

Kirstin R. Vollrath MS, RD, LD

University of Houston
Department of Health and Human Performance
3875 Holman Street, Garrison room 104
Houston, TX 77204-6015
Email: krvollra@central.uh.edu
Telephone: (713) 743-6023

PROFESSIONAL AFFILIATION

Professor of Practice, University of Houston, Dept of Health and Human Performance, 2019-present
Assistant Director, Dietetic Internship Program, University of Houston, 2019-present

EDUCATION

D.C.N., Clinical Nutrition, University of North Florida, expected May 2026
M.S., Nutrition, University of Houston, 2014
Dietetic Internship, Sodexo/Southcoast Hospital Group, 2005
B.S., Nutrition & Dietetics, summa cum laude, University of Rhode Island, 2004
Certificate, Culinary Arts, Le Cordon Bleu College of Culinary Arts, 1999
B.A., Economics & International Relations, Bucknell University, 1995

PUBLICATIONS

Refereed Journal Articles

Cepni, A.B., Power, T.G., Ledoux, T.A., **Vollrath, K.**, & Hughes, S.O. Diet Quality of Hispanic Preschoolers in Houston, Texas is Related to Later Childhood Executive Functioning Development. *Journal of the Academy of Nutrition and Dietetics*. 2024 May 31:S2212-2672(24)00253-3. doi:10.1016/j.jand.2024.05.014.

O'Connor, T.M., Elias, C., Thompson, R.R., Arlinghaus, K.R., **Vollrath, K.**, Hernandez, D., Power, T.G., Hughes, S.O. The association of TV viewing during dinner meals with quality of dietary intake and BMI z-scores among low-income ethnic minority preschool children. *Appetite*. September 2019; 140:231-238.

Arlinghaus, K. R., **Vollrath, K.**, Hernandez, D. C., Momin, S., O'Connor, T. M., Power, T. G., Hughes, S. O. (2018). Authoritative parent feeding style is associated with better child dietary quality at dinner among low-income minority families. *American Journal of Clinical Nutrition*, 108 (4), 730-736. DOI: 10.1093/ajcn/nqy142

Rudy E, Bauer KW, Hughes SO, O'Connor T, **Vollrath K**, Davey A, Correa NEM, Chen TA, Fisher JO. Interrelationships of child appetite, weight and snacking among Hispanic preschoolers. *Pediatric Obesity*. January 2018;13(1):38-45.

Johnson SL, Hughes SO, Cui X, Li X, Allison DB, Liu Y, Goodell LS, Nicklas T, Power TG, **Vollrath KR**. Portion sizes for children are predicted by parental characteristics and the amounts parents serve themselves. *American Journal of Clinical Nutrition*. April 2014. 99: 763-770.

Book Chapters

Lee RE, Adamus-Leach HJ, Soltero EG, **Vollrath KR**, Hallett AM, Parker NH, Cross M, Mama SK, Ledoux TA. Obesity: An Ecologic Perspective on Challenges and Solutions. In: Stein N, ed. *Public Health Nutrition: Principles and Practice for Community and Global Health*. Burlington, MA: Jones & Bartlett Learning. March 10, 2014. ISBN-13: 9781449692049.

Posters

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.

HONORS AND AWARDS

2025 Dr. Howard and Muriel Rose Nutrition and Dietetics Fellowship
2024 Dr. Howard and Muriel Rose Nutrition and Dietetics Fellowship
2023 Colonel Frances G. Ballantine Scholarship, Academy of Nutrition and Dietetics Foundation Scholarship
2023 Janet Duncan Scholarship, Texas Academy of Nutrition and Dietetics Foundation Scholarship
2013 Teaching Excellence Award, awarded by the Department of Health and Human Performance at University of Houston

GRANTS/FELLOWSHIPS

2023 Cougar Initiative to Engage (CITE), Community Nutrition Service-Learning Program with the Houston Food Bank, \$15,000

INVITED TALKS

2025 Eating for Brain Health, Hess Corporation
2025 Nutrition Guidelines, Carbohydrates, and Dental Health, University of Texas Dental School
2024 Intuitive Eating, Hess Corporation
2024 Nutrition Guidelines, Carbohydrates, and Dental Health, University of Texas Dental School
2023 Malnutrition, University of Texas Dental School
2023 Nutrition Guidelines and Dental Health, University of Texas Dental School
2022 Carbohydrates, University of Texas Dental School
2022 Nutrition Guidelines and Dental Health, University of Texas Dental School
2021 Nutrition Guidelines and Dental Health, University of Texas Dental School

TEACHING EXPERIENCE

Management in Food and Nutrition Systems (Fall 2025)
Nutrition Pathophysiology (Spring 2013, Spring 2014, Spring 2016, Fall and Spring, 2020-2025)

