
Kevin Daniel Haubrick, PhD, RD, LD, FAND

The University of Houston
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PRESENT POSITION:

CLINICAL ASSOCIATE PROFESSOR

THE UNIVERSITY OF HOUSTON
Department of Health and Human Performance
Houston, TX
September 2021 to present

DIDACTIC PROGRAM DIRECTOR

THE UNIVERSITY OF HOUSTON
Department of Health and Human Performance
Houston, TX
January 2019 to present

DIRECTOR, MS in HUMAN NUTRITION

THE UNIVERSITY OF HOUSTON
Department of Health and Human Performance
Houston, TX
September 2018 to present

ACADEMIC DEGREES/EDUCATION:

Doctor of Philosophy, Nutrition and Food Systems

The University of Southern Mississippi—Hattiesburg, MS
May 2017
Dissertation Title: Defining deliberate practice in supervised dietetics education
Advisor: Elaine F. Molaison PhD, RD

Master of Science, Nutrition with emphasis in Advanced Clinical Nutrition

University of the Incarnate Word—San Antonio, TX
May 2001
Capstone Project: Job satisfaction of Licensed Dietitians in Texas
Advisor: Beth Senne-Duff PhD, RD

Certificate, Dietetic Internship

The University of Nebraska Medical Center—Omaha, NE
June 1997

Bachelor of Arts, Nutrition and Food Science

Mount Marty College—Yankton, SD
Cum laude
December 1995

PROFESSIONAL CREDENTIALING:

Commission on Dietetic Registration (Registration number 839371)
Texas State Licensure for Licensed Dietitians (License number DT05268)

OTHER PROFESSIONAL CERTIFICATIONS:

The University of Southern Mississippi—Graduate Certificate in Management in Child Nutrition Programs

PROFESSIONAL EXPERIENCE (ACADEMIC):

ADJUNCT FACULTY MEMBER

THE UNIVERSITY OF CENTRAL ARKANSAS
Conway, AR
August 2019 to present

CLINICAL ASSISTANT PROFESSOR

THE UNIVERSITY OF HOUSTON
Department of Health and Human Performance
Houston, Texas
August 2014 to August 2021

DIETETIC INTERNSHIP DIRECTOR

THE BAPTIST HEALTH SYSTEM
Department of Food and Nutrition Services
San Antonio, TX
August 2008 to June 2014

PROFESSIONAL EXPERIENCE (NON-ACADEMIC):

OWNER, THE ACCREDITATION COACH

June 2017 to present
www.theaccreditationcoach.com

DIRECTOR, FOOD AND NUTRITION SERVICES

THE BAPTIST MEDICAL CENTER, a part of The Baptist Health System
Department of Food and Nutrition Services
San Antonio, TX
May 2003 to June 2014

DIRECTOR, FOOD AND NUTRITION SERVICES

SOUTHWEST GENERAL HOSPITAL
Department of Food and Nutrition Services
San Antonio, TX
February 2001 to May 2003

CLINICAL DIETITIAN

SOUTHWEST GENERAL HOSPITAL
 Department of Food and Nutrition Services
 San Antonio, TX
 February 1999 to February 2001

CLINICAL DIETITIAN

SUNRISE CONVOLSCENT AND REHAB CENTER
 Department of Food and Nutrition Services
 San Antonio, TX
 February 1998 to February 1999

DIRECTOR AND CLINICAL DIETITIAN

GRETNA CARE CENTER
 Department of Food and Nutrition Services
 Gretna, NE
 August 1997 to February 1998

PROFESSIONAL DEVELOPMENT & TRAINING:

- 2026 ACEND Program Reviewer Training (informed updates)
- 2025 ACEND Program Reviewer Training (competency-based education)
- 2025 Active Learning: Course Transformation
- 2024 CLASS Dean's Office Administrative Internship (Spring semester)
- 2024 ACEND Program Reviewer Training (Title IV funding)
- 2023 CLASS Dean's Office Administrative Internship (Fall semester)
- 2023 CODA Orientation Training
- 2023 ACEND Program Reviewer Training (DEI)
- 2022 Texas Academy of Nutrition and Dietetics: Food and Nutrition Expo
- 2021 ACEND Program Reviewer Training
- 2021 Texas Academy of Nutrition and Dietetics: Food and Nutrition Expo
- 2021 NDEP National Meeting
- 2021 ACEND Site Visitor Training: Annual required training
- 2020 University of Houston/CLASS: Online Teaching Program
- 2020 Future Education Model: Site Visitor Training
- 2020 The Academy of Nutrition and Dietetics: Food and Nutrition Expo
- 2020 ACEND Site Visitor Training: Annual required training
- 2019 The Academy of Nutrition and Dietetics: Food and Nutrition Expo
- 2019 CITI Training: Basic course, Conflict of Interest, & Responsible Conduct
- 2018 ACEND Program Reviewer training
- 2018 Clicker training update—Turning Point Technologies
- 2017 Commission on Dental Accreditation (CODA) Board training
- 2017 Blackboard Collaborate Training
- 2016 ACEND Education Standards Update Webinar Training
- 2016 Researchers, Faculty, Students, and IRB members engaging in research involving human subjects RCR

- 2016 Clicker training—Turning Point Technologies
- 2015 American Psychological Association Board of Education Affairs Appeals Panel Training
- 2015 NDEP Regional Meeting
- 2015 The Academy of Nutrition and Dietetics: Food and Nutrition Expo
- 2012 Responsible conduct of research training through CITI
- 2012 The Academy of Nutrition and Dietetics: Food and Nutrition Expo
- 2012 NDEP Regional Meeting
- 2011 The American Dietetic Association: Food and Nutrition Expo
- 2011 NDEP Regional Meeting
- 2010 The American Dietetic Association: Food and Nutrition Expo
- 2009 The American Dietetic Association: Food and Nutrition Expo
- 2008 The American Dietetic Association: Food and Nutrition Expo
- 2007 The American Dietetic Association: Food and Nutrition Expo
- 2006 The American Dietetic Association: Food and Nutrition Expo

SCHOLARSHIP:

PUBLISHED WORK (* indicates student author):

*Escamilla, C. & **Haubrick, K.** (submitted pending review). Infant feeding practices and childhood obesity risk: A systematic Review. *Nutrition Reviews*.

