Johnston at ASU about the mechanisms by which vitamin C is absorbed, transported, and activated, the specific cellular

functions of vitamin C, correlations between the symptoms of vitamin C imbalance with its metabolic roles, appropriate techniques for vitamin C assessment, and the evidence regarding vitamin C and specific health claims. *Application: updating content in NTR 241.*

- CHS Health Talks – “Wellness in the Workplace” - March 5, 2020: attended meeting about strategies to promote healthy work environments, mindfulness, and resilience. *Application: role-modeling for students in my courses and students with whom I have a mentoring relationship.*
- Lilly Conference for Teaching and Active and Engaged Learning - February 27-29, 2020 (San Diego): attended sessions on equity in education, empathy in the classroom, project-based learning in a multi-disciplinary course, problem-based learning, process management in healthcare administration courses, improving quality of online discussion boards, teaching strategies for in-person courses, and a roundtable on student-led discussions about research articles. Participated in informal mentoring with other CHS faculty members attending the conference. *Application: improving the content of my courses and supporting students in my courses and students with whom I have a mentoring relationship.* **[2.5 days]**
- Central District, Arizona Academy of Nutrition and Dietetics - Michele Redmond, “Making Fiber Sexy” February 16, 2020: attended meeting about barriers to selecting, cooking, and eating fiber-rich foods and observed a cooking demonstration and tasting of fiber-rich foods. *Application: updating content in NTR 345 and 351.* **[1.5 hours]**
- ASU Online's Master Class for Teaching Online in Canvas, July 2019. *Application: updating content in all courses.*
- Today's Dietitian Conference, Spring Symposium, May 2019.
- AZ-AND meeting: The Science Behind the Health At Every Size Paradigm (Megan Kniskern) – April 2019
- Canvas training, online and in person meetings, 2018 – present. *Application: updating content in all courses.*
- Participated in Association of College and University Educators (ACUE) Effective Teaching Practices, 2018. *Application: updating content in all courses.*
- Forward Food Plant Based Culinary Workshop, Humane Society of America, May 2018
- Blackboard Tools Seminar - December 2017, Jason Neenu. *Application: updating content in all courses.*
- ASU Online's Master Class for Teaching Online, July 2017. *Application: updating content in all courses.*
- Culinary Nutrition Class on Vinegar, Chef-Dietitian Michele Redmond – May 2017
- Teaching Strategies for Working with Military Veteran Students - April 2017, Shawn Hrcncir and Julian Robinson, Health North
- ASU Online Engaging with Students Webinar – March 2017
- The Flipped Classroom (II): Hands-on Application (Using TechSmith Relay) – March 2017, Barbara Lafford and Wilhelmina Savenya, Arizona Center
- Gen M Round Table, Affective Teaching Methods - Shawn Hrcncir, March 2016
- ASU training for Nutrition faculty, “Development and Management of Large E-Learning Courses Workshop”, by Rose Martin, January 2016
- Faculty Development, Non Tenure Track Evaluation Training, Tempe, AZ, August 2015
- AZ-AND Annual Conference – June 2015
- Food & Nutrition Conference & Expo -Nashville, TN - October 2015
- Earth Day Cooking Class presented by NTR faculty Tina Shepard, Simin Levinson – April 2015
- Building Healthy Lifestyles Conference, Tempe, AZ, February 2015
- CHS/Herberger Faculty Collaboration Research Mixer, Tempe, AZ, February 2015
- Central AZ-AND meeting about the Gila Farm Cooperative & New Roots Program at the International Rescue Committee – January 2015
- Faculty Development Workshop for Interprofessional Education and Practice, Phoenix, AZ, October 2013
- Food & Nutrition Conference & Expo –Houston, TX- October 2013

### **Professional Development: Service**

1 hour per activity, unless noted otherwise

**[2023: 6 hours]**

- Attended ASU's Organizational Excellence Community of Practice (OECOP) Speaker Series “Change Management.” Speakers: Danielle B. Steele, Sharon Grant. October 19, 2023. [1.5 hours]
- Attended the College of Health Solutions Juneteenth screening of “Personal Statement” and discussion with faculty and staff, June 19, 2023[1.5 hours]
- Participated in the “From Equity Talk to Equity Walk” book club discussions (March 22, 2023 & April 7, 2023) and the “Meet the Author” virtual event (April 18, 2023) [3 hours]
- Viewed the webinar “Identifying and Addressing Racial Bias in the Provision of Public Health and Clinical Nutrition Services” organized by Public Health and Community Nutrition Dietetic Practice Group. December 15, 2022. [1.5 hours]

- Attended the Faculty Women's Association Luncheon, a professional development and networking event hosted by the Faculty Women's Association. Keynote speaker: President Michael Crow. November 2, 2022. [1.5 hours]
- Attended the Health Policy Equity Network/Museum of the West Fall 2022 Kickoff Event, a film screening of "The Color of Care" (documentary produced by Oprah Winfrey's Harpo Productions and the Smithsonian about how people of color suffer from systemically substandard healthcare) and art exhibition about race-based health disparities at the Museum of the West in Old Town Scottsdale. August 31, 2022. [2 hours]
- Viewed the webinar "DBC Webinar: Make Policy Your Business: You Are The Expert!" organized by the Dietitians in Business and Communications Dietetic Practice Group. July 10, 2022.
- Viewed the webinar "AAPI & PHCN Live Webinar: Privilege and implicit biases in the nutrition profession" organized by the Asian American and Pacific Islanders and Public Health and Community Nutrition Dietetic Practice Groups. June 5, 2022.
- Viewed "DBC Webinar: Connect for Success: Be Present, Engaged, and Responsive" organized by Dietitians in Business and Communication. May 20, 2022.
- Attended the Arizona State University SafeZone Training (Focus: Supporting LGBTQ+ Students) organized by the Committee for Campus Inclusion. March 24, 2022 [1.5 hours]
- Participated in an Academy of Nutrition and Dietetics House of Delegates meeting on Zoom. Topics: "A Culture of Positive Behaviors to Increase Inclusion, Diversity, Equity and Access (IDEA) and a Recap of 2020-2021 Year." May 1, 2021. [2.5 hours]
- Attended the "Anti-Asian and White Supremacy" webinar, organized by the Asian Pacific American Studies faculty in the School of Social Transformation at ASU, April 23, 2021. [1.5 hours]
- Attended the Experiential Learning Affinity Network Workshop: April 14, 2021. Talks included "Utilizing the Community Placements Database" (Jennifer Jarvis and Jessie Helmes), "Collaborating to Create an Experiential Course (Maureen McCoy and Jessica Carlson), "Applying Theory and Best Practices to Working with Students: Using Validated Reflection Prompts" (Jordan Miller) and "Using Contact Theory to Reduce Bias" (Simon Holzapfel), "Facilitating and Supervising Student Placements: Supervising Students in Clinical Settings" (Kelly Ingram) and "Using Riipen and Enightful for Student Placements" (Ron O'Donnell), "Mentoring Undergraduate Teaching Assistants: Using a Structured Canvas Shell to Facilitate Mentoring" (Kasondra McCracken) and "Methods for Ensuring a Meaningful Learning Experience" (Kathleen Dixon) [2.5 hours]
- Attended monthly meetings of an Antiracist Book Club led by Cheryl Najafi and Pardis Mahdavi. Members include Sybil Francis, Lois Brown, Colleen Jennings-Roggensack, Tiffany Lopez, Miki Garcia. Books read: The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together by Heather McGhee. Since April 2021.
- "FWA Leadership Summit 2021 Embracing Our Charter: Leading Inclusion at ASU and Beyond" hosted by the ASU Faculty Women's Association: March 4, 2021. [1.5 hours]
- CHS Health Talk, "COVID-19 Is Surging: How Do We Plan and Prepare?" – December 10, 2020: attended webinar about current mitigation strategies for the pandemic. *Application: work on COVID-19 TT.*
- "From A to Z, Unpacking Systemic Racism" Hosted by the ASU Faculty Women's Association – October 28, 2020: attended webinar by Dr. Eleanor Seaton about systemic racism, institutional racism, and anti-racism. [1.5 hours] *Application: work on Health Policy and Equity Network, CHS Diversity, Equity and Inclusion Council.*
- CHS Health Talks: "COVID-19 and Vulnerable Populations, Part 1: The effects on older adults" – June 4, 2020: attended webinar about the pandemic's impact on the older adults in the community and how to support them. *Application: work on COVID-19 TT.*
- ASU Art Museum. "Couch. Coffee. Culture."- May 24, 2020: attended webinar. Conversation with ASU Art Museum Director Miki Garcia and artist Cruz Ortiz about his work and artistic practice. *Application: cultural competence and teaching presence.*
- CHS Health Talks: "COVID-19: What does the science say about reopening?" – May 8, 2020: attended webinar about the epidemiology and public health perspectives on reopening and on contact tracing by ASU researchers Megan Jehn, Heather Ross and Michael Schaefer. *Application: work on COVID-19 TT.*
- CHS Health Talks: "COVID-19 and diagnostics: The key to recovery of health, society and the economy?" – April 17, 2020: attended webinar by ASU researchers Mara Aspinall, Joshua LaBaer and Carl Yamashiro.
- CHS Health Talks: "The COVID-19 Pandemic: Causes, Testing Options and Care" - April 2, 2020: attended webinar about the public health and bioinformatics perspectives on COVID-19 by ASU researchers David Sklar, Matthew Scotch and Brad Doebbeling. *Application: work on COVID-19 TT.*
- ASU Art Museum Art Trip to Mexico City with Miki Garcia (ASU Art Museum Director), Julio Cesar Morales (ASU Art Museum Curator) and Jason Schupbach (then-Head of Design School) – February 2 – 6, 2020. Attended the Zona Maco and Material art fairs and visited Jumex Museo, MUAC (contemporary art museum) Enhanced my understanding of Mexican culture and contemporary art and cuisine. [5 days] *Application: cultural competence and teaching presence.*



- Media Training, Arizona State University Marketing and Communications, Phoenix, AZ, September 2017

