

KARLA KENNEDY HAGAN, PhD, RD, LDN

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Champaign, Illinois 61822
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PROFESSIONAL SUMMARY

Registered and Licensed Dietitian with an advanced degree in Dietetics that possesses a variety of professional and scholarly experiences including clinical, administrative, outpatient, academic, food service, wellness and community dietetics.

WORK EXPERIENCE

Eastern Illinois University – Assistant Chair, School of Family and Consumer Sciences

August 2007 – Present

- Determine course offerings, create online semester schedules and monitor registration status, adding seats to classrooms and additional classes as needed.
- Assure all expenses for course offerings, as well as special CUs, fall within the Schools appropriated funds each semester.
- Calculate and prepare faculty workloads to be reviewed and approved by Chair.
- Address student course and schedule concerns.
- Organize the School Assessment Program and Major Assessment Profile.
- Monitor and update Graduate Faculty Status designations for the School.
- Organize and provide a School orientation for new faculty.
- Organize and provide a yearly update meeting for adjunct faculty.
- Serve as liaison between FCS and university and community.
- Work toward the development of a MS FCS online degree program.
- Assist Chair in determining the direction and goals of the SFCS.
- Attend the Dean's Administrative meetings, SFCS Executive Committee Meetings, Faculty Meetings, Program Area Meetings, Graduate Faculty Meetings and other department meetings, as needed.
- Meet with Chair and administrative staff weekly.
- Assist Chair in completing reports requested by the College and University.

Eastern Illinois University – Student Health Services

RD Volunteer

August 2005 – Present

- Serve as the RD for the Eating Disorder Team, which is composed of an MD, RD, RN and Counselors
- Meet individually with patients to assess nutritional status and assist with nutrient intake. Provide follow up as needed.
- Serve as the RD for patients with general nutrition problems, such as diabetes, allergies, IBS, gastritis, high lipid levels, weight loss, etc.
- Provide one-on-one counseling and follow up as needed.

Eastern Illinois University

*Associate Professor and Dietetic Internship Coordinator – School of Family and Consumer Sciences
August 2008 – Present*

*Assistant Professor and Dietetic Internship Coordinator – School of Family and Consumer Sciences
August 2003 – 2008*

- Develop and teach both undergraduate and graduate level nutrition courses, including Nutrition Therapy (FCS 4751), Nutrition for Physical Performance (FCS 4755), Medical Nutrition Therapy (FCS 5154), Advanced Human Nutrition (FCS 4750), Evaluation in Family and Consumer Sciences (FCS 5470), Nutrition Services Management (FCS 5156) Food Safety and Sanitation (FCS 1121).
- Develop and teach online and hybrid courses - Evaluation in Family and Consumer Sciences (FCS 5470).
- Direct, plan, coordinate and evaluate the activities of the Dietetic Internship program, assuring accreditation standards are met.
- Coordinate the Graduate Dietetic Internship Assessment program, including updating the Graduate Dietetic Internship Assessment Plan, collecting data, and preparing the reports of findings. Also assist in collecting and interpreting data for the Undergraduate Dietetic Assessment Plan.
- Advise assigned graduate dietetic and graduate FCS students.
- Serve on student's graduate committees, including participation with written and oral exams.
- Serve as the advisor for student's thesis and independent studies.
- Participate in student's thesis committees and written and oral comprehensive exams as the faculty advisor and/or a committee member.
- Participate in assigned FCS committees and university wide committees.
- Perform speaking engagements, including presentations at various conferences and workshops.
- Act as a resource person regarding nutrition for EIU and the surrounding community.
- Serve as the faculty advisor for the student organization: Organization for Peer Education on Nutrition (OPEN).

University of Illinois Urbana-Champaign, Illinois

*Graduate Teaching Assistant – Human Resource Education, College of Education
January 2000 - May 2003*

- Served as the Teacher Assistant for three HRE courses taught on-line each year, including Instructional Systems Design (HRE 383), Developing and Delivering Instruction in the Community College (399C), and Program Evaluation (HRE 450).
- Attended and participated in online-synchronous class sessions.
- Responded to student correspondence/questions via T.A. e-mail account and/or phone calls.
- Provided feedback to students and student teams for posted comments on various course topics.
- Received and tracked all student assignments.
- Graded student assignments.

University of Illinois Urbana-Champaign, Illinois

*Graduate Research Assistant – Human Resource Education, College of Education
January 1999 - December, 2000*

- Assisted various faculty members in the College of Education with scholarly research and related projects.