*Khan, Hafsah & **Haubrick, K.** (submitted pending review). Effects of nutritional support on short-term outcomes in patients with gastric cancer undergoing gastrectomy: A systematic review. *Pharma Nutrition*.

*Dimgba, O. & **Haubrick, K.** (submitted pending review). Effect of probiotic supplementation on cognitive function in older adults. *Research Review*.

*Cavazos, O. & **Haubrick, K.** (2026). Sweeteners and the gut: A systematic review of synthetic versus natural impacts on gut microbial diversity. *Journal of Food Studies*, 15(1), 43-58.
<https://doi.org/10.5296/jfs.v15i1>

*Rice, Lily & **Haubrick, K.** (2026). Normal versus hypocaloric feeding outcomes in septic critically ill adults: A systematic review. *Journal of Food Studies*, 15(1), 1-23.
<https://doi.org/10.5296/jfs.v15i1>.

*Powell, L. & **Haubrick, K.** (2026). The lowering blood glucose level effects of cinnamon compared to Metformin in type 2 diabetic patients: A systematic review of randomized controlled trials and observations. *Journal of Food Studies*, 15(1), 24-42.
<https://doi.org/10.5296/jfs.v15i1>.

*Lopez, T., Cepni, A., Goodman, L., Arlinghaus, K., Wiesner, M., Johnston, C., **Haubrick, K.**, Ledoux, T. (2025). Weight dissatisfaction mediates the link between body mass index and disordered eating behaviors in Hispanic adolescents: A medication and moderate mediation analysis. *Food and Nutrition Sciences*, 16(8), 844-858. <https://doi.org/10.4236/fns.2025.168048>

- *Abdellatif, L. & **Haubrick, K.** (2025). Systematic review: The effect of omega-3 consumption on individuals with autism disorder. *Journal of Food Studies*, 14(1), 68-84. <https://doi.org/10.5296/jfs.v14i1.22821>
- *Lopez, T., Cepni, A., Hendel, K., Goodman, L., Wiesner, M., Johnston, C., **Haubrick, K.**, & Ledoux, T. (2025). Negative weight attitudes and disordered eating behaviors in Hispanic adolescents: Associations with gender and weight status. *Journal of Clinical Medicine*, 14, 5211. <https://doi.org/10.3390/jcm1415521>
- *Guzman, J. & **Haubrick, K.** (2025). Systematic Review: In adults with type 2 diabetes, does adherence to a plant-based diet compared to a standard diabetic diet improve glycemic control and reduce HbA1c levels? *Journal of Food Studies*, (14)1, 1-26. <https://doi.org/10.5296/jfs.v14i1>
- *Foster, D. & **Haubrick, K.** (2024). Considering the impact of elevated saturated fat intake in the context of full fat dairy products and red meats on cardiovascular health, a systematic review. *Research Review*, 5(12). <https://doi.org/10.52845/RR-5-12-2024-1>
- *Awad, R. & **Haubrick, K.** (2024). Cranberries vs. antibiotics: Impact on UTI recurrence in women. *Research Review*, 5(12). <https://doi.org/10.52845/RR-5-12-2024-2>
- *Giraldo, V. & **Haubrick, K.** (2024). Nutrition education on health outcomes in hemodialysis patients. *Research Review*, 5(12). <https://doi.org/10.52845/RR-5-12-2024-4>
- *Rosas, C. & **Haubrick, K.** (2024). Omega-3 supplementation for adolescents and young adults to combat symptoms of anxiety and depression. *Research Review*, 5(12). <https://doi.org/10.52845/RR-5-12-2024-3>
- *Lopez, T., Cepni, A., Goodman, L., Arlinghaus, K., Wiesner, M., Johnston, C., **Haubrick, K.**, Ledoux, T. (2024). Development of the two-factor modified Kids Eating Disorder Survey (M-KEDS): A validation study with Hispanic adolescents. *Nutrition Journal*, 23(134), 1-10. <https://doi.org/10.1186/s12937-024-01031-2>
- *Delgado, L. & **Haubrick, K.** (2024). Athletes who consume creatine have a greater muscle mass and sports performance: A systematic review. *Journal of Food Studies*, 13(1), 1-20. <https://doi.org/10.5296/jfs.v13i1.21859>
- *Meziou, L. & **Haubrick, K.** (2024). A systematic review of the effectiveness of acetylcholinesterase inhibitors on cognition for patients with Alzheimer's disease. *Research Review*, 5(6). <https://doi.org/10.52845/RR/5-6-3>
- *Alnahas, A. & **Haubrick, K.** (2024). Efficacy of the Mediterranean diet for visceral fat reduction and metabolic health: A systematic review. *Research Review*, 5(6). <https://doi.org/10.52845/RR/5-6-1>
- *Abuhamdam, S. & **Haubrick, K.** (2024). Effects of caffeine on blood pressure. *Research Review*, 5(6). <https://doi.org/10.52845/RR/5-6-2>

*Martin, D. & **Haubrick, K.** (2023). The comparison of nutritional supplementation on wound healing in type 2 diabetes patients with foot ulcers: A systematic review. *Research Review*, 4, 858-873. <https://doi.org/10.52845/RR/2023/4.2.2>

