Sandra N. Mayol-Kreiser
Curriculum Vitae

Associate Dean of Faculty Success and Clinical Professor
College of Health Solutions | Arizona State University
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Academic Training

Ph.D., in Nutrition, Texas Woman's University, Denton, Texas, December 1996
M.S., in Nutrition, Texas Woman's University, Denton, Texas, May 1994
Dietetic Internship, Baylor University Medical Center, Dallas, Texas, May 1992
B.S. in Home Economics, Baylor University, Waco, Texas, May 1991

Credentials and Licenses

Fellow of the Academy of Nutrition and Dietetics, 2025–present
Certified Nutrition Support Clinician, 2009–2024
Registered Dietitian Nutritionist, 1992–present
Licensed Dietitian, State of Oklahoma, 1995–1997
Licensed Dietitian, State of Texas, 1992–1995

Professional Employment Record

Associate Dean of Faculty Success, College of Health Solutions, 2026–present
Assistant Dean of Career Track Faculty Success, College of Health Solutions, 2023–2026
Clinical Professor, Arizona State University, 2018–present
Program Director Master of Science in Nutritional Science, Dietetics online program, 2016–2023
Assistant Director Arizona State University Dietetic Internship, 2010–2023
Clinical Associate Professor, Arizona State University, 2013–2018
Clinical Assistant Professor, Arizona State University, 2008–2013
Lecturer Position, Arizona State University, 2006–2008
Adjunct Professor, Mesa Community College, Mesa, Arizona, 2005–2006
Clinical Dietitian, Chandler Regional Hospital, Chandler, Arizona, 2002–2007
Adjunct Faculty, Oral Roberts University, Tulsa, Oklahoma, Spring 1997
AP4 Coordinator, Texas Woman's University, Denton, Texas, 1993–1994
Research Assistant, Texas Woman's University, Denton, Texas, 1992–1994
Quality Assurance Coordinator, Hospital San Pablo, Bayamon, Puerto Rico, 1992

Teaching Experience at University and College Level

Introductory Human Nutrition (Mesa Community College, Oral Roberts University) Sports Supplements (Mesa Community College)
Sports Nutrition (Mesa Community College)
Nutrition in the Life Cycle II (Mesa Community College)

Introduction to Planning Therapeutic Diets (Arizona State University) Medical Nutrition Therapy II (Arizona State University)

Applied Food Principles (Arizona State University) Development of Healthy Cuisine (Arizona State University) ASU 101 Experience, (Arizona State University)

Nutrition, Health and the Mediterranean Diet in Spain and Italy, (ASU Study Abroad program) Cultural Aspects of Food, (Arizona State University)

Geriatric Nutrition, graduate level course (Arizona State University)

Nutrition Focused Physical Assessment, graduate level course (Arizona State University) Nutrition and the Lifespan, graduate level course (Arizona State University)

Medical Nutrition, graduate level course (Arizona State University) Introduction to Nutritional Science (Arizona State University) Human Nutrition (Arizona State University)

Applied Project Part 2, graduate level (Arizona State University) Simulation and Practice Graduate Course (Arizona State University) Cultural Aspects of Health (Arizona State University)

Book Chapters

Mayol-Kreiser S, Marks L. Dietitian's Pocket Guide for Nutrition in Spanish. Jones and Bartlett Publishers LLC, 2010

Nutrition Chapter in Cardiac Rehabilitation Manual for Chandler Regional Hospital

Mayol-Kreiser S, Mayol P. Leche Materna. In: Cien en Boca. First Book Publishing of P.R., 2004.

Mayol-Kreiser S, Mayol P. Alimentos Solidos para Infantes. In: Cien en Boca. First Book Publishing of P.R., 2004.

Abstracts Presented and Articles Published

Shekar, M., Mayol-Kreiser, S., Chen, D.-G., & Johnston, C. S. (2027). Psychological resilience and food skills are favorably linked to gluten-free diet adherence in adults with celiac disease: A cross-sectional study. *Nutrition*, *133*, Article 113444. doi.org

Fakier K, Tamsukhin S, Foret S, Serio A, Mayol-Kreiser S, Pant M, Simulation Best Practices: A Survey Amongst Nutrition and Dietetics Educators and Preceptors. FNCE, 2025

Bridenbaugh J, Bowser E, Marian M, Mayol-Kreiser S, Petrosky S, Interprofessional Education (IPE) in Action: Sharing Success Stories. NDEP-Line Newsletter. Winter 2022

More D, Shepard C, More C, Mayol-Kreiser S, The perinatal use of probiotics, prebiotics, and synbiotics for the primary prevention of allergic diseases in children: A systematic review.
Human Nutrition & Metabolism (2021) Vol. 25

Winham D, Wooden A, Hutchins A, Morse L, Shepard C, Mayol-Kreiser S, Hampl J, Attitudes and Perceptions of the DI Preceptor Role by AZ Nutrition Professionals. Top Clin Nutr (2017) Vol. 29, No. 3, 210–226

Mayol-Kreiser, S., Garcia-Turner, V., Johnston, C., Examining the utility of a laser device for measuring height in free-living adults and children. Nutrition Journal (2015) 14:93

Mata Stevens, S., Mayol-Kreiser, S., Shepard, C., Perceived ratio of vegetable to fruit in juice diet: A case study of the online juicing population. Barrett Honors Symposium, April 2015.

