

JESSIE BALDWIN HOFFMAN

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EDUCATION

THE UNIVERSITY OF KENTUCKY

December 2018

Doctor of Philosophy in Nutritional Sciences

Dissertation: PCB Disruption of Gut and Host Health: Implications of Prebiotic Nutritional Intervention

Major advisor: Bernhard Hennig

THE UNIVERSITY OF NORTH CAROLINA AT GREENSBORO

May 2015

Master of Science in Nutrition

Thesis: Impact of California Table Grapes on Systemic Inflammation, Insulin Resistance, and Hepatic Steatosis in Mice Fed an American-Type Diet

Major advisor: Michael McIntosh

NEWBERRY COLLEGE

May 2013

Bachelor of Science in Biology

Summerland Honors Program and Trustee's Scholar

IOWA STATE UNIVERSITY

August 2019

Dietetic Internship, ISPP for PhDs

Distance internship conducted with UK Chandler Hospital and Morrison Foodservice in Lexington, KY from January 2019 to August 2019

R.D. Exam Passed (September 2019)

ACADEMIC APPOINTMENTS & EXPERIENCE

Assistant Professor of Human Nutrition

August 2020 – Present

Winthrop University, Department of Human Nutrition

Assistant professor responsible for curriculum development; undergraduate and graduate education (in-person and online); and directing a research laboratory focused on interactions between nutrition, the gastrointestinal tract, and host health.

Post-Doctoral Scholar (Teaching-Focused)

May 2019 – July 2020

University of Kentucky, Department of Pharmacology & Nutritional Sciences

Teaching-focused post-doctoral fellow responsible for curriculum development and teaching for an online graduate certificate in Applied Nutrition and Culinary Medicine as well as curriculum development for an online MS in Nutritional Science.

Post-Doctoral Scholar (Research-Focused)

January 2019 – May 2019

University of Kentucky, Superfund Research Center

Post-doctoral research fellow under Dr. Bernhard Hennig within the University of Kentucky Superfund Research Center.

Research Assistant

July 2015 – December 2018

University of Kentucky, Department of Pharmacology & Nutritional Sciences

Conducted research under Dr. Bernhard Hennig assessing the impact of nutritional interventions on pollutant-induced cardiometabolic diseases.

Research Assistant / Teaching Assistant

August 2013 – May 2015

University of North Carolina at Greensboro, Department of Nutrition

Conducted research in the lab of Dr. Michael McIntosh focusing on the impact of table grape consumption on metabolic syndrome and associated complications; assisted in undergraduate nutrition courses with grading, lecturing, and tutoring.

TEACHING EXPERIENCE

WINTHROP UNIVERSITY

Undergraduate Courses

Introduction to Nutrition Lab - NUTR 222[†]

Nutrition Metabolism - NUTR 321[†]

Sensory/Objective Evaluation of Food - NUTR 424

Undergraduate Research in Dietetics - NUTR 400[#]

Research in Dietetics - NUTR 500[#]

Thesis Research - HONR 450H[#]

Graduate Courses

Seminar in Food & Nutrition - NUTR 600^{*}

Graduate Dietetic Research - NUTR 601[#]

Research Methods - NUTR 607^{*}

Macronutrient Metabolism - NUTR 619^{*†}

Nutrition and Aging - NUTR 621^{*†}

Vitamin & Mineral Metabolism - NUTR 624^{*†}

UNIVERSITY OF KENTUCKY

Graduate Courses

Drug and Nutrient Interactions - NS/PHA 550^{*†}

Integrated Nutritional Sciences I - NS 601

Nutrition & Chronic Diseases - NS/CNU 689^{*†}

- Independent Research Course; * - Online Course; † - Developed or Major Revision

SELECT PUBLICATIONS & WRITTEN MATERIALS

**indicates equal contribution to publication*

Lima, H.K., Ganio Molinari, M., **Hoffman, J.B.**, Evans, K.I., Licata, A., Akers, L. 2023. Factors associated with provider practices related to infant feeding in primary care settings: results from a pilot survey. *Nutrients*. doi:10.3390/nu16020179.