- Assisted various faculties in coordinating professional workshops and events for visiting scholars.

Eastern Illinois University

Adjunct Faculty Member – School of Family and Consumer Sciences January 2000 – May 2002

- During the Spring semester, 2002 taught one undergraduate/graduate level course, Nutrition for Physical Performance (FCS 4755) at Eastern Illinois University campus in Charleston.
- During the Spring semester of 2000 and 2001 taught one undergraduate level nutrition course, Nutritional Dilemmas and Decisions (FCS 4051) through Eastern Illinois University Off Campus Program. Courses were taught at Parkland Community College, Champaign, IL.
- Consistently received positive feedback from the university administered student evaluations at the end of each semester.

Eastern Illinois University Charleston, Illinois

Annually Contracted Faculty Member – School of Family and Consumer Sciences August, 1998 – August 1999

- Taught undergraduate and graduate level nutrition courses at Eastern Illinois University campus in Charleston, which included Nutritional and Well Being (FCS 2472), Nutritional Dilemmas and Decisions (FCS 4051) and Vegetarian Perspectives (FCS 5230).
- Consistently received positive feedback from the university administered student evaluations at the end of each semester.

St. John's Hospital Springfield, Illinois

Food & Nutrition Services Assistant Director - Patient Nutrition Services January 1997 – June 1998

- Directed, planned, coordinated and evaluated the activities of Patient Nutrition Services to meet regulatory standards.
- Coordinated the department Quality Improvement program.
- Staffed, organized, directed and evaluated the Supervisors of Patient Nutrition Services, Clinical Registered Dietitians, Nutrition Assistants, Nutrition Support Team (Registered Dietitians, Registered Nurses and Registered Pharmacists), Tray Assembly Staff, Dishroom Staff, and Data Input Operators (65 FTEs).
- Planned annual budget for two cost centers and managed operations within the limits set. FY '97 budget was \$1.9 million.
- Provided supervision to all areas of the department. Participated in weekend management coverage.
- Acted as a resource person regarding nutrition for Health Care Team Members and routinely provided community nutrition education.
- Actively participated on numerous hospital-wide committees.

St. John's Hospital. Springfield, Illinois

Food & Nutrition Services Assistant Director-Clinical Nutrition Services June 1990 - December 1996

- Directed, planned, coordinated and evaluated the activities of Clinical Nutrition Services to comply with regulatory standards.
- Coordinated the Clinical Nutrition Quality Improvement program.
- Staffed, organized, directed and evaluated the Supervisor of Clinical Nutrition Services, Clinical Registered Dietitians, Nutrition Support Team (Registered Dietitians, Registered Nurses and Registered Pharmacists), and Nutrition Assistants (28.91 FTEs).

- Planned annual budget for cost center and managed operations within the limits set. Annual budget was \$1 million.
- Provided supervision to all areas of the department. Participated in weekend management coverage.
- Acted as a resource person regarding nutrition for Health Care Team Members and routinely provided community nutrition education.
- Actively participated on numerous hospital-wide committees.

St. John's Hospital. Springfield, Illinois

Faculty Member - School of Dietetics September 1987 – June 1998

- Created, planned, conducted and evaluated various Dietetic Intern rotations, projects and classes including both clinical and administrative areas.
- Served as a member of the Screening and Selection Committee for student acceptance into the highly competitive St. John's Dietetic Internship Program.

St. John's Hospital Springfield, Illinois

Food & Nutrition Services Clinical Dietitian - Cardiac Services September 1987 - June 1990

- Assured proper nutritional care for patients by conducting nutritional screening, assessment and monitoring nutritional care.
- Provided guidance to other Health Care Team members regarding patient nutrition care.
- Developed and conducted educational programs and classes for inpatients, outpatients, family members, medical residents, medical students, physicians, nursing staff, nursing students and consumers.
- Assisted with orientation of new staff.

Passavant Area Hospital. Jacksonville, Illinois

Dietetic Department Clinical Dietitian May 1984 - September 1987

- Provided patient visitation, nutritional assessments and monitoring, inpatient and outpatient diet counseling, and taught inpatient and community nutrition education classes.
- Assisted with supervision of Diet Office personnel.
- Served as the Registered Dietitian for "Wellness Connection" which involved Corporate and Community nutrition education.