*Miguel., M.V. & **Haubrick, K.** (2023). Systematic Review: Exploring outcomes of commercial and homemade blenderized tube feeding regimens on feeding tolerance in pediatric patients. *Nutrition Reviews*, 82(9), 1208-1215. <https://doi.org/10.1093/nutrit/nuad118>

*Paul, B. & **Haubrick, K.** (2022). A mindful-based eating intervention approach to weight loss in overweight and obese adults. *Research Review*, 3, 789-805. <https://doi.org/10.52868/RR/2022-3-3-5>

*Clement, E. & **Haubrick, K.** (2022). Systemized review of the effect of supplementation on glycemic control in type I diabetes. *Research Review*, 3, 697-720. <https://doi.org/10.52868/RR/2022-3-2-4>

*Harlen, C. & **Haubrick, K.** (2022). Parental influences and child characteristics as predictors of food neophobia and picky eating. A systematic review. *Research Review*, 3, 721-736. <https://doi.org/10.52868/RR/2022-3-2-5>

*Siboldi, S. & **Haubrick, K.** (2022). Effects of caffeine on healthy adults' cardiovascular and neurological systems. *Research Review*, 3, 685-696. <https://doi.org/10.52868/RR/2022-3-2-3>

*Le, S. & **Haubrick, K.** (2021). The comparison of the DASH, hypocaloric, Mediterranean/low glycemic diet/low carbohydrate, as a nutritional intervention in polycystic ovary syndrome in overweight women: A systematic review. *Journal of Food Studies*, 10(1), 37-62. <https://doi.org/10.5296/jfs.v10i1.18609>

*Loofs, T. & **Haubrick, K.** (2020). End-of-life nutrition considerations: Attitudes, beliefs, and outcomes. *American Journal of Hospice and Palliative Medicine* (published online first). <https://doi.org/10.1177/1049909120960124>

*Lewis, J. & **Haubrick, K.** (2020). Following a low carbohydrate, high fat diet compared to reduced calorie, high carbohydrate diet as a nutritional intervention in Type Two Diabetes Mellitus patients: A systematic review. *Journal of Food Studies*, 9, 1-29. <https://doi.org/10.5296/jfs.v9i1>

Haubrick, K., Molaison, E., Mohn, R., Huye, H., & Landry, A. (2020). Confirming deliberate practice in dietetics education. *Journal of Education and Training*, 7, 35-49. <https://doi.org/10.5296/jet.v7i1.15985>

Haubrick, K., Molaison, E., Huye, H., Landry, A., & Mohn, R. (2018). Qualitative methods to define deliberate practice in supervised dietetics education. *NDEP-Line, Summer*, 5 – 15.

Haubrick, K., Molaison, E., and Huye, H. (2016). Comparison of two examples of competency-based education models. *NDEP-Line, Fall*, 7 – 8.

Haubrick, K. and Ross, M. (2015). Predictors of success on the Registration Examination for Dietitians. *NDEP-Line, Winter*, 12 – 16.

Kendrick, K., Klossner, N., and **Haubrick, K.** (2010). Turning an oil barge in the speedboat lane. *Journal of Nursing Administration*, 40, 135 – 139.

OTHER PUBLICATIONS

Abstracts

Haubrick, K. (submitted for review). Structured active learning in a large-enrollment nutrition course: Impact on engagement, balance, and application. *Journal of the Academy of Nutrition and Dietetics*.

*Suleiman, N. & **Haubrick, K.** (submitted for review). Improving registered dietitian follow-up and timely nutrition monitoring for pediatric patients with Rett Syndrome: A performance improvement initiative. *Journal of the Academy of Nutrition and Dietetics*.

*Mireles, J. & **Haubrick, K.** (2022). Evaluating the impact of energy delivery on mortality in the critically ill patient receiving nutrition support. *Journal of Parenteral and Enteral Nutrition*, 46(S1), S75-76. <https://doi.org/10.1002/jpen.2345>

*Ramirez, S. & **Haubrick, K.** (2021). Dietary habits and the risk of cognitive decline in the elderly. *Journal of the Academy of Nutrition and Dietetics*, 121(10), A124.

*Stickman, A. & **Haubrick, K.** (2021). Protein supplementation in adult cancer patients. *Journal of the Academy of Nutrition and Dietetics*, 121(10), A128.

*Roman, M. & **Haubrick, K.** (2021). The effect of vitamin D and other micronutrients on the risk, prevention, severity, and treatment of respiratory infections, including COVID-19. *Journal of the Academy of Nutrition and Dietetics*, 121(10), A129.

*Garcia, D. & **Haubrick, K.** (2020). Food security with an EFNEP intervention. *Journal of the Academy of Nutrition and Dietetics*, 120(10), A135.

*Lopez, T., Wiesner, M., Johnston, C., **Haubrick, K.**, & Ledoux, T. (2020). BMI and disordered eating in Hispanic adolescents: The mediating role of body dissatisfaction. *Journal of the Academy of Nutrition and Dietetics*, 120(10), A115.

*Lopez, T., Wiesner, M., Johnston, C., **Haubrick, K.**, & Ledoux, T. (2020). Development of the Modified Kids Eating Disorder Survey (M-KEDS): A validation study with Hispanic adolescents. *Journal of the Academy of Nutrition and Dietetics*, 120(10), A133.

*Lopez, T., Wiesner, M., Johnston, C., **Haubrick, K.**, & Ledoux, T. (2020). The Modified Kids Eating Disorder Survey (M-KEDS): A study of Hispanic adolescents. *Journal of the Academy of Nutrition and Dietetics*, 120(10), A136.