Mayol-Kreiser, S. Ingram, K. Kastenbaum, B. Bonifas, R. Calacci, M. Brooks, R. Jarrell, K., Standardized Patient Development for Enhanced Interprofessional Collaboration Training. AZGS Conference November 2014.

Garcia-Turner, V, Mayol-Kreiser, S., Johnston, C., Validation Study of a Laser as a new tool for height measurement. 2014 SACNAS National Conference, October 2014.

Garcia-Turner, V, Mayol-Kreiser, S., Johnston, C., Validation Study of a Laser as a new tool for height measurement, Barrett Honors Symposium, April 2014.

Winham, D., Wooden, A., Morse, L., Mayol-Kreiser, S., Shepard, C., Hutchins, A., Hampl, J., Training Interns: Barriers and Motivators to Being a Preceptor in Arizona. Academy of Nutrition and Dietetics Annual Conference, October 2012.

Mayol-Kreiser SN. Using Simulation Technology for Multi-Disciplinary Instruction in an undergraduate DPD. Dep-Line Newsletter. Fall 2011

Vega-Lopez S, Mayol-Kreiser SN. Curr Diab Rep. 2009 Oct; 9 (5): 379-88

Mayol-Kreiser SN., Czajka-Narins DM. Linoleic and Linolenic Acid Concentrations of Milk of Women in Puerto Rico. Journal American Dietetic Association September 1996 (Vol. 96, Issue 9 (Supplement), Page A62)

Mayol S.N., Czajka-Narins D.M., Concentrations of Insulin in Milk of Hispanic Women. American College of Nutrition 35th Annual Meeting,1994

Doctoral Dissertation Committee Memberships

Kate Zemek (2017) “The use of technology compared to the traditional educational method to improve hydration status of club-level collegiate athletes with a focus on cognitive”.

Elizabeth Sussman (2013) “Selenium Supplementation and Cardiovascular Outcome Markers in Hemodialysis Patients: A Randomized Controlled Trial”.

Catherine Trier (2012) “Protein Ingestion as a Dietary Strategy for Managing Caloric Intake in Healthy Adults”.

Christy Appel (2010) “Effect of vinegar, pickle juice and supplemental potassium on Urine pH glycemia and substrate oxidation in healthy adults”.

Master of Science Thesis Committee Memberships

Kelsey Clay (2026) " Effects of Spirulina on Mood in Healthy College Students".

Jasmyn DeGraff (2026) "Associations Between Pre-Pregnancy Maternal BMI, Human Milk Microbiome Alpha-Diversity, and Infant Weight".

Chelsie Mitesh Gandhi (2025) "The Impact of Nursing Support on Breastfeeding and Neonatal Abstinence Syndrome (NAS) in Substance-Exposed Infants: A Pilot Study".

Nicole Brown (2025) "Daily Vinegar Ingestion and Body Composition Changes Following a 12-Week Resistance Training Program: A Randomized Controlled Trial".

Danielle Caldwell (2024)"Do the Combined effects of Maqui Berry Extract and Omega 3 Fatty Acids influence dietary intake and body composition in individuals with Type 2 Diabetes Mellitus?".

Gabriela Fahmy (2023) “Exploring how COVID-19 pandemic impacted immigrant breastfeeding behaviors compared to US-born babies”.

Michelle Harris (2023)" The Effects of Corn Flour on the Heart Health and the Gut Microbiome" Lauren Waznik (2018) "Glycemic Response to Gluten-Free Bread in Healthy Adults".
Committee entry requires confirmation because the text in the source file was corrupted.

Namrata Oza (2016) "Effect of Curcuma Longa (Turmeric) on postprandial glycemia in healthy, non-diabetic adults".

Amber Bonsall (2016) "Developing the optimal vinaigrette dressing for managing blood glucose concentrations".

Vanessa Garcia-Turner (2016) "Validating a Laser for Measuring Supine and Standing Heights against Current Measures in Adults".

Zoe Yeh (2015) "Is Apple Cider Vinegar Effective for Reducing Heartburn Symptoms Related to Gastroesophageal Reflux disease?".

Cameron Scholtz (2015) "A novel 'Food Lists' app to promote weight loss, improve diet quality, and strengthen diet adherence: the Foodmindr Study".