EDUCATION/CREDENTIALS

University of Illinois Urbana - Champaign, Illinois

Ph.D. in Human Resource Education - College of Education. December 2004

Coursework included topics of diversity, evaluation, quality improvement, adult education, instructional systems design, instructional technology, qualitative and quantitative research and statistics, which all compliment the field and practice of Dietetics.

Illinois Department of Public Health

Food Service Sanitation Certification Instructor 2003 - present

State of Illinois Office of Credentialing

Licensed Dietitian and Nutritionist in the State of Illinois 1996 - Present

American Dietetic Association. Commission on Dietetic Registration Exam Registration number – 11509

Eastern Illinois University Charleston, Illinois

Associate Professor 2008-current

Assistant Professor 2003-2008

Master's of Science Home Economics - Dietetics Option May 1984

Bachelor of Science Home Economics - Dietetics Option May 1983

Sarah Bush Lincoln Health Center Mattoon, Illinois. Six month clinical experience. May 1984 - November 1984

Illinois Department of Public Health

Illinois Food Service Sanitation Certification 1982 - present

HONORS

Outstanding Dietitian of the Year for the State of Illinois – The most prestigious award from the Illinois Dietetic Association, comprised of over 3000 members. 2010

Eastern Illinois University Achievement and Contribution Award in Service – Recognizes outstanding contribution to the University and community in the area of service October 2010

Excellence in Use of Technology Award – Use of Open Mind for portfolio development 2008

Provost Assessment Award – First Place – Recognized the MS in FCS Assessment program as a quality program 2007

Eastern Illinois University Achievement and Contribution Award in Balance– Recognizes outstanding contribution to the University and community in teaching, research/creative activity and service October 2007

Eastern Illinois University Achievement and Contribution Award in Service – Recognizes outstanding contribution to the University and community in the area of service October 2006

Recipient of funding to attend the Faculty Summer Institute – University of Illinois Funded by the EIU Center for Academic Technology Support 2006

Recipient of Eastern Illinois University Summer Graduate Assistant to assist with DI Assessment – June – July 2006

Eastern Illinois University Achievement and Contribution Award in Teaching – Recognizes outstanding contribution to the University in the area of teaching October 2005

Recipient of funding to attend the Teaching Professors Conference - provided by Faculty Development, attended the conference in Schaumburg, IL May 2005.

Recipient of the Donna Riechmann Award – Selection based on excellent academic and professional record. University of Illinois Urbana-Champaign, Illinois October 2001.

Induction into Kappa Delta Pi – International Honor Society in Education 1999.

POWER Award – Award from Food & Nutrition Services for Teamwork Efforts. St. John's Hospital, Springfield, IL March/April 1996.

Recognized Young Dietitian of the Year – Prestigious award from the Illinois Dietetic Association for the State of Illinois 1994.

RESEARCH

Consuming Pistachios in the Shell Slows Calorie Intake K. Kennedy-Hagan, J. Painter, C. Honselman, A. Halvorson, K. Rhoades, K. Skwir 2010 ADA Poster Session

Pistachio Shells Serves as a Visual Cue of Consumption C. Honselman, J. Painter, A. Halvorson, K. Rhoades, K. Skwir 2010 ADA Poster Session

Influential factors contributing to compliance and/or non-compliance with the gluten free diet for celiac disease individuals J. Barnes, K. Kennedy-Hagan, K. O'Rourke, J. Painter 2010 Thesis- Passed with Distinction

The impact of school lunch programs P. Ona, K. Kennedy-Hagan, C. Honselman, L. Taylor 2010 Thesis- Passed with Distinction

The acceptance of heart healthy food items among college students W. Alrayyes, K. Kennedy-Hagan, C. Honselman, J. Painter Presented to faculty and will present to Kuwait Government. 2009 Thesis

Factors affecting dietary compliance in the adolescent with type 1 diabetes MJ. Bargren, M. Burns, R. Wilkinson, K. Kennedy-Hagan, 2009 Presented to faculty.

Impact of alcohol on dietary behaviors of male college students C. Rozela, M. Burns, K. Kennedy-Hagan, K. O'Rourke 2009 Presented to faculty. Submitted to Graduate School for outstanding thesis award; did not receive the award. Also, presented at the Eastern Illinois Dietetic Association Research Forum.