Haubrick, K., Molaison, E., Mohn, R., Huye, H., & Landry, A. (2019). Confirming deliberate practice in dietetics education. *Journal of the Academy of Nutrition and Dietetics, 119(9)*, A50.

Haubrick, K. and Huye, H. (2015). Cultural Competence Across the Continuum of a Health Care Organization. *Journal of the Academy of Nutrition and Dietetics, 115(9)*, A9.

Haubrick, K. and Ross, M. (2015). Predictors of Success on the Registration Examination for Dietitians. *Journal of the Academy of Nutrition and Dietetics, 115(9)*, A47.

PROPOSALS:

Proposals funded by internal agency

Haubrick, K. (2019). Professional Development Award for CLASS NTT faculty. \$1,000.00 funded, Office of the Dean.

Haubrick, K., Bode, S., & LeDoux, T. (2017). Online Graduate Degree Development for the Master of Science in Nutrition. \$97,439.75 funded, Office of the Provost.

PRESENTATIONS:

Professional Audience, National

Haubrick, K., Leonberg, B., Ferira, A., and Molaison, E. (2012). Individualized Supervised Practice Pathways: Where are we today? Where do we go next? Presented at the Academy of Nutrition and Dietetics Food and Nutrition Conference and Exhibition, 2012. Philadelphia, PA

Steiber, A., Molaison, E., Grim, J., **Haubrick, K.,** and Leibovitz, P. (2010). Bring out the Best in Your Program through CADE Accreditation. Workshop presented at the Food and Nutrition Conference and Exhibition of the American Dietetic Association. Boston, MA

Haubrick, K., Witte, S., and Kendall, A. (2008). CADE Forum: Dietetics Education Today and Tomorrow. Presented at the American Dietetic Association Food and Nutrition Conference and Exhibition, 2008. Chicago, IL.

Young, L., **Haubrick, K.,** and Castello, C. (2007). CADE Forum: Keeping up with Times. Presented at the American Dietetic Association Food and Nutrition Conference and Exhibition, 2007. Philadelphia, PA.

Young, L., **Haubrick, K.,** and Nye, S. (2006). CADE Forum: Bridge to the Future. Presented at the American Dietetic Association Food and Nutrition Conference and Exhibition, 2006. Honolulu, HI.

Professional Audience, Regional

Haubrick, K. and Chung, U. (2011). Commission on Accreditation for Dietetics Education Update. Presented to NDEP Members of Areas 3 & 4.

Poster

*Grazia Di Fabio Conde, M. & **Haubrick, K.** (accepted). Necrotizing enterocolitis: Effect of early enteral nutrition fortification on growth velocity and incidence of gastrointestinal

symptoms in preterm neonates – A systematic review. Texas Academy Annual Conference and Exhibition. Spring, Texas.

*Aldebashi, D. & **Haubrick, K.** (accepted). Effect of a nutrition-focused social media campaign on energy drink use among college students. Texas Academy Annual Conference and Exhibition. Spring, Texas.

*Hughes, S. & **Haubrick, K.** (accepted). Impact of Intradialytic Parenteral Nutrition on Nutritional Status, Inflammation, and Safety in Hemodialysis Patients with Protein-Energy Wasting or at Risk of Malnutrition. Texas Academy Annual Conference and Exhibition. Spring, Texas.

*Escobedo, K. & **Haubrick, K.** (accepted). Can a diet intervention (Mediterranean Diet, High Protein – High Fiber Diet, or Ketogenic Diet) reduce PCOS symptoms? A Systematic Review. Texas Academy Annual Conference and Exhibition. Spring, Texas.

*Reichek, B., **Haubrick, K.**, Vollrath, K., and Scott, C. (2023). Increasing Self-Reported Confidence via Supplemental Screen-Based Simulation Training Sessions. Texas Academy Annual Conference and Exhibition. Austin, Texas.

*Pham, K. & **Haubrick, K.** (2023). Role of a Ketogenic Diet in Improving Cognition in Individuals with Dementia: A Systematic Review. Texas Academy Annual Conference and Exhibition. Austin, Texas.

*McKay, N. & **Haubrick, K.** (2022). Systemized review: Bacteria and probiotic mediated therapy in suppressing cancerous cell and tumor growth by apoptosis. Texas Academy Annual Conference and Exhibition. San Antonio, Texas.

*Mireles, J. & **Haubrick, K.** (2022). Evaluating the impact of energy delivery on mortality in the critically ill patient receiving nutrition support. ASPEN 2022 Nutrition Science and Practice Conference. Seattle, Washington.

*Ramirez, S. & **Haubrick, K.** (2021). Dietary habits and the risk of cognitive decline in the elderly. Presented at the Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, 2021, virtually.

*Stickman, A. & **Haubrick, K.** (2021). Protein supplementation in adult cancer patients. Presented at the Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, 2021, virtually.

*Roman, M. & **Haubrick, K.** (2021). The effect of vitamin D and other micronutrients on the risk, prevention, severity, and treatment of respiratory infections, including COVID-19. Presented at the Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, 2021, virtually.

*Rivera, B. & **Haubrick, K.** (2021). The effects of probiotic supplementation in type 2 diabetics: A systematic literature review of randomized controlled trials. Presented at the Texas Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, 2021, virtually.

*Whitley, K. & **Haubrick, K.** (2021). The effect of omega-3 supplementation on depression: A systematic literature review. Presented at the Texas Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, 2021, virtually.

*Garcia, D. & **Haubrick, K.** (2020). Food security with an EFNEP intervention. Presented at the Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, 2020, virtually.