Police, S.A., **Hoffman, J.B.** Drug and Nutrient Interactions. 2023. *University of Kentucky Libraries* (Open Educational Resource) <https://saalck.pressbooks.pub/drug-and-nutrient-interactions/>.

Agarwal, M.*, **Hoffman, J.B.***, Ngo Tenlep, S.Y., Santarossa, S., Pearson, K.J., Sitarik, A.R., Cassidy-Bushrow, A.E., Petriello, M.C. 2023. Maternal Polychlorinated biphenyl (PCB 126) exposure modulates offspring gut microbiota irrespective of diet and exercise. *Reprod Toxicol*. doi:10.1016/j.reprotox.2023.108384.

McWhorter, N., Dhillon, J., & **Hoffman, J.B.** 2021. Preliminary investigation of microbiome and dietary Differences in patients with Phenylketonuria on enzyme replacement therapy compared to traditional therapies. *J Acad Nutr Diet*. doi:10.1016/j.jand.2021.12.011.

Fundaro, G. & **Hoffman, J.B.** 2021. The Science of Gut Health: What the Research Really Says About Your Gut Microbiome. *Renaissance Periodization* ([Book link](#)).

Hoffman, J.B., Petriello, M.C., Morris, A.J., Mottaleb, M.A., Sui, Y., Zhou, C., Deng, P., Wang, C., Hennig, B. 2019. Prebiotic inulin consumption reduces dioxin-like PCB 126-mediated hepatotoxicity and gut dysbiosis in hyperlipidemic Ldlr deficient mice. Environ Pollut. doi:10.1016/j.envpol.2020.114183.

Deng, P., **Hoffman, J.B.**, Petriello, M.C., Wang, C.Y., Li, X.S., Morris, A.J., Hennig, B. 2019. Dietary inulin decreases circulating ceramides by suppressing neutral sphingomyelinase expression and activity in mice. J. Lipid Res. doi:10.1194/jlr.RA119000346 PMID: 31604806.

Hoffman, J.B., Flythe, M., Hennig, B; 2018. Environmental pollutant-mediated disruption of gut microbial metabolism of the prebiotic inulin. Anaerobe. doi:10.1016/j.anaerobe.2018.11.008 PMID: 30447394.

Hoffman, J.B.,* Petriello, M.C.,* Vsevolozhskaya, O., Morris, A.J., Hennig, B. 2018. Dioxin-like PCB 126 increases intestinal inflammation and disrupts gut microbiota and metabolic homeostasis. Environ Pollut. doi:10.1016/j.envpol.2018.07.039 PMID: 27155921.

Hoffman J.B., Hennig, B. 2017. Protective influence of healthful nutrition on mechanisms of environmental pollutant toxicity and disease risks. Ann NY Acad Sci doi:10.1111/nyas.13365 PMID: 28574588.

Hoffman J.B., Petriello, M.C., Hennig, B. 2017. Impact of nutrition on pollutant toxicity: an update with new insights into epigenetic regulation. Rev Environ Health. doi:10.1515/reveh-2016-0041. PMID: 28076319.

Petriello, M.C., **Hoffman, J.B.**, Morris, A.J., Hennig, B. 2016. Emerging roles of xenobiotic detoxification enzymes in metabolic diseases. Rev Environ Health. Nov; doi:10.1515/reveh-2016-0050 PMID: 27837601.

Petriello, M.C., **Hoffman, J.B.**, Sunkara, M., Wahlang, B., Perkins, J.T., Morris, A.J., Hennig, B. 2016 Dioxin-like pollutants increase hepatic flavin containing monooxygenase (FMO3) expression to promote synthesis of the pro-atherogenic nutrient biomarker trimethylamine N-oxide from dietary precursors. J. Nutr. Biochem. Apr 1;(33):145-153. PMID: 27155921.