The Effect of Suggestive Selling By Wait Staff on Food Consumption. G. Zumwalt, K. Kennedy Hagan, C. Honselman, K. Rhodes, J. Painter 2008 Poster Presentation at FNCE

Food Psychology 101: Why We Eat More Than We Think We Do K Rhoades, K. Kennedy-Hagan, J. Painter 2008

Pistachio Nut Study. J. Painter, K. Kennedy-Hagan, K. Rhodes, C. Honselman 2008

The Effect of Social Pressure on Eating Habits of College Students D. Wilcox, K. Kennedy-Hagan, J. Painter, R. Wilkinson 2008 Poster Presentation at FNCE

Effect of Living Arrangements and Meals Eaten Alone on the Nutritional Status of Older Adults K. Boeger, K. Kennedy-Hagan, J. Snyder, R. Wilkinson 2008

The Effect of Suggestive Selling By Wait Staff on Food Consumption G. Zumwalt, K. Kennedy Hagan, J. Painter, C. Honselman 2008

Older Adults' Food Choices Associated with Cardiovascular Health S. Clarkson, K. Kennedy Hagan, K O'Rourke, M. Brown 2007

Iron Consumption Knowledge for the Prevention of Iron Deficiency and Iron Deficiency Anemia Among College-Aged Women J. Vissers, K. Kennedy-Hagan, M. Burns, K. O'Rourke 2007

Dietetic Students' Attitudes Toward Overweight/Obese People S. Stluka, M. Burns, K. Kennedy Hagan, K. O'Rourke 2006

The Correlation Between Date Violence and Disordered Eating in College Aged Women K. Hartman, J. Painter, K. Kennedy-Hagan, R. Wilkinson 2006

Differences Among Third Graders' Body Mass Index Levels, Gender, Race and Number of Minutes Spent Weekly in Physical Education K. Divine, K. Kennedy-Hagan, M. Burns, K. O'Rourke 2006

Diabetes Awareness Among Children: A Comparison Study of Diabetes Knowledge in School-age Children Between U.S. and Kuwait N. Bu-Maryoum, J. Painter, K. Kennedy-Hagan, M. Meadows 2006

Comparison of Perceived and Actual Nutrition Needs of College-age Students A. Goetze, M. Burns, K. O'Rourke K. Kennedy-Hagan 2005

Factors Impacting Mother's Decision to Breastfeed A. Hussain Al-Hawwaj, J. Painter, M. Meadows, K. Kennedy-Hagan 2004

The Relationship of Gender, Ethnicity, Past Performance, Pedagogy and Assess to a Role Model/Mentor with College Students Attitudes Toward Science – Doctoral Dissertation, 2004 K. Kennedy-Hagan

Student Attitudes Towards Science- Early Research Report Unpublished manuscript, University of Illinois at Champaign, IL. 2002 K. Kennedy-Hagan

Congregational Evaluation of Garden Hills Baptist Church Unpublished manuscript, University of Illinois at Champaign, IL. 1999 K. Kennedy-Hagan

PROFESSIONAL ORGANIZATIONS AND AFFILIATIONS

American Dietetic Association 1983-present

- Active Member

Commission on Accreditation of Dietetic Education (CADE) - National Organization

- CADE Site Reviewer for ADA Accreditation 2008-current
Have completed 3-day visits in Los Angeles, Massachusetts, Michigan, Mississippi, Montana, North Carolina and Oregon.
- CADE – Knowledge Work Group 2007

Commission on Dietetic Registration (CDR) – National Organization

- CDR Assessing Prior Learning Task Force 2010-current Work with a group of 6 people to create online learning options.

American Dietetic Association Practice Groups

- Dietetic Educators of Practitioners 2003-present
- Sports, Cardiovascular, and Wellness Nutritionist 2004-2009
- Medical Nutrition Therapy 2004-present
- Research Dietetics 2005-current
- Gerontologist Nutritionist 2006-current
- Clinical Managers Practice Group 1990-1998

Dietetic Educators of Practitioners Practice Group

- Standards of Professional Practice, Committee Assistant Chair 2006-2009
- Area 5 Representative 2006-2008

Illinois Dietetic Association 1983-present

- State Policy Representative 2010-current
- Leadership Team 2003-2010

- Government Affairs Committee 2003-2005
- Fall Assembly Planning Committee 1992
- Fall Assembly Hospitality Committee Chair 1992
- Nutrition Service Payment System Committee 1991

Eastern District Dietetic Association 1998-present

- Past President 2008-2010
- Nominating Committee Chair, 2009-current
- President 2005-2008
- Chair Government Affairs 2003-2005
- Nominating Committee, 2001-2002