*Lopez, T., Wiesner, M., Johnston, C., **Haubrick, K.**, & Ledoux, T. (2020). BMI and disordered eating in Hispanic adolescents: The mediating role of body dissatisfaction. Presented at the Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, 2020, virtually.

*Lopez, T., Wiesner, M., Johnston, C., **Haubrick, K.**, & Ledoux, T. (2020). Development of the Modified Kids Eating Disorder Survey (M-KEDS): A validation study with Hispanic adolescents. Presented at the Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, 2020, virtually.

*Lopez, T., Wiesner, M., Johnston, C., **Haubrick, K.**, & Ledoux, T. (2020). The Modified Kids Eating Disorder Survey (M-KEDS): A study of Hispanic adolescents. Presented at the Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, 2020, virtually.

Haubrick, K., Molaison, E., Mohn, R., Huye, H., & Landry, A. (2019). Confirming Deliberate Practice in Dietetics Education. Presented at the Academy of Nutrition and Dietetics Food and Nutrition Conference and Exhibition, 2019. Philadelphia, PA.

Haubrick, K. and Huye, H. (2015). Cultural Competence Across the Continuum of a Health Care Organization. Presented at the Academy of Nutrition and Dietetics Food and Nutrition Conference and Exhibition, 2015. Memphis, TN.

Haubrick, K. and Ross, M. (2015). Predictors of Success on the Registration Examination for Dietitians. Presented at the Academy of Nutrition and Dietetics Food and Nutrition Conference and Exhibition, 2015. Memphis, TN.

Haubrick, K. (2009). An innovative pathway for assisting PhD professionals in becoming Registered Dietitians. Presented at The American Dietetic Association Food and Nutrition Conference and Exhibition, 2009. Denver, CO.

AWARDS AND HONORS:

- 2025 CLASS Excellence in Teaching Award
- 2020 Nominee, Ross M. Lence Teaching Excellence Award
- 2019 Nominee, Ross M. Lence Teaching Excellence Award

- 2017 Outstanding DPD Educator Award for Area 4: NDEP
- 2016 Commission on Dietetic Registration Doctoral Scholarship: The Academy of Nutrition and Dietetics Foundation
- 2016 Margaret McCathy Scholarship: The University of Southern Mississippi
- 2016 Outstanding Doctoral Student in Nutrition and Food Systems: The University of Southern Mississippi
- 2015 Nutrition and Dietetics Educators and Preceptors Scholarship: The Academy of Nutrition and Dietetics Foundation
- 2014 Beatrice Donaldson David Graduate Fellowship in Food Service Administration: The Academy of Nutrition and Dietetics Foundation
- 2014 Margaret McCathy Scholarship: The University of Southern Mississippi
- 2014 Fellow of the Academy of Nutrition and Dietetics
- 2013 Commission on Dietetic Registration Doctoral Scholarship: The Academy of Nutrition and Dietetics Foundation
- 2013 Alumnus Award—Medical Nutrition Program: The University of Nebraska Medical School, School of Allied Health
- 2013 Outstanding Doctoral Student in Nutrition and Food Systems: The University of Southern Mississippi
- 2013 Gordon Hicks Scholarship: The University of Southern Mississippi
- 2012 Colgate and Palmolive Scholarship: The Academy of Nutrition and Dietetics Foundation
- 2012 CDR Cultural Diversity Scholarship: The Academy of Nutrition and Dietetics Foundation
- 2005 Recognized Young Dietitian of the Year: The Texas Dietetic Association
- 2000 Corinne H. Robinson Scholarship: The American Dietetic Association Foundation

TEACHING:

The University of Houston (currently teaching)

- NUTR 1332 Fundamentals of Human Nutrition
- NUTR 4201: Dietetics as a Profession II (team taught)
- NUTR 6311: Capstone I
- NUTR 6312: Capstone II

The University of Central Arkansas (currently teaching)

- NUTR 5321: Nutritional Services Administration
- NUTR 6308: Trends in Nutrition
- NUTR 6314: Business and Entrepreneurship in the Nutrition Profession

The University of Houston (previously taught)

- NUTR 2133: Commercial Food Production I (Lab)
- NUTR 2333: Commercial Food Production I (Lecture)
- NUTR 3330: Management in Nutrition and Food Systems
- NUTR 3336: Nutritional Pathophysiology
- NUTR 3334: Advanced Nutrition
- NUTR 3336: Nutritional Pathophysiology

- NUTR 4312: Nutrition Assessment and Planning
- NUTR 4334: Community Nutrition
- NUTR 4346: Research in Nutrition
- NUTR 4351: Gerontology Nutrition
- NUTR 4353: Cultural Competency for Healthcare Professionals
- NUTR 4352: Child & Adolescent Nutrition
- NUTR 4396: Special Topics: Ciao a Taste of Italy
- NUTR 4346: Research in Nutrition
- NUTR 6303: Nutrition Management and Leadership for the Clinical Nutrition Leader
- NUTR 6306: Statistics for the Healthcare Professional
- NUTR 7315: Advanced Nutrition for the Elderly

The Baptist Health System (previously taught)

- NUTR 6270: Applied Food Service Management
- NUTR 6273: Applied Community Nutrition
- NUTR 6570: Applied Clinical Nutrition

DISSERTATION COMMITTEE MEMBER:

Completed

- C. Hatem (Summer 2024): Developing and pilot testing 360° multi-source feedback assessment tool for dietetic intern evaluation
- T. Lopez (Summer 2020): Body dissatisfaction, disordered eating behaviors, & BMI

MS THESIS COMMITTEE MEMBER:

Completed

- S. Sibayan (Spring 2023): Curriculum redesign and impact of a gardening program

MS CAPSTONE STUDENT PROJECTS:

