

VITAE  
*Cindy Heiss, PhD, RD, CDCES*

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**PROFESSIONAL MISSION STATEMENT:**

*To engage students, colleagues, and members of the community to realize their full potential by producing high quality work that comes from a place expertise, humility, authenticity, empathy, and collaboration. "We rise by lifting others."  
Robert Ingersoll*

**EDUCATION**

PhD (1993) Texas Woman's University, Major: Nutrition  
MS (1988) Colorado State University, Major: Human Nutrition  
BS (1985) Texas Christian University, Major: Dietetics, Summa Cum Laude  
Postdoc (1993) Texas Woman's University, Nutrition

**EXPERIENCE HIGHLIGHTS: Academia**

ASSOCIATE PROFESSOR, California Polytechnic State University, San Luis Obispo, CA. September 2020 – present. Teach courses including Community Nutrition, Medical Nutrition Therapy, and Research Writing in Nutrition Science. Conduct scholarship and service activities.

ADJUNCT FACULTY, Tarrant County College, Fort Worth, TX. August 2019 to May 2020.. Taught Nutrition and Diet Therapy in the Biology Department.

ASSOCIATE PROFESSOR, University of the Incarnate Word, San Antonio, TX. August 2015-October 2017. Taught courses including Introduction to Nutrition, Lifecycle Nutrition (graduate and undergraduate level), Clinical and Nutrition Assessment Lecture and Laboratory, Nutrition Education and Counseling Laboratory, graduate Nutrition and Health Behavior. Served as advisor for Student Dietetic Association. Performed service and conducted/published research. Advised undergraduate and graduate students, including thesis students. Nutrition representative on the Interprofessional Education and Collaborative Practice Team.

ASSISTANT VISITING PROFESSOR, University of the Incarnate Word, August 2014-August 2015. Taught courses including Introduction to Nutrition, Lifecycle Nutrition and Laboratory, and Clinical Assessment and Laboratory, and Nutrition Education and Counseling Laboratory. Performed service and scholarship. Interprofessional Education and Collaborative Practice Team Member. Trained interprofessional students in health sciences on campus and at a local diabetes clinic.

ADJUNCT INSTRUCTOR, Metropolitan State University of Denver, CO, August 2013 to May 2015. Taught 3 sections of online Introduction to Nutrition.

PROFESSOR, tenured, Metropolitan University of Denver, CO. August 2008 to 2013. Taught courses including Medical Nutrition Therapy, Senior Seminar/Research Methods, Functional Foods, and Introduction to Nutrition in-class and online. Activities included student advising, service, and scholarship. Collaborated on the development and implementation of an accredited Didactic Program in Dietetics.

PROFESSOR, tenured, Missouri State University, Springfield, MO. August 2004 to August 2008.  
Taught classes including Medical Nutrition Therapy, Research Methods, Introduction to Nutrition online, and Nutrition Seminar, conducted research, advised students. Dietetics Program Director.

VISITING PROFESSOR, St. George's University, Grenada, West Indies. Fall 2002 to 2004. Taught Lifecycle Nutrition to medical students. (One week short course per year).

ASSISTANT/ASSOCIATE PROFESSOR, California State University, Northridge, CA. 2000-2004.  
Taught classes at the graduate and undergraduate levels including Introductory Nutrition, Human Nutrition, Sports Nutrition, Nutrition Communications, Graduate Micronutrient and Macronutrient courses. Didactic Program in Dietetics Director. Directed research, advised students; participated in scholarly and committee activities.

INSTRUCTOR, University of New Haven, New Haven, CT. January 2003 to August 2004. Taught courses for distance education program including graduate level Research Methods and Nutrition and Nutrition Communication. (One course per year)

VISITING PROFESSOR, Texas Woman's University, Denton, TX. Spring/Summer 2000. Taught classes including Introductory Nutrition, Food Preparation, Food Preparation, Ecology of Foods and Nutrition, Infant Nutrition, and Lifecycle Nutrition.

LECTURER, University of Idaho, Moscow, ID. Jan. 2000 – May 2000. Taught undergraduate courses including Food Systems Management and Computer Applications in Foodservice Administration. Coordinated Foodservice practicum for students in Dietetics Program.

VISITING PROFESSOR, Texas Woman's University, Denton, TX. Aug 1999-May 2000. Taught classes at the graduate and undergraduate level including Proteins, Institutional Administration, Seminar, Literature in Nutrition, and Professional Dietetics. Served on graduate committees, advised students.

ASSISTANT PROFESSOR, Cal Poly State University, San Luis Obispo, CA. Sept. 1997 to Aug. 1999.  
Taught classes including Basic Nutrition, Nutrition Education and Communication, and Nutrition Counseling. Advised students; participated in scholarly activities and service.

ASSISTANT PROFESSOR, Washington State University, Pullman, WA. August 1993 to August 1997.  
Taught classes at the graduate and undergraduate level including Nutrition for Living, Medical Nutrition Therapy, Advanced Human Nutrition, and Pathophysiology of Human Nutrition. Didactic Program in Dietetics Director. Participated in scholarship and service.

### **EXPERIENCE HIGHLIGHTS: Dietetic Practitioner**

DIABETES CARE AND EDUCATION SPECIALIST, Texas Health Huguley Hospital, Fort Worth, TX. October 2017-present. Perform comprehensive assessment and provide diabetes education to individuals/groups, including blood glucose monitoring, injections, and meal plan instruction. Participate in community outreach. Provide Medical Nutrition Therapy. Participate in maintaining American Association of Diabetes Educators accreditation; analyze and disseminate outcomes data.

CLINICAL DIETITIAN PRN, Hill Regional Hospital, Hillsboro, TX. September 2019 to present.

Provide nutrition care to patients using the Nutrition Care Process. Provide outpatient education. SUBJECT MATTER EXPERT/FACILATOR, Commission on Dietetic Registration. January 2019 to present. Update curriculum and teach online plus 2-day onsite workshop for the Certificate of Training in Obesity Interventions for Adults for dietitians using a flipped classroom format.

CINDY HEISS NUTRITION CONSULTING AND COUNSELING, LLC (Private practice). 2001 - present. Conduct healthy lifestyles retreats and workshops; provide individual nutrition counseling. Write/edit nutrition articles/books for the public and professionals. Provide nutrition education/counseling in private practice. Participate in Mercy Chefs' disaster relief program. Perform nutrition assessments/education for group home. Performed meal analyses for cultural and diet claims compliance for Gourmet Foods, Inc. Developed/reviewed online continuing education courses for healthcare professionals. Participated in General Mills' 2008 Healthy Lifestyle campaign. Contributed to Bob Greene's *Total Body Makeover* Video (Nutrition and Fitness).