Hoffman, J.B.,* Collins, B.,* Martinez, K., Grace, M., Lila, M.A., Cockrell, C., Nadimpalli, A., Chang, E., Chuang, C.C., Zhong, W., Cooney, P., Hopkins, R., McIntosh, M.K. 2016. An extractable polyphenol-rich fraction obtained from table grapes decreases adiposity, insulin resistance, and markers of inflammation in high-fat fed C57BL/6J mice. J. Nutr. Biochem. May; 31: 150-65. PMID: 27133434.

Collins, B., **Baldwin, J.**, Martinez, K, Lila, MA., McIntosh, MK. 2016. Grapes and Gastrointestinal Health: Implications with Intestinal and Systemic Diseases. In: Pezzuto, JM, editor. Grapes and Health. Springer; p.119-138. NLB ID: 101686657.

Baldwin, J.,* Collins, B.,* Wolf, P.G., Martinez, K., Shen, W., Chuang, C.C., Zhong, W., Cooney, P., Cockrell, C., Chang, E., Gaskins, H.R., McIntosh, M.K. 2016. Table grape consumption reduces adiposity and markers of hepatic lipogenesis and alters gut microbiota in butter fat-fed mice. J. Nutr. Biochem. Jan; 27: 123-35. PMID: 26423887.

Shen, W., **Baldwin, J.**, Collins, B., Hixson, L., Lee, K.T., Herberg, T., Starnes, J., Chuang, C.C., Reid, T., Gupta, S., McIntosh M. 2015. Low level of trans-10, cis-12 conjugated linoleic acid decreases adiposity and increases browning independent of inflammatory signaling in overweight Sv129 mice. J. Nutr. Biochem. Jun;26(6):616-25. PMID: 25801353.

SELECT ABSTRACTS & PRESENTATIONS

INVITED TALKS / LECTURES

Integrating Nutrition and Mental Health: Collaboration, Approaches, and Referral Strategies Wake Forest University, Wake Forest University Counseling and Well-Being Services	June 2024
Eating Disorders: Approaching Treatment with Informed & Compassionate Care Wake Forest School of Medicine, Department of PA Studies; PA 644- Being a PA	January 2024
The Current State of the Evidence on the Use of Probiotics Mac-Nutrition Uni (MNU), United Kingdom	January 2024
Artificial Sweeteners and the Gut Microbiome: A Research Update Mac-Nutrition Uni (MNU), United Kingdom	December 2023
Impact of Prebiotics on Gut Health and the Microbiome Mac-Nutrition Uni (MNU), United Kingdom	December 2023
Dietary Fiber and the Gut Microbiome Mac-Nutrition Uni (MNU), United Kingdom	November 2023
Merging Nutrition Science & Science Communication Missouri State University, Department of Nutrition & Exercise Physiology	March 2023
Eating Disorders: Approaching Treatment with Informed & Compassionate Care Wake Forest School of Medicine, Department of PA Studies; PA 644- Being a PA	January 2023
Gut Health: An Emerging Player in Physical and Mental Health Research Explorations Series: Winthrop University College of Arts and Sciences	November 2022
Food Insecurity and Health Impacts in South Carolina SC Association for the Advancement of Health Education May Meeting	May 2022
Eating Disorders: Approaching Treatment with Informed & Compassionate Care Wake Forest School of Medicine, Department of PA Studies; PA 644- Being a PA	January 2022
Navigating the Science and Nuance of Gut Health and the Gut Microbiome Northern Alabama Dietetics Association January Meeting	January 2022
Gut Microbiome Panel for Advanced Nutrition & Metabolism San Jose State University, Department of Nutrition and Food Science; NuFS 219A	October 2021
Demystifying Gut Health & the Gut Microbiome Greater Cincinnati Dietetics Association October Meeting	October 2021
Demystifying Gut Health Cornell University Dietetics Association March Meeting	March 2021
Gut Health and the Gut Microbiome: Separating Facts from Fallacies Bluegrass Academy of Nutrition and Dietetics January Meeting	January 2021

CONFERENCE ORAL PRESENTATIONS

South Carolina Academy of Nutrition & Dietetics Annual Meeting April 2023
Hoffman, J.B. Fiber and FODMAPs on Gut Health and the Microbiome