Completed

- D. Aldebashi (Fall 2025): Nutrition-focused social media campaign and energy drinks
- O. Cavazos (Fall 2025): Synthetic sweeteners vs. natural sweeteners on gut health
- F. Ciprian (Fall 2025): Performance improvement project on work safety
- M. G. DiFabio (Fall 2025): Growth velocity of at-risk NEC infants on nutrition support
- O. F. Dingba (Fall 2025): Probiotic supplement on cognitive function
- C. Escamilla (Fall 2025): Breastfeed vs. formula feed infants and obesity
- K. Escobedo (Fall 2025): Diet modification in PCOS to reduce symptomology
- S. Hughes (Fall 2025): Nutrition supplements in patients with ESRD
- H. Khan (Fall 2025): Improved post-operative outcomes in cancer patients
- L. Powell (Fall 2025): Cinnamon vs. Metformin in reducing blood glucose levels
- L. Rice (Fall 2025): Full vs. hypocaloric feeding in critically ill patients
- A. Cardenas (Fall 2025): Nourish & Be
- A. Rocha (Fall 2025): Optimizing Baseball Performance with Nutrition
- N. Suleiman (Fall 2025): Nutrition scheduling in patients with Rett syndrome
- M. Kelly (Spring 2025): Dysphagia/IDDSI education program

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- D. Mai (Spring 2025): Non-nutritive sweeteners and gut health
 - J. McNeilly (Spring 2025): Healthy habits educational program
 - K. Nsenkyire (Spring 2025): Impact of nutrition programs on reducing obesity
 - M. Rashid (Spring 2025): Teaching nutrition to teachers
 - M. Shaban (Spring 2025): Cooking skills, nutrition awareness, and kitchen safety
 - C. Young (Spring 2025): Effect of various galactagogues on human breast milk
 - R. Abbasi (Spring 2025): Effects of black seed on metabolic health markers
 - L. Abdellatif (Spring 2025): Omega 3 consumption on children with autism
 - S. Ashby (Fall 2024): DASH diet and HTN
 - R. Awad (Fall 2024): Cranberry supplementation and UTI prevention
 - A. Deleon (Fall 2024): Diabetes self-management education program
 - L. Delgado (Fall 2024): Creatine supplementation
 - D. Foster (Fall 2024): Saturated fats and their relationship with cardio health
 - V. Giraldo (Fall 2024): Nutrition education and impact on ESRD
 - J. Guzman (Fall 2024): DASH Diet and blood pressure
 - S. Hanz (Fall 2024): Fueling the Fillies education program
 - J. Jewett (Fall 2024): Meal intake performance improvement project
 - M. Olivarez (Fall 2024): Healthy eating education program
 - A. Rodriguez (Fall 2024): Probiotic supplementation in critically ill patients
 - C. Rosas (Fall 2024): Relationship of omega-3 fatty acids and anxiety/depression
 - N. Tran (Fall 2024): DMII and bariatric surgery
 - C. Ulbrich (Fall 2024): Dietary interventions to treat IBS
 - G. Zuniga (Fall 2024): Comparison of a vegan diet to tradition diet
 - H. Schmitz (Summer 2024): A journey into mindful eating
 - E. Alderman (Spring 2024): Intuitive eating education program
 - A. Afeefa (Spring 2024): Community-based health and wellness education program
 - A. Alnahas (Spring 2024): Mediterranean diet and obesity
 - A. Chen (Spring 2024): Adherence to App-Based Interventions
 - L. Meziou (Spring 2024): Acetylcholinesterase inhibitors and cognitive function
 - C. Sachse (Spring 2024): Mediterranean diet and dementia
 - C. Schultz (Spring 2024): Dietary fiber and colorectal cancer
 - G. Shaw (Spring 2024): Parenteral/enteral order entry PI project
 - S. Abuhamden (Spring 2024): Caffeine consumption and blood pressure
 - V. Amari (Fall 2023): Initiation of enteral nutrition in the ICU
 - D. Martin (Summer 2023): Nutrition supplementation and diabetic foot ulcers
 - K. Collins (Summer 2023): Rewire your approach to eating
 - S. Adams (Summer 2023): Prebiotics, probiotics, and symbiotics and gut microbiome
 - S. O'Sullivan (Spring 2023): Worksite wellness in the WIC setting
 - M. Miguel (Spring 2023): Commercial and homemade blenderized tube feeding
 - B. Paul (Fall 2022): Mindful eating interventions
 - K. Pham (Fall 2022): Dementia and ketogenic diet
 - D. Hamdan (Fall 2022): Cultural competence and educational program development
 - B. Van Tevens (Fall 2022): Nourish: Food freedom through structure
 - B. Reichel (Fall 2022): Simulations in dietetics education

- E. Clement (Fall 2022): Supplementation and glycemic effects
- C. Harlen (Summer 2022): Picky eating and food neophobia
- S. Rupp (Summer 2022): Time-restricted eating
- S. Siboldi (Spring 2022): Caffeine and cardiovascular and neurological systems
- A. Saxton (Spring 2022): Enteral feedings and very low birth weight infants
- S. Brent (Spring 2022): Nutrition dance program
- V. Silver (Fall 2021): Worksite wellness education program
- N. McKay (Fall 2021): Probiotics and tumor growth
- M. Farias (Fall 2021): Caffeine intake and hypertension
- N. Ciuppa (Fall 2021): Harmony in the kitchen education program
- A. Giles (Fall 2021): Nutraceuticals and joint pain
- S. Hammons (Summer 2021): Dietary phytosterols and cardiovascular disease
- M. Roman (Summer 2021): Micronutrient needs during COVID-19
- G. Beasley (Summer 2021): PCOS and the use of metformin, inositol, and suppressants
- J. Mireles (Summer 2021): Impact of energy provision on mortality in adults
- S. Ramirez (Spring 2021): Dietary habits and the risk of Alzheimer's in the elderly
- A. Stickman (Spring 2021): Protein Supplementation in Cancer Patients
- M. Sorenson (Spring 2021): Diversity within dietetics education programs
- S. Le (Spring 2021): PCOS and dietary therapy
- K. Whitney (Fall 2020): Depression and ω -3 fatty acid supplementation
- B. Rivera (Fall 2020): Relationship between gut microbiome and type II DM
- J. Holder (Fall 2020): Chronic kidney disease and protein requirements
- T. Loofs (Summer 2020): End-of-life nutrition considerations
- J. Lewis (Spring 2020): Comparison of dietary interventions in type II DM
- D. Garcia (Spring 2020): Food insecurity with an EFNEP intervention
- S. Waters (Fall 2019): Face and content validation of an athlete screening tool