MENTOR/NUTRITION COACH, Oprah Winfrey Show. Feb- Dec 2007. Mentor/counselor two individuals the show followed to support them in their weight loss efforts.

CLINICAL DIETITIAN, Medical Center of Lewisville, Lewisville, TX. Sept. 1999 to August 2000. Performed nutrition screenings, nutrition assessments, and patient education (inpatient and outpatient). Served as preceptor for dietetic interns from Texas Woman's University.

EDUCATION DIRECTOR, DiabetesManger.Com, Colorado Springs, CO. May 1999 to Sept 1999. Developed educational content for online healthcare management program for diabetes.

INSTRUCTOR AND MENTOR, HEALTH PROFESSIONS OUTREACH PROJECT, Texas Woman's University, Denton, TX. June 1993. Taught principles of nutrition to minority high school students interested in health professions. Supervised students outside of class.

NUTRITION COUNSELOR, Nutritional Assessments and Counseling Center, Texas Woman's University, Denton, TX. Summer 1990; November 1992 to May 1993. Provided nutrition assessments, education, and counseling to clients/groups.

CLINICAL DIETITIAN, Memorial Hospital of Laramie County, Cheyenne, WY. September 1991 to February 1992

### **PROFESSIONAL MEMBERSHIPS, REGISTRATIONS, CERTIFICATIONS**

Registered Dietitian (#15380)

Licensed Dietitian, State of Texas (#DT83051)

Academy of Nutrition and Dietetics

American Association of Diabetes Educators

Certified Diabetes Educator (#21800523)

Texas Academy of Nutrition and Dietetics – Texas Nutrition College Bowl Coordinator

Quality Matters Certification (Blended Learning Design) (2015)

TeamSTEPPS Master Trainer Certificate (Patient Safety) Agency for Healthier Research and Quality (2015)

Denver Dietetic Association Board of Directors and Fundraising Committee (2009-2011)

Colorado Academy of Nutrition and Dietetics (past)

Missouri State Dietetic Association, Annual Meeting Planning Committee, 2006

Southwest Missouri Dietetic Association (past)  
Dietetic Practice Group - Nutrition Research, Dietetic Educators of Practitioners (past)  
Previously Licensed Bone Densitometrist (State of California)  
The Pullman Dietetic Association - Secretary/Treasurer 1994-1996  
Council on Undergraduate Research 2011-present

### **PUBLICATIONS (Peer-reviewed)**

1. Heiss, CJ, La Frano, M, Pilolla, K. Can Health at Every Size and weight management coexist? Cutting Edge, submitted.
2. Heiss, CJ, Tollefson, M, Worthman, S. The power of storytelling in medicine. Am J Lifestyle Med. Accepted for publication.
3. Heiss, CJ, Lilly, L, Franks, S. Nut butters: A case for food as medicine. Submitted to Top Clin Nutr.
4. Goldberg, LR, Adams, V, Heiss CJ, Hobbins, N. Getting involved in preventive care: Decreased tongue strength and perceptions of swallowing function in a group of self-rated healthy older adults. Under revision for American Journal of Speech-Language Pathology.
5. Lilly, L, Heiss, CJ, Maragoudakis, S, Bass, K. (2019) Effect of added peanut butter on the glycemic response to a high glycemic index breakfast: A pilot study. J Am Coll Nutr. 38(4):351-357.
6. Tollefson, M, Kite, B, Matuszewicz, E, Dore, A, Heiss, C. (2018) Effectiveness of student-led stress reduction activities in the undergraduate classroom on perceived student stress. Coll Student J 52(4):505-514
7. Hinojosa, S, Heiss, CJ, (2017) Effect of a short bout of postprandial light exercise on the glycemic response to a breakfast beverage in individuals with type 1 diabetes. J Am Coll Nutr. 36(8): 654-659.
8. Heiss, CJ, Goldberg LR. (2016) Associations among visceral obesity, type 2 diabetes, and dementia. Journal of Obesity and Eating Disorders. 2:27.
9. Goldberg, LR. (2015) Post-meal exercise may attenuate the glycemic response to a carbohydrate load: Important implications for adults who are obese, with pre-diabetes or diabetes, and/or at-risk for dementia. Obesity Research. 2(2):81-88.
10. Heiss, CJ, Levigne, J, Sutton, W, Tollefson, T. (2014) Postprandial light exercise attenuates the glycemic effect of a candy bar. Topics in Clinical Nutrition. 29(2):132-138.
11. Goldberg, LR, Heiss, CJ, Parsons, SD, Foley, AS, Mefferd, AS, Hollinger, D, Parham, DF, Patterson, J. (2014) Hydration in older adults: The contribution of bioelectrical impedance analysis. International Journal of Speech-Language Pathology. 16(3):237-281.
12. Heiss, CJ, Rengers, B, Fajardo-Lira, CE, Henley, S, Bizeau, M, Dormer, C. (2013) Preparing dietitians to effectively serve the Hispanic population. Journal of the Academy of Nutrition and Dietetics. 113(5):S24-28. Reprint of 2011 publication for diversity supplement issue.
13. Goldberg, LR, Heiss, CJ. (2013) The effect of appearance on the palatability of thickened apple juice: A pilot study. Topics in Clinical Nutrition. 28(2):154-162.
14. Heiss, C, Henley, SM, Daniluk P, Fajardo-Lira CE, Dormer-Gillette, C, Bizeau, M, Rengers, R. (2012) Recruiting Latinos to the Profession: WIC employees' perceptions of dietetics. Journal of Allied Health. 41(4):e79-e82.
15. Heiss, C, Goldberg, L, Weddig, J, Brady, H. (2012) Service-Learning in Dietetics Courses: A Benefit to the Community and an Opportunity for Students to Gain Dietetics-Related Experience. Journal of the Academy of Nutrition and Dietetics. 112:1524.
16. Goldberg, LR, Heiss, CJ, Yenter, JA, Patterson, JA, Parham, DF, Sherz, J. (2012) Energy expenditure during chewing: A comparison of two measurement methods. Topics in Clinical