Andrew James (2015) "Will the Daily Consumption of Commercially Available High-Protein Pasta and Cereal, in Comparison to Traditional Gluten-Free Pasta and Cereal, Favorably Impact Weight Loss and Satiety in Adults Adhering to Calorie Restricted Diets?".

Kelly Cosgrove (2015) "The Impact of Adherence to a Vegan Diet on Acid-Base Balance: A Randomized Controlled Trial in Healthy College Students".

Michelle Ipjian (2015) "The Popular Calorie Counter App, MyFitnessPal, Used to Improve Dietary Sodium Intake: A Four-Week Randomized Parallel Trial".

Nia Jarrett (2015) "Iron depletion therapy and chromium supplementation for improving insulin sensitivity".

Lindsay Gnant (2014) "The Effect of Vitamin C Supplementation on sICAM-1 in Asthmatic Study Participants".

Brooke Schohl (2012) "Subject-coded versus investigator-coded diet analysis: A comparison of methods".

Dianna Daigle (2009) "Polyunsaturated fatty acid intake in vegetarians vs. omnivores".

Applied Project Committee Chair and Memberships

Suzanne Navarro (2023), Chair "Validating Nutrition Focused Physical Examination of muscle mass to diagnose sarcopenia with veterans with cancer".

Nora Hall (2022), Chair "Exploring Health at Every Size and its Impact Fat Bias in Veterans with Binge Eating Disorder".

Jamie Neff (2022), Chair "Impact of pre and post-diagnosis weight change on nutritional status, treatment compliance, and survival outcomes in veterans with head and neck cancer".

Taryn Pospisil (2022), Chair "Effect of a Low Fodmap Diet Education on Veterans with IBS".

Hope Vickery (2021), Chair "Effects of Prophylactics vs reactive tube feeding placement in veterans with head and neck cancer receiving chemotherapy on quality of life".

Aleksandra Kras (2021), Chair “Anti-Inflammatory Diet class utilization rates among veterans with chronic pain: retrospective chart review and infographic project “.

Whitney Thompson (2021), Chair “A novel nutrition intervention in veterans with cancer: A model for healthy teaching kitchen during social distancing measures”.

Lisa Diefenderfer (2021), Chair “Effectiveness of calorie count assessment at the Phoenix VA Health Care System”.

Natalie Chan (2021), “Characterizing Fragility in Advanced Lung Disease patients”

Erin Mulvey (2021), “Nutrition Education on therapeutic diets for foodservice employees in skilled nursing facilities”.

Jenna Marshall (2021), “Bolstering Nutrition Screening: Applications of Nutrition Focused Physical Evaluation Components in Hospital Care”.

Lauren Woznick (2021), “The impact of oral nutrition supplementation and food fortification on clinical nutrition outcomes in hospitalized adult malnourished patients: Systematic review”.

Marilyn Tassone-Landry (2021), “Promoting Nutrition Focused Physical Examinations: A Clinical Performance Improvement Project”.

Nikita Bhuyan (2020), Chair “Assessing the Phytochemical Quantity of Veterans with the Development of the Phytochemical Index Methodology and Food List”.

Mckenzie Millner (2020), Chair “Evaluation of Commonly Used Measures of Sarcopenia and Nutrition Focused Physical Exam in Veterans with Stage IV Non-Small Cell Lung Cancer: A Feasibility Study”.

Danielle Snyder (2020), Chair “Designing an Intervention to Promote Best Weight Loss Treatments and Practices Prior to Prescribing Weight Loss Medication at the Phoenix Veterans Affairs Health Care System (PVAHCS)”.

Maya Schmitt (2020), Chair “A Curriculum developed to increase self-efficacy surrounding cooking and food choices in children aged 8-12”.

Gabriel Dunlavey (2020), Chair “Developing a Grocery Store Nutrition Curriculum to Increase Customer Consumption of Fruits and Vegetables

Joseph Wade Ipson (2020), Chair “Assessment of peer counseling methods – improving breastfeeding support: A Quality Improvement Survey

Melissa Kroth (2020), Mentor “Introducing the Nutrition-Focused Physical Examination and the Measured Confidence Level of Nutrition Clinicians”.

Tabatha Stevens (2020), Member “Breastfeeding Outcomes: Education and Intervention’s Impact on Duration

Vandana Puri (2020), Mentor “Examining of an innovative intergeneration meal program: Senior and Children sharing meals together to combat food insecurity”.

Stacey Hitesman (2020), Mentor “Caloric estimation of critical ill adult patients using a predictive equation compared to measurements from a modern indirect calorimeter”.

Kati Kauffman (2020), Mentor “Status and Safety of Artificial Ingredients within a Food company: A review of landscape and literature”.

Daniel More (2020), Mentor “Perinatal use of Probiotics, Prebiotics and Symbiotic for the primary prevention of allergic diseases in children: A systematic Review.