### **Current Classes Taught at the University Level**

- **NTR 142: Applied Food Principles**
  - Years taught: 6.5
  - Semesters taught: Spring and Fall 2018, Spring and Fall 2019, Spring and Fall 2020, Spring and Fall 2021, Spring and Fall 2022, Spring 2023, Fall 2023, Spring 2024
  - I teach NTR 142 online, a seven-week online food science course with lecture and lab. Students learn about food science principles and take quizzes on the material, and they conduct 13 food science labs (cook recipes from a lab manual to demonstrate food science principles) in their home kitchen. NTR 142 is a required course for students pursuing the Registered Dietitian credential. Teaching students to become competent in food science (cooking) and to be able to counsel future patients and clients on how to become food literate in order to achieve and maintain health directly contributes to the College's mission to prepare tomorrow's leaders to address the challenges facing people and communities to stay healthy, improve their health and manage chronic disease.
  - Course improvements: Challenges include accommodating a broad range of food science (cooking) skills, academic abilities, aptitudes for online learning, levels of experience using online classroom technology, executive function skills, budgets, and professional goals, in addition to the difficulty of the course content, limited access to ingredients for students in rural areas, on military bases, or in geographically distant locations (e.g. the Marshall Islands) and the potential isolation students might feel from each other due to the online format of the course. To overcome these challenges, I have made course improvements and maintained consistently high and above the mean student evaluation scores, even despite increasing enrollment by 100% (63 in spring 2018 to 126 in spring 2019), and the increased logistical challenges of accessing the required food/ingredients for conducting the labs during the COVID-19 pandemic in 2020 and 2021. To insure that I could connect with all learners, I developed an open-ended survey and placed it in the first module of the course, asking students about their culinary skills, their expectations for accessing food, ingredients, and kitchen space to conduct the food science labs, how I could support them as an instructor, and whether they had any questions. This survey helped me to assess their individual learning needs, identify who needed extra support and enabled students to feel connected with me as an instructor. To strengthen the students' engagement with each other in the classroom community, I created groups of 20-25 students within the course shell (first in Blackboard, and then in Canvas and in the third-party platform, VoiceThread, where students create multimedia presentations about their food science labs and communicated mainly with their group members by commenting on each other's presentations). To address the problem of food and nutrition insecurity, the course lead and I developed assignments that centered the problem of access to food (e.g. the Food Bank Challenge, and then later the Pantry Challenge). I created video walk-throughs of how to use VoiceThread, and created and sent regular video course announcements to create a high-touch experience for students who need more direct instructor engagement. I created detailed checklists in each module to help students stay organized. To accommodate students' budgets, I changed the policy regarding students' being assigned the recipe within each lab and allowed them to choose what worked from them while still applying the appropriate food science concepts, which aligns with Universal Design principles. The course lead and I worked with the Disability Resource Center (now Student Accessibility and Inclusive Learning Services) and the Office of General Counsel and changed the course policy regarding accommodations for vegan students who did not want to cook with animal-based ingredients; the revised policy allowed them to apply for an accommodation. Many of my students are from ethnic minority groups and often reside outside the United States due to military deployments. In my introduction to my students, I share how I grew up in Houston, Texas, in a family of Southeast Asian immigrants, and discuss my own family's food traditions. Recently, I wrote an article about Indonesian cooking for *Food and Nutrition's My Global Table: Indonesia* feature, and have been sharing it with my students, which they appreciate and often this sparks conversations about their own cultural food traditions. I often discuss the value of traditional cultural foods and ingredients with all students and point out the social and health benefits of including them in their diets and trying new traditional cultural foods from other cultures. I worked with Graduate and Undergraduate Teaching Assistants (TAs) to support students and my teaching. I wrote letters of recommendation for several of my NTR 142 students for graduate school (school counseling, marriage and family therapy, nursing). Student evaluation scores have ranged from 4.5-4.8 (above the mean 4.4).

- **NTR 345: Development of Healthy Cuisine**

- Years taught: 10.5
- Semesters taught: Fall 2014, Spring, Summer and Fall 2015, Spring and Fall 2016, Spring and Fall 2017, Fall 2018, Fall 2019, Spring and Fall 2020, Spring and Fall 2021, Spring and Fall 2022, Spring 2023, Fall 2023, Spring 2024
- NTR 345 is an applied nutrition course that is often taken by students in the College of Health Solutions who have a nutrition minor, or students outside of the College of Health Solutions. Focusing on the principles and applications of nutrition, food selection, food preparation and mindful eating in the development of healthy cuisine for wellness, prevention and disease states directly contributes to the College's mission to prepare tomorrow's leaders to address the challenges facing people and communities to stay healthy, improve their health and manage chronic disease.
- Course improvements: Having taught this course 18 times and having been the course lead since 2014, I have worked with other faculty who teach NTR 345 (Simin Levinson, Michelle Miller, Shauna Grant) to communicate changes, discuss feedback and revise assignments. In the fall of 2022, I tested out a Food Apartheid discussion prompt on Yellowdig that Simin Levinson had created. I wrote a course announcement explaining the context (systemic racism) of Food Apartheid and offered to meet with students individually to discuss the topic if they wanted to. Over the years, I have added a Culinary Nutrition textbook, changed textbooks to accommodate the students' level of knowledge about culinary nutrition, and created and revised many assignments, quizzes, in-class activities and case studies, often reaching out to the Academic Success Hub and my mentor Simin Levinson for assistance and to collaborate on assignments. (The immersion course had a cooking lab during the second half of the semester, but from spring 2020 to fall 2021, was adapted to take place fully in a classroom with cooking assignments in the students' kitchen at home. However, in the spring of 2022, I decided to reinstate the cooking labs during the second half of the semester, which the students enjoyed. The online course also has cooking assignments to be completed in the students' kitchen at home.) For the immersion section, I revised the recipes of the in-class cooking labs to simplify them, created lab manual including kitchen and food safety content, updated the food demonstration project. I created at-home cooking assignments for both the online and hybrid sections. I collaborated with fellow Nutrition faculty member (and mentor) Simin Levinson to simplify the assignments and course navigation, I used feedback from peer review from Maureen McCoy and Instructional Designer Anna Jolly to increase accessibility of course and improve the curriculum and assignments. I worked with Graduate and Undergraduate Teaching Assistants (TAs) to support students and my teaching. I have mentored Barrett honors students as they completed their honors contracts in NTR 345. I wrote letters of recommendation for NTR 345 students for graduate school (nutrition, nursing, physician's assistant). Student evaluation scores have ranged from 4.6-5.0 for the past five years (above the mean 4.5).

- **NTR 351: Nutrition Communication**

- Years taught: 10
- Semesters taught: Summer and Fall 2014, Spring, Summer and Fall 2015, Spring and Fall 2016, Spring 2017, Spring 2018, Spring and Fall 2019, Spring, Summer and Fall 2020, Spring and Fall 2021, Spring 2022, Spring 2023
- NTR 351 is a literacy course that requires students to conduct research using peer-reviewed journals in PubMed, interpret evidence from primary research studies, and write and speak for different types of audiences (health professionals and the lay public). It is part of the Didactic Program in Dietetics, so it is a required course for students pursuing the Registered Dietitian credential. Teaching students to become competent in evidence-based communication about nutrition directly contributes to the College's mission to translate health research and discovery into practice and prepare tomorrow's leaders to address the challenges facing people and communities to stay healthy, improve their health and manage chronic disease.
- Course improvements: Having taught 34 sections of NTR 351 since 2014, I have worked collaboratively with Course Lead Melinda Johnson to make many course improvements. I developed an iterative process to help students acquire competence in understanding how to think critically about how to use research studies to logically support a nutrition recommendation. I taught 13 sections exclusively online before taking over the in-person immersion format course, which then converted from a 3x/week course to a once/weekly course in spring 2020. When I began teaching the course in person, I was excited to create and add in-class activities that enhanced students' skills related to accessing scientific research articles, interpreting research articles, and translating research into layperson-friendly language. I developed pre-assignments (Jumpstarts) to help

students brainstorm and outline their thoughts before major communication assignments (Video Speech and Consumer Article). I developed a process of using annotated mentor texts to demonstrate my explicit expectations for student writing assignments. I worked as a part-time Clinical Dietitian at Abrazo Arizona Heart Hospital in 2017–2018 in order to learn more about health literacy in the clinical setting and so that I could bring these experiences working with patients and on interprofessional healthcare teams to enrich my students' learning about nutrition communication concepts. I brought in guest speakers from public health nutrition and behavioral health nutrition to speak about health communication and weight-inclusive communication. In the online sections, I continued to make course improvements that reflect my commitment to scaffolding student learning and providing iterative feedback. I created video walk-throughs of how to use VoiceThread, and created and sent regular video course announcements to create a high-touch experience for students who need more direct instructor engagement. I created detailed checklists in each module to help students stay organized (that I also provided for the in-person students). In alignment with my commitment to promoting the College's mission, I have been introducing concepts related to health equity and cultural humility into the nutrition communication curriculum. I worked with Academic Associates, Graduate and Undergraduate Teaching Assistants (TAs) to support students and my teaching, mentored Barrett honors students as they completed their honors contracts in NTR 351. I wrote letters of recommendation for NTR 351 students for graduate school (nutrition, medical school, physical therapy, physician assistant, nursing). Student evaluation scores have ranged from 4.6-5.0 for the past five years (above the mean 4.5).

- **HSC 310: Health Communication**

- Years taught: 0.5
- Semesters taught: Fall 2022
- In fall 2022 session A, I taught a new course for the first time, HSC 310 (Health Communication) online with 63 students. Student evaluation scores regarding the overall effectiveness of the course and the overall effectiveness of the instructor were 4.6 and related scores ranged from 4.6-4.9. I credit this to applying the excellent mentoring and support that I sought out from the course lead (Alexis Koskan). We met several times on Zoom before the course started and during the course. Thanks to Alexis's guidance, I was able to support the students well by providing specific and constructive feedback on the group project (a health marketing campaign). I recorded weekly module overview videos, final project instructional videos, and communicated with students through course announcements and Canvas messaging frequently to help them stay on track. I met with 15 out of the 16 groups one to three times on Zoom about their final projects during the final two weeks of the course. I invested time in recruiting an excellent GSA (a SHS PhD student with high-caliber communication skills, extraordinary empathy and attention to detail, and who had taken HSC 310 as an undergraduate) who was extremely helpful as well.

- **NTR 290: Introduction to Evidence-Based Research**

- Years taught: 0.5
- Semesters taught: Spring 2023
- In spring 2023 session C, I taught a new course for the first time, NTR 290 online as an iCourse with 27 students.
- NTR 290 is a foundational research course that introduces students to the importance of evidence in relation to evidence-based practice, evaluating the strength of research evidence, primary vs. non-primary research, accessing the research databases, learning how to gather and interpret appropriate research studies in order to answer a research question, and how to write about research in an academic context.
- Student evaluation scores regarding the overall effectiveness of the course averaged 4.2 and the overall effectiveness of the instructor were 4.5-4.6.