- Nutrition. 27:74-80.
17. Ansbarg, P, Heiss, CJ. (2012) Potential paradoxical effect of nutrition myth-busting in older adults. *American Journal of Health Education*.1:31-37.
  18. Heiss, CJ, Rengers, B, Fajardo-Lira, CE, Henley, S, Bizeau, M, Dormer, C. (2011) Preparing dietitians to effectively serve the Hispanic population. *Journal of the American Dietetic Association*, 111:361-34.
  19. Heiss, CJ, Goldberg, L, Dzarnoski, M. (2010) The dietitian and the speech-language pathologist: an important partnership in the treatment of patients with dysphagia. In preparation for submission to *Journal of the American Dietetic Association*. *J Am Dietet Assoc*. 110(9):1290-1293
  20. Heiss, CJ, Goldberg, L, Dion, N. (2010) Iron deficiency and overweight in a child exposed to methamphetamine in utero: A case study. *Topics in Clinical Nutrition*.25:160-164.
  21. Goldberg, L, Heiss, CJ, Black, L, Kaaf, W, Becker, A, Schindler, J, Dion, N, Oswalt, J. (2009) Methamphetamine exposure in utero: Implications for assessing cognitive-communicative function – A case study. *Communication Disorders Quarterly*. Published online fall 2009.
  22. Heiss CJ, Gara N, Novotny D, Heberle H, Morgan L, Stufflebeam J, Fairfield M. (2009) Effect of a 1 Liter Fluid Load on Body Composition Measured by Air Displacement Plethysmography and Bioelectrical Impedance. *JEPonline*,12(2):1-8.
  23. Heiss, C, Naylor, J, and Bronco, K. (2008) Effect of fed and fasted state on body composition as measured by three different methods. *Topics in Clinical Nutrition*. 23:229-233.
  24. Moody, L, Heiss, C, Williams, S, Crosley, J. (2008) Eating behaviors of boys with autism differ from non-autistic boys. *Topics in Clinical Nutrition*. 23(1):23-31..
  25. Heiss, CJ, Shaw, S, Carothers, L. (2008) Association of calcium intake and adiposity in postmenopausal women. *Journal of the American College of Nutrition*, 27: 260-266.
  26. Zubas, PS, Pedersen,ME, and Heiss, CJ. (2006) The Effect of a Supplemental Computer-Based Tutorial On Student Performance in a Clinical Nutrition Course. *Journal of Interactive Online Learning*. 5:75-81.
  27. Fajardo-Lira, C and Heiss, C. (2006) Comparing the Effectiveness of Supplemental Computer-Based Education to Traditional Education in an Introductory Food Science Course. *Journal of Food Science Education*. 5:31-33.
  28. Lucas, M and Heiss, CJ. (2005) Protein needs of the mature adult engaged in resistance training: A review. *Journal of Aging and Physical Activity* 13:222-225.
  29. Heiss, CJ. (2004) Gut hormones and appetite regulation. *CEU4U*, November issue.
  30. Honaker, L and Heiss, CJ. (2004) Health implications of conjugated linoleic acid. *Journal of the American Dietetic Association*, 104: 963-968.
  31. Klopp, SA, Heiss, CJ, and Smith, HS. (2003) Eating attitudes and behaviors of vegetarian and non-vegetarian college women. *JADA*. 103: 745-747.
  32. Hendricks-Cox, JE, Alford, BB, Bednar, CM, Heiss, CJ, Edgren, KK. (2001) CD-ROM nutrient analysis database assists self-monitoring behavior of active duty Air force personnel receiving nutrition counseling for weight loss. *Journal of the American Dietetic Association* 101:1041-1046.
  33. Hirano, KM, Heiss, CJ, Olsen, KM, Brahler, CJ, and Beerman, K. (2001) Actual, ideal or adjusted body weight: Which should be used to predict basal energy expenditure in obese women? *Topics in Clin Nutr*, 16(3):61-69.
  34. Olsen, KM, Heiss, CJ., Hirano, KM, Brahler, CJ, and Beerman, K. (2001) Body fat distribution and metabolic rate in obese premenopausal women. *Topics in Clin Nutr*, 16(3):70-79.
  35. Richardson J, Beerman K, Heiss C, Shultz J. (2000) A comparison of body weight and body fat classifications of competitive school-age club swimmers. *Journal of the American Dietetic Association* 100(2);237- 239.
  36. Millard G, Beerman K, Massey L, Shultz T, and Heiss, C. (1999) Pregnancy and birth outcomes of

- high risk women participating in a multidisciplinary intervention program. *Topics in Clin Nutr.* 14(4):64-7.
37. Tavelli S, Beerman K, Shultz JE, and Heiss, CJ (1998) Sources of error and nutritional adequacy of the Food Guide Pyramid. *Journal of American College Health.* 47(2):77-82.
  38. Sanders, N.M. and Heiss, CJ (1998) A comparison of body image and eating attitudes in Asian and Caucasian college women. *Eating Disorders.* 6(1):15-27.
  39. Case, KO, and Brahler, CJ, and Heiss, CJ. (1997) Actual vs predicted metabolic rate in Asian women. *JADA* 97:1288-1292.
  40. Bonnicks, SL, Nichols, DL, Sanborn, CF, Payne, Moen, S, and Heiss, C. (1996) Right and left proximal femur analyses: Is there a need to do both? *Calcif Tissue Int* 58:307-310.
  41. Heiss, CJ, Sanborn, CS, Nichols, DL, Bonnicks, SL, and Alford, BB.(1996) Associations of body fat distribution, circulating sex hormones, and bone density in postmenopausal women. *Menopause Digest* 2:19-21.
  42. Heiss, CJ, Sanborn, CS, Nichols, DL, Bonnicks, SL, and Alford, BB.(1995) Associations of body fat distribution, circulating sex hormones, and bone density in postmenopausal women. *Journal of Clinical Endocrinology and Metabolism* 80:1591-1596.
  43. Heiss CJ, Lopez, LL: (1991) Survey clocks RD's educational activities. *JADA* 91:417.

