

Katherine R. Mellen
Department of Health and Human Physiology
 Curriculum Vitae as of February 27, 2024

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EDUCATION AND PROFESSIONAL HISTORY

Higher Education

2007	PhD , Epidemiology, University of Iowa Thesis: Health Behaviors of College Students: Sample Comparisons, Physical Activity Associations, and a Physical Activity Intervention
1997	MA , Health Promotion, University of Iowa
1994	BS , Food, Nutrition, and Dietetics, Summa Cum Laude, Bradley University Supporting Areas / Minor: Health and Psychology

Professional and Academic Positions

2017 - Present	Associate Professor of Instruction , Department of Health and Human Physiology, University of Iowa
2015 - 2017	Senior Lecturer , Health and Human Physiology, University of Iowa
2010 - 2015	Lecturer , Department of Health and Human Physiology, University of Iowa
2008 - 2010	Lecturer , Department of Health and Sport Studies, University of Iowa
2003 - 2008	Adjunct Associate/Lecturer , Graduate Program in Physical Therapy & Rehabilitation Science, University of Iowa
2001 - 2008	Dietitian , Health Iowa/Student Health Service, University of Iowa
2000 - 2008	Adjunct Instructor , Department of Health and Sport Studies, University of Iowa

Licensures and Certifications

2010 – present	Board Certified Specialist in Sports Dietetics , Commission on Dietetic Registration American Dietetic Association, recertified every five years (2015, 2020)
1996 – present	Licensed Dietitian , State Board of Dietetic Examiners Iowa Department of Public Health
1995 – present	Registered Dietitian , Commission on Dietetic Registration Academy of Nutrition and Dietetics

Honors and Awards

2013	Public Policy Workshop Scholarship , Iowa Academy of Nutrition and Dietetics
2012	Recognized Outstanding Dietitian of the Year nominee , Iowa Academy of Nutrition and Dietetics
2011	Improving Our Workplace Award, Organizational Effectiveness , Human Resources

Memberships

2017 - Present	American College of Sports Medicine
1993 - Present	Phi Kappa Phi – National Honor Society Member
1992 - Present	Academy of Nutrition and Dietetics, Practice Group Memberships: Research, Sports & Human Performance Nutrition, Cardiovascular Health & Well-being, Behavioral Health Nutrition, and Hunger and Environmental Nutrition
2020 - Present	American Society for Nutrition

TEACHING**Courses Taught at the University of Iowa (Fall 2015 – current)**

Term	Course#	Title	Final Enrollment
Fall 2023	HHP:2310:0001	Nutrition and Health	135
Fall 2023	HHP:4010:0AAA	Behavioral and Clinical Health Assessment	21
Fall 2023	HHP:4310:0001	Sport and Exercise Nutrition	70
Fall 2023	URES:1000:0002	First Year Seminar	18
Summer 2023	HHP:2310:0EXW	Nutrition and Health	32
Spring 2023	HHP:6310:0001	Advanced Sport and Exercise Nutrition	10
Spring 2023	HHP:2310:0100	Nutrition and Health	72
Spring 2023	HHP:2310:0EXW	Nutrition and Health	55
Spring 2023	HHP:4310:0001	Sport and Exercise Nutrition	58
Fall 2022	HHP:4010:0AAA	Behavioral and Clinical Health Assessment	18
Fall 2022	HHP:2310:0001	Nutrition and Health	128
Fall 2022	HHP:2310:0EXW	Nutrition and Health	37
Fall 2022	HHP:4310:0001	Sport and Exercise Nutrition	50
Fall 2022	URES:1000:0014	First-Year Seminar	19
Summer 2022	HHP:2310:0EXW/V	Nutrition and Health	44
Spring 2022	HHP:6310:0001	Advanced Sport and Exercise Nutrition	11
Spring 2022	HHP:4010:0A02	Behavioral and Clinical Health Assessment	18
Spring 2022	HHP:4010:0AAA	Behavioral and Clinical Health Assessment	18
Spring 2022	HHP:2310:0100	Nutrition and Health	76
Spring 2022	HHP:4310:0001	Sport and Exercise Nutrition	50
Fall 2021	HHP:4010:0A01 & A02	Behavioral and Clinical Health Assessment	18
Fall 2021	HHP:4010:0AAA	Behavioral and Clinical Health Assessment	18
Fall 2021	HHP:1000:0001	First-Year Seminar	18