North Carolina Academy of Nutrition & Dietetics Regional Conference December 2021
Hoffman, J.B. Gut Health and the Gut Microbiome: The Importance of Nutrition and Nuance

South Carolina Academy of Nutrition & Dietetics Annual Meeting April 2021
Hoffman, J.B. Stress and the Gut Microbiome

Lactation Unlocked Annual Meeting March 2021
Hoffman, J.B. The Infant Microbiome

“Nutrition 2018” - American Society of Nutrition Annual Conference June 2018
Hoffman, J.B., Petriello, M.C., Vsevolozhskaya, O., Morris, A.J., Hennig, B. Interactions between diets high in cholesterol and dioxin-like pollutants increase inflammation, disrupt gut microbiota, and modulate host metabolism. *Emerging Leaders in Nutrition Science Competition - 3rd place*

8th Annual Barnstable Brown Obesity & Diabetes Research Day May 2018
Hoffman, J.B., Petriello, M.C., Vsevolozhskaya, O., Morris, A.J., Hennig, B. Interactions between dietary cholesterol and environmental pollutants increase inflammation, disrupt gut microbiota, and modulate host metabolism. *Outstanding Graduate Student Presentation - 3rd place*

19th Annual Gill Heart Institute Cardiovascular Research Day November 2016
Hoffman, J.B., Flythe, M., Hennig, B. Modulation of Gut Microbial Fermentation of Dietary Fiber by PCB126. *Outstanding Graduate Student Presentation - 3rd place*

POSTER PRESENTATIONS

South Carolina Academy of Nutrition & Dietetics Annual Meeting April 2024
Scott, C., Hoffman, J.B., Lima, H. Effects of a 10-Week Nutrition Education Intervention on Dietary Habits in Marching Arts Athletes

South Carolina Academy of Nutrition & Dietetics Annual Meeting April 2024
Rowe, SK., Licata, A., Hoffman, J.B., Durban, R., Lima, H. The Management of Non-IgE-Mediated Allergies in Human Milk-Fed Infants

Food & Nutrition Conference & Expo (FNCE) Annual Meeting October 2023
Rowe, SK., Licata, A., Hoffman, J.B., Durban, R., Lima, H. The Management of Non-IgE-Mediated Allergies in Human Milk-Fed Infants

South Carolina Academy of Nutrition & Dietetics Annual Meeting April 2023
Sauther, W., Marable, D., Hoffman, J.B. Impact of Physical Activity on GI and Metabolic Health

Winthrop University’s 3rd Interdisciplinary Conference February 2023
Valenti E., Licata, A., Hoffman, J.B. Assessment of the relationship between diet quality, stress, and gastrointestinal symptoms in college students

Winthrop University’s 3rd Interdisciplinary Conference February 2023
Marable, D., Sauther, W., Licata, A., Hoffman, J.B. Impact of Physical Activity on GI and Metabolic Health: Proposal and Update