Capital District Dietetic Association Springfield, IL 1984-1998

- Nominating Committee, 1998
- Membership and Recruitment Chair 1996-1998
- President 1995
- President Elect and Newsletter Editor 1994
- Incoming President Elect 1993
- Program Planning Chair 1992
- Nutrition Service Payment Systems Chair and Program Planning Committee 1991
- Clinical Dietetics Chair 1990
- Treasurer 1988 – 1990

American Society for Hospital Food Service Administrators 1996-1998

Patient and Family Education Committee, St. John's Hospital, Springfield, IL 1990-1998

Editorial Board for Healing Today Monthly Community Relations publication, St. John's Hospital Springfield, IL 1992-1994

Diabetes Research and Treatment Center- SIU School of Medicine Advisory Committee Springfield, IL 1993

United Way of Sangamon County - Loaned Executive Springfield, IL 1993

BOARD MEMBER

Booth Library Advisory Board - Eastern Illinois University

Chair – 2008-2009

Vice-Chair – 2007-2008

Member - 2006-2007

Faculty Development Advisory Committee - Eastern Illinois University 2006-current

Chair of Faculty Development Grants Committee – 2007-current

Chair of Faculty Development Assessment Committee – 2008-current

UPI Co-Chair of Membership - Eastern Illinois University 2005-2008

Dietary Tech Program Advisory Board - Parkland Community College Steering committee to create the program and give counsel to the program. 2005-current

School of Family and Consumer Sciences Advisory Council - Eastern Illinois University 2001-2002

Dietetics Advisory Council - Eastern Illinois University 2001-2002

GRANTS AWARDED

Winkelblack Fund – 2004 -2010

PUBLICATIONS

- K. Kennedy-Hagan, J.E. Painter, C. Honselman, A. Halvorson, K. Rhodes, K. Skwir
The effect of pistachio shells as a visual cue in reducing caloric consumption.
Appetite. 2011, 57:418-420.
- C. Honselman, J.E. Painter, K. Kennedy-Hagan, A. Halvorson, K. Rhodes, K. Skwir
Consuming pistachios in the shell reduces caloric intake. *Appetite*. 2011, 57.
- Anderson, J., Kennedy-Hagan, K., Stieber, M., Hollingsworth, D., Kattelman, K., Arnold, C., &
Egan, B. Dietetic Educators of Practitioners and American Dietetic Association Standards of
Professional Performance for Registered Dietitians (Generalist, Specialty/Advanced) in
Education of Dietetics Practitioners. *Journal of the American Dietetic Association*.
2009;109:747-754e14
- Kennedy-Hagan, K (2009) Nutrition Detectives, in print for publication in the *Journal of Nutrition
Education and Behavior*
- G. Zumwalt, K. Kennedy-Hagan, C. Honselman, K. Rhodes, J. Painter. (2008) The Effect of
Suggestive Selling By Wait Staff on Food Consumption. *The Journal of the American Dietetic
Association*, 108(9) A-39.
- Kennedy-Hagan, K (2007) Review of Nutrition Graphics, Nutrition Education Materials. *Journal of
Nutrition Education and Behavior*, 39(4), 244
- Kennedy-Hagan, K (2006) Review of Food Pyramid Bingo, Deluxe Updated Edition, Smart Picks,
Inc. *Journal of Nutrition Education and Behavior*, 38(3), 203-204
- Kennedy-Hagan, K (2006) Review of Principles of Nutritional Assessment. *Journal of Nutrition
Education and Behavior*
- Kennedy-Hagan, K (2005). The relationships of gender, ethnicity, past performance, pedagogy, and
access to a role model/mentor with college student attitudes towards science *ProQuest* ISBN
0-496-94546-7
- Kennedy-Hagan, K (2005). Review of Fit Kids: A Practical Guide to Raising Active and Healthy
Children – From Birth to Teens. *Journal of Nutrition Education and Behavior*, 37, 330.
Healthy Lifestyle Cookbook, Volume II St. John's Hospital Co-editor 1996
Physician's Nutrition Pocket Guide Capital District Dietetic Association Contributor 1993
Healthy Lifestyle Cookbook, Volume I St. John's Hospital Co-editor 1992
St. John's Hospital Patient Education Materials Created and/or updated all materials