Fall 2021	HHP:2310:0001	Nutrition and Health	137
Fall 2021	HHP:2310:0EXW	Nutrition and Health	35
Fall 2021	HHP:4310:0001	Sport and Exercise Nutrition	50
Summer 2021	HHP:2310:0EXW/V	Nutrition and Health	54
Spring 2021	HHP:6310:0001	Advanced Sport and Exercise Nutrition	11
Spring 2021	HHP:4010:0AAA	Behavioral and Clinical Health Assessment	22
Spring 2021	HHP:2310:0EXW	Nutrition and Health	38
Spring 2021	HHP:4310:0001	Sport and Exercise Nutrition	49
Fall 2020	HHP:4010:0A01	Behavioral and Clinical Health Assessment	6
Fall 2020	HHP:4010:0AAA	Behavioral and Clinical Health Assessment	30
Fall 2020	HHP:1000:0001	First-Year Seminar	16
Fall 2020	HHP:2310:0001	Nutrition and Health	135
Fall 2020	HHP:2310:0EXW	Nutrition and Health	33
Fall 2020	HHP:4310:0001	Sport and Exercise Nutrition	58
Summer 2020	HHP:2310:0EXW/V	Nutrition and Health	63
Spring 2020	HHP:4010:0A01	Behavioral and Clinical Health Assessment	7
Spring 2020	HHP:4010:0A02	Behavioral and Clinical Health Assessment	11
Spring 2020	HHP:4010:0AAA	Behavioral and Clinical Health Assessment	18
Spring 2020	HHP:4930:7455	Health and Human Physiology Internship	6
Spring 2020	HONR:2600:0002	Honors Special Topics	12
Spring 2020	HHP:2310:0100	Nutrition and Health	94
Spring 2020	HHP:2310:0EXW	Nutrition and Health	40
Spring 2020	HHP:4310:0001	Sport and Exercise Nutrition	48
Spring 2020	HHP:4310:0002	Sport and Exercise Nutrition	8
Fall 2019	HHP:4010:0A01	Behavioral and Clinical Health Assessment	10
Fall 2019	HHP:4010:0AAA	Behavioral and Clinical Health Assessment	28
Fall 2019	HHP:4930:5164	Health and Human Physiology Internship	8
Fall 2019	HHP:4350:0002	Health and Human Physiology Practicum	8
Fall 2019	HHP:4405:0001	Health Promo Community and Work Practicum	4
Fall 2019	HHP:4400:0001	Health Promotion Clinical Practicum	6
Fall 2019	HHP:2310:0001	Nutrition and Health	130
Fall 2019	HHP:2310:0EXW	Nutrition and Health	37
Fall 2019	HHP:4310:0001	Sport and Exercise Nutrition	50
Summer 2019	HHP:2310:0EXW/V	Nutrition and Health	26
Summer 2019	HHP:2310:0EXW	Nutrition and Health	26
Spring 2019	HHP:4010:0A01	Behavioral and Clinical Health Assessment	11

Spring 2019	HHP:4010:0A02	Behavioral and Clinical Health Assessment	15
Spring 2019	HHP:4930:3139	Health and Human Physiology Internship	2
Spring 2019	HHP:4350:0002	Health and Human Physiology Practicum	9
Spring 2019	HHP:4405:0001	Health Promo Community and Work Practicum	4
Spring 2019	HHP:4400:0001	Health Promotion Clinical Practicum	7
Spring 2019	HHP:2310:0100	Nutrition and Health	105
Spring 2019	HHP:2310:0EXW	Nutrition and Health	37
Spring 2019	HHP:4310:0001	Sport and Exercise Nutrition	50
Fall 2018	HHP:4010:0A02	Behavioral and Clinical Health Assessment	15
Fall 2018	HHP:4010:0A03	Behavioral and Clinical Health Assessment	11
Fall 2018	HHP:4010:0AAA	Behavioral and Clinical Health Assessment	40
Fall 2018	HHP:4930:0835	Health and Human Physiology Internship	4
Fall 2018	HHP:4405:0001	Health Promo Community and Work Practicum	2
Fall 2018	HHP:4400:0001	Health Promotion Clinical Practicum	2
Fall 2018	HHP:2310:0001	Nutrition and Health	141
Fall 2018	HHP:2310:0EXW	Nutrition and Health	38
Fall 2018	HHP:4310:0001	Sport and Exercise Nutrition	46
Summer 2018	HHP:2310:0EXW/V	Nutrition and Health	110
Spring 2018	HHP:4930:8764	Health and Human Physiology Internship	4
Spring 2018	HHP:4405:0001	Health Promo Community and Work Practicum	9
Spring 2018	HHP:4400:0001	Health Promotion Clinical Practicum	5
Spring 2018	HHP:2310:0100	Nutrition and Health	125
Spring 2018	HHP:2310:0EXW	Nutrition and Health	37
Spring 2018	HHP:4320:0001	Nutrition Interventions	28
Spring 2018	HHP:4310:0001	Sport and Exercise Nutrition	46
Fall 2017	HHP:3200:0001	Health Behavior and Health Promotion	37