### Abstracts

1. Heiss, CJ, Powell, RD, Steelman, G, Hodges, A. Patient perceived value of diabetes self-management education. Abstract. Presented at the American Association of Diabetes Educators Annual Meeting, Houston, TX, August 2019.
2. Taai M, Lilly L, Senne-Duff B, Heiss CJ. Effects of protein, fat, and protein plus fat on the glycaemic response to a meal. Abstract. Presented at the American Society for Nutrition Annual Meeting, Baltimore, MD, June 2019.
3. Goldberg, LR, Westbury, J, Langmore, S, Crocombe, L, Kent K, and Heiss, C. Oral health screening may decrease aspiration pneumonia risk for adults with dementia in residential aged care. Accepted for presentation at American Speech-Language-Hearing Annual Conference.
4. Goldberg, LR, Westbury, J, Langmore, S, Crocombe, L, Kent K, and Heiss, C. Oral health screening may decrease aspiration pneumonia risk for adults with dementia in residential aged care: Mid project report. Abstract. Australia Dementia Forum 2018.
5. Lilly, L, Heiss, CJ, Maragoudakis, S. Effect of added protein+fat on the glycaemic response to a high glycaemic index breakfast. Abstract. Academy of Nutrition and Dietetics Annual Food and Nutrition Conference and Exhibition, Chicago, October 2017.
6. Maragoudakis, S, Heiss, CJ, Lilly, L. Effect of added resistant starch on the glycaemic response to a high glycaemic index breakfast. Abstract. Academy of Nutrition and Dietetics Annual Food and Nutrition Conference and Exhibition, Chicago, October 2017.
7. Heiss, CJ, Hinojosa, S. Effect of a short bout of postprandial light exercise on the glycaemic response to a breakfast beverage in individuals with type 1 diabetes. Abstract. American Diabetes Association Annual Meeting, June 2017.
8. Bass, K, and Heiss, CJ. Association of risk factors for type 2 diabetes and the glycaemic response to a meal. Abstract. 2017 Texas Academy of Nutrition and Dietetics Annual Meeting, Georgetown, TX, March 2017.
9. McClelland T, and Heiss, C. Are FitBit HR activity trackers accurate for measuring heart rate at different activity levels? Abstract. 2017 Texas Academy of Nutrition and Dietetics Annual Meeting, Georgetown, TX, March 2017.
10. Martinez, Y, Heiss, CJ. Association of stress and blood glucose in healthy young adults. Abstract. Texas Academy of Nutrition and Dietetics Annual Meeting. April, 2016.

11. Goldberg, L, Heiss, CJ, Adams, V. Importance of preventive care: Decreased tongue strength and swallowing function in self-rated healthy older adults. Abstract. American Speech-Language-Hearing Association Annual Conference. November, 2015.
12. Heiss, CJ, Weddig, JP, Toleffson, M, Alvarado, J, Jensen, C Helton, J. The effect of fifteen minutes of postprandial light exercise on the glycemic effect of a candy bar. Abstract. Texas Academy of Nutrition and Dietetics Food and Nutrition Conference and Exhibition. Houston, TX, 2015.
13. Goldberg, L, Heiss, CJ. Assessing energy expenditure during eating in vulnerable older adults. (Abstract) Gerontological Society of America, San Diego, CA, 2012.
14. Heiss, CJ, Levigne, J, Sutton, W, Tollefson, T. Light exercise attenuates the glycemic effect of a candy bar. Abstract. School of Professional Studies All School Breakfast, MSU Denver, 2012. (non-refereed)
15. Heiss, C, Henley, Daniluk, P, Fajardo-Lira, CE, Plunkett, SW, Bizeau, M, Dormer-Gillette, C, Rengers, B Strategies to Recruit Latinos to the Dietetics Profession. Abstract. North American College Teachers of Agriculture Annual Conference, Alberta, Canada, June 2011.
16. Heiss, C, Henley, SM, Plunkett, SW, Fajardo-Lira, CE, Bizeau, M, Rengers, B, Dormer-Gillette, C. Latino College Students' Perceptions of Dietetics: Implications for Increasing Diversity in the Profession. Abstract. Accepted for presentation at the American Dietetic Association Food and Nutrition Conference and Exhibition, Sept 2011.
17. Rengers, B, Heiss, C, Henley, SM, Bizeau, M, Dormer-Gillette, C. Cultural Immersion Program in Mexico to Improve Spanish Proficiency and Cultural Competency. Abstract. Accepted for presentation at the American Dietetic Association Food and Nutrition Conference and Exhibition, Sept 2011.
18. Heiss, C, Henley, SM, Daniluk, P, Fajardo-Lira CE, Dormer-Gillette, C, Bizeau, M, Rengers, R. Recruiting Latinos to the Profession: WIC employees' perceptions of dietetics. Abstract. Accepted for presentation at the American Dietetic Association Food and Nutrition Conference and Exhibition, Sept 2011.
19. Goldberg, L, Heiss, CJ: Palatability of apple juice thickened with starch or gum-based thickener visible vs blind. Dysphagia Research Society, 2011.
20. Goldberg, L, Heiss, CJ: Palatability of visible vs blind thickened apple juice. Accepted for presentation. Speech Pathology Australia, 2011.
21. Heiss, C, Watson, A, Ricketts, C, Landreth, T, Norman, W: Relationship between protein intake and body composition in postmenopausal women. Abstract. ADA Food and Nutrition Conference and Exhibition, 2009.
22. Morrison, J., Heiss, C, Delcour, J, Hatakeyama, Y, Durnbaugh, S: Association of vitamin D intake and adiposity in postmenopausal women. Abstract. Abstract. ADA Food and Nutrition Conference and Exhibition, 2009.
23. Heiss, C, Donovan, L, Hyshaw, T, Revere, S, Summerville, M, Long, K: Body mass index in correlation to percent body fat in postmenopausal women. Abstract. Abstract. ADA Food and Nutrition Conference and Exhibition, 2009.
24. Heiss, C, Otte, J, Hinkle, S, Lockwood, J: Relationship between protein intake and bone mineral density in postmenopausal women. Abstract. Abstract. ADA Food and Nutrition Conference and Exhibition, 2009.
25. Goldberg, L, Heiss, C, Soyey, AA. Quality of life and nutritional status in older adults with dysphagia. American Speech-Language-Hearing Association Annual Conference, November, 2009.
26. Heiss, CJ, Goldberg, L, and Dion, N: Iron Deficiency Anemia in a Young Child Exposed to Methamphetamine in Utero. Abstract. ADA Food and Nutrition Conference and Exhibition 2008.