PEER RESEARCH ARTICLE REVIEWS

- Impact of a nutrition education program on knowledge and food-related behavior of beneficiaries of
the school feeding program and their mothers, *Journal of Nutrition Education and Behavior*
2010
- A quantitative study of factors associated with first time trial of unfamiliar healthful foods, *Journal
of Nutrition Education and Behavior*, 2010
- Developing a measure of behavior change in a program to help low-income parents prevent
unhealthy weight gain in children. *Journal of Nutrition Education and Behavior*, 2010
- Acculturation, education and nutrition education are associated with knowledge of nutrition and
disease among Cambodian refugee women in Lowell, MA, *Journal of Nutrition Education and
Behavior*, 2010

Formative Assessment using social marketing principles to identify health and nutrition perspectives of Native American women living within the Chickasaw Nation boundaries in Oklahoma, *Journal of Nutrition Education and Behavior*, 2010

Perceptions of healthy eating among Pakistani Immigrant women living in Oslo, *Journal of Nutrition Education and Behavior*, 2010

Impact of a nutrition education program on knowledge and food related behavior of beneficiaries of the school feeding program and their mothers, *Journal of Nutrition Education and Behavior*, 2010

Beliefs about cancer and diet among those considering genetic testing for colon cancer, *Journal of Nutrition Education and Behavior*, 2010

Promoting cultural competency: A nutrition education model for preparing dietetic students and training paraprofessionals in an international setting, *Journal of Nutrition Education and Behavior*, 2010

Personal Theories of Health and Weight: Relationship with Weight Management Behaviors, *Journal of Nutrition Education and Behavior*, 2009

Under- and over-reporting of energy intake in Slovenian adolescents *Journal of Nutrition Education and Behavior*, *Journal of Nutrition Education and Behavior*, 2009

Putting the Concept of Glycemic Index into Practice, *Journal of Nutrition Education and Behavior*, 2009

Food and Personal Hygiene Perceptions and Practices Among Caregivers whose Children have Diarrhea: A Qualitative Study of Urban Mothers in Tangerang, Indonesia, *Journal of Nutrition Education and Behavior*, 2009

Experiences of dietary change: social relationships have major influence on sustainability, *Journal of Nutrition Education and Behavior*, 2008

Barriers to and suggestions for a healthy active lifestyle as perceived by rural and urban Costa Rican adolescents, *Journal of Nutrition Education and Behavior*, 2007

Wellness in the Workplace: A 12 Week Wellness Program in an Academic Health Sciences University *Journal of Nutrition Education and Behavior*, *Journal of Nutrition Education and Behavior*, 2007

Whole Grain Intake is Associated with Body Mass Index in College Students, *Journal of Nutrition Education and Behavior*, 2006

TEXT AND CHAPTER REVIEWER

SNE e-Catalog – Product Reviewer 2006-2008

Williams Basic Nutrition Therapy, 13e – Reviewed chapter nine 2007

Management First – Exam Reviewer 2006

Public Health Nursing Journal – Research article reviewer 2006 - 2010

MyPyramid e-Catalog – Review educational materials 2006-2008

Nutrition Therapy and Pathophysiology, 1st edition – Reviewed Chapter 19 (Diseases of the Endocrine System) 2006

Nutrition and Diagnosis-Related Care, 6th Edition – Reviewed Cardiovascular and Pulmonary Chapters 2006

Journal of Nutrition Education and Behavior – Review books and educational materials, 2005-present

The Art of Nutritional Cooking, 3rd Edition Pearson Education – Reviewed Chapters 7 (Vitamins and Phytochemicals), 8 (Minerals and other Nutrients) and 9 (Health and Diet) 2004

PROFESSIONAL PRESENTATIONS

Assessing Learning Outcomes Dietetic Educators of Practitioner, Regional Meeting in Indiana , 2011

Eating Disorders FCCLA, EIU Campus, 2011

Nutrition and Hydration in the Elderly. Multidisciplinary Program in Geriatrics for Non-Physicians UIUC various semesters 2010

Healthful Eating for Active Living EIU Faculty Development's 2008

Assessment at Off-Campus Sites: Why is it Important? How Can it be Done Best Practice Workshop at the 2008 Assessment Institute in Indianapolis 2008

Standard of Professional Performance for Dietetic Educators of Practitioners Area VI Dietetic Educators of Practitioners Dietetic Practice Group Annual Meeting at the University of Maryland. 2008

Nutrition and Hydration in the Elderly. Multidisciplinary Program in Geriatrics for Non-Physicians UIUC various semesters 2007-2010