Fall 2017	HHP:4405:0001	Health Promo Community and Work Practicum	1
Fall 2017	HHP:4400:0001	Health Promotion Clinical Practicum	5
Fall 2017	HHP:2310:0001	Nutrition and Health	140
Fall 2017	HHP:2310:0002	Nutrition and Health	55
Fall 2017	HHP:2310:0EXW	Nutrition and Health	37
Fall 2017	HHP:4310:0001	Sport and Exercise Nutrition	54
Summer 2017	HHP:2310:0EXW/V	Nutrition and Health	67
Spring 2017	HHP:4405:0001	Health Promo Community and Work Practicum	9
Spring 2017	HHP:4400:0001	Health Promotion Clinical Practicum	10
Spring 2017	HHP:2310:0100	Nutrition and Health	55
Spring 2017	HHP:2310:0EXW	Nutrition and Health	37
Spring 2017	HHP:4320:0001	Nutrition Interventions	30
Spring 2017	HHP:4310:0001	Sport and Exercise Nutrition	49
Fall 2016	HHP:4405:1	Health Promo Community and Work Practicum	3
Fall 2016	HHP:4400:1	Health Promotion Clinical Practicum	3
Fall 2016	PHAR:8254:4	IP: Endocrine	105
Fall 2016	HHP:2310:0EXW	Nutrition and Health	37
Fall 2016	HHP:2310:1	Nutrition and Health	163
Fall 2016	HHP:4320:1	Nutrition Interventions	33
Fall 2016	HHP:4310:0001	Sport and Exercise Nutrition	35
Summer 2016	HHP:2310:0EXW/V	Nutrition and Health	56
Spring 2016	HHP:2310:0101	Nutrition and Health	87
Spring 2016	HHP:2310:0EXW	Nutrition and Health	39
Spring 2016	HHP:4310:0001	Sport and Exercise Nutrition	37
Spring 2016	HHP:4320:0001	Nutrition Interventions	30

Fall 2015	HHP:2310:0001	Nutrition and Health	101
Fall 2015	HHP:2310:0EXW	Nutrition and Health	40
Fall 2015	HHP:4310:0001	Sport and Exercise Nutrition	60
Fall 2015	HHP:4320:0001	Nutrition Interventions	32

Innovations in Teaching (Other Teaching Contributions)