Moly DiPaola (2020), Mentor “Creation of Nutritional Materials for Geriatric Residence in a Institutionalized setting focusing on Food first.

Rebeca Jordan (2020), Mentor “Effectiveness of Plant Based Diets on Glycemic and cardiovascular markers in Type 2 Diabetes: A systematic Review.

Kerri McDonald (2020), Mentor “Volume-Based Enteral Feeding Protocols and their effect on critical care outcomes: A systematic review.

Jerad Miles (2019), Chair “Exploring the Benefits of VA Whole Health Classes on Veterans’ Reported Self-Efficacy”.

Emily Potter (2019), Chair “Effects of Nutrition Education on an Acute Mental Health Ward at the Phoenix Veteran Affairs Health Care System”.

Logan Cobb (2019), Chair “The Effect of Percutaneous Endoscopy Gastrostomy Utilization on Unintended Weight Loss and Wheelchair use as a measure of Functional Status in Veterans with Amyotrophic Lateral Sclerosis”.

Denise Coventry (2019), Chair “Protein, respiration and wounds. The Dilemma of Critical Care Needs and Predictive Equations”.

Stacy Phillips (2019), Chair “Fruit and Vegetable Consumption of Adult Residents of and Agri hood”.

Sarah Gilbert (2019), Mentor “Effects of High vs Low Protein Intake on Renal Biochemical Markers in Chronic Kidney Disease”.

Chrystal Meginley (2019), Mentor “Will intense care unit and medical-surgical nurses retain knowledge about gastric residuals volumes and tube feeding intolerance after education”.

Jennie Reed (2019), Mentor “The efficacy of a corporate wellness program after five years of nutrition education”.

Megan William (2019), Mentor “Finding commonalities among interactive Virginia WIC enrollees in order to provide suggestions for outreach and retention”.

Ashley Haluck (2019), Member “Technology and weight loss: Does consistent use of dietary and activity trackers yield desirable weight loss outcome?”.

Jessica Moosburger (2019), Member “Enhanced recovery after surgery protocols may improve surgical outcomes in adult orthopedic patients”.

Savannah Regensburger (2019), Member “Intermittent fasting as an effective treatment for metabolic improvement in overweight and obese postmenopausal women: A systemic review.

Raelyn Debevits (2018), Chair “Exploring the correlation between resting energy expenditure and lean body mass in overweight/obese children”.

Baylee Evans (2018) Chair “Measuring confidence levels of Healthcare students at ASU after participating in an Interprofessional Education”.

Mary Gordon (2018), Chair “Comparing efficacy and patient comprehension of video-based diet education versus paper hand-out diet version on fluid management in hemodialysis patients”.

Megan Grant (2018), “Rate of growth in weight-length and head circumference in very low birth weight premature children”.

Leah Groppo (2018), Chair “Patient’s perspective on their diabetes health outcomes”

Jessica Holland (2018), Chair “Nutrition education for adolescence in recovery for alcohol and substance abuse”.

Heather Hunt (2018), “Effectiveness of nutrition counseling in outpatient primary care setting”.

Ahriel Katsma (2018) Chair “Developing a pre-surgical carbohydrate loading supplement protocol utilizing Enhance Recovery After Surgery (ERAS) guidelines for implementation at the Carl T. Hayden Medical Center”.

Alison Kenny (2018), Chair “Technology and foodservice in healthcare: Bridging the gap”.

Cammie Nguyen (2018), Chair “A study to assess the confidence of older adults with type 2 diabetes in using diet to improve glycemic control”.

Stacy Pelekhaly (2018), “Energy expenditure in mechanical ventilated patients with acute traumatic spinal cord injury”.

Brittane Svem (2018), “Quality improvement project for Phoenix Children Hospital traumatic brain injury nutrition protocol”.

Alayne Gatto (2017), Chair “The effect on time management by streamlining accessibility to enterprise contact management from corporate portal to corporate SharePoint for hospital business managers”. Jerilynn Hart (2017), “Evaluation of Move weekly classes on weight loss in veterans”. Shannon Huntly (2017), “Nutritional provision in the neonatal intensive care unit and growth outcomes”.

Kate Kelley (2017), “Redesigning micronutrient tool for the home parenteral nutrition patient”.

Maria Kim (2017), Chair “Evaluation of a proposed diabetes education protocol triggered by hemoglobin A1C level in a primary care setting”.

Paige Lipow (2017), Chair “The effect of an educational tool at reducing fast food consumption among dialysis patients”.

Caitlyn Liptake (2017), Chair “Development of a free water protocol and educational materials and the evaluation of acute-rehabilitation staff knowledge”.

Danielle Masland (2017), Chair “Incidence of vitamin A deficiency after roux-y-gastric bypass.