27. Goldberg, L, Heiss, CJ, et al.: Facilitating Discovery and Learning through Interdisciplinary Faculty-Student Partnerships. Abstract. International Society for the Scholarship of Teaching & Learning Annual Meeting, 2008.
28. Goldberg, L, Heiss, CJ, Black, LJ, Kaaf, W: Methamphetamine Exposure in Utero: Implications for Assessing Cognitive-Communicative Function. Abstract. Speech-Language-Hearing Association Annual Meeting, 2008.
29. Watson, A, Ricketts, C, Landreth, T, Norman, W, Heiss, C: Relationship between protein intake and body composition in postmenopausal women. Abstract. College of Health and Human Sciences Research Symposium, Springfield, MO, 2008.
30. Delcour, J, Morrison, J, Hatakeyama, Y, Durnbaugh, S, Heiss, C: Association of vitamin D intake and adiposity in postmenopausal women. Abstract. College of Health and Human Sciences Research Symposium, Springfield, MO, 2008.
31. Donovan, L, Hyshaw, T, Revere, S, Summerville, M, Long, K, Heiss, C. Body mass index in correlation to percent body fat in postmenopausal women. Abstract. College of Health and Human Sciences Research Symposium, Springfield, MO, 2008.
32. Otte, J, Hinkle, S, Lockwood, J, Heiss, C: Relationship between protein intake and bone mineral density in postmenopausal women. Abstract. College of Health and Human Sciences Research Symposium, Springfield, MO, 2008.
33. Heiss, CJ, Novotny, D, Stufflebeam, D, Buschmeyer, H, Morgan, L, Meyers, B: A comparison of two bioelectrical impedance devices and the Bod Pod to assess body composition. Abstract, Missouri, Iowa, Nebraska, Kansas Dietetic Association Annual Meeting, March 2007.
34. Heiss, CJ, Novotny, D, Stufflebeam, D, Buschmeyer, H, Morgan, L, Fairfield, M: Effect of a 1 liter fluid load on body composition measured by air displacement plethysmography and bioelectrical impedance. Abstract. FASEB 2007.
35. Zimmerman, SD, Altena, TS, Heiss, CJ, Mellor, J, Nelson, JD, Hughes, B, Tracy, JD: Cardiovascular Disease Risk in Collegiate Football: Overweight, Obese, but Healthy. Abstract. American College of Sports Medicine, 2006.
36. Heiss, CJ, Shaw, L, Carothers, L: Calcium intake is inversely related to adiposity in postmenopausal women. Abstract. ADA Food and Nutrition Conference and Exhibition, 2005.
37. Heiss, CJ., Moody, LN, Crosley, J, and Campbell, E: Nutrient intake and eating behaviors of boys with and without autism. ADA Food and Nutrition Conference and Exhibition, 2005.
38. Heiss, CJ, Earley, JA, Jokerst, RD, Montgomery, AL, Willoughby, AL: Comparison of body composition, energy and macronutrient intake of women taking and not taking estrogen replacement therapy. ADA Food and Nutrition Conference and Exhibition, 2005.
39. Brendzel, A, Heiss, C., Pryor, K, Elliston, S, Loy, S: Attitudes of firefighters toward a computer-based nutrition education program. ADA Food and Nutrition Conference and Exhibition, 2005.
40. Heiss, CJ, Earley, JA, Jokerst, RD, Montgomery, AL, Willoughby, AL: Comparison of body composition, energy and macronutrient intake of women taking and not taking estrogen replacement therapy. MSU CHHS Research Symposium, 2005.
41. Fajardo-Lira, C. and Heiss, CJ Effectiveness of an interactive web-based tutorial for learning food safety concepts. Abstract. International Food Technologist Annual Meeting, June, 2004.
42. Heiss, C, Naylor, J, and Bronco, K: Effect of fed and fasted state on body composition as measured by three different methods. Abstract. ADA Food and Nutrition Conference and Exhibition, 2003.
43. DeMiranda, P and Heiss, C: Supplement use of college athletes. Abstract. ADA Food and Nutrition Conference and Exhibition, 2003.
44. Heiss, CJ. And Fajardo-Lira, C.: Interactive web-based tutorials enhance classroom instruction.

Symposium on University Teaching, San Bernadino, CA, February 2003.

45. Heiss, CJ and Fajardo-Lira, C.: A web-based tutorial on food safety. Abstract. International Food Technologist Annual Meeting, June 14, 2002.
46. Klopp, SA, Heiss, CJ, and Smith, HS: Eating attitudes and behaviors of vegetarian and non-vegetarian college women. Abstr. ADA Food, Nutr Conference and Exhibition, 1999.
47. Heiss, CJ and Case, KO: A computerized autotutorial for nutrition support. Abstract. American Dietetic Association Annual Meeting, October, 1999.
48. Heiss, CJ, Branen, LJ, Johnston, JM: Computer tutorials to enhance critical thinking. Abstract. ADA Food and Nutrition Conference and Exhibition, October 2000.
49. Heiss, CJ, Branen, LJ, Johnston, JM: A web-based tutorial on evaluating nutrition information. Abstract. ADA Food and Nutrition Conference and Exhibition, 2000.
50. Zubas, PS, Pedersen, ME, and Heiss, CJ: The Effect of a Supplemental Computer-Based Tutorial On Student Performance in a Clinical Nutrition Course. Abstract. ADA Food and Nutrition Conference and Exhibition, October 2001.
51. Hendricks-Cox, JE, Alford, BB, Bednar, CM, Heiss, CJ, Edgren, KK: Effectiveness of a CD-ROM nutrients analysis database on self-monitoring behavior of active duty air force personnel receiving nutrition counseling for weight loss. Abstract. ADA Food/ Nutrition Conference/Exhibition, 10/2000.
52. Olsen, K.M, Heiss, CJ, Hirano, K.M., Brahler, CJ, and Beerman, K.: Body fat distribution and metabolic rate in obese premenopausal women. Abstr. ADA Annual Meeting, 10/ 1998.
53. Hirano, K.M., Heiss, CJ, Olsen, K.M., Brahler, CJ, and Beerman, K.: Actual, ideal or adjusted body weight: Which should be used to predict basal energy expenditure in obese women? Abstract. American Dietetic Association Annual Meeting, Oct., 1998.
54. Tran, P.N., Heiss, CJ, Warner, D., and Beerman, K.: Computer multimedia presentation enhances student performance in medical nutrition therapy. Abstract. American Dietetic Association Annual Meeting, October, 1997.
55. Case, K.O., Heiss, CJ, and Brahler, CJ: WHR and metabolic rate in Asian women. Abstract. American Dietetic Association Annual Meeting, October, 1997.
56. Heiss, CJ and Alford, B.B.: Conicity index and WHR as estimates of abdominal fat weight. Abstract. American Dietetic Association Annual Meeting, October, 1995.
57. Sanders, N. and Heiss, CJ: Body composition, body image, and eating disorder tendencies in Asians vs Caucasians. Abstract. ADA Annual Meeting, October, 1995.
58. Heiss, CJ, Sanborn, C.F., Nichols, D.L., Bonnick, S.L., Alford, BB: Relationships among body fat distribution, sex hormones, and bone density in postmenopausal women. ASBMR, 1993.