<i>Program Development</i>	
January 2022 – October 2022	Pre-Dietetics Program of Study , Developed Pre-Dietetics Program of Study in collaboration with Laurie Kroymann, Program Director Master of Clinical Nutrition. Proposal approved by Undergraduate Educational Policy and Curriculum Committee (October 2022)
June 2018 – February 2023	Carver College of Medicine Master of Clinical Nutrition (MCN), Program Development and Accreditation , Collaborated with Laurie Kroymann, MCN Program Director and determined program need, completed self-study, and participated in Candidacy for Accreditation site visits <ul style="list-style-type: none"> • Focused on standards related to: curriculum and learning activities; competency assessment and curriculum improvement; and faculty needs
<i>Design & Implementation of New Courses</i>	
November 2023 – present	Community Wellness Guided Practicum , Developed course objectives for culinary medicine course that includes partnership with UI Food Pantry to deliver interactive activities for pantry clients
January 2022 - present	Research-Focused First Year Seminar (FYS) , Proposal accepted for development of research-focused First Year Seminar: If We Are What We Eat, Then What Should We Eat? Course offered Fall 2022 <ul style="list-style-type: none"> • Invited to contribute syllabus and assignment examples to newly developed FYS Instructor ICON site
April 2020-December 2021	First Year Seminar , Proposal accepted for development of First Year Seminar: If We Are What We Eat, Then What Should We Eat? Course offered Fall 2020 and Fall 2021
January 2020 – March 2020	Presidential Scholars Alternative Spring Break , developed one-semester hour Honors Special Topics course focused on food from field to plate. Course pivoted from face to face to virtual due to pandemic
June 2018 – Present	Sports Nutrition , developed course objectives and learning outcomes for new Advanced Sport & Exercise Nutrition course that is MCN required course.
September 2020 - Present	Anthropometry , provide hands-on lab for MCN students enrolled in Nutrition Assessment course
Jun 2016 - Nov 2019	Obesity Epidemiology , by invitation of College of Pharmacy faculty developed and presented Obesity Epidemiology in new College of Pharmacy course: IP: Endocrine course
Jul 2016 - Mar 2017	Wellness , by invitation of Carver College of Medicine faculty designed and implemented Wellness Curriculum for College of Medicine Internal Medicine residents
Aug 2016 - Dec 2016	Dietary Assessment , Developed Dietary Assessment lectures and lab for HHP:4010 Behavioral and Clinical Health Assessment course.
Apr 2016 - Apr 2019	Nutrition Overview : by invitation of College of Pharmacy faculty developed and presented nutrition overview in College of Pharmacy course: Foundations of Health, Wellness &

	Disease
Revisions in Existing Courses	
August 2022 - present	Health Outcomes: completed Cholestech training and integrated lipid and blood glucose testing into HHP:4010 Behavioral and Clinical Health Assessment labs
January 2021 - present	Top Hat: adopted student response system for use in Spring 2021 HHP:4310 Sport and Exercise Nutrition course and then in Fall 2021 HHP:2310 Nutrition and Health
August 2020 – present	Behavioral & Clinical Health Assessment: increased course from 3 semester hours to 4 semester hours to allow greater integration between didactic and laboratory portions of the course
August 2017 – present	Inclusive Access and ICON Direct: collaborated with Hawk Shop (University Book Store) to pilot inclusive access program for Cengage MindTap materials in HHP:2310 Nutrition and Health and HHP:4310 Sport and Exercise Nutrition. Successful pilot resulted in continuing as program transitioned to ICON Direct under guidance of ITS and eventually Office of Teaching, Learning, and Technology
January 2017 – Fall 2019	Poster Session: added poster session requirement to HHP Practicum and Internship courses. Session attendees included faculty, site supervisors, and current and future practicum and internship students
January 2016 - present	Supplemental Instruction: partnered with Academic Support & Retention to offer Supplemental Instruction in HHP:2310 Nutrition and Health

Student Mentoring

December 2022 – February 2024	MS Thesis Committee Member Nicholas Farkas – Health & Human Physiology
Fall 2014 - Spring 2015	BA - Supervised Teaching Activity Samuel Robinson; <i>Completed</i>

PROFESSIONAL PRODUCTIVITY

Professional Contributions

2014 - 2024	<p>Journal of the Academy of Nutrition and Dietetics, Research Editor</p> <ul style="list-style-type: none"> • Monthly peer-reviewed journal - premier source for the practice and science of food, nutrition and dietetics. Over 110,000 Academy of Nutrition and Dietetics members receive Journal subscription as benefit of membership • Manage seven to ten manuscripts simultaneously including: inviting and corresponding with authors and reviewers who are national and international experts in the field of nutrition and dietetics, including Board of Editors; and submitting reject, revise, accept decision to Editor-in-Chief based on reviewer recommendations and comments <ul style="list-style-type: none"> ○ Specific manuscripts assigned by Editor-in-Chief relate to education, including dietetics education and patient education; physical activity and health promotion; and sports nutrition and dietetics • Assist in selection of peer-reviewed articles for continuing education credit, author podcasts, and media releases • Attend weekly Editor-in-Chief team meetings to collaborate and discuss manuscript decisions
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Scholarship

Publications

Instructor's Manual

1.	Mellen, K. M. (2010). Evaluating designer waters/beverages and evaluating sports nutrition products. F. Armenth-Brothers (Ed.), <i>Great Ideas! Active Ways to Teach Nutrition</i> . New York: Benjamin Cumming.
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Publications Submitted
Study Guide