Jillian McCleary (2017), Chair “A comparison of total carbohydrate content and the glycemic load of mixed meals and their effect on post prandial glycemia in adults with type 2 diabetes”.

Chelsea Quinn (2017), “Quality improvement evaluation of all kids can classes: A clinical-based multidisciplinary program”.

Maryann Smitt (2017), Chair “College campus women heart healthy program”.

Cali Kent (2016), Chair “Malnutrition diagnosis: Multidisciplinary approach to improving patient outcomes with optimization of malnutrition diagnosis process”.

Leah McCulley (2016), Chair “Exploring the association between vitamin D status and albumin levels in hemodialysis patients”.

Jessica Ostheim (2016), Chair “Can perioperative nutrition supplements improve surgical outcomes in pancreatic and esophageal cancer patients”.

Jesus Trujillo (2016), Chair “Examining the impact of motivational interview has on hemodialysis patient’s knowledge”.

Membership in Professional Associations

Dietitians in Nutrition Support, (2017–present)
Dietetic Educators of Practitioners Practice Group (2010–present)
American Society for Parenteral and Enteral Nutrition (2006–present)
AZ Central District Dietetic Association, (1998–2006)
Arizona Academy of Nutrition and Dietetic Association, (1998–present)
Tulsa Dietetic Association, (1995–1997)
American College of Nutrition, (1994–1996)
Texas Dietetic Association, (1992–1994)
Academy of Nutrition and Dietetics (AND), (1992–present)

Professional Service

National Dietetic Educators and Preceptors, simulation committee (2022–present)
National Dietetic Educators and Preceptors, IPE committee (2021–present)
Arizona Academy of Nutrition and Dietetic, (Voted to Nominating Committee, 2023–2026)
National Dietetic Educators and Preceptors, Chair simulation committee (2022–2023)
National Dietetic Educators and Preceptors, Chair IPE committee (2021–2022)
American Society for Parenteral and Enteral Nutrition, (Educational and Professional Development Committee member, 2017–2022
National Dietetic Educators and Preceptors, member (2010–present)
Area Agency on Aging, Region One, (Elected Board Member, 2016–2020)
Accreditation Council for Education in Nutrition and Dietetics, (FEM Reviewer, 2019–2024)
Arizona Academy of Nutrition and Dietetic, (Nominating Committee, 2010–2014)
Arizona Academy of Nutrition and Dietetic, (Fundraising Chair, 2009–2010)
Arizona Academy of Nutrition and Dietetic, (Public Policy 2007)
Arizona Academy of Nutrition and Dietetic, (Historian, 2005–2006)
Arizona Central District Dietetic Association, (Speaker Bureau, 1998–2005)
Tulsa Dietetic Association, (Vice-President, 1996)

Arizona State University Level Service

Edson IPECP Guiding Coalition, 2021–2024

Advisory Board member, ASU Career and Professional Development Services, 2020–2025

Health Advisory Committee, 2018–present

Interim President-Elect Faculty Senate ASU Downtown campus, 2019 NTE Faculty Senate Subcommittee, 2019

Barrett Honors College Faculty, 2010–present

ASU Public Safety Advisory Committee, 2015–2018 Faculty Senate By-laws Task Force, 2016–2018

Faculty Senate, Senator representing Nutrition Program 2009–2018

Past-President Faculty Senate ASU Downtown Campus 2014–2015

President Faculty Senate ASU Downtown campus-2013–2014

President-Elect Faculty Senate ASU Downtown campus, 2012–2013

Obama Scholar Mentor, 2011–2016

Personnel Committee ASU Faculty Senate, 2010–2015

Arizona State University College Level Service

ASU Blue Zone working group, (2022–present)

Simulation Lab working group, (2022–present)

College of Health Solutions Interprofessional Education member, (2021–present)

College of Health Solutions Simulation Affinity Network Co-Chair, (2019–2022)

College of Health Solutions Affinity Network Committee member, (2019–2023)

College of Health Solutions Affinity Network Committee Chair, (2019–2021)

College of Health Solutions Translational Team Committee member, (2019–2023)

College of Health Solutions Accreditation Committee member, (2019–present)

College of Health Solutions Teaching and Learning Community Practice, (2019–present)

College of Health Solutions Committee on Committees Chair, (2018–2020)

College of Health Solutions Personnel Committee member, (2019–2023)

Arizona State University Phi Upsilon Omicron National Honor Society Advisor, 2014–2020

IPE Simulation Committee, 2017–present (collaborative work with nursing, speech, social work department on simulation project meet twice in the semester)

College of Health Solutions Teaching Task Force, (2016–2023)

IPE Event at U of A Medical School (facilitator at the IPE event at the medical school 2016–2018)

New MS in Medical Nutrition Task Force- 2018

CHS 101 Transition Class, 2016

SNHP Non-tenure track Personnel Committee, (2013–2016)