In Progress

- Z. Dewerff: Nutrition education and breastfeeding
- D. Hernandez: Incidence of diabetic ketoacidosis
- L. Mieth: DM II and various eating schedules
- E. Orleans-Lindsay: Improved glycemic control in DMII patients
- C. Shirley: Incidence of eating disorders in patients with celiac disease
- G. Vanderheyden: Effectiveness of GLP-1s for weight loss
- S. Suet Li: Labeling and dating in a long-term care facility
- H. Bonnell: Nourish Daily
- A. Cruz-Montes: Nest and Nourish
- M. Ghansyam: The Mindful Plate
- Y. Maoed: Camp Thrive
- M. Mitchell: Children and gardening education program
- A. Pellegrino: Intuitive eating

PROFESSIONAL SERVICE:National Board Member

- 2023 to current Editorial Board Member, Journal of Dietetic Education
- 2022 to current Editorial Board Member, Research Review
- 2019 to 2022 Commissioner, Public Member, Commission on Dental Accreditation
- 2020 to 2021 Panel Member, American Psychological Association Board of Education Affairs Appeals Panel
- 2018 to 2019 Panel Member, American Psychological Association Board of Education Affairs Appeals Panel
- 2018 to 2019 Commissioner, Public Member [in training], Commission on Dental Accreditation
- 2017 to 2018 Panel Member, American Psychological Association Board of Education Affairs Appeals Panel
- 2016 to 2017 Panel Member, American Psychological Association Board of Education Affairs Appeals Panel
- 2012 to 2013 Past Chair, Accreditation Council for Education in Nutrition and Dietetics
- 2011 to 2012 Chair, Accreditation Council for Education in Nutrition and Dietetics
- 2010 to 2011 Chair-Elect, Accreditation Council for Education in Nutrition and Dietetics
- 2008 to 2010 Dietetic Internship Program Representative, Commission on Accreditation for Dietetics Education
- 2007 to 2008 Dietetics Internship Program Representative-Elect, Commission on Accreditation for Dietetics Education

National Level Committees

- 2026 to 2028 Academy of Nutrition and Dietetics, Honors Committee
- 2025 Academy of Nutrition and Dietetics, Foundation Scholarship Committee
 - 61 applications were reviewed at the undergraduate, internship, master, and doctoral level
- 2024 Academy of Nutrition and Dietetics, Foundation Scholarship Committee
 - 75 applications were reviewed at the undergraduate, internship, master, and doctoral level
- 2023 to 2027 Commission on Dental Accreditation, Public Member on Predoctoral Dental Education Review Committee
- 2023 Academy of Nutrition and Dietetics, Foundation Scholarship Committee
 - 53 applications were reviewed at the undergraduate, internship, master, and doctoral level
- 2022 to 2023 Commission on Dental Accreditation, Public Member on Pediatric Review Committee
- 2021 to 2022 Commission on Dental Accreditation, Public Member
- 2021 to 2022 Commission on Dental Accreditation, Public Member on Pediatric Review Committee
- 2021 to 2022 Commission on Dental Accreditation, Chair: Virtual Site Visit Committee
- 2021 to 2022 Commission on Dental Accreditation, Standing Committee on Finance Committee member

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- 2021 to 2022 Commission on Dental Accreditation, ADA/CODA Relationship Workgroup Committee member
 - 2021 to 2022 Academy of Nutrition and Dietetics Foundation, Scholarship Committee Chair
 - Year 2021: Awarded 300+ scholarships valued at 800K+
 - Year 2021: Reviewed 79 applications at the undergraduate, internship, master, and doctoral level
 - 2020 to 2021 Commission on Dental Accreditation, Chair: Virtual Site Visit Committee
 - 2020 to 2021 Commission on Dental Accreditation, Public Member on Pediatric Review Committee
 - 2020 to 2021 Commission on Dental Accreditation, Standing Committee on Finance Committee member
 - 2020 to 2021 Commission on Dental Accreditation, ADA/CODA Relationship Workgroup Committee member
 - 2020 to 2021 Commission on Dental Accreditation, Ad Hoc Committee on Educational Activity Sites Committee member
 - 2020 to 2021 Academy of Nutrition and Dietetics, Foundation Scholarship Committee
 - Year 2020: 85 applications reviewed at the undergraduate, internship, master, and doctoral level
 - 2020 to 2020 Academy of Nutrition and Dietetics Scholarship, Awards, and Grants Task Force
 - 2019 to 2020 Commission on Dental Accreditation, Public Member on Pediatric Review Committee member
 - 2019 to 2020 Commission on Dental Accreditation, Standing Committee on Finance Committee member
 - 2019 to 2020 Commission on Dental Accreditation, ADA/CODA Relationship Workgroup Committee member
 - 2019 to 2020 Commission on Dental Accreditation, Ad Hoc Committee on Educational Activity Sites Committee member
 - 2018 to 2019 Commission on Dental Accreditation, Communications and Technology Committee member
 - 2017 to 2019 Academy of Nutrition and Dietetics, Foundation Scholarship Committee
 - Year 2019: 74 applications reviewed at the undergraduate, internship, master, and doctoral level
 - Year 2018: 83 applications reviewed at the doctoral level
 - Year 2017: 119 applications reviewed at the undergraduate, internship, master, and doctoral level
 - 2012 to 2013 Accreditation Council for Education in Nutrition and Dietetics, Nominating Committee Chair
 - 2012 to 2013 Accreditation Council for Education in Nutrition and Dietetics Representative, House of Delegates, The Academy of Nutrition and Dietetics
 - 2011 to 2012 Accreditation Council for Education in Nutrition and Dietetics, Nominating Committee Chair