- **CHS 340: Health Theory**

- Years taught: 0.5
- Semesters taught: Fall 2023
- In fall 2023 session C, I taught a new course for the first time, CHS 340 (Health Theory) online as an iCourse with 40 students.
- CHS 340 is an online course in which students examine how health theory can be used to promote behavior change at individual and systemic levels. Students practice applying a variety of theoretical lenses to different spheres of influence (individual, social network, community, health system, and policy) for the purpose of achieving better health outcomes.

- Student evaluation scores regarding the overall effectiveness of the course averaged 4.7 and the overall effectiveness of the instructor were 4.7-4.8.
- **NTR 241: Human Nutrition**
  - Years taught: 6
  - Semesters taught: Spring 2013, Spring and Fall 2014, Spring and Fall 2015, Spring and Fall 2016, Spring and Fall 2017, Spring 2018, Spring 2019
  - NTR 241 is a nutrition science course that is part of the Didactic Program in Dietetics, so it is a required course for students pursuing the Registered Dietitian credential. Teaching students to become knowledgeable about the principles of human nutrition, including nutrient metabolism and the connections between dietary patterns and disease development, directly contributes to the College's mission to translate health research and discovery into practice and prepare tomorrow's leaders to address the challenges facing people and communities to stay healthy, improve their health and manage chronic disease.
  - Course improvements: I have taught NTR 241 in a variety of formats: online, hybrid, and immersion. The challenges of NTR 241 include the complexity of the course content due to the multidisciplinary nature of nutrition science and the sheer breadth and depth of the curriculum. To address these issues, I continually made course improvements, which were reflected in the upward-trending student evaluation scores that stayed consistently above the mean. I worked as a part-time Clinical Dietitian, Abrazo Arizona Heart Hospital in 2017–2018 in order to learn more about how to apply nutrition science within the clinical setting and so that I could bring these experiences back to the classroom and help my students make connections between the textbook content and their professional futures. I created PowerPoint presentations and designed lectures in accordance with active learning techniques, updated exam and quiz questions, created new in-class activities and case studies, created a unit on study skills, continually developed handouts to promote learning, and updated the assignments to match learning objectives. I have worked collaboratively with Course Lead Lisa Morse, then Shauna Grant and other faculty who teach NTR 241 to improve the course. We established a menu of options for in-class activities, case studies, study guides, and worksheets. I worked with Graduate Teaching Assistants (TAs) to support students and my teaching, and mentored Barrett honors students as they completed their honors contracts in NTR 241, and wrote letters of recommendation for NTR 241 students for graduate school (nutrition, nursing, physician assistant). Student evaluation scores have ranged from 4.4-4.7 for the past five years (above the mean 4.3).
- **NTR 450: Nutrition in the Life Cycle**
  - Years taught: 2
  - Semesters taught: Spring 2014, Fall 2014, Spring 2015, Fall 2015
- **NTR 100: Introductory Nutrition**
  - Years taught: 1
  - Semesters taught: Fall 2013, Spring 2014
- **NTR 300: Computer Applications in Nutrition**
  - Years taught: 0.5
  - Semesters taught: Fall 2015
- **NTR 353: Perspectives on the Western Diet: Food, Health & Sustainability**
  - Years taught: 0.5
  - Semesters taught: Fall 2016

## **Mentorship**

### **Master's Theses and Applied Projects**

- Karianna Larsen, Master's in Nutritional Sciences. "Food Waste Generation Among Plant-Based Eaters and First and Second-Generation Immigrants." *In progress, Spring 2024.*
- Samantha Lupnacca, Master's in Medical Nutrition. "Return to the Ancestral Diet". *Completed Spring 2022.*
- Breezy Bonney, Master's in Nutritional Sciences. "Nutrition Education Interventions in the Dental Health Setting". *Completed Spring 2022.*
- Evajeane Alpine, Master's in Nutritional Sciences. "Pilot test of the Validity of a Novel Animal-based Food Frequency Questionnaire". *Completed Fall 2021.*
- Karissa Leifken, Master's in Nutritional Sciences. "The Relationship Between Orthorexia Nervosa Symptoms and Social Media Exposure in Young Women: A Systematic Review". *Completed Fall 2020.*
- Maria Brennan, Master's in Nutritional Sciences. "Nutrition in the Workplace". *Completed Summer 2020.*

- Joy Wesolowski, Master's in Nutritional Sciences. "Effects of A Plant-Based Diet on HbA1c: Educational Pamphlet and Meal Plan for Adults with Type 2 Diabetes". *Completed Summer 2020.*
- J. Wade Ipson, Master's in Nutritional Sciences. "Barriers to Breastfeeding Duration Among WIC Participants". *Completed Summer 2020.*
- Kelly Whitcomb-Tincher, Master's in Human Nutrition, "Nutrition Education for Hospital Food Service Workers: Does education improve knowledge of therapeutic diets and reduce diet errors?" *Completed Spring 2018.*
- Susan Clark, Master's in Human Nutrition, "Assessment, Development and Standardization of Educational Materials for Patients with Type 2 Diabetes at Madison Memorial Hospital." *Completed Fall 2017.*
- Becky Welp, Master's in Human Nutrition, "Development of a Children's Book as a Parenting Tool for Nutrition Promotion Within the Home." *Completed Summer 2017.*
- Maria Kim, Master's in Human Nutrition, "Evaluation of a Proposed Diabetes Education Protocol Triggered by Hemoglobin A1C Level in a Primary Care Setting." *Completed Spring 2017.*

### **Undergraduate Capstones/Theses/Honors Contracts**

- Sidney Casillas, Barrett honors contract about self-efficacy and seatbelt laws. *Completed Fall 2023.*
- Nicole Lesan, Barrett honors contract about Health Belief Model constructs and rhinoplasty. *Completed Fall 2023.*
- Rachel Lowenthal, Barrett honors contract about health theory and occupational therapy. *Completed Fall 2023.*
- Skylar Wickman, Barrett Honors thesis. "The Biology of Kidney Disease and the Importance of Proper Nutrition" *Completed Spring 2023*
- McKenna Jerpseth. Barrett Honors contract: a culinary nutrition-focused food blog with photos and recipes. *Completed Spring 2023.*
- Kayla Thompson, Barrett Honors contract about vegan nutrition education for college students. *Completed Spring 2022*
- Tiffany Peterson, Barrett Honors contract about creating cooking videos for Valleywise Health. *Completed Spring 2022*
- Ariella Golden, Barrett Honors contract about creating cooking videos for Valleywise Health. *Completed Spring 2022*
- Tiffany Peterson, Barrett Honors contract about the science of taste (how taste receptors function, five flavors, focus on umami and bitter, compare global cuisines and standard American diet, strategies for retraining the palate). *Completed Fall 2021*
- Kenzie Taylor, Barrett Honors contract about acai as a food trend (marketing, history, origins, evidence for health benefits, cultural context). *Completed Fall 2021*
- Dalia Khaled, Barrett Honors contract, "The Mediterranean diet" (special emphasis on Lebanese diet). *Completed Spring 2021*
- Beatrice Llano, IDS 401 Directed Interdisciplinary Studies, "Culinary Tourism." *Completed Spring 2021*
- Andrew Davis, Microbiology Capstone Research Paper, "Using Plant-Growth Promoting Pseudomonas spp as a BioFertilizer in Soybean Hydroponic Systems." *Completed Spring 2020.*
- Jayme Kirch, Barrett Honors Creative Project, "Eat In, Not Out: A Comparative Analysis Between at Home Cooking and Restaurant Dining." *Completed Spring 2018*
- Victoria Sanford, Barrett Honors Creative Project, "Eat In, Not Out: A Comparative Analysis Between at Home Cooking and Restaurant Dining." *Completed Spring 2018*
- Anita Daryani, Barrett Honors contract about interprofessional treatment of eating disorders. *Completed Fall 2017*
- Alexandra Melikian, Barrett Honors Thesis, "The Freshman 15', Fact or Fiction: Exploring Food Literacy in College Freshmen." *Completed Spring 2017*
- Amy Petersburg, Barrett Honors contract about food industry/nutrition communication. *Completed Spring 2017*
- Neeku Navabi, Barrett Honors contract about sports nutrition research chocolate milk as a recovery beverage for endurance athletes. *Completed Spring 2017*
- Melanie Abramoff, Barrett Honors contract - "Dorm Cooking 101" Workshop. *Completed Spring 2016*
- Nicole Lebowitz, Barrett Honors contract - "Dorm Cooking 101" Workshop. *Completed Spring 2016*
- Alexander Melikian, Barrett Honors contract - "Dorm Cooking 101" Workshop. *Completed Spring 2016*
- Rebecca Bender, Barrett Honors contract - "Dorm Cooking 101" Workshop. *Completed Spring 2016,*
- Josh Cutlip, Barrett Honors contract "Dorm Cooking 101" Workshop. *Completed Spring 2016*
- Natalie Kugler, Barrett Honors contract - "Dorm Cooking 101" Workshop. *Completed Spring 2016*
- Karishma Shah, Barrett Honors contract - "Dorm Cooking 101" Workshop. *Completed Spring 2016*

- Raevyn Xavier, Barrett Honors contract – Helped write a Sustainability grant for the Food & Thought Ugly Food Film and Fest. *Completed Spring 2016*
- Jessica Lubold, Barrett Honors contract – Childhood obesity and diabetes research paper. *Completed Spring 2014*

### **Teaching Team**

- Trained and worked with Undergraduate Teaching Assistant Niki Brown Spring 2023 and Graduate Student Assistants Marisa Stephens Spring 2023, Amanda Probst, Maricarmen Cervantes Uribe and Grace Southworth Fall 2023. Met weekly on Zoom to discuss the current assignments to grade, any issues with students, upcoming assignments, etc.
- Trained and worked with Undergraduate Teaching Assistant Mercedes Molina, Fall 2021, Spring 2022, Fall 2022, Undergraduate Teaching Assistant Leslie Saldana Fall 2022, and Graduate Student Assistant Olly Green Fall 2022.
- Trained and worked with Undergraduate Teaching Assistants Kyle Bolton and Jenifer Meller, Spring 2021, Fall 2021.
- Trained and worked with Graduate Student Assistant Natalie Kravat, Fall 2020, Spring 2021.
- Trained and worked with Graduate Student Assistant Kaitlin Lichty, Fall 2019.
- Trained Academic Associates (Patricia Narducci, Devon Wilson-Torres, Kathryn McWhirter) in NTR 351 and NTR 142 – Spring 2019, Fall 2019, Spring 2020.
- Trained and worked with Teaching Assistant Brooke Clifford, Fall 2017, Spring 2018.
- Trained and worked with Teaching Assistant Nia Jarrett, Fall 2016, Spring 2017.