Diet, Health and Physical Activity out on the Farm Series for Booth Library Spring 2007

Guest lecturer in FCS 1000 Fall, 2007-2011

Guest lecturer in two sections of FCS 2000 Fall, 2007

How to Develop an Assessment Program and Triangulate Assessment Findings Poster Presentation at the Illinois Dietetic Association Fall 2007 Meeting

How to Develop an Assessment Program and Triangulate Assessment Findings The 2006 Assessment Institute of Indianapolis October 31, 2006

The Profession of Dietetics - Guest lecturer in FCS 2000 Family Perspective November, 2006

Sports Nutrition for the Adolescent Kaskaskia School District (2006)

Kids in the Kitchen Keeping Healthy Junior League of Champaign-Urbana University of Illinois April 2006

Sanitation Basics for Food Pantries and Soup Kitchens Regional meeting for Eastern Illinois Food Bank volunteers. Charleston, IL April, 2006.

Disordered Eating - Guest lecturer in FCS 2000 – Family Perspectives, April 2006

The Profession of Dietetics - Guest lecturer in FCS 1000 – Foundations of Family and Consumer Sciences April, 2006

The Profession of Dietetics - Guest lecturer in FCS 3000 Family Resource Management 2006

Moving the Dietetic Internship Curriculum and Manual Online Poster session presentation at the annual Illinois Association of Family and Consumer Science meeting Springfield, IL 2005

The Profession of Dietetics - Guest lecturer in FCS 3000 – Family Resource Management 2005

When Food Becomes The Monster as part of the Frankenstein exhibit lecture series held in the Fall 2005 at Booth Library, Eastern Illinois University

Portion Size Me DVD created at Eastern Illinois University. Served as the Registered Dietitian, completed the nutritional assessments of the subjects, the nutrient analysis, the diet counseling and monitored their nutritional status during the process of the documentary. The DVD are marketed to schools for educational purposes.

Sanitation Basics for Food Pantries and Soup Kitchens Regional meeting for Eastern Illinois Food Bank volunteers. Champaign, IL April 20, 2005.

Healthy Eating for Active Living as part of the Family Resiliency Across the Lifespan Conference sponsored by EIU School of Family and Consumer Sciences Gerontology Program and Illinois Council of Family Relations April 1, 2005

Regional Supervised Practice Forum Held at St. Louis University. Invited presenter to speak to prospective graduate students and promote the EIU Dietetic Internship October, 2004

Disease Prevention and Management: Every Age, Every Stage of Life as part of the Family Resiliency Across the Lifespan Conference sponsored by EIU School of Family and Consumer Sciences Gerontology Program and Illinois Council of Family Relations March, 12, 2004

Food, Drink and Health in Old England as part of the Elizabeth I: Ruler and Legend exhibit lecture series held in the Spring 2004 at Booth Library, Eastern Illinois University

Regional Supervised Practice Forum Held at St. Louis University. Invited presenter to speak to prospective graduate students and promote the EIU Dietetic Internship October, 2003-current

Various nutrition presentations to grade school through high school classes Average three per year through 1998

Various nutrition presentations to professional and community organizations
Kiwanis Club, Retired Eagles Club, Junior League, Sangamon Chapter of the American Diabetes Association, Coronary Club, Women in Business, Lincoln Land Community College Faculty, Medical Staff, Church Groups, etc. Average three-four per year through 1998

Various Nutrition Interviews for Local Media Radio, Newspapers, Local NBC affiliate, Newsletters, and St. John's Hospital Publications. Average six per year through 1998

Eating on the Run Illinois School Food Service Association Annual Meeting. Springfield, Illinois June 1996

A Taste of Springfield American Heart Association. Springfield, Illinois Featured recipes from the St. John's Hospital Healthy Lifestyle Cookbook. 1995 - 1997

State of Illinois-Department on Aging video "Older and Healthier" Video shown on 50 cable stations and 20 other selected stations. December 1995 and 1997

USDA Nutritional Kickoff Graham Elementary School. Springfield, Illinois January 1993.