CONHI Comunidad Clinic Service Committee, Mental Health Grant (2012)

CONHI Clinical Track Hiring Committee (2009–2010)

Facilitator for the Intercessions Curriculum at CoM-Phx (2010–present)

Arizona State University Nutrition Program Level Service

Nutrition Curriculum Committee, 2019–present

ASU Nutrition Program task force for accreditation, 2017–present

Capstone project task force committee for MSD program, 2017

Nutrition program Graduate College Curriculum Committee, 2016–2023

Dietetic Internship Selection Committee, 2010–2023

ASU Nutrition Program Personnel Committee, 2008–2011

Nutrition Program Hiring Committee, 2008–2009

Chair Social Events Committee, 2007–2009

Selected Pedagogy and Professional Development

AZDA Annual Meeting, June 2026- One-day conference on Dietetics, Phoenix.

Enteral vs. Parenteral—Which Is Best for My Patient? 2025

Changing Climate, Changing Health: Valley Fever, Air Pollution, and Allergies, 2025

ALZ Talks: The Latest Breakthroughs in Alzheimer's Research, 2025

Malnutrition Optimization in Acute Care Settings: Evidence-Based Practices, Documentation, and Reimbursement Insights, 2025

Understanding the Role of Dietary Protein in Healthy Aging: Clinical and Non-Clinical Aspects, 2025

Extending the Nutrition-Focused Physical Exam: Assessing Clinical Signs of Micronutrient Deficiencies, 2025

Is There a Place for Dietary Protein Beyond the RDA in an Aging Population? 2025

Turn Nutrition Services into Profit: Essential Billing and Coding Strategies for RDNs, 2025

Artificial Intelligence in Nutrition Education; SAILS: Navigating Tricky Students; and Artificial Intelligence, 2025

Completed four hours of DEAC training, 2025

Completed 20 hours in the Launching Leaders Program led by the Office of the University Provost, 2025

Concrete Empathy: A playbook for leading modern teams, 2023 Innovations to Advance Clinical skills education and Practice, 2023

Creative Pathways for RDN Career development and pay enhancement, 2023 I heard your student placed a feeding tube, 2023

Refeeding and Wernicke's: Keeping patients safe and RDNs out of court, 2023 Beyond entry level; New advance practice doctoral standards for the RDN, 2023 Abundance: A professional paradigm shift away for the hustle culture, 2023 Breaking Burnout: A systemic Approach to Workplace Well—being, 2023 Diversity and End of Life, 2023

ChatGPT: Friend or Adversary in Educating future dietitians, 2023 FNCE: Identify Leadership, 2023

Swallow Screening for Dysphagia, 2023

NDEP Webinar: Interrupting Microaggressions, 2023

Cultural centered dietary interventions to address chronic diseases, 2023 From Equity Talk to Equity Walk: Translating Vision into Practice, 2023

Simulation 101: Incorporating simulation in Nutrition and Dietetics Education, 2023 Course and Teacher Evaluations: Faculty Empowerment Workshop, 2023

Military Veteran Training Session (Proving Grounds), 2023 ASU Toast Master, 2023

Teacher Talk: Chat GPT, 2023

Inclusive Teaching Strategies for Dietetic Educators, 2023 Diversity, Equity and Inclusion, ACEND 2023

Safe and Easy Administration of Blender zed Tube Feeding, 2023 Racism and Health Care in Pandemic Times and Beyond, 2022

Practical Tools for Providing High-Quality and Engaging Online Education, 2022

Getting to know Interprofessional Education Strategies, 2022 Mental Health Awareness: Study Abroad, February 2022

CHS Focusing Our Future: Engagement Session, February 2022 ASPEN webinar on Enteral Nutrition Complications, 2021 ACEND Webinar on DEI in Academia, 2021

CHS Teaching Academy, 2021

LIFT ECHO, monthly presentation 2021

Active Learning and Flipped Classroom Teaching, August 2020 Diversity and Inclusion in Dietetics, July 2020

Guide to being an effective Preceptor, June 2020 Slack for Teaching, June 2020

Ally for Accessibility, June 2020 ASU Synch Workshop, June 2020

Assessment Planning Workshop, May 2020 TLCP: Online
Instructor Support, May 2020

Difficult Conversations with Students, (ACEND), May 2020

Lift Echo Clinic- Bimonthly clinical case study presentation, 2019–present Food and
Nutrition Conference and Expo (FNCE), October 2019 Malnutrition Across the Spectrum
webinar, September 2019

ACEND Site visitor trainings on new standards and Future Education Model- June 2019 CANVAS workshop,
April 2019

Culturally Nutrition Focused Physical Assessment, March 2019

Getting Started: Designing and Using standardized patient for simulation, March 2019 American Society of
Enteral and Parenteral Nutrition (ASPEN) Annual Meeting, February 2019 DRC workshop, January 2019