### **Informal Mentorship**

- Participated as a mentor in “Cultivate Dietetics”, a student-centered, diversity-focused networking/mentoring event on Zoom for the Arizona Academy of Nutrition and Dietetics that served 166 students by introducing them in small groups in breakout rooms for meetings with 10 nutrition professionals: November 8, 2023. [2 hours] The virtual, free event is designed to reduce inequities by eliminating the barriers of cost, transportation, childcare and is scheduled outside of the regular business day to increase the chances that students and interns can attend. To encourage long-term mentoring and networking opportunities, 10 \$100 stipends for Academy student memberships were given out (names were drawn randomly at the end) to participants so that students could pay for a one-year Academy membership (\$58, plus \$20 for their local Academy district, plus an extra \$22 to cover membership in one dietetic practice group)
- Met with nutrition student/veteran Marissa Sanchez, who is participating in the Veterans Imagination Project at ASU, to share my perspective on careers in food and nutrition and current projects in the College of Health Solutions that she can join (e.g. Blue Zones) and connected her with Simin Levinson – May 2023. Marissa is now taking my NTR 345 class (spring 2024) in person.
- Met with nutrition student Zoe Henderson to share my perspective on my professional roles as an educator within the University and the ways in which I serve the University, the dietetics profession and healthcare system in order to improve health outcomes and student learning and to share opportunities for her to get involved in projects related to community and policy – February 1, 2023.
- Wrote 5 letters of recommendation for undergraduate students in 2023: Citlaly Aispuro, Leslie Saldana, Gianna Davis, Paige Oskolkoff, Eliana Soria.
- Attended faculty UpBeet Zoom meeting for students – February 21, 2022, November 16, 2022 [2 hours]
- Participated as a mentor in “Cultivate Dietetics”, a student-centered, diversity-focused networking/mentoring event on Zoom for the Arizona Academy of Nutrition and Dietetics that served 186 students: November 2, 2022. [2 hours]
- Wrote 10 letters of recommendation for undergraduate students in 2022: Citlaly Aispuro, Madison Lane, Aminata Bangura, Arianna Cruz, Allison Manning, Ana Paula Coronel, Chenxi Liu, Anqi Xu, Gabrielle Klix, Hyrum Martinez Cuautle.
- Participated as a mentor in “Cultivate Dietetics”, a student-centered, diversity-focused networking/mentoring event on Zoom for the Arizona Academy of Nutrition and Dietetics that served 118 students: October 27, 2021. [2 hours]
- Affinity Network Mentorship: oversaw projects with internal and external partners by Health Policy and Equity Network Interns Boraan Abdulkarim, Lauren Crenshaw, Ali Khalifa, Taylor MacLeod, Dazha Player, Naomi Reyes, Nandini Sharma, Randy Bravo, and Adam Thompson, 2020-2021.
- Mentorship of Wesleyan University undergraduate student Francesca Fagnani-Coor about future careers in nutrition and food policy, March 2021.
- Wrote eight letters of recommendation for undergraduate students in 2021: Alexis Angel, Sera Schwartz, Erin Washbon, Alexia Gonzalez, Shawna Smoot, Aryssa Marquez, Muneeba Hasan, and Kyle Bolton.

- Wrote five letters of recommendation for undergraduate students in 2020: Beril Hezer, Arriana Cruz, Maria Christy, Moureen Nduta, Anita Daryanani.
- Wrote seven letters of recommendation for undergraduate students in 2019: Jessica Cross, Candis Futch, Brooke Clifford, Amy Petersburg, Matthew Thatcher, Quincy Dunbar, Joy Wesolowski.
- Wrote eight letters of recommendation for undergraduate students in 2018: Sonia Castillon, Everly Inunza, Jackie Luna, Kiera Carroll, Leah Nakaima, Chris Gonzalez, Diana Aguilera, Courtney Flanagan.
- Wrote eight letters of recommendation for undergraduate students in 2017: Everly Inunza
- Wrote five letters of recommendation for undergraduate students in 2016: Jade Banschbach, Brett Gruberg, Elizabeth McElaney, Marisol Sahadi, Malavika Mallya
- Engaged in many informal conversations with students about courses to take, professional guidance, graduate school, career advice, etc. 2014 – present.

### **Peer Mentoring**

- Maureen McCoy peer-reviewed my NTR 345 course, April 2021.
- Engaged in peer-review process of promotion materials prior to submission with fellow Lecturer-track faculty in CHS: Maureen McCoy, Lisa Smith & Adrienne White – September 2020.
- Participated in Zoom practice classroom session to experiment with Zoom polling and breakout room functionality with other CHS faculty: Sandra Mayol-Kreiser, Lisa Morse, Melinda Johnson, Maureen McCoy – August 5, 2020.
- Participated as a mentee in CHS Mentoring Program with my mentor, Simin Levinson. Met for 45 minutes quarterly, emailed and spoke on the phone to discuss my progress on the Lecturer track, professional interests and ways to contribute to the CHS and ASU missions. Fall 2019 – present.
- Observation and Evaluation, I observed classes and completed peer evaluations for Sarah Martinelli (NTR 241) & Megan Kniskern (NTR 343) - Fall 2017
- I received evaluations from Megan Kniskern (NTR 345 online), Sarah Martinelli (NTR 241 in person) and Lisa Morse (NTR 351 online)- Fall 2017
- Observation and Evaluation, I observed classes and completed peer evaluations for Rick Hall (Nutrition Entrepreneurship), Fall 2015
- Observation and Evaluation, I observed classes and completed peer evaluations of Lauren Savaglio's PBH 100/HCD 101 Intro to Public Health class – October 2015
- I received feedback and mentoring from Melinda Johnson when she visited my NTR 345 course - December 2015
- I received evaluation and mentoring from Rick Hall when he visited my NTR 450 course - November 2014
- Observation and Evaluation, I observed classes and completed peer evaluations of Lisa Morse's NTR 446 (Nutrition Assessment) and Kathy Dixon's NTR 598 (Nutrition Leadership and Management) – October 2014

### **Service**

#### **Program Service (2023: 7 hours)**

- Assisted with recruiting process of recently hired Clinical Assistant Professor – participated in in-person and Zoom meetings with candidates and took candidate to lunch – December 2023. **[4.5 hours]**
- Visited CHS 101 Class to introduce myself and talk about the Nutrition courses that I teach – November 6, 2023 **[0.5 hour]**
- Participated in the Academic Program Review Information Session and Site Visit – February 28, 2023. **[2 hours]**
- Attended faculty Lunch Bunch meeting on campus for students – November 8, 2022 (1 hour)
- Helped to decorate, serve and clean up at Nutrition/CHS “Let's Give Thanks” event – November 10, 2022 (4 hours)
- Helped to judge student video submissions about budget-friendly cooking for Innovation Quarter cooking competition. January 2021.
- Nutrition Curriculum Committee. Attended monthly meetings with other NTR faculty members about nutrition degrees and programs. Helped the committee brainstorm ideas for the creation of the new online DPD program. Fall 2020 – present.
- Volunteered to participate as a faculty member in the CHS Welcome event for first-year immersion students in Nutrition – 8/24/20, 1 hour.
- Speaker at Diversity in Dietetics networking event for students, October 2019
- Prepared and presented to Nutrition TT and NTE faculty during monthly meeting about “Inclusive Teaching” including concepts of diversity, equity and inclusion, October 2019.
- Food and Thought Committee Coordinator/Member, Nutrition Program, 2014-2019

- Organized the “Food Evolution” Food & Thought Event, Spring 2018, attended by over 150 (mostly students)
- The intent of this Food and Thought Event was to explore issues in our use of genetically-modified foods via a film screening of “Food Evolution” (a documentary about genetic modification in foods, including anti-science beliefs and fears about the misuse of genetic modification technology) and a panel discussion of experts, moderated by a Registered Dietitian.
- Assembled Speakers for Panel Discussion: Risk Communication Expert Andrew Maynard (ASU Professor, School of the Future of Innovation in Society, Senior Sustainability Scholar & Director of the Risk Innovation Lab), Nutrition Science Expert Corrie Whisner (ASU Assistant Professor, Nutrition Program, College of Health Solutions), and Agriculture Expert Kevin Maynard (Maricopa County Hay and Cotton Farmer)
- Recruited the Emcee/Panel Moderator: Registered Dietitian and Speaker Gillean Barkyoub, MS, RDN
- Organized student and faculty volunteers and managed the logistics of the event, including catering - we served the Impossible Burger (a vegan “burger that bleeds” and is made by using a genetically-modified protein base)
- Committee Member, “Foods of Oman” Food and Thought Event, Fall 2017
  - Helped to promote this successful event, organized by Simin Levinson, and designed to promote our understanding of Omani cuisine and culture via a talk and an interactive cooking demo by cookbook author, food editor, and military veteran Felicia Campbell
- Contributed to the “Ugly Food Film and Fest” Food and Thought Event, Spring 2016
  - Led the writing of the SIRF (Sustainability Initiatives Revolving Fund) grant to fund this campus event designed to promote student engagement and community outreach, attended by over 130 (mostly students)
  - Along with Simin Levinson and Tina Shepard, I presented one of the three faculty cooking demos of “ugly food” that would have otherwise been wasted (quick-pickled raw vegetables) and then there was a panel discussion afterwards.
- Member, Social Media Committee (Actively promoted Nutrition Program and School of Nutrition and Health Promotion on Facebook, Instagram, and Twitter), 2016 – 2018
- Co-Coordinator, Social Events Committee, 2017-2018
- Member, “Writing Across the Curriculum Initiative” Committee, 2016