### **COMPUTER LEARNING MODULES**

1. Loy, S, Heiss, C., Brendzel, A, Pryor, K, Elliston, S: Los Angeles Fire Department Healthy Menu Program (not online at this time)
2. Heiss, CJ, Branen, LJ, and Johnston, JM: Evaluating Nutrition Information.  
<http://edu.ag.uidaho.edu/critical/>
3. Johnston, JM and Heiss, CJ. Enhancing Critical Thinking Skills Among Students.  
<http://edu.ag.uidaho.edu/criticalthinking>
4. Heiss, CJ and Houghton, M: Parenteral Nutrition Tutorial [www.csun.edu/~cjh78264/parenteral](http://www.csun.edu/~cjh78264/parenteral)
5. Heiss, CJ, Houghton, M, and Case, KO: Tube Feeding Tutorial.  
[www.csun.edu/~cjh78264/tubefeeding](http://www.csun.edu/~cjh78264/tubefeeding)
6. Heiss, CJ, et al. Diabetes: A Tutorial [www.csun.edu/~cjh78264/diabetes](http://www.csun.edu/~cjh78264/diabetes)
7. Heiss, CJ, Fajardo-Lira, C: Food Safety: A Tutorial. [www.csun.edu/~cjh78264/foodsafety](http://www.csun.edu/~cjh78264/foodsafety)

### **NON-Refereed and LAY PUBLICATIONS**

1. Heiss, CJ. Hey germs, ready for a food fight? Hill Regional Hospital Senior Newsletter. January 2020 issue.
2. Heiss, CJ. Diabetes self-management education and training: An effective resource for improving patients' diabetes control. THH Diabetes Update. 2(1): 1-2, 2020.
3. Heiss, CJ. Supplements for glycemic control: Cinnamon and berberine. THH Diabetes Update. 1(4): 1-2, 2019.
4. Heiss, CJ. The keto diet: Implication for persons with diabetes. THH Diabetes Update. 1(3): 1-2, 2019.
5. Heiss, CJ. Diabetes alters thiamin metabolism increasing risk for deficiency. THH Diabetes Update. 1(2): 1-2, 2019.
6. Heiss, CJ. The Freestyle Libre flash glucose meter as a tool to manage diabetes. THH Diabetes Update. 1(supp): 1-2, 2019.
7. Heiss, CJ, Powell, RD. Time-in-range may be a better indicator of glucose control than A1c. THH Diabetes Update. 1(1): 1-2, 2019.
8. Loy, S, Heiss, C, Humpry, B, Brown, D, Pryor, K, Elliston, S, Brendzel, A: Time for a new and healthy "First." How about dinner? Firefighter Magazine. July/August, 2004.
9. Heiss, CJ: Weekly Newsletter, DiabetesManager.Com June 2000-Sept 2001.
10. Heiss, CJ: Weighing in on weight control. DiabetesManager.Com Sept. 2001.
11. Heiss, CJ: How to talk with your healthcare provider. DiabetesManager.Com 2001.
12. Heiss, CJ: Artificial Sweeteners. DiabetesManager.Com 2001
13. Heiss, CJ: Fad Diets. DiabetesManager.Com 2001.
14. Heiss, CJ: Diabetes Control During the Holidays. DiabetesManager.Com, 2000.
15. Heiss, CJ: New Year's Resolutions. DiabetesManager.Com Jan 2000.
16. Heiss, CJ: Managing Stress. DiabetesManager.Com Feb 2000.
17. Heiss, CJ: A series of 10 articles on vitamins and herbs for HungryMinds.Com,1999.

### **FUNDING**

Prepared for submission:

1. Effect of a short bout of postprandial walking on the glycemic response to a meal: Type 2 diabetes.
2. Effect of added peanut butter on the glycemic and satiety response to a high glycemic load meal: A dose response study. To be submitted to the Peanut Institute (due 5/31/20).

Extramural:

1. Heiss, CJ. Texas Nutrition College Bowl. Funded by the Peanut Institute, \$1000 (2019)
2. Heiss, CJ, Franks, Fulda, K, Sumihiro, S, Lilly, L, Heiss, CJ, Maragoudakis, S, Bass, K. (2019) Effect of added peanut butter on the glycemic response to a high glycemic index breakfast: A pilot study. Submitted to The Peanut Institute 03/19. Currently being revised for resubmission \$103,468.
3. Heiss CJ, Powell RD. A Diabetes Prevention Program at a rural hospital diabetes center. Not funded.
4. Lea, Goldberg, Price, Beattie, Heiss, McInerney, Isenring. Meaningful Engagement in Nutritional Understanding (MENU): Best choices for residents with dementia (\$65,015 requested from the Dementia Collaborative Research Centres [DCRC])

5. Goldberg, Crocombe, Robinson, Jones, Lea, Westbury, Beattie, Toye, Brennan, Palmer, Heiss, McInerney. Sustained Effective Oral Care to Significantly Reduce Aspiration Pneumonia experienced by Adults with Dementia in Residential Care. Dementia Collaborative Research Centres. Funded for \$119,620.
6. Heiss, CJ, Rengers, B, Bizeau, M, Dormer, C, Shanks, N. USDA Higher Education Challenge Grant. funded from USDA, grant total \$260,000.
7. Goldberg, L, Muma, RD, Parham, DF, Parsons, SD, Scherz, JA, Heiss, CJ. Quality of life in older adults: Impact of Swallowing Disorders. Gridley Hoover Pilot Research Program, Kansas Institute on Aging. Funded \$20,000.
8. Heiss, CJ, Branen, L.J., and Johnston, J.: Development and evaluation of an interactive computer autotutorial to facilitate critical thinking in the evaluation of nutrition information. USDA (Higher Education Challenge Grant), \$320,000.
9. Heiss, CJ, Branen, L.J. Johnston, J., and Brown, G: Development and evaluation of a disease specific nutrition assessment computer interactive module. Am Diet Assoc, \$8,000.
10. Heiss, CJ, Houghton, M., and Scheunemann, S.: Interactive multimedia nutrition support training. USDA (Higher Education Challenge Grant), \$160,000.