2020	<i>Sports Nutrition: American Academy of Orthopedic Surgeons</i>
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Grants and Contracts

Funded

January 2024 - present	<i>Experiential Course Development Grant: HHP:3820 Community Wellness Guided Practicum</i> Funded by Pomerantz Career Center as part of P3 project “Closing the Gap: Experiential Education for all Undergraduates. Award amount: (\$5731.72) Percent Effort: 100. Grant supporting the development and materials needed to plan, implement, and evaluate culinary medicine experiential learning course.
May 2023 – present	<i>Feasibility and Efficacy of Primary-Care Based Behavioral Counseling Intervention among Adults with Cardiovascular Disease Risk Factors</i> Funded by Fitbit Investigator Initiated Research Award, Research Team: Lucas J. Carr, PhD (PI) – Associate Professor, Health and Human Physiology; Britt Marcussen, MD (Co-I) – Department of Family Medicine; Mary Schroeder, PhD (Co-I) – Associate Professor, Pharmacy Practice and Science; Katherine Mellen, PhD (Co-I) – Associate Professor of Instruction and Registered Dietitian; Dale Bond, PhD (Co-PI) – Hartford Healthcare
July 2022 – September 2023	<i>Feasibility, Acceptability and Efficacy of a Remotely-Delivered Lifestyle Survivorship Program for AYA Cancer Survivors</i> Funded by Adolescent and Young Adult (AYA) Cancer Program, Research Team: Lucas J. Carr, PhD (PI) – Associate Professor, Health and Human Physiology; Mary Schroeder, PhD (Co-I) – Associate Professor, Pharmacy Practice and Science; Chooza Moon, PhD, RN (Co-I) – Assistant Professor, College of Nursing; Erin Litton, MS, NBHWC (Co-I) – Internship Director and Certified Health Coach in HHP; Katherine Mellen, PhD (Co-I) – Associate Professor of Instruction and Registered Dietitian; Lauren Steinke, BA (Study Coordinator) – Graduate student, certified health coach

Completed

Mar 2014 - Mar 2015	<i>Soilmates Seed Money Initiative</i> Funded by New Pioneer Food Co-op. Award amount: (\$950.00) Percent effort: 100. Grant supporting gardening and nutrition curriculum supplies and materials to be used at Lincoln Elementary School and Ainsworth Elementary School. Grant recipients: Katherine Mellen, Dave Hoffman (Lincoln Elementary School Principal), and Jane O’Leary (Ainsworth Elementary School Principal)
Jun 2010 - Jun 2011	<i>Nutrition Environmental Measures Survey Mini-Grant</i> Funded by Iowa Department of Public Health. Award amount: (\$500.00) Percent effort: 50. Investigator/s Katherine Mellen (Co-Investigator), Amy Fletcher (Co-Investigator).

Invited Lectures and Conference Presentations

National – Poster

2023	Food & Nutrition Conference & Expo, Development of an Undergraduate Pre-Dietetics Program of Study as an Advising and Recruitment Tool, Academy of Nutrition and Dietetics, Authors: Mellen, Katherine and Kroymann, Laurie
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Department - Other

2018	UI Sports Medicine Clinical Conference, <i>Sports Nutrition Update</i> , University of Iowa Hospitals and Clinics, Iowa City, Iowa, United States Presenters/Authors: Mellen, Katherine R
2016	UI Sports Medicine Clinical Conference, <i>Sports Nutrition Update</i> , University of Iowa Hospitals and Clinics, Iowa City, Iowa, United States Presenters/Authors: Mellen, Katherine R
2015	UI Sports Medicine Clinical Conference, <i>Sports Nutrition Update</i> , University of Iowa Hospitals and Clinics, Iowa City, Iowa, United States Presenters/Authors: Mellen, Katherine R

State - Invited Lecture

2023	Iowa Academy of Nutrition and Dietetics Annual Meeting, Pathways to Becoming a Registered Dietitian Nutritionist, Ames, Iowa, Presenters: Kruzich, Laurie; Datta, Mridul; Mellen, Katherine; Kroymann, Laurie
2019	UI Running Symposium, <i>If We Are What We Eat Then What Should We Eat? Perspectives from a Sports Dietitian</i> , Physical Therapy Graduate Program, Iowa City, Iowa, United States Presenter: Mellen, Katherine R