### **College Service (2023: over 25 hours)**

#### **1 hour per activity, unless noted otherwise**

- Attended the CHS Party on the Patio, November 30, 2023.
- Helped to engage students at Nutrition/CHS “Let’s Give Thanks” event – November 16, 2023 **[2 hours]**
- Participated as a panelist in the CHS Promotion Panel, May 4, 2023 **[1.5 hour]**
- Helped to serve and clean up at Nutrition/CHS “Let’s Grow Together” event – April 26, 2023 **[2 hours]**
- Attended the CHS Party on the Patio, April 25, 2023
- Attended the Southwest Autism Resource and Research Center (SARRC) Community Breakfast, April 2023 **[1.5 hours]**
- Attended the Valleywise Health Foundation Spring Women’s Luncheon, March 2023 **[2 hours]**
- Attended the CHS Open Door event and greeted prospective students, families and community members. **January 28, 2023. [2 hours]**
- Served as a co-lead of **Health Policy and Equity Network (HPEN)** Affinity Network, September 2020 – present
  - Worked with co-leads Swapna Reddy and Maureen McCoy to plan the **“Civil Dialogue”** event (co-sponsored by HPEN, the Council for Inclusive Excellence and the Institute for Civil Dialogue . The topic was the prioritization of mental health for the unhoused in Arizona. Twenty-eight faculty, staff, students, and community members attended the event, Members of the audience with different points of view on the topic volunteered to participate in the civil dialogue and practiced the “ground rules of civility” while demonstrating a productive, respectful exchange of ideas. November 16, 2023. **[3 hours]**
  - Worked with co-leads Swapna Reddy and Maureen McCoy and with the CHS Marketing/Events team to plan and promote the **“Applying an Equity Lens to Maternal and Reproductive ”** event with panelists Dr. DeShawn Taylor, OB/GYN and Zaida Dedolph, health policy advisor to Governor Katie Hobbs. The event was moderated by Dr. Swapna Reddy, April 19, 2023). The event was attended by 61 faculty, staff, students and community members. **[5 hours]**



- Worked with **HPEN** members to revise the **Health Equity Curriculum** for College of Health Solutions faculty and staff, based on feedback from pilot group and revisioning by HPEN and CHS leadership, to be rolled out spring 2024. The HPEN Curriculum group met monthly for project management meetings. **[10 hours]**
- Co-presented with co-leads Swapna Reddy and Maureen McCoy about HPEN at the CHS Translational Science Conference, October 28, 2022. **[1 hour]**
- Worked with co-leads Swapna Reddy and Maureen McCoy on the restructuring of HPEN into an organization with three nodes, each supervised by a project manager (HPEN graduate student intern and M.S. Science of Healthcare Delivery student or a part-time dedicated staff member to oversee the other two project managers and facilitate all affinity network communication and project management.
- Participated as a student in the Health Equity Curriculum pilot course (July 2022) **[6 hours]**
- Collaborated with **HPEN** members to create CHS 294, a health equity-focused course, for College of Health Solutions students, to be rolled out fall 2022 (the class did not reach the enrollment goal and did not run in fall 2022, as anticipated). The HPEN Curriculum group met biweekly for project management meetings January 2022 – April 2022. **[8 hours]**
- Presented about HPEN at the CHS Affinity Networks/Translational Teams Conference November 19, 2021 **[1 hour]**
- Co-wrote a first-round **grant proposal** with **HPEN** for the ASU Humanities Lab grant (October 2021) **[4 hours]**
- Worked with co-leads Swapna Reddy and Maureen McCoy on the restructuring of HPEN into an organization with four nodes, each supervised by a project manager (HPEN graduate student intern and M.S. Science of Healthcare Delivery student), with a part-time dedicated staff member to oversee all four project managers and facilitate all affinity network communication and project management.
- Co-wrote a first-round **grant proposal** with **HPEN** for the ASU Humanities Lab grant (October 2021) **[4 hours]**
- Collaborated with **HPEN** members to create a **Health Equity Curriculum** for College of Health Solutions faculty and staff, to be rolled out fall 2022 (September 2021 – December 2021), The HPEN Curriculum group met biweekly for project management meetings.
- Collaborated with Dr. Tina Younger and Sandra Chmelnik, RD, co-PIs on the “**Food is Medicine**” research study at Valleywise Health to provide three HPEN graduate interns in the M.S. Science of Healthcare Delivery program with opportunities to work on their research study as Adjunct Research Associates, starting December 2020: Lauren Crenshaw, Naomi Reyes, and Randy Bravo. I attended meetings with the co-PIs and ARAs and helped to oversee their work as ARAs e.g. creating aims statements, (remotely) recruiting and screening subjects for food insecurity, doing data analysis, and assisting Dr. Tina Younger and Sandra Chmelnik, RD with research manuscript-writing. The study population consists of patients (mainly Latinx) at the Valleywise Health clinics in Laveen and South Phoenix who have both uncontrolled diabetes (HbA1c > 9%) and food insecurity. Twice a month for six months, subjects receive fresh fruits and vegetables, lean proteins, whole grains, and eggs (enough for a family of four) when they come to the clinic for their appointments. The food is donated through St. Mary’s Food Bank. The Food Pharmacy program has shown successful reductions of 2-3% in HbA1c in the patients.
- Oversaw HPEN graduate student interns’ research on best practices for and barriers to **vaccine acceptance in refugee and immigrant communities** for the Valleywise Health Refugee Women’s Health Clinic (RWHC). December 2020- January 2021.
- Worked with Swapna Reddy (Co-lead of HPEN) and Matthew Speer (Project Coordinator of HPEN) to create the HPEN newsletters (3 issues distributed in 2020: March, May and December) and the HPEN Affinity Network Annual Report (January 2021)
- Initiated the “**Be a Health Voter**” video, created by the HPEN interns, October 2020. Video: [https://www.youtube.com/watch?v=PNUJ\\_8kU5sc](https://www.youtube.com/watch?v=PNUJ_8kU5sc)

- Served on the **College of Health Solutions' Council for Inclusive Excellence** (formerly the Justice, Equity, Diversity, and Inclusion/JEDI Council), September 2020 – May 2023. Participated in working group to develop affirmation/pledge about CHS's commitment to DEI. Member of Strategic Plan Working Group for the JEDI Council. Member of Curricular Resources Committee and the Welcoming Culture Committee on the JEDI Council. Attended meetings every other week. (2 hours/month)
  - As a member of the Curricular Resources subgroup, I assisted with the planning of the "From Equity Talk to Equity Walk" book club and the "meet the author" virtual event on April 17, 2023.
  - Coordinated the College of Health Solution's co-sponsorship of the "Anti-Asian and White Supremacy" webinar, organized by the Asian Pacific American Studies faculty in the School of Social Transformation at ASU, April 23, 2021.
  - Contributed to writing the JEDI Council's Statement of Support for BIPOC Communities, emailed by Dean Helitzer to the College of Health Solutions community on April 26, 2021.
- Served on the **Refugee Health** working group. September 2020 – May 2021.
  - Met with co-founders of the Valleywise Refugee Women's Health Clinic (4/4/20, 2 hours, 10/30/20, 1.5 hours, 11/20/20, 1.5 hours), the Refugee Women's Health Community Advisory Coalition (9/25/20, 2 hours): learned about the RWHC's needs for support with research and data analysis, find ways for HPEN to support the RWHC, and partnered with the co-founders to develop a course on Refugee Health
  - Attended monthly meetings to plan the two-semester upper-division Refugee Health course being developed in Population Health for spring 2022 (October 2020 – present, met monthly for 1-1.5 hours), collaborated with Experiential Learning Affinity Network to align course learning outcomes and assignments/activities.
- Attended the CHS End of Semester Celebration, December 13, 2022.
- Attended the CHS Party on the Patio, December 6, 2022.
- Assisted in recruiting process of CHS Executive Director of Strategic Marketing, October – December 2022.
- Evaluated faculty annual reviews as a member of the **CHS Personnel - Ad Hoc Committee**
  - Evaluated faculty annual reviews for 10 colleagues (4 each as a primary and secondary reviewer and 2 as a tertiary reviewer) and participated in a 2-hour meeting with the Committee at large (February 2022)
- Member of the Healthcare System/Public Health subgroup on the **COVID-19 Translational Team** in the College of Health Solutions: September 2020 – present. Attended monthly meetings to stay updated on health equity issues and opportunities to engage HPEN interns in research.
- Organized and participated as a panelist in **CHS Health Talks: "Health Talks: Food and Nutrition During COVID-19?"** – May 21, 2020: 1 hour joint presentation moderated by Maureen McCoy with 180 participants about cooking and food safety at home and in restaurants (Kent Moody), eating for emotional health (Megan Kniskern), using nutrition to support the immune system (Chrissy Barth) and developed and delivered a presentation on how to spot nutrition misinformation (my presentation).  
[https://www.youtube.com/watch?v=RN\\_Tzoi87K8&feature=youtu.be](https://www.youtube.com/watch?v=RN_Tzoi87K8&feature=youtu.be)
- Prepared and presented to CHS Faculty Assembly about workshops I attended at the Lilly Conference on Teaching for Active and Engaged Learning about "Getting Students to Talk About the 'P' Word: Privilege" and "Designing Effective Reflection Activities in Service Learning Courses": April 23, 2020.
- Attended the ASU Art Museum's Innovation Council Dinner, April 17, 2021. Met with curator Julio Cesar Morales and began planning a collaborative food and arts event with the artists at Toro Lab.
- Wrote an essay, "Responding to Tragedy in the Wake of the Atlanta Massacre", for publication on the CHS Intranet and dissemination through the Dean's "Silver Linings" email newsletter.  
<https://employees.chs.asu.edu/inside-chs/chs-community/announcements/5940>.
- Developed and presented presentation with HPEN co-lead Swapna Reddy about the Anti-Racism and Health Equity Resources Compendium to the Faculty Forum: February 19, 2021. [https://youtu.be/vKuZ8Tt\\_aB8](https://youtu.be/vKuZ8Tt_aB8)
- Evaluated faculty annual reviews as a member of the **CHS Personnel - Ad Hoc Committee**, February 2019, February 2020, February 2021, February 2022.
  - Evaluated faculty annual reviews for 10 colleagues (4 each as a primary and secondary reviewer and 2 as a tertiary reviewer) and participated in a 2-hour meeting with the Committee at large (February 2022)
  - Evaluated faculty annual reviews for 7 colleagues (2 each as a primary, secondary, and tertiary reviewer) and participated in 30- 60-minute subcommittee meetings about each one and up to four 2-hour meetings with the Committee at large (February 2021)
  - Evaluated faculty annual reviews for 6 colleagues (2 each as a primary, secondary, and tertiary reviewer) and participated in 30- 60-minute subcommittee meetings about each one and two 2-hour meetings with the Committee at large (February 2020).