- 2011 to 2012 Accreditation Council for Education in Nutrition and Dietetics Representative, Finance and Audit Committee of The Academy of Nutrition and Dietetics
- 2010 to 2012 Member of the 2012 Accreditation Standard Committee, Accreditation Council for Education in Nutrition and Dietetics
- 2010 to 2011 Commission on Accreditation for Dietetics Education, Nominating Committee Chair
- 2009 to 2011 Commission on Accreditation for Dietetics Education Representative, Commission on Dietetics Manpower Demand Study
- 2005 to 2007 Member of the 2008 Accreditation Standards Committee, Commission on Accreditation for Dietetics Education

Accreditation Team (Lead and Accompanying member)

- 2003 to present Lead Program Reviewer/Site Visitor, Accreditation Council for Education in Nutrition and Dietetics

State Board Member

- 2026 to 2027 Treasurer-elect, Texas Academy of Nutrition and Dietetics
- 2021 to 2022 Treasurer, Texas Academy of Nutrition and Dietetics Foundation
 - Member of the Executive Committee
 - Member of the Scholarship Review Committee
- 2005 to 2007 Secretary/Treasurer, Texas Dietetic Association
 - Executive Committee Member, Texas Dietetic Association

Local Outreach/Service

- 2023 to 2024 CFISD Superintendent's Parent Leadership Committee
- 2022 to 2023 President, Keith Elementary Parent/Teacher Organization
- 2022 to 2023 Member, CFISD District-wide Education Improvement Council
- 2021 to 2022 Secondary Treasurer, Keith Elementary Parent/Teacher Organization
- 2005 to 2006 Past President, San Antonio Dietetic Association
- 2004 to 2005 President, San Antonio Dietetic Association
- 2003 to 2004 President-Elect, San Antonio Dietetic Association
- 2003 to 2006 Executive Committee Member, San Antonio Dietetic Association

UNIVERSITY SERVICE:

University, Elected

- 2025 to 2028 Faculty Senate, member (3-year term)
 - Elected by faculty
 - Faculty Senate dissolved due to Texas Senate bill 37.
- 2022 to 2025 Faculty Senate, member (3-year term)
 - 2024-2025
 - Member, Sub-Committee NTT
 - Member, Faculty Affairs Committee
 - Member, Teaching Evaluation Taskforce
 - 2023-2024
 - Member, Sub-Committee NTT

- Member, Faculty Affairs Committee
- 2022-2023
 - Member, Sub-Committee NTT
 - Member, Faculty Affairs Committee

College, Appointed

- 2024 Dean Travel Fund (reviewed faculty submissions)

Department, Elected

- 2025 AdHoc Faculty Evaluations Committee for non-tenured faculty
- 2023 AdHoc Faculty Evaluations Committee for non-tenured faculty
- 2022 AdHoc Faculty Evaluations Committee for non-tenured faculty
- 2021 AdHoc Faculty Evaluations Committee for non-tenured faculty
- 2021 Professional Master's Degree Committee
- 2020 AdHoc Faculty Evaluations Committee for non-tenured faculty
- 2020 Professional Master's Degree, Chair
- 2019 Professional Master's Degree, Chair
- 2018 Professional Master's Degree Committee
- 2017 Professional Master's Degree Committee
- 2016 AdHoc Faculty Evaluations Committee for non-tenured faculty
- 2016 Undergraduate Studies Curriculum Committee
- 2015 AdHoc Faculty Evaluations Committee for non-tenured faculty
- 2015 Professional Master's Degree Committee
- 2014 Professional Master's Degree Committee
- 2014 AdHoc Faculty Evaluations Committee for non-tenured faculty

Department, Appointed

- 2025 Nutrition - Curriculum Committee
- 2025 Dietetic Internship Application Review Committee
- 2024 Dietetic Internship Application Review Committee
- 2023 Dietetic Internship Application Review Committee
- 2022 Dietetic Internship Application Review Committee
- 2021 Promotion and Tenure Committee, Member
- 2021 Dietetic Internship Application Review Committee
- 2020 Search committee for tenured, Nutrition faculty
- 2020 Dietetic Internship Application Review Committee
- 2019 Search committee chair for non-tenured Nutrition faculty
- 2019 Dietetic Internship Application Review Committee
- 2018 Dietetic Internship Application Review Committee
- 2018 Search committee member for non-tenured MAT faculty
- 2015 AdHoc Teaching Evaluation Committee
- 2014 AdHoc Teaching Evaluation Committee

PROFESSIONAL MEMBERSHIPS:

National Associations

- 1995 to present Academy of Nutrition and Dietetics

State Associations

- 1998 to present Texas Academy of Nutrition and Dietetics

Local Association

- 2000 to 2014 San Antonio Dietetic Association