Leading for where you are: Managing up, down, and sideways, December 2018 Canvas training,
October-December 2018

Food and Nutrition Conference and Expo (FNCE), October 2018 Malnutrition-
Special Population Webinar, September 2018 CITI Training, June 2018-
webinar

Food Plant Workshop, May 2018

Training on Study Abroad teaching, April 2018

American Society of Enteral and Parenteral Nutrition (ASPEN) Annual Meeting, February 2018 Course
Development Workshop- January 2018

Boot Camp for Teaching Online- June 2017

Nutrition and Dietetic Educators and Preceptors Annual meeting, March 2017- 2-day annual meeting, Asilomar,
California. Attended sessions on competencies for teaching dietetic students.

Master Class for Teaching Online- March 27th to April 10th, 2017-This is a two-week online workshop designed to facilitate peer sharing of strategies for designing and teaching online courses.

Nutrition Focused Physical Assessment: Electrolytes imbalance webinar May 2017. Attain education on electrolytes imbalance to include in Nutrition Focused Physical Assessment course.

AZDA Annual Meeting, June 2017- One-day conference on Dietetics, Phoenix.

Dietitians in Nutrition Support Symposium- June 2nd to 3rd, 2017, Scottsdale. Symposium on new standards for malnutrition diagnosis and using Nutrition Focused Physical Assessment. Included information in new course development.

ACEND Site visitor two mandatory webinar trainings on new 2017 standards- September 2017 NEXUS Summit: National Interprofessional Meeting, Minnesota September 2017. Learned ways to include interprofessional activities in the classroom.

Food and Nutrition Annual Conference and Expo, October 2017- 4-day annual meeting, Chicago.

Teaching Workshop- Strategies for working with the Me generations 3/2016 Teaching
Workshop- Problem solving based learning 2/2016

Teaching Workshop- Speed Mentoring 10/2016

Nutrition and Dietetic Educators and Preceptors Annual meeting, April 2016- 2-day annual meeting

Training on Study Abroad teaching- April 2016

Nutrition Focused Physical Assessment one day Workshop, UCSD 9/30/2016 ACEND site
visitor two-day webinar, November 2016

ASU IPEC two-day workshop meeting- 9/2016, workshop on how to design and use IPE in the classroom setting.

Malnutrition and Nutrition Support Webinar- 7/2016 The power of
Protein Webinar- August 2016

ASU IPE workshop meeting- September 2015

ACEND site visitor two-day training and workshop, October 2015 Boot Camp for
Teaching Online- June 8th to June 21st, 2015

Applying the Quality Matters (QM) Rubric Face-to-face workshop. June 2014 ASU Blackboard
Training tutorial, May 2014

How to Flip a Classroom webinar, May 2014 CITI Training,
Nov 2014- webinar

Best Practices for Dietetics Educators and Preceptors, April 2014- Meeting Nutrition and Dietetic Educators and Preceptors Annual meeting, April 2014 ASPEN Annual Meeting, January 2013

AZDA Annual Meeting, April 2013- One-day conference on Dietetics. Power of Preempting, August 2013- Webinar

Preoperative Preparation for Optimal Outcomes, November 2013- Webinar Echo360 Active Learning, December 2013- Webinar

Echo 360 Lecture Tools Quick Start Workshop, September 2013- Webinar Blackboard Workshop, Aug 2013- ASU sponsor workshop

FNCE, Teaching Strategies to Craft a New Student Experience, October 2012 E3 Blackboard Workshop, June 2012

E3 Presentation “Improving On-line teaching” June 2011 FNCE conference “Effective Teaching”, October 2011 Life Coach, October 2011

CITI Training, Dec 2010 Blackboard Workshop, Aug 2010

Reusable Learning Objectives Workshop, Nov 2010

Teaching Tune-Up: Grading with Rubric Webinar, August 2010

Classroom Assessment Techniques: The Misconception Preconception Check, Focused Listing and One Sentence Summary Webinar, March 2010

Professional Presentations Selected

“Hospital Nutrition”, The University of Arizona College of Medicine, 2023

“Presentation on Health Eating for the Elderly” OLLI Foundation, 2023

“Health Benefits of the Mediterranean Diet”, OSHER Foundation, 2022 “Hospital Nutrition”, The University of Arizona College of Medicine, 2022 “Presentation on Health Eating for the Elderly” OLLI Foundation, 2021

“Implementing a blended, video-assisted approach for an interprofessional telesimulation event in a didactic setting” 2020, 1st International telesimulation Conference “Diet and Immune system in a Pandemic” 2020, San Juan, Puerto Rico

“Incorporating Experiential Learning in the classroom setting with simulation” 2020 NDEP