- Evaluated faculty annual reviews for 13 colleagues (4 as a primary reviewer, 4 as a secondary reviewer, and 5 as a tertiary reviewer) and participated in 7 2-hour meetings with the Committee at large (February - March 2019).
- Increased CHS student engagement and retention and increased CHS faculty morale by coordinating six group videos (VidHugs) consisting of over 60 individual faculty video submissions to the group video for their respective academic program area: NTR, EXW/KIN/SSP, BMI, SHS, HCD and Population Health. November 2020. Collaborated with CHS Marketing, IT, and the degree coordinators to execute this project in a compressed time frame during the last week of classes.
- Interviewed for Halloween article, CHS Marketing, ASU Now. "ASU Lecturer Jessica Lehmann shares tricks to avoid overindulging." <https://asunow.asu.edu/20191028-solutions-how-enjoy-halloween-treats-responsibly>. October 28, 2019.
- Participated as a Registered Dietitian Consultant on the CHS Metabolic Translational Research Team: Occupational Therapist-led Diabetes Self-Management Study (PI: Sue Dahl Popolizio), Registered Dietitian, 2018 – 2019. Attended monthly meetings with interprofessional team to provide insight related to nutrition counseling for patients with type 2 diabetes in an OT-led study using the REAL (Resilient Empowered Active Living) intervention for diabetes. Study was submitted for publication in June 2020.
- Participated as a **Registered Dietitian Consultant on Research Team**: Food Waste Reduction Study, Content Development, (PI: Chris Wharton) 2018 – 2019. Contributed recipes to the food waste reduction curriculum.
  - Wharton C, Vizcaino M, Berardy A, Opejin A. "Waste watchers: A food waste reduction intervention among households in Arizona" *Resources, Conservation and Recycling*. 2021:164:105-109. <https://doi.org/10.1016/j.resconrec.2020.105109>. Published January 2021. Accessed September 17, 2020.
- Food and Thought Committee Member, 2018 - present
  - Introduced the speaker and promoted the Food and Thought Event, Fall 2018
  - The theme was the history of African-American chefs in the White House; Adrian Miller, the author of [The President's Kitchen Cabinet: The Story of the African Americans Who Have Fed Our First Families, from the Washingtons to the Obamas](#) delivered an engaging and interactive lecture on his book. There was a variety of food, based on the recipes in his book and made by Chef Kenneth Moody and Nutrition students, that was served to the audience before the talk.
  - Along with Natasha Carr (EXW faculty member), who spoke about physical activity in the Latino and African-American communities, I spoke about the importance of food enjoyment and the connection to cultural identity in my talk introducing the author and historian Adrian Miller to the audience of over 130 (faculty, staff, students, and many members of the ASU community, nutrition professionals, and larger Valley community)
- Undergraduate Research Colloquium Committee, 2017 - present
  - Along with Sarah Martinelli, I have helped to coordinate two talks by research faculty per semester, designed to promote student understanding of research in specific fields (e.g. metabolomics, sports nutrition, autism and the aging brain) and to increase student engagement and participation in CHS research. Typical attendance: 60 – 100 students.
- Member of Social Media Committee, 2018
- Member of Schmidt Grant Futures Committee, Brainstorming and Ideation (PI: Bradley Doebbeling), 2018
- Co-presenter with Megan Kniskern: Annual Presentation about Nutrition and Eating Disorders to First-Year Seminar Dance Students, Herberger Institute for Design and the Arts, School of Film, Dance and Theatre, 2017, 2018, 2019
- CHS faculty member panelist at "Un-Cover CHS", an event designed to bridge the gaps between students, staff, and faculty and provide students with relevant information on research projects, volunteer opportunities, internship opportunities, April 2018
- Content Development and Cooking Demo Video, CHS Marketing, ASU Now, "Healthy Devils: Eating Well at ASU" Video Series: [Overnight Oats](#), August 2017

### **University Service (2023: 25 hours)**

#### **1 hour per activity, unless noted otherwise**

- Serve on the Catalyst Grant Subcommittee of the Committee for Campus Inclusion, evaluating grant applications from ASU community members – January 2024
- Served on the search committee and participated in interviewing candidates and recommending finalists for the Director of Inclusion and Culture in the Office of Human Resources for ASU, July – September 2023 [**8 hours**]

- Member of the Education Committee on the Arizona State University Art Museum Board, Duties involve participating in fundraising events to fund the educational mission of the museum, volunteering for educational events hosted by the Museum in the community or on site, creating collaborations between the Museum and the College of Health Solutions, and attending quarterly planning meetings. January 2023 – present. Attended biweekly 1-hour meetings Sept. - October and helped to plan, promote, and execute a fundraiser/short film festival on November 3, 2023 attended by 100 intergenerational community members in the Valley and which raised \$5,000: December 2022 – present **[15 hours/year]**
- **Faculty advisor** of CULTIVATE Gardening Club at the Downtown Phoenix Campus (with faculty advisors Tina Shepard, MS, RD and Master Gardener and Simin Levinson, MS, RD), October 2020 – present. **[2-4 hours/semester]**
- Media Contact, interviewed and quoted in Reader's Digest, "[If You Don't Eat Sweet Potatoes Every Day, This Might Convince You to Start](#)" March 23, 2023
- Served as the Co-Chair of the Committee for Campus Inclusion, Downtown Phoenix Campus, and as a member of the Executive Committee of the University Committee for Campus Inclusion (a core committee of the University's Office of Inclusive Excellence), June 2021 – June 2022. Co-led monthly meetings (1 hour each) to update the Downtown CCI members about University initiatives and activities related to inclusion across the campuses, to plan events such as the Diversity and the Media webinar with the Walter Cronkite School (spring 2022) and SafeZone trainings at the Downtown Phoenix Campus, to facilitate communication among members about inclusion-related programming in the Colleges, Schools and Units at the Downtown Phoenix Campus, and to address members' concerns related to inclusion at the Downtown Phoenix Campus.
  - *The Committee for Campus Inclusion (CCI), an advisory group to the provost, promotes a positive, harmonious campus environment that celebrates individual and group diversity, promotes individualism, provides information to the campus community, and resolves issues in such a manner as to respect all persons and their dignity. Committee for Campus Inclusion (CCI) activities include education, monitoring, information gathering and reporting, and referrals and response to harassment. CCI is committed to promoting the ideals of student-centeredness, shared governance, good lines of communication, open processes, fair treatment of all, and valuing the contribution of all members of our community.* <https://inclusion.asu.edu/cci>
- Served as a member of the Committee for Campus Inclusion, Downtown Phoenix Campus, July 2019 – present. Attended monthly meetings (1-hour each) to discuss event programming, to learn about student perspectives on justice, equity, diversity and inclusion, and share inclusion-related initiatives among the Colleges.
- Media Contact, Interviewed by Dr. Swapna Reddy about stress eating on Arizona PBS's "Break It Down" <https://www.youtube.com/watch?fbclid=IwAR39mKA-T7Cre6y4e43YwFsH8qtm6okJshRk9ON8En6EFNapST3EM0H7Y6E&v=bB34uhXf6MI&feature=youtu.be> November 16, 2020.
- Brainstormed and collaborated with other ASU faculty members at the Food Entrepreneurship Planning Meeting (ASU Office of Entrepreneurship + Innovation), January 11, 2020.
- Media Contact. Interviewed and quoted in the City Sun Times. "World Hunger on the Rise — Causes, Consequences and Solutions." <https://news.citysuntimes.com/2019/12/07/world-hunger-on-the-rise-causes-consequences-and-solutions/>, December 7, 2019.
- Media Contact, Interviewed and quoted in Popular Science. <https://www.popsci.com/how-to-conquer-your-fear-of-the-kitchen/>, June 25, 2019.
- Media Contact, FOX 10 News Arizona Morning segment, "[2019 Diet Trends](#)", January 15, 2019
- Media Contact, interviewed and quoted in Arizona State Press, "[ASU Health Solutions faculty innovate to inform](#)", November 2018
- CHS Liaison with HEALab (Health Entrepreneurship Accelerator Lab) Steering Committee, 2017- present
- CHS/Nutrition Liaison with Prepped (food business entrepreneur coaching program, ASU E+I Office), 2017 – present
- Media Contact, interviewed and quoted on [SheKnows.com: "Experts Weigh in on the Fast Metabolism Diet"](#) by Elaina Verhoff, updated February 2018
- Media Contact, KTAR 92.3 video and radio interview, "[New Year, New Diet, Here's How Parents Can Stay Healthy in 2018](#)", January 2018.
- Media Contact, KTAR 92.3 video and radio interview, "[Tips for Eating Healthy this Holiday Season](#)", November 2017.
- Media Contact, KTAR 92.3 video and radio interview, "[Busy Parents Need a Plan if They Want to Eat Healthy](#)", October 2017.
- Media Contact, interviewed and quoted in Arcadia News article, "[Try these orange, lemon and grapefruit recipes](#)", March 2017

- Media Contact, interviewed and quoted in [Arizona State Press](#), "[Veganism growing in popularity among ASU students, Phoenix Valley residents](#)", February 2017
- Media Contact, FOX 10 News Arizona Morning segment, "[Spice Up Your Life](#)", February 2017
- Media Contact, FOX 10 News Arizona Morning segment, "[Low Sugar Lifestyle](#)", January 2017
- Media Contact, FOX 10 News Arizona Morning segment, "Conventional vs. Organic", May 2016
- Media Contact, FOX 10 News Arizona Morning segment, "Pesticides in Produce: Environmental Working Group's Dirty Dozen", April 2016
- Media Contact, interviewed and quoted in the Arizona Republic: "[Oh Sugar!](#)" by Gremlyn Waddell, August 2015
- Media Contact, FOX 10 News Arizona Morning segment, "Foods to Blast Belly Fat", July 2015
- Media Contact, FOX 10 News Arizona Morning segment, "Alkaline Diet", May 2015
- Media Contact, interviewed and quoted in NPR affiliate/KJZZ radio segment and website: [Mmm...Bacon Festival Coming to the Valley](#) – February 2015
- Media Contact, FOX 10 News Arizona Morning segment, "Creative Bento Box Lunch Ideas For Kids", September 2014
- Media Contact, interviewed and quoted in the Downtown Devil: "[Devilishly Healthy: A nutrition and fitness guide for preserving the health of your college body](#)" by Wafa Shahid. August 2014
- Media Contact, interviewed and quoted in Arizona Republic - "[Here's to Looking Good at 50, 60, and Beyond](#)" by Connie Sexton: March 2014
- Media Contact, Interviewed for SheKnows.com: "[Essential Vitamins for Families](#)" by Christy Pogorelac , January 2014