- Winthrop University's 3rd Interdisciplinary Conference** February 2023
Bajeck, K., Marable, D, Hoffman, J.B., Licata, A. A Gardening and Nutrition Intervention with Teenagers Impacts Skills in Cooking, Gardening, and Making Healthy Choices
- Winthrop University's 3rd Interdisciplinary Conference** February 2023
Bajeck, K., Pickler, M., Hoffman, J.B., Licata, A. The Effectiveness of a Nutrition Education Program in an Afterschool Setting for Elementary School-Aged Children
- Food & Nutrition Conference & Expo (FNCE) Annual Meeting** October 2022
Crain, E., Licata, A., Hoffman, J.B. Associations between Diet, Stress, and Gastrointestinal Health in Endurance Runners
- South Carolina Academy of Nutrition & Dietetics Annual Meeting** April 2022
Valenti, E., Hoffman, J.B. Assessment of the Relationship between Diet Quality, Stress, and Gastrointestinal Symptoms in College Students
- South Carolina Academy of Nutrition & Dietetics Annual Meeting** April 2022
Crain, E., Licata, A., Hoffman, J.B. Relationships between Gastrointestinal Health and Perceived Stress in Recreational Runners
- South Carolina Academy of Nutrition & Dietetics Annual Meeting** April 2022
Frank, A., Louw, M., Childers, G., Hill, T., Hoffman, J.B. Associations between gastrointestinal concerns and gluten and dairy intake in the college student population
- Southeastern American College of Sports Medicine Annual Meeting** February 2022
Williamson, A., Licata, A., Boyd, J., Hoffman, J.B. A Pilot Study Examining Exercise and Gastrointestinal Habits Amongst College Students
- Food & Nutrition Conference & Expo (FNCE) Annual Meeting** October 2021
Garrett, E., Licata, A., Hoffman, J.B. Mindful Eating and Perceived Stress in College Students
- South Carolina Academy of Nutrition & Dietetics Annual Meeting** April 2021
Garrett, E., Licata, A., Hoffman, J.B. Mindful Eating and Perceived Stress in College Students
- 9th Annual Barnstable Brown Obesity and Diabetes Research Day** May 2019
Hoffman, J.B., Petriello, M.C., Morris, A.J., Hennig, B. Prebiotic inulin consumption attenuates PCB-induced disruption of gut microbiota and host metabolism
- Food & Nutrition Conference & Expo (FNCE) Annual Meeting** October 2018
Hoffman, J.B., Petriello, M.C., Barney, J., Deng, P., Flythe, M., Hennig, B. Prebiotic fiber attenuates PCB 126-induced disruption of gut microbiota and host metabolism
- "Nutrition 2018"- American Society of Nutrition Annual Conference** June 2018
Hoffman, J.B., Petriello, M.C., Vsevolozhskaya, O., Morris, A.J., Hennig, B. Interactions between diets high in cholesterol and dioxin-like pollutants increase inflammation, disrupt gut microbiota, and modulate host metabolism.
- Keystone Symposia; Manipulation of the Gut Microbiota for Metabolic Health** March 2018
Hoffman, J., Petriello, M., Hennig, B. Dioxin-like PCB 126 disrupts gut microbiota, increases intestinal inflammation and alters host metabolism.

Superfund Research Program (SRP) Annual Meeting December 2017
Hoffman, J., Petriello, M., Hennig, B. PCB 126 disrupts gut microbiota and increases intestinal inflammation in a mouse model of atherosclerosis

Experimental Biology Annual Meeting April 2017
Hoffman, J., Flythe, M., Hennig, B. PCB126 Exposure Modulates Gut Microbial Fermentation of the Dietary Fiber Inulin.

Experimental Biology Annual Meeting April 2016
Hoffman, J., Petriello, M., Hennig, B. Butyrate modulates Cav-1 and its binding partner AhR, leading to differential Cyp1a1 and Cyp1b1 gene expression in vascular endothelial cells.

Experimental Biology Annual Meeting April 2015
Baldwin, J., Collins, B., Wolfe, P., Shen, S., Chuang, C., Zhong, W., Cooney, P., Gaskins, H., McIntosh, M. 2014. California table grape consumption reduces adiposity, hepatic triglycerides, lipogenic gene expression, and abundance of sulfidogenic bacteria in mice fed butter fat.

SELECT PODCASTS & COMMUNITY PRESENTATIONS

The Wellness Diaries Podcast May 2024
Demystifying Gut Health and the Gut Microbiome [[Link](#)]

The Optimal Body Podcast August 2022
Breaking Down Nutritional Myths with Jessie Hoffman [[Link](#)]

The Unbiased Science Podcast February 2022
Leaky Gut Syndrome: Gastronomical Misconceptions [[Link](#)]

The Gut Show Podcast February 2022
Gut Health Science: What's Actually True? [[Link](#)]

The Yours Chewly Podcast August 2021
Taking the Diet Culture Out of Gut Health [[Link](#)]

The Crunchy Dietitians Podcast May 2021
The Gut Microbiome Overview with Jessie Hoffman [[Link](#)]

Alix Turoff Nutrition Podcast March 2021
Everything You Need to Know About Gut Health [[Link](#)]