Olli Class on nutrition and the elderly, Arizona State University, 2020

“The 2019 Code of Ethics for the Nutrition and Dietetics Profession” 2019 Preceptors meeting

Olli Class on nutrition and the elderly, Arizona State University, 2019 “Hospital Nutrition”, The University of Arizona College of Medicine, 2019 “Scope of Practice”, 2019 Preceptors meeting, Phoenix AZ

“Hospital Nutrition”, The University of Arizona College of Medicine, 2018

“The 2018 Code of Ethics for the Nutrition and Dietetics Profession”2018 Preceptors meeting “ACEND 2017 Standards: The Big Picture”, 2017 Preceptors meeting, Phoenix AZ

“Scope of Practice”, 2017 Preceptors meeting, Phoenix AZ

“Healthy eating for aging” AZ Down Syndrome Symposium, November 2017.

“Hospital Nutrition”, The University of Arizona College of Medicine, 2017

“Benefits of Mediterranean Diet”, ASU Professional Development Conference, 2016 Phoenix

“Nutrition Diagnosis Presentation” Honors Healthcare, October 2016, Scottsdale AZ

“Using Simulation and IPE in the classroom setting” Area IV Dietetic Educators of Practitioners Area Meeting, April 2015, Denver

“Academy of Nutrition and Dietetics Evidence Based Library” ASU Dietetic Internship Program 2011–2014

“Nutrition and Diabetes”, The University of Arizona College of Medicine, 2011

“Nutrition through the Lifecycle” The University of Arizona College of Medicine, 2011 “Insulin Resistance “Lecture at CONHI (Nursing Department), 2010

“Medical Nutrition Therapy”, The University of Arizona College of Medicine, 2008–present) “Health for Latina Women”, Arizona State University, 2009–2010

"Specialized Diets", The University of Arizona College of Medicine, 2008–2009 "Eating Right-Finding the Balance", Healthy Living Lecture Series, ASU 2008

"Healthy Eating for Kids", Sorella's Finishing School, 2008

"Sports and the Diabetic Patient", Chandler Regional Hospital Diabetes Center, 2006 "Nutrition and Adolescents" Phoenix Boys and Girls Club, 2005

"Nutrition and the Elderly", Ahwatukee Senior Citizen Center, 2004

Community Service and Interviews Selected

"Health Benefits of the Mediterranean Diet", Friendship Village, 2023

"Nutrition and the Elderly", Area Agency on Aging Zoom, 2023

"Nutrition and the Elderly", Sun City West Library, 2022

Activate Greater South Phoenix Blue Zone Community Meetings Moderator, 2022 Medical Career Panel for High School Club, January, 2022

"Presentation on Eating Health during the holidays", San Juan Puerto Rico, 2021.

Radio Interview "Blue Zone Diet and Lifestyle" December 2019

"Aging Mastery Program, Healthy Eating and Hydration", November 2019

Interview for Cronkite ASU magazine article on New Public Charge and Health Disparities, October 2019

"Aging Mastery Program, Healthy Eating and Hydration", February 2019 "Nutrición en la tercera edad", December 2018, San Juan Puerto Rico.

"Aging Mastery Program, Healthy Eating and Hydration", November 2018 "Aging Mastery Program, Healthy Eating and Hydration", February 2018

"Aging Mastery Program, Healthy Eating and Hydration", March 2017

"Benefits of the Mediterranean Diet" Penske Auto Group, February 2017, Scottsdale AZ. Radio Interview " Journey to a Healthy Lifestyle: Sept, 2015 http://www.starworldwidenetworks.com/index.php/Audio/journey_to_a_healthy_lifestyle

"NBC Latino.com " http://nbclatino.tumblr.com/post/13573547538/a-mid-morning-snack-can-wreck-weight-loss

"Cubanito Radio Show" Healthy Nutrition Tips, 2010.

"Healthy Eating for Hispanics" Latino perspectives Magazine in Phoenix, April 2010 "Acrylamide in our foods" Channel 3 Interview www.azfamily.com/news/consumer/54775222.html

"Nutrition and the Competitive Swimmer", RIO Salado Swim Club, 2010 "Nutrition and Adolescents" Phoenix Boys and Girls Club, 2005

"Nutrition and the Elderly", Ahwatukee Senior Citizen Center, 2004

"Eating Right for a Healthy Heart", Scottsdale School District, 2003

Television Interviews for local Spanish Channel on "Healthy Eating"2004–2006

Honors and Awards

Nominated for College of Health Solutions Teaching Award (2020)

Nominated and awarded the College of Health Solutions Innovation Award (2018)

Nominated and Awarded the SNHP Excellence in Teaching/Instruction/Mentoring Award (2016) Nominated for the Associated Students of ASU Centennial Professorship Award (2015)

Skills and Interests

Fluent in Spanish and English