### **Professional Service (2023: 30 hours)**

#### **1 hour per activity, unless noted otherwise**

- **Served as the Past President, Central District, Arizona Academy of Nutrition and Dietetics, June 2023 – present [8 hours]**
  - Helped to transition the President-elect to President, served as a mentor for the current President, provided support to the Nominating Committee by assisting with networking to recruit new board members, participated in the Outreach Committee to connect with other professional organizations, educate about C-AZAND and establish partnerships, assisted with the revision of C-AZAND Bylaws as requested by the Executive Board as part of the Bylaws Revision Committee
  - Attended monthly administrative meetings as President of the Central District-Arizona Academy of Nutrition and Dietetics with the other nine members of the Board )
- Served as the **President, Central District, Arizona Academy of Nutrition and Dietetics, June 2022 –May 2023**
  - Promoted, fundraised for, and participated in the National Eating Disorders Awareness Walk on March 12, 2023. Interviewed about eating disorders on Arizona's Family Channel 3. **[3 hours]**
  - Attended Legislative Day at the Arizona State Capitol. Along with dietetic interns from Arizona State University, University of Arizona and Northern Arizona University, I met with Representative Liz Harris about HB2558 (bill about voluntary licensure for Registered Dietitians in Arizona). March 8, 2023 **[4 hours]**
  - Helped to organize and promote the Nutrition Leadership Mini-Conference for Central District-Arizona Academy of Nutrition and Dietetics "Inclusive Institutional Menu Planning" panel discussion held on February 4, 2023, 7:30 am – 12:30 pm at Mercy Gilbert Medical Center. The conference was attended by 56 dietetics professionals and students. I recruited speakers Taylor Mogel-Simpson ("Sports Nutrition", Registered Dietitian for the Arizona Cardinals), Hallie Eakin (Climate Change and Food Security", ASU, School of Sustainability), and Dr. David Reeder ("Food Allergies", AZ Allergy Associates). I emceed the event. **[10 hours]**
  - Helped to plan and attended Volunteer Day – St. Vincent de Paul Urban Farm (November 12, 2022) **[3.5 hours]**
  - Helped to organize and promote, and introduced the speaker at the membership education meeting for Central District-Arizona Academy of Nutrition and Dietetics "Communicating about Nutrition" at St. Joseph's Hospital (October 16, 2022). Recruited Registered Dietitian Kristin Carli to speak about nutrition communication in the media and social media. **[5 hours]**
  - Helped to organize and promote, and emceed at the Clinical Nutrition Mini-Conference for Central District-Arizona Academy of Nutrition and Dietetics, held in person at St. Joseph's Hospital, 7:30 am – 12:30 pm, September 17, 2022, attended by 39 students, interns, and professionals. **[10 hours]**
  - Led monthly administrative meetings as President of the Central District-Arizona Academy of Nutrition and Dietetics with the other nine members of the Board. **[10 hours]**

- Served as the **Arizona State Inclusion, Diversity, Equity and Access Liaison** to the Academy of Nutrition and Dietetics (2021 – 2023).
  - In my role as IDEA Liaison (spring 2023):
    - I wrote and submitted a mini-grant application for the Academy of Nutrition and Dietetics and was awarded \$1000 to fund gift cards for participants in “Cultivate Dietetics”, a student-centered, diversity-focused networking/mentoring event on Zoom for the Arizona Academy of Nutrition and Dietetics. The event is designed to eliminate the barriers of transportation, childcare and is scheduled outside of the regular business day to increase the chances that students and interns can attend and take advantage of meeting nutrition professionals. **[1 hour]**
  - In my role as IDEA Committee member (fall 2023):
    - I helped to promote, recruit dietitians as mentors, and participated as a mentor in the virtual networking event “Cultivate Dietetics” (November 8, 2023). The event served 166 students from the Arizona State University, University of Arizona and Northern Arizona University. Our committee revised the research article manuscript about the Cultivate Dietetics networking events and resubmitted it to the Journal of the Academy of Nutrition and Dietetics **[5 hours]**
  - In my role as IDEA Liaison in 2022:
    - I helped to recruit participants (Registered Dietitians from underrepresented ethnic groups) for Kati Fosselius, MS, RDN’s doctoral research at Jefferson University on diversity in dietetics **[2 hours]**
    - I participated in “Cultivate Dietetics”, a student-centered, diversity-focused networking/mentoring event on Zoom for the Arizona Academy of Nutrition and Dietetics (December 2, 2022). The event served 186 students from the Arizona State University, University of Arizona and Northern Arizona University. **[2 hours]**
    - I developed a survey, collected qualitative data from mentors about their experiences, and co-wrote a research article manuscript about the Cultivate Dietetics networking events with Nutrition faculty at University of Arizona (Ashlee Linares-Gaffer, Carmen Young, Kelli Richardson), to be submitted to the Journal of the Academy of Nutrition and Dietetics **[10 hours]**
    - I participated in the evaluation/selection process for Arizona Academy of Nutrition and Dietetics scholarship and award winners. May 2022 **[4 hours]**
    - I planned and hosted a Diversify Dietetics student-professional mentoring event, attended by 37 students, interns, and dietetics professionals, at The Churchill on September 24, 2022 **[4 hours]**
  - In my role as IDEA Liaison in 2021:
    - I helped to plan “Cultivate Dietetics”, a student-centered, diversity-focused networking/mentoring event on Zoom for the Arizona Academy of Nutrition and Dietetics (October 27, 2021). Planning meetings took place in October. The event served 80 students from the Arizona State University, University of Arizona and Northern Arizona University. **[2 hours]**
    - Developed **[8 hours]** and presented “Promoting Diversity and Innovation Through Inclusive Best Practices” to the board members of the Arizona Academy of Nutrition and Dietetics with the State Diversity Liaison (Ashlee Linares-Gaffer): August 16, 2021. **[1 hour]**
    - Attended strategic planning meeting as the State Diversity Liaison for the Arizona Academy of Nutrition and Dietetics with the President (Beth Janda) and past State Diversity Liaison (Ashlee Linares-Gaffer): June 15, 2021. **[1 hour]**
- Served as the **President-elect, Central District, Arizona Academy of Nutrition and Dietetics**, February 2020 –present
  - Organized the membership education meeting for Central District-Arizona Academy of Nutrition and Dietetics “Burnout in Healthcare Providers” on Zoom with Colleen Cordes, PhD, Assistant Dean of Career Track Faculty in the College of Health Solutions (CHS) and a clinical professor (April 21, 2022).
  - Organized the membership education meeting for Central District-Arizona Academy of Nutrition and Dietetics “Pandemic Challenges in School Nutrition” panel discussion on Zoom, February 17, 2022. Recruited Registered Dietitian Angela Gomez to speak about school nutrition.
  - Organized the membership education meeting for Central District-Arizona Academy of Nutrition and Dietetics “Inclusive Institutional Menu Planning” panel discussion on Zoom, November 18, 2021. Recruited Registered Dietitians Angela Gomez, Julia Cassidy, and Melva Zertoune as panelists to speak about menu planning in school, eating disorder recovery center and for Native American diets, respectively. **[2 hours]**
  - Organized the membership education meeting for the Central District-Arizona Academy of Nutrition and Dietetics “Advancing Health Equity” on Zoom. John Molina, MD, JD, LHD, Corporate Compliance

- Officer for Native Health September 23, 2021 Topic: health equity, health disparities in the southern Native American tribes, cultural humility . **[2 hours]**
- Attended bi-monthly administrative meetings as President-Elect of the Central District-Arizona Academy of Nutrition and Dietetics with the other members of the Board. **[5 hours]**
- Attended the “Slow Food at the Capitol” event co-organized by the Arizona Academy of Nutrition and Dietetics and Slow Food Phoenix, February 17, 2020.
- Attended the [“Feeding the Future 2020: School Lunch-Inspired Bites and Beverages” event](#) hosted by the Blue Watermelon Project, an initiative of Slow Food Phoenix, January 11, 2020.
- Media Contact, KTAR 92.3 video and radio interview, [“Valley Dietitian Says Extreme Dishes Should Be Rare Treats”](#), July 2017.
- Served as the **State Media Representative, Arizona Academy of Nutrition and Dietetics**, 2014 –2016.
- Media Contact, JADE Magazine (Consumer Magazine for Asian and Asian-American Women): by Ellen Hwang. [“Go Free: Great Gluten-Free Products”](#) - May 2016
- Media Contact, Interviewed on national TV show “The List”, ABC15 –“Tips to Curb Your Sweet Tooth” - 2015
- Media Contact, Interviewed on national TV show “The List”, ABC15 –“You Are What You Eat” - 2015
- Media Contact, Interviewed on national TV show “The List”, ABC15 –[“All About You: Subbing Supplements for Real Food”](#) - 2014
- Media Contact, Interviewed on national TV show “The List”, ABC15 –“The Incredulist: The Day After Detox - 2014
- Media Contact, Interviewed on national TV show “The List”, ABC15 - Sushi a Go Go “- 2014
- Media Contact, Interviewed on national TV show “The List”, ABC15 –“Getting Started with a Juice Cleanse” - 2014
- Media Contact, Interviewed by Sarah Koszyk and profiled in Nutritionjobs.com, [“Career Spotlight on Jessica Lehmann, MS, RDN”](#) – June 2014
- Media Contact, Interviewed for SheKnows.com: [“Healthy Eating Habits for Busy Families”](#) by Sarah W. Caron, January 2014
- Media Contact, Interviewed on national TV show “The List”, ABC15 – “Fit List: Why we love salt, sugar and fat” - 2013
- Media Contact, Interviewed on national TV show “The List”, ABC15 – “Fit List: [How to make snack food that's healthy and tasty like Doritos and cola...Junk food makeovers with Jessica Lehmann](#)” – 2013
- Media Contact, Interviewed on national TV show “The List”, ABC15 – “The Breakdown: The wonderful benefits of the cucumber”- 2013
- Media Contact, Interviewed on national TV show “The List”, ABC15 –“The Breakdown: Why Guinness Beer is good and good for you”- 2013
- Media Contact, Interviewed on national TV show “The List”, ABC15 – “Fit List: 3 ways to lose weight without the gym.” - 2013
- Media Contact, Interviewed on national TV show “The List”, ABC15 – “Fabulist: 3 foods to eat for great skin”- 2013
- Media Contact, Interviewed on national TV show “The List”, ABC15 –[“The Fit List: Is McDonald’s McDouble the most bountiful food ever?”](#) - 2013
- Media Contact, Interviewed on national TV show “The List”, ABC15 –“Jenny Craig vs. Weight Watchers vs. NutriSystem” - 2013
- Media Contact, Interviewed on national TV show “The List”, ABC15 –[“The Breakdown: How to Control Annoying Kids at a Restaurant”](#) - 2013
- Media Contact, Interviewed on national TV show “The List”, ABC15 – “How to Make Fast Food Healthy” - 2013
- Media Contact, Interviewed on national TV show “The List”, ABC15 –“The Breakdown: Which Protein Bars are Actually Healthy?” – 2013
- Media Contact, Interviewed for JADE Magazine: [“Q & A with Dietitian Jessica Lehmann”](#) by Audrey Crone, May 2013