State - Poster

2015	Iowa Governor's Conference on Public Health, <i>Effects of a School Garden Program on 3rd through 5th Graders' Fruit and Vegetable Preferences and Intake: The Together We Grow Healthy Project</i> , Iowa Department of Public Health, Cedar Rapids, Iowa, United States Peer-Reviewed/Refereed Presenters/Authors: Mellen, Katherine Student Presenters/Authors: Francis, Shelby
2014	Iowa Governor's Conference on Public Health, <i>How to Implement a Student-Led Garden in Rural Iowa: The Together We Grow Healthy Project</i> , Iowa Department of Public Health, Des Moines, Iowa, United States Peer-Reviewed/Refereed Presenters/Authors: Mellen, Katherine, Fisher, Lynn, Baquero, Barbara, Janz, Kathleen Student Presenters/Authors: O'Neil, McKenzie, Osterhaus, Samantha

University - Continuing Education Talks

2020	Sports Medicine Conference, <i>Sports Medicine Performance Nutrition</i> , UI Sports Medicine Fellowship, Iowa City, Iowa, United States Presenters/Authors: Mellen, Katherine
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Other

2014	UI Sports Medicine Clinical Conference, <i>Sports Nutrition Update</i>
2013	Iowa Physical Therapy Association Southeast District Meeting, <i>Nutrition Considerations in Metabolic Disease</i>
2012	UI Sports Medicine Clinical Conference, <i>Sports Nutrition Update</i>

Professional Development Activities

2016 - Present	Continuing Education Program, Diabetes and Obesity Talks, University of Iowa College of Medicine
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2022	Attended Iowa Academy of Nutrition and Dietetics Annual Meeting
2021 – 2022	Attended American Society for Nutrition Annual Meeting
2021	Continuing Education Program, Hunger Summit, presented by Obermann Center
2021	Continuing Education Program, Dietary Guidelines Development, American Society for Nutrition
2020	Training/Development Program, Large Enrollment Classes: Engagement, Assessment & Structure, UI Center for Teaching
2020	Continuing Education Program, WE Sports Nutrition Conference
2020	Conference Attendance, ASN Annual Meeting, American Society for Nutrition
2020	Training/Development Program, Nutrition Teaching Symposium, McGraw-Hill, Collaborative: event to learn about effective methods for teaching nutrition
2018	Conference Attendance, Attendee, American College of Sports Medicine
2017	Continuing Education Program, Evidence Based Nutrition, Academy of Nutrition and Dietetics
2017	Conference Attendance, ACSM Annual Meeting, ACSM
2017	Training/Development Program, Challenging Conversations in the Classroom, Provost's Office
2017	Continuing Education Program, Artificial Sweeteners: What's New, Hawkeye Area District Dietetic Association
2017	Training/Development Program, 4CAST 2017, University of Iowa
2015	Conference Attendance, Food and Nutrition Conference and Expo, Academy of Nutrition and Dietetics

SERVICE

Profession

2008 - 2020	University of Iowa Hospitals and Clinics, Dietetic Internship Advisory Committee, Member
2013	Journal of the Academy of Nutrition and Dietetics, Reviewer
2006 - 2008	Bradley University, Dietetic Advisory Committee, Member

Department

2018 – Present	Scholarship Committee, Chair
2022 - Present	Curriculum Committee, Member
2022 – Present	Health Sciences (West Campus) Academic Building Committee, Member
Spring 2023	Lecturer Search Committee, Chair
Spring 2022	Lecturer Search Committee, Member
Fall 2021	Coordinated “Mock SI” session for Talking about Teaching series
Fall 2021	Promotion Committee for Instructional Track Faculty Member, Chair
Spring 2021	Graduate Student Faculty Mentor, provided mentorship to new teaching assistant in HHP:4010. Taught lab as service rather than part of teaching load
Fall 2020	Instructional Track Faculty Mentor, provided mentorship to new instructional track faculty member in HHP:4010. Taught lab as service rather than part of teaching load
2019 - 2020	Instructional Track Workload Committee, Member
2019	Health and Human Physiology BA Lecturer/Internship Director Search Committee, Chair
2016	Health and Human Physiology BA Lecturer Search Committee, Member
2014	Health and Human Physiology: Health and Physical Activity Skills Search Committee, Member
2013	Health and Human Physiology Lecturer Search Committee, Member