Intramural:

1. Heiss, CJ. Status Video interpreter device for diabetes education. Texas Health Huguley Hospital. Submitted Jan. 2020 for \$1500.
2. Heiss, CJ, Powell RD. Hand-held A1c analyzer for use at a diabetes center. Texas Health Huguley Hospital. \$500.
3. Heiss, CJ, Powell, RD. A mobile kitchen for cooking demonstrations in the community. HEB Grocers. \$500 not funded. Later funded by private donation.
4. Heiss CJ. Effect of protein, fat, or protein+fat supplementation on the glycemic effect of a high glycemic index breakfast. Faculty Endowment Research Award. Grant. 2017-2018. \$2,500
5. Heiss CJ. Effect of fiber or protein+fat supplementation on the glycemic effect of a high glycemic index breakfast. Faculty Endowment Research Award. Grant. 2016-2017. \$2,500.
6. Heiss CJ. Effect of post-meal exercise on the glycemic effect of a meal: Type 1 diabetes. UIW Feik School of Pharmacy Intramural Award Competition. Grant. 2015-2016. \$8,000.
7. Heiss, CJ. Effect of a short bout of exercise on the postprandial effect of a candy bar. Faculty Endowment Research Award. Grant. 2015-2016. \$2,500.
8. Heiss, C. The effect of post-meal exercise on glycemic control in persons with type 2 diabetes. Provost's Award. Release time for fall 2013.
9. Heiss, C, Levigne, J. Effect of light exercise on the glycemic effect of a candy bar. School of Professional Studies Undergraduate Research Grant. 2012. \$1,000.
10. Heiss, C.: Relationship of calcium intake and glycemic control in obese adults. MSU Research grant, \$7,000, 2006.
11. Heiss, C., Garrad, R., and Piland, D.: Seminar on calcium and adiposity by Michael Zemel. MSU Public Affairs Grant, \$4000.
12. Heiss, C: Development of an online general education nutrition course. CSUN Center for Excellence in Learning and Teaching, \$2,000, 2003.
13. Heiss, CJ Development of computer animations to enhance learning in sports nutrition, Beck Grant, \$5,000, 2002.
14. Heiss, CJ Nutrient intake, body composition, and bone density in autistic children, CSUN Competitive Grant, \$5,000, 2002.
15. Heiss, CJ Relationship of body composition, bone density and body fat distribution in a bi-ethnic

- population, Marilyn Magaram Center Grant, \$5,000, 2002.
16. Heiss, CJ: Web-enhancement of a general education basic nutrition course. Center for Excellence in Learning and Teaching, CSUN. (\$500)
  17. Heiss, CJ: Evaluation of diabetes online tutorial. State Faculty Support Grant. \$5,000.
  18. Heiss, CJ: The development of an interactive tutorial for eating disorders. SFSG. \$2,500
  19. Heiss, CJ: The development of an interactive tutorial for food safety. SFSG. \$2,500.
  20. Heiss, CJ, Brahler, CJ, Jensen, L., and Beerman, K: Development of computer courseware for foods and foodservice management. Virtual WSU Project, \$25,000.

**SPEAKING ENGAGEMENTS, COMMUNITY AND PROFESSIONAL ACTIVITIES (5 years)**

Healthy cooking demonstrations. THH Diabetes Support Group. Bi-monthly.

Role of the registered dietitian nutritionist certified diabetes educator on the diabetes care team. TWU Graduate Student Club. Fall 2019.

Co-editor for a special 2020 issue of the *American Journal of Lifestyle Medicine*.

Invited speaker for AADE Webinar (June 2020). The role of peanut products in glycemic control. Sponsored by the Peanut Institute.

Invited speaker for the 2020 Texas American Association of Diabetes Educators: Fad Diets.

How to Survive the Holidays without Becoming a Stuffed Turkey. Hill Regional Hospital Senior Outreach. 11/2019.

Mentor for the Florida/Texas dietetic student mentoring program. 08/2019 - present.

A Plant-based Diet for Diabetes. Southwest Adventist University Community Diabetes Program, 9/2019.

A Plant-based Diet for Diabetes. Southwest Adventist University Community Diabetes Program, 9/2019.

Editor/Contributor: Texas Health Huguley Diabetes Update, a bi-monthly newsletter for physicians and other healthcare professionals. Ongoing.

Journal reviewer: *Nutrients*, *Journal of Exercise Physiology*, *European Journal of Clinical Nutrition*, *Topics in Clinical Nutrition*, *Nutrients*

Diabetes: Nutrition Strategies. Burleson City Hall, 06/2019.

Organizer and Emcee, Texas Academy Nutrition College Bowl, March 2017, April 2019.

Finger-pricking Good: Emerging Technology in Diabetes Management. Texas Academy of Nutrition and Dietetics Northeast Region Meeting. 03/2019.

Diabetes: The Wave is Coming. Burleson City Hall. 03/2019.

Nutrition: One Size Does Not Fit All. Senior Outreach Program. THH. 11/2018.

Nutritional Management of Diabetes. Southwestern Adventist University, Keene, TX. 10/2018.

Women's Healthy Lifestyle Re-boot Camp. July 2018.

Diabetes: What you Need to Know. Lion's Club, Cleburne, TX. 6/2018.

Nutrition Management of Diabetes. Flower Mound Pharmacy, Flower Mound, TX, 10/2017.

John Jay Science Fair Judge (Biochemistry and Behavioral Sciences). John Jay Science and Engineering Academy. December 3, 2016.

Superfoods. UIW Wellness Lunch and Learn. November 2016.

Volunteer: Team Wingman fundraiser for Multiple Sclerosis. Fall 2016

Glossary editor: *Exploring Medical Language*, 9<sup>th</sup> and 10<sup>th</sup> editions. 2013 and 2016.

Success stories of long term weight loss. UIW Wellness Lunch and Learn. November, 2015.

Motivational Interviewing to promote healthy changes in eating behaviors. UIW Dietetic Intern Orientation. August, 2015 and 2016.

Diabetes Medications Workshop. UIW Dietetic Intern Orientation. August 2015 and 2016.

Motivational Interviewing for Behavioral Change. UIW Interprofessional student/ faculty group. 3/2015.