Armchair Scholars Podcast January 2021
Dr. Jessie Hoffman, PhD, RD [[Link](#)]

The Preventive Medicine Podcast November 2020
What you NEED to Know About Nutrition [[Link](#)]

Let's Gut Real Podcast March 2020
Dietary Pollutants & the Gut Microbiota [[Link](#)]

Beauty Redefined® and Positive Nutrition™ Workshop in Salt Lake City, UT April 2019
Body of Evidence: separating fact from fiction in a world of fad diets and faulty body image fixes

Marion County, KY Extension Office Series “Hot Women and Health” March 2018
Healthy Gut, Healthy You: tips for improving gut health

Lexington, KY Senior Center Nutrition Education and Cooking Demo August 2017
The role of dietary fiber in overall health and wellbeing

Common Good Lexington, KY Invited Speaker May 2017
Food preparation and healthy meal ideas for busy families.

Fighting with Food Seminar/Workshop at the University of Kentucky September 2016
How nutrition can alter of pollutant toxicity, and the role of the gut microbiota.

FUNDED GRANTS / RESEARCH PROJECTS

The Effects of Urbanization of Woodland Box Turtles (*Terrapene carolina carolina*) on Skin Microbial Communities and Body Condition, Funded by Winthrop University INBRE Program (September 2023-July 2024) (\$7,000.00), Funded - Ongoing, PI Kiyoshi Sasaki with Co-PI Jessie Hoffman

Effect of a Dietary Fiber Educational Intervention on Fiber Intake, Gastrointestinal, and Metabolic Health in College Students, Funded by Winthrop University Internal Biomedical Research Fund (September 2022-July 2024) (\$7,000.00), Funded - Completed, PI Jessie Hoffman with Co-PI Ashley Licata

Effect of Meal Timing Educational Intervention on Health and Performance in Collegiate Athlete, Funded by Winthrop University Internal Biomedical Research Fund (September 2022-July 2023) (\$6,675.00), Funded - Completed, PI Ashley Licata with Co-PI Jessie Hoffman

Health Impacts of Urbanization on Woodland Box Turtles: Microbial Communities and Body Composition Along Urban-Rural Gradients, Funded by Winthrop University INBRE Program (September 2022-July 2023) (\$7,000.00), Funded - Completed, PI Kiyoshi Sasaki with Co-PI Jessie Hoffman

The Impact of Fermentable Carbohydrate (FODMAP) Timing on Gastrointestinal Symptoms in Endurance Runners, Funded by Winthrop University Research Council (May 2022 - July 2024) (\$3,391.00), Funded - Completed, PI Jessie Hoffman with Co-PI Ashley Licata

Winthrop University Community Garden Enhancement Project, Funded by South Carolina Association for Community Economic Development (February 28, 2022 - June 1, 2023) (\$3,000.00), Funded - Completed, Co-PI Jessie Hoffman with Co-PI Ashley Licata

Cultivating Health and Success in Youth and Young Adults, Funded by SCTR Community Engaged Scholars Grant (January 2022-June 2024) (\$10,000.00), Funded- Completed, PI Jessie Hoffman with Co-PI Ashley Licata

Examining the Associations Between Gastrointestinal Health and Metabolic Health in College Students of Varying Physical Activity Levels, Funded by Winthrop University Internal Biomedical Research Fund (September 2021-May 2023) (\$7,500.00), Funded- Completed, Co-PI Jessie Hoffman with Co-PI Ashley Licata

The Effects of Urbanization on Microbial Communities and the Health of Woodland Box Turtles, Funded by Winthrop University INBRE Program (September 2021-July 2022) (\$7,500.00), Funded - Completed, PI Kiyoshi Sasaki with Co-PI Jessie Hoffman

Assessing the Interactions Between Nutrition, Stress, and Gastrointestinal Health, Funded by Winthrop University Internal Biomedical Research Fund (September 2020-July 2021) (\$7,000.00), Funded - Completed, PI Jessie Hoffman with Co-Investigator Ashley Licata