### **Professional Community Service (2023: 10.5 hours)**

#### **1 hour per activity, unless noted otherwise**

- Prepared dinner for homeless youth and young adults at a group home, Home Base Youth Services – December 11, 2023 [2 hours]
- Tended the garden (planted, watered, created beds) at the St. Vincent de Paul Mesa Urban Farm with the Central District, Arizona Academy of Nutrition and Dietetics – November 4, 2023. [3 hours]

- Participated in the St. Mary's weekly food distribution session to the participants/patients in the "Food is Medicine" research study (ASU, Adelante and Mayo Clinic) at Adelante West, May 26, June 16, August 25, 2023.[5.5 hours]
- Packed food for distribution to food-insecure Arizonans with faculty and students from the College of Health Solutions – Paz de Cristo, December 22, 2022. [3 hours]
- Packed food for distribution to food-insecure Arizonans - St. Mary's Food Bank, December 19, 2022. 3 hours.
- Tended the garden (weeded) at the St. Vincent de Paul Urban Farm with the Central District, Arizona Academy of Nutrition and Dietetics – November 12, 2022. [2 hours]
- Tended the garden (spread mulch, weeded, watered) at the International Rescue Committee New Roots Community Garden/CamelBackyard with HPEN – February 12, 2022. [3 hours]
- Tended the garden (shoveled wood chips) at the International Rescue Committee New Roots Community Garden/CamelBackyard with HPEN – November 20, 2021. [3 hours]
- Prepared and presented a 90-minute interactive talk about nutrition and digestion with a hands-on activity simulating mechanical and chemical digestion to 10 2<sup>nd</sup> Grade Students & 2 2<sup>nd</sup> Grade Teachers at Desert View Learning Center, May 15, 2021. [3 hours]
- Prepared and presented a 45-minute talk about nutrition on Zoom to 135 5<sup>th</sup> Grade Students & 5 5<sup>th</sup> Grade Teachers at Hopi Elementary School, April 28, 2021. "Fueling Up for 5<sup>th</sup> Grade...and Beyond!". <https://youtu.be/XYLWEH-lcXw> [8 hours]
- Tended the garden (hoed, prepared beds, planted) and sorted out the fertilizer into small bags at the NATIVE Health "Keep Phoenix Beautiful" Pierson Community Garden – February 2021. [3 hours]
- Packed food for distribution to food-insecure Arizonans - St. Mary's Food Bank, January 2021.[3 hours]
- Cared for children at dinner served to families in need - St. Vincent de Paul, December 2019. [3 hours]
- Served dinner to families in need and cleaned up afterwards - UMOM, Helpings Restaurant, October 2019. [2 hours]
- Packed food to be delivered to food-insecure households - St. Mary's Food Bank, May 2019. [3 hours]
- Taught in-person cooking and nutrition classes to Kindergarten – 4<sup>th</sup> Grade Students, Desert View Learning Center, 2011 to 2019. [3 hours each class, 1 class per year]
- Prepared and presented a talk about nutrition to 6<sup>th</sup> Grade Students, Phoenix Country Day School, 2017 to 2019. [3 hours]
- Packed food to be delivered to food-insecure households - Kitchen on the Street, 2018. [3 hours]
- Prepared and presented a talk about a Healthy Diet for Weight Management - Be Your Best Foundation, 2017. [3 hours]
- Prepared and presented a talk and cooking demonstration about Plant-based Diets - Be Your Best Foundation, 2016. [8 hours]
- Packed food to be delivered to children in food-insecure households - Interfaith Christian Ministry, 2015. 2 [hours]
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### **Additional Community Service (2023: 8 hours)**

#### *1 hour per activity, unless noted otherwise*

- Participated in a Saturday welcome for local Syrian and Burmese refugee families with the **Welcome to America Project**, December 2, 2023. [4 hours]
- Class Notes Co-Secretary, Wesleyan University. Duties involve soliciting and curating updates from members of the Class of 1997 for the Wesleyan Magazine, published quarterly. 2017 – present. [3-8 hours per year]
  - **Winner of the WUSA (Wesleyan University Service Award), May 2022** – for my work with Class Notes and recruiting classmates to attend reunion as a member of the Reunion Committee.
- 25<sup>th</sup> Year Reunion Planning Committee, Wesleyan University. 2021 – 2022.
- Nominating Committee, Parents Association, Phoenix Country Day School, 2021 – 2022.

### **Professional Recognition**

- **Outstanding Dietitian of the Year 2023** in Arizona for demonstrating outstanding leadership and service to the profession, awarded by the **Academy of Nutrition and Dietetics**, April 2023.
- **Professor of Impact Award** for Inspiring the class, Making a positive impact, Understanding that life happens and being flexible with students, Treating students with respect. From Sarah Rooney, May 4, 2023.
- **Professor of Impact Award** for Making a positive impact. From Tiffany Cheek, December 2023.
- **SUN Award** for Meritorious Service to the CHS JEDI Council from Alicia Montalvo, September 2023
- **SUN Award** for Sun Devil Pride and for Participating in the CHS Career Track Promotion Panel from Colleen Cordes – May 4, 2023
- HPEN was the Winner of the College of Health Solutions Faculty Solutions Team Award: 2022
- Received an award from the Committee for Campus Inclusion for being a Catalyst for Inclusion: 2022



- Winner of the College of Health Solutions Affinity Network Member Award: 2021
  - *“Jessica is part of the HPEN Affinity Network. Along with her colleagues, she has played an important part in the creation and dissemination of the compendium of Antiracist educational materials. Her work is crucial to the mission of CHS and she displays the values of equity and inclusion in all of her work.”*
  - Award Description: The CHS Affinity Network Member Award is given annually to the Tenure track (T/TT) faculty member(s) and/or Non Tenure Track (NTT) who have demonstrated commitment to connecting between and across disciplines to collaborate and foster new ideas within their affinity network.
  - Eligibility: Full or Part Time Faculty member either T/TT or NTT in the CHS.
  - Selection Criteria: The nominee has demonstrated leadership in their network, created an exceptional environment for professional advancement and the development of new ideas, and established program improvements, methodologies or approaches, furthering our commitment to designing health solutions.
  - Nomination Process: Students, alumni, faculty and staff may nominate deserving faculty throughout the academic year.
  - Selection Process: The Faculty Award Committee members (appointed faculty within the CHS from a variety of disciplines/programs) will review each submission and utilize a rubric based on the criteria listed above to select award recipients.
- **Nominated for the College of Health Solutions Teaching Award: 2021, 2020, 2019**
  - Award Description: CHS emphasizes the importance of quality instruction at both the undergraduate and graduate levels.
  - Eligibility: Full or Part Time Faculty member (Tenure Track (T/TT) and Non Tenure Track (NTT)) in the College of Health Solutions. Faculty members can teach in-person or online.
  - Selection Criteria: The criteria listed below will be used by the Faculty Award Committee to assess each nomination which could include, but are not limited to:

- Pannabecker V, Barroso C, Lehmann J. The Flipped Classroom: Student-Driven Library Research Sessions for Nutrition Education. *Internet Reference Services Quarterly*. 2014;19(34):139-162. Available at: <http://www.tandfonline.com/doi/full/10.1080/10875301.2014.975307#tabModule> Accessed January 31, 2015.
- Wrote: Raising Arizona Kids, Foodwise: [Nourishing the Nursing Mom](#), 2014
- Wrote: Raising Arizona Kids, Foodwise: [Managing Morning Sickness](#), 2014
- Wrote: Raising Arizona Kids, Foodwise: [Pills vs. Plates: The Debate about Kids' Vitamins](#), 2014
  - Interviewed Cristina Barroso, PhD (ASU Nutrition researcher)
- Wrote: Raising Arizona Kids, Foodwise: [The Power of Taste](#), 2014.
  - Interviewed Registered Dietitian and Chef Michele Redmond (ASU faculty associate)
- Wrote: Raising Arizona Kids, Foodwise [Muesli is a Cool Breakfast for a Hot Day](#), 2013
- Wrote: Raising Arizona Kids, Foodwise [Lunchbox Lessons](#), 2013
- Wrote: Raising Arizona Kids, Foodwise [Breakfast Brainstorming](#), 2013
- Wrote: Raising Arizona Kids, Foodwise [Family Meals Make Memories](#), 2013
- Wrote: Raising Arizona Kids, Foodwise [Family Day at the Farmers' Market](#), 2013
- Wrote: Raising Arizona Kids, Foodwise [Readers Recommend Restaurant Strategies](#), 2013
- Wrote: Raising Arizona Kids, Foodwise [Mindful Eating: Bite by Bite, Honor the Food](#), 2013
- Wrote: Raising Arizona Kids, Foodwise, [10-year-old Phoenix Chef Wins White House Award](#), 2013
- Wrote: Raising Arizona Kids, Foodwise, [Calling all Quinoa Chefs: Win a Trip to Napa](#), 2013
- Wrote: Raising Arizona Kids, Foodwise, [Teaching food safety: there's an app for that](#), 2013
- Wrote: Raising Arizona Kids, Foodwise, [Always in Season: Valley Farmers' Markets](#), 2013
- Wrote: Raising Arizona Kids, Foodwise, [Summer Superfood Salad](#), 2013
- Wrote: Raising Arizona Kids, Foodwise, [Fast and Foodwise](#), 2013
- Wrote: Raising Arizona Kids, Foodwise, [Invite your Kids into the Kitchen](#), 2013
- Wrote: Raising Arizona Kids, Foodwise, [Aim for Healthful, not Perfect](#), 2013
- Wrote: Raising Arizona Kids, Foodwise, [Declare your Independence...from Chicken Nuggets](#), 201