You Are What You Eat: Nutritional Information Regarding HIV Infection SIU School of Medicine Springfield, Illinois December 1993

How Do Your Customers Rate Your Service? Poster Session at the 78th Annual American Dietetic Association Annual Convention. Anaheim, California October 1993

Lipid Results: Understanding the Values and How Diet Can Effect Them Prairie Cardiovascular Consultants LTD. Nurses Conference. Springfield, Illinois May 1992

CLASSES DEVELOPED AND TAUGHT

Nutrition Services Management Eastern Illinois University 2007

On-line version of Evaluation in Family and Consumer Sciences Eastern Illinois University 2006

Food Safety and Sanitation Eastern Illinois University 2005

Advanced Human Nutrition Eastern Illinois University 2004 - present

Evaluation in Family and Consumer Sciences Eastern Illinois University 2004 - present

Medical Nutrition Therapy Eastern Illinois University 2003- present

Nutrition Therapy Eastern Illinois University 2003-current

Nutrition for Physical Performance Eastern Illinois University 2002- present

Nutrition Dilemmas and Decisions Eastern Illinois University 1998-2001

Nutrition and Well Being Eastern Illinois University 1998-1999

Vegetarian Perspectives Eastern Illinois University 1999

Early Pregnancy Class St. John's Hospital Outpatient classes taught every other month 1991 - 1998

Cardiac Nutrition Classes St. John's Hospital Inpatient classes taught weekly, 1987 - 1990. Taught classes prn 1990 - 1998

Cardiac Rehab Classes St. John's Hospital Outpatient classes taught monthly, 1987 - 1990. Taught classes as needed 1990 - 1998

Various Weight Management Classes Contracted with the Wellness Center of St. John's Hospital to teach both eight and 12 week series of various weight management classes, including Optifast and Optitrim 1988-1995

Various Dietetic Intern Classes St. John's Hospital Classes range from clinical to management topics 1987 - 1998

Outpatient Diabetes Education Classes Passavant Area Hospital Taught two nutrition classes during each eight week program 1986 - 1987

I Can Cope Passavant Area Hospital Monthly nutrition classes for the cancer support group 1984 - 1987

Shape-Up Classes A 12 week series of weight management classes 1985-1987

RELIGIOUS AND COMMUNITY INVOLVEMENT

St. John Lutheran Church and School Champaign, IL

- *Parent Volunteer* - Volunteer on various Friday mornings to assist in the classroom. 2005-present
- *Room Mother* - Serve as room mother 2005-present
- *Vacation Bible School* – Serve as teacher for ages PK-1st grades 2001- present
- *Sunday School Teacher* - Plan, organize and teach Sunday school for 2-year-old children and their parents. 1998-present
- *Parent Teacher Fellowship* - Organize various activities for students and families to celebrate Lutheran's School Week. 2005-2006
- *Daisy and Brownie Girl Scout Troop Leader* - Plan and organize the meeting and social events for the girls in Troop #292. 1999-2003
- *SOS Faculty Committee* - Plan and implement various events for school faculty to show appreciation for their dedication and work. 1999-2003
- *Mothers of Preschoolers (MOPS)* - Christian fellowship and Bible study with other mothers of preschoolers. 2001-2003
- *Fun Fair Committee* - A social event for families and children of the school, church and community. Planned, organized and oversaw the games for the Fun Fair. 2001 and 2002
- *Sunday School Committee* - Organized and coordinated the Sunday school services. 1998-2000

Our Savior's Lutheran Church Springfield, IL

- *Sunday School Teacher* - Teach 2 and 3-year-old Sunday school class. 1996-current
- *Small Group Bible Study* - Christian fellowship and Bible study with other young families. 1996-1998
- *Couples in Christ* - Christian fellowship and Bible study with other church couples. 1988-1995
- *Alter Guild* - Helped prepare the church alter for communion and maintain a clean and orderly church appearance. 1988-1996 and 2012

Junior League of Champaign-Urbana

- *Sustaining Member*- 2009
- *Active Member* - Provide 16 hours of community service to various Junior League projects.
Committee appointment
Arrangments – 2008-2009
Communications Committee Chair - 2007-2008
Communications Committee Co-chair and Historian - 2006-2007
Communications Committee and Historian – 2005-2006
Committee Member – Fund Development 2004-2005.

Chair - Fund Development - 2003-2004.
Assistant Chair – Fund Development 2002-2003.

Girl Scouts of America

- *Daisy and Brownie Girl Scout Troop Leader* - Plan and organize the meetings and social events for the girls in Troop #292. 1999-2003

Boy Scouts of America

- *Den Leader for 1st and 2nd Grade Tiger Scouts, Pack 113.* St. John Lutheran School
2006-2008