The Impact of MB-EAT on Physiological Stress as Measured by Urinary Cortisol, Funded by Winthrop University Research Council (May 2020 - June 2021) (\$3,000.00), Funded - Complete, PI Ashley Licata with Co-PI Hope Lima and Jessie Hoffman

ONGOING SERVICE

Food and Chemical Toxicology Journal Reviewer	2024 – Present
South Carolina Academy of Nutrition & Dietetics Past Annual Meeting Chair	2024 – Present
Catawba Pee-Dee Dietetics Association Past President	2024 – Present
Winthrop University Academic Integrity Committee	2023 – Present
Winthrop University Graduate Curriculum Committee	2023 – Present
Women in Sport and Physical Activity Journal Reviewer	2023 – Present
Winthrop University College of Arts and Sciences Student Research Committee	2022 – Present
Academy of Nutrition and Dietetics Foundation Grant Reviewer	2021 – Present
Current Developments in Nutrition Journal Reviewer	2021 – Present
Advances in Nutrition Journal Reviewer	2021 – Present
Winthrop University Community Hunger & Education Work Force (CHEW)	2021 – Present
Winthrop University Nutrition Education Garden and Farmers Market Organizer	2021 – Present
Victory Garden International Professional Advisor and Volunteer	2021 – Present
Winthrop University Food Pantry Program Organizer	2020 – Present
American Society for Nutrition Student Interest Group Mentor	2020 – Present
Winthrop University Health Professions Connection Committee	2020 – Present
Legion Athletics Scientific Advisory Board Member	2020 – Present
Journal of the International Society for Sports Nutrition Editorial Board Member	2018 – Present

PAST SERVICE

South Carolina Academy of Nutrition & Dietetics Past Annual Meeting Chair	2023 – 2024
Catawba Pee-Dee Dietetics Association President	2023 – 2024
South Carolina Academy of Nutrition & Dietetics Annual Meeting Chair Elect	2022 – 2023
Catawba Pee-Dee Dietetics Association President Elect	2022 – 2023
Winthrop University Graduate Scholarship Committee	2021 – 2023
South Carolina Academy of Nutrition & Dietetics Continuing Education Chair	2020 – 2023

AWARDS, HONORS, AND NOMINATIONS

Lynn Harand Outstanding Advisor Award Nominee College of Arts & Sciences, Winthrop University	2023 – 2024
Recognized Young Dietitian of the Year (South Carolina) South Carolina Academy of Nutrition & Dietetics	2023
CAS Outstanding Undergraduate Research Mentor Award Nominee College of Arts & Sciences, Winthrop University	2022
Lynn Harand Outstanding Advisor Award Nominee College of Arts & Sciences, Winthrop University	2021 – 2022
Graduate Student of the Year Department of Pharmacology & Nutritional Sciences, University of Kentucky	2017 – 2018
American Society of Nutrition Elected Student Representative Dietary Bioactive Components Research Interest Section	2017 – 2018
T32 Predoctoral Scholar NIH Training Grant on Metabolic Disease; University of Kentucky	2015 – 2017
Jefferson Pilot Corporation Fellowship Department of Nutrition, University of North Carolina at Greensboro	2014 – 2015

PROFESSIONAL AFFILIATIONS

American Society for Nutrition	2013 – Present
Academy of Nutrition and Dietetics	2016 – Present
South Carolina Academy of Nutrition & Dietetics	2020 – Present
Southeastern American College of Sports Medicine	2021 – 2023

LICENSES AND CERTIFICATIONS

Registered Dietitian Nutritionist (RD/RDN) # 86108296 Commission on Dietetics Registration	2019 – Present
Licensed Dietitian (LD) #2161 South Carolina LLR	2021 – Present
Licensed Dietitian/Nutritionist (LDN) #L007656 North Carolina Board of Dietetics/Nutrition	2023 – Present
Licensed Dietitian/Nutritionist (LDN) #ND13417 Florida Board of Dietetics/Nutrition	2024 – Present
Certificate in Effective Teaching Practice Framework Association of College and University Educators (ACUE)	Earned August 2023