College & University

2024	Instructional Track Faculty Policy Committee, Member
2016 - Present	OnIowa Excel Work Group, Co-Lead
2012 - Present	OnIowa Excel Presenter
2023	Health & Wellness Industry Partnership Council (Pomerantz Career Center), Member
2023	Food, Nutrition, and Movement Subcommittee (Mental Health and Well-being University Strategic Plan Committee), Member
2022	CLAS Student Support Center Review Committee, Member
2021 & 2023	Invited Presentations: University of Iowa Office of Admissions 2021: Health & Human Physiology Overview: Exercise Science, Health Promotion, and Health Studies tracks (co-presenter: Lucas Carr) 2023: Pre-dietetics Program of Study and Master of Clinical Nutrition Program Overview (co-presenter: Laurie Kroymann)
2020 – 2021 2021	Student Success Strategic Plan Work Group, Member Co-Lead Experiential Learning Sub-group (Student Success Work Group)
2020, 2022 – 2023	Supplemental Instruction Training, Faculty Panel, Invited Participant
2020	Keynote Speaker: Academic Support Showcase sponsored by Academic Support and Retention
2016 – 2019; 2022	UI Wellness Health Fair, Organizer, Planned and implemented Health and Human Physiology booth at UI Wellness Health Fair
2018 - 2019	Provost Search Committee, Member
2016 - 2018	Student Leadership Initiative Academic Subcommittee, Member
2017 - 2018	Academic Support & Retention Faculty Advisory Council, Member
2016	Assessment of Student Learning Nutrition and Health: Natural Sciences General Education Status
2010 - 2016	Campus Nutrition Advisory Group, Evaluation Committee, Member
2014	Presenter at Wellbeings Living Learning Community
2012 - 2013	Faculty Fellow, Mayflower Residence Hall, Plan and implement activities with Resident Assistants
2013	Presenter at Women’s Medical Association

Community

2018 - 2022	Field to Family, Board of Directors President. Field to Family is a local non-profit organization that serves Johnson County and surrounding communities through its Farm to School Program, Online Farmers Market, Food Hub, and Local Food Explorer <ul style="list-style-type: none"> Assisted with transition of organization from 501c4 to 501c3 status Planned and led monthly Executive Council meetings Planned and led monthly Board meetings Participated in hiring process of three staff members Conducted annual review of Director
2015 – 2018	Field to Family, Board of Directors, Member <ul style="list-style-type: none"> Participated in monthly board meetings Volunteered at Farm to School events
2014 - 2015	Field to Family, Board of Advisors
2014 - 2019	Johnson County Alliance for Healthy Living, Member
2013 - 2016	UI Speaker’s Bureau, Member, Nutrition presentations to organizations across the state including Des Moines Area Community College (April 2014), various Rotary clubs (2014 – 2015), and Clear Lake Library (August 2016)

2011 - Present	Presentations to local and state organizations <ul style="list-style-type: none"> • Lifetime Adult Enrichment Program (August 2011 & February 2012) • IFly Swim Club (June 2013) • Muscatine Public Library (September 2013) • Iowa City Rotary Club (January 2014) • Des Moines Area Community College (April 2014) • Soilmates and Farm to School: School Garden Workshop (April 2014) • Johnson County Public Health Wellness and Go Green Lunch and Learn (January 2015) • Iowa City Gym-Nest (March 2015) • Lemme Parent Teacher Association (May 2015) • Kids Day at Iowa City Farmer's Market (September 2015) • University of Iowa Rowing Club (May 2016) • Cornell College Wellness Group (November 2017) • Cornell College Track & Field Team (January 2018) • New Wave Performance (August 2022) • Southeast Valley High School (May 2023)
2018	Play 2B Fit Iowa Children's Museum, Co-Organizer, Organized activities for Play 2B Fit event sponsored by the Iowa Children's Museum. Recruited students from various classes for the event.
2012 - 2015	Johnson County Food Policy Council, Member

Media Contributions

2021 - 2022	UIHC Sharepoint Article: Hydration – interviewed for article
2019	Magazine, UI LiveWell Spring 2019 Newsletter, Local
2016	TV, IPTV Market to Market, State Interviewed for Story "Carnivores Process Cancer Warnings"