

Faculty Curriculum Vitae

NAME: Brooke Reichel, MS, RDN

POSITION/TITLE: Lecturer, Health and Human Performance

OFFICE ADDRESS: Cameron Building (4235 Cullen Blvd, 77204)

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EDUCATIONAL BACKGROUND/TRAINING

The University of Houston, MS, Clinical Nutrition 2022

- Capstone project: developed an interactive online simulation using MedicActiv®, a virtual simulation platform dedicated to healthcare training, for participants to practice entry-level medical nutrition therapy (MNT) tasks to increase self-reported confidence for performing tasks in real life professional settings. (GPA: 3.79)

The University of Houston, DPD Program 2015- 2018

- Human Nutrition and Foods, ACEND Certification/ Verification Statement; 2016 USDA/UH Ambassador Program Representative (GPA: 3.99)

Dietetic Internship, University of Houston, Intern 2019

- **Houston Independent School District (HISD):** Designed and presented nutrition classes (Heart Health, Farm-to-Table, Dietetics as a Career) to elementary and middle school children.
- **Houston Methodist Hospital (Employee Wellness Department):** Co-created and taught a 6-week course (Lighten Up); developed and presented a Healthy Knowledge Seminar for 250 hospital employees; led one-on-one nutritional counseling sessions for hospital employees.
- **H-E-B Grocery:** Led one-on-one nutritional counseling sessions; guided grocery tours to help clients interpret food labels and make informed purchasing decisions.
- **The Institute for Rehabilitation and Research (TIRR Hospital):** Conducted nutrition assessments; utilized medical nutrition therapy for brain and spinal cord injury patients.
- **Texas Children's Hospital:** Performed specialized nutrition care processes for pediatric patients.

Children's Nutrition Research Center, BCM, Research Assistant 2016

- Produced, distributed, and coded surveys for Baylor College of Medicine (BCM); assisted with data collection, entry, and verification.

HOUSTON Academy, Research Assistant 2016

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- Houston-area Opportunities in Undergraduate Student Training in Obesity & Nutrition: Collected and coded survey data on psychological stressors among adaptive athletic participants.

Region IV Alternative Certification Program, EC-4/Generalist, Cycle 28b 2005
The University of Texas at Austin, BS, Communication Studies 2003

- Graduated with highest honors (GPA: 3.91); Dean's List (1999-2003); National Society of Collegiate Scholars; Golden Key International Honor Society; International Studies Abroad: Universidad Complutense de Madrid (2002); *Texas Monthly* Publisher's Intern (2003)

RELEVANT NUTRITION EXPERIENCE

The University of Houston, Adjunct Faculty, HHP 2025- Present

- **Lecturer**, Introduction to Nutrition
- **Lecturer**, Dietetics as a Profession II

Mindful Eats Nutrition Counseling, Registered Dietitian Nutritionist 2023- 2026

- Nutrition counseling for children + families, adolescents, and adults. Specialties include general medical nutrition therapy (MNT), non-diet weight management, prediabetes, heart health, and intuitive eating.
- "Creating Healthy Habits" guest lecturer: St. John's School, Emery/Weiner School, ERJCC, Torah Day School, National Charity League (NCL), Annunciation Orthodox School (AOS), West University Civic Center

H-E-B Nutrition Services, RDN, Independent Contractor 2020- 2021

- Led one-on-one nutritional counseling sessions (in person + virtual), grocery store tours + product recommendations, and maintained EMR database for 16+ clients per week.

Houston Methodist Hospital, Employee Wellness Dietitian 2019- 2020

- Developed original content and facilitated group classes for nutrition education: Meal Planning (identifying convenient preparation methods and creating a balanced plate); Label Lingo (clarifying marketing claims and food labels); Introduction to Intuitive Eating (making peace with food and body image).
- Maintained extensive EMR database and facilitated the Diabetes Prevention Program (CDC program for clients with prediabetes striving to prevent or delay the onset of type 2 diabetes).

ACADEMIC SCHOLARSHIP/RESEARCH/CREATIVE ENDEAVORS

HOUSTON Academy 2016

- Assisted in collecting various anthropometric measurements in school children. Coded survey data on psychological stressors among adaptive athletic participants. (PI: Daphne C. Hernandez, PhD)
- Contributed to a study included in a 2017 published manuscript. (**Dissemination of a School-based Obesity Intervention for Mexican Americans: A Randomized Controlled Trial**)

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Children's Nutrition Research Center

2016

- Assisted with data collection, entry and verification.
- Contributed to study: **Examination of Parent-Reported Differences in Children's Daily Screen Use, Sleep and Sleep Hygiene Behaviors during the School Year and Summer and their Association with BMI** (Jennette P. Moreno, PhD a*, Alexis C. Wood, PhD a, Brooke Reichek, RD a, Hafza Dadabhoy, MS a, Tom Baranowski, PhD a, Debbie Thompson, PhD a, Teresia M. O'Connor, MD, MPH a) a USDA/ARS Children's Nutrition Research Center, Department of Pediatrics, Baylor College of Medicine, 1100 Bates Ave., Houston, Texas 77030, USA