[Hybrid, F2F]

Nutrition and Public Policy (Fall and Spring, 2020-2025) [Hybrid]
Child and Adolescent Nutrition (Fall, Spring and Summer, 2021-2025) [Online]
Cultural Competency for the Nutrition Professional (Spring 2024-2025) [Hybrid]
Dietetics as a Profession I (Fall, 2020, Fall 2021, Spring 2022, Spring 2023) [F2F]
Community Nutrition (Spring 2020, Spring 2021) [Online]
Nutrition Seminar (Fall 2013-2015, Spring 2014-2016) [F2F]
Nutrition in the Life Cycle (Fall 2016) [Online]
Food Science I (Spring 2013) [Online]
Gerontologic Nutrition (Fall 2013, Spring 2014) [Online]
Introduction to Nutrition (Fall 2015, Spring 2016) [F2F]

RESEARCH EXPERIENCE

2007-2019, Research Dietitian, Baylor College of Medicine
Principle Dietitian overseeing collection and analysis of dietary data and collaborating on study design and dietary data presentation for 8 major research projects resulting in co-authorship of 4 publications.

2002-2003, Research Dietitian, University of Rhode Island
Conducted 24-hour recalls for senior nutrition study.

CONFERENCE PARTICIPATION

2025, Invited Participant, Future Families and Child Well Being Workshop Participant
2024, Texas Academy of Nutrition and Dietetics, Speed Networking Mentor for Dietetic Students

SERVICE TO THE PROFESSION

2025-present, Texas Academy of Nutrition and Dietetics, Academy Delegate
2025-present, Texas Student Academy of Nutrition and Dietetics, Advisor
2024-present, Accreditation Council for Education in Nutrition and Dietetics, Site Reviewer
2024, Academy of Nutrition and Dietetics Simulation Committee member
2023-2025, Texas Academy of Nutrition and Dietetics, Nominating and Awards Committee Chair
2021-2023, Texas Academy of Nutrition and Dietetics Website Editor
2020-2021, Texas Academy of Nutrition and Dietetics, Conference and Exhibition Planning
Committee 2020-2021, Texas Academy of Nutrition and Dietetics, Conference and Exhibition Poster
Session Chair

DEPARTMENTAL/UNIVERSITY SERVICE

2025-present, University of Houston Health Professions Advisory Committee, Member
2024-present, Department of Health and Human Performance Undergraduate Committee, Member
2022-present, University of Houston Experiential Learning Internship in partnership with the
Houston Food Bank, Director
2023-present, University of Houston Nutrition and Dietetics Curriculum Committee, Chair
2024-2025, Department of Health and Human Performance, Non-Tenure Track Faculty Review, Chair
2022-2024, Department of Health and Human Performance, Non-Tenure Track Faculty Review, Member

2020-present, Department of Health and Human Performance, Dietetic Internship Admissions Committee

POPULAR PRESS

- “What RFK Jr as Health Secretary Would Mean for Texas,” Houston Chronicle, Jan 2025
“The Best Cities for Vegans and Vegetarians 2024, Expert Opinion,” WalletHub, Sept 2024
“I Tracked My Diet for a Week to See if I Could Get Enough Nutrients Without Taking Supplements,” Business Insider, Nov. 2022
“Dietitians Say Vitamin C Supplements and Drinks Are a Waste of Money – Eating the Right Way is a More Efficient Way to Stay Healthy,” Business Insider, July 2022

NON-ACADEMIC WORK

- 2007-2019 Independent Consultant & Owner, Kirstin Vollrath M.S., R.D., L.D.
Nutritional counseling, education, program and recipe development for individuals and corporations
2014-2019 Health Educator, Cigna Healthcare
2002-2004 Nutrition Educator, University of Rhode Island Cooperative Extension, Dietitian
2000-2002 Lead Project Analyst, State Street Corporation
1999-2000 Business Analyst, McDermott, Will & Emery, Business Analyst
1995-1999 Management Consultant, PricewaterhouseCoopers

PROFESSIONAL MEMBERSHIPS

- Certified as Registered Dietitian by the Commission on Dietetic Registration (Registration no. 932864)
Licensed Dietitian by the State of Texas (License no. DT07589)
Member, Academy of Nutrition and Dietetics, 2005-present
Member, Nutrition and Dietetic Educators and Preceptors, 2020-present
Member, Texas Academy of Nutrition and Dietetics, 2005-present
Member, Research Dietetic Practice Group, 2023-present

SKILLS

Expert user of NDSR and 24-hour recall collection processes and procedures.

LANGUAGES

English (native), French (basic writing and speaking)