## **HONORS AND AWARDS**

Provost's Legacy Award for Excellence in Teaching Nominee, University of the Incarnate Word, 2017  
Provost's Legacy Award for Excellence in Teaching, University of the Incarnate Word, 2016  
Most Inspiring Professor, University of the Incarnate Word, 2015  
Outstanding Dietetic Educator, State of Colorado, 2013  
Nominee: US Professors of the Year, Carnegie Foundation for Advancement of Teaching, 2011  
CASE District VI Bronze Award for Excellence in Multimedia, Radio: SMS and You – Healthy Holiday Eating (2006) – Collaborated with a student on this  
Service Learning Fellow (2005-2006)  
Master Advisor (2004)  
RM Wade Award for Excellence in Teaching (1995)  
Teaching Award of Merit (1995)

## **UNIVERSITY ACTIVITIES**

### **University of the Incarnate Word**

Summer Freshman Orientation Advisor (2015, 2016)  
Honor's Student Advisor (Yolanda Martinez 2015-2016; Kelli Bass 2016-2017)  
Dimensions of Wellness: course evaluation and revision committee (Fall 2016 -2017)  
School of Mathematics, Science, and Engineering Events Planning Committee (Fall 2016-2017)  
Course Coordinator, Introduction to Nutrition 2015-2017  
Course Coordinator Committee (revised policies and procedures) 2015-2016  
Faculty Advisor, Student Dietetic Association 2014-2017  
World Peace Day Volunteer Fall 2015, 2016  
College Preview Fair Fall 2014  
Interprofessional Education and Collaborative Practice Team Member Fall 2014-2017

### **Metropolitan State College of Denver**

Blended Learning Course Conversion group, spring, summer, fall 2012.  
Tenure mentor, fall 2012-2013.  
Retention, Tenure, and Promotion Committee, Health Professions Department, 2012.  
Retention, Tenure, and Promotion Committee, Hospitality, Tourism, and Events Department, 2012.  
Search Committee, Human Nutrition and Dietetics, 2010, 2011.  
Curriculum committee (Departmental), 2010-2012.  
Grant Mentor, 2010.  
University: Program Review Committee 2008-2011, Assistant Director fall 2010-11  
University: Academic Council, fall 2010-2011  
University: Search Committee, OSRP fall 2010  
University: Commencement Marshal, 2008-2012, once or twice per year.  
School: Curriculum Committee 2008  
Department of Health Professions Scholarship Committee, Chair Fall 2010-present.  
Department: Strategic Planning Committee 2008-present  
Department: Search Committee: Summer 2010  
Department: Curriculum Committee: fall 2009-present  
HND Program: Development of Student Learning Objectives and Assessment 2008  
Faculty Learning Community 2009

Missouri State University

Faculty Fellow, Living Learning Community – Residence Hall  
Selection Committee: Nurse Anesthesia Program  
SOAR Advisor  
Service Learning Fellow  
Student Dietetic Association faculty advisor  
Delta Sigma Theta faculty advisor  
Dietetics Program Open House (chair)  
Multidisciplinary Health Education, Research, and Services Health Forum committee member  
Faculty search committees, Dietetics and Cell and Molecular Biology  
Drug screening policy committee  
Rural Health Initiative committee  
Wellness Initiative committee  
MS in Nutrition proposal, Chair  
Higher Learning Commission Self-Study committee  
Student Learning and Improvement Validation committee

California State University, Northridge

Committee for Learning Centered Teaching, College of Health and Human Sciences  
Graduate Committee  
Coordinator, Nutrition College Bowl  
Coordinator, Sports Nutrition Symposium  
Dietetic Internship Selection Committee  
Advisory Board, Marilyn Magaram Center for Food Science and Nutrition  
Advisor, Student Dietetic and Food Science Club  
Curriculum Committee  
Eating Disorders Task Force

Cal Poly State University

Faculty Partner with public schools  
Faculty Associate – Yosemite Hall  
Freshman Mentor  
College of Agriculture Computer Committee  
Nutrition Club Advisor  
Nutrition Counselor for Cal Poly athletes  
Nutrition Educator for University Master Chef-in-training

Washington State University

Diagnostic Applications Multimedia Computer Group  
Computer Classroom Committee  
CUOGD and Dietetic Internship Selection Committees  
Freshman Seminar (formerly PAWS (Pride in Achieving Wazzu Success)) Faculty  
Search committee member - Clinical Instructor for University of Idaho  
Mukogawa Cultural Exchange Coordinator  
University of Idaho Search Committee (Nutrition Faculty Position)  
ALIVE Academic Advisor  
SALC Undecided Major Advisor  
Wellness Committee

Disability Access Study Committee  
Curriculum Committee  
Computer Equipment Committee  
Student Recruitment Committee  
Washington State University Public Speakers Bureau  
Food Security Capstone Course Committee  
Women's Studies Capstone Course Development Committee  
Faculty Advisor, Student Nutrition Awareness Club  
Didactic Program Director

### **CONFERENCES AND WORKSHOPS (past 10 yrs)**

American Association of Diabetes Educators Annual Meeting, Houston, TX 2019.  
11<sup>th</sup> Annual Parkland Diabetes Conference. Dallas, TX, November 2018.  
Texas American Association of Diabetes Educators. Round Rock, TX, April 2018.  
Academy of Nutrition and Dietetics Annual Food and Nutrition Conference and Exhibition. Chicago, 2017.  
Provost's Leadership Retreat, UIW. Gruene, TX December 2016.  
UIW Center for Teaching and Learning workshop: It's a Wrap: Reflecting on Learning (9/6/16)  
Center for Teaching and Learning workshop: Text My Students? Are you Serious? (10/18/16)  
Center for Teaching and Learning workshop: Top Ten Ways to Change Student Motivation (9/29/16)  
Center for Teaching and Learning and Learning workshop: Organizing Ideas: Beyond the Outline (9/19/16)  
Texas Academy of Nutrition and Dietetics Food and Nutrition Conference and Exhibition. Arlington, TX. April 2016.  
Yoga for Anxiety and Depression. Workshop for professionals in eating disorders, San Antonio, TX. October 2016.  
Body Image Across the Lifespan. Austin, TX. January 2016.  
UIW Center for Teaching and Learning Book Club: What the Best College Teachers Do (4/13/2015)  
UIW Center for Teaching and Learning workshop: What the Best College Teachers Do (4/27/2015)  
Quality Matters. Designing Your Blended Learning Course. Certificate. May 2014.  
American Speech-Language-Hearing Association Annual Conference. Denver, CO. November 2015.  
Texas Academy of Nutrition and Dietetics Food and Nutrition Conference and Exhibition. Houston, TX. April 2015.  
TeamStepps Master Trainer Workshop, Agency for Healthcare Research and Quality, San Antonio, TX 11/14.  
Windows of Opportunity, Council on Undergraduate Education Conference, Orange, CA 6/13.  
Tending the Feminine Psyche: A Workshop for Dietitians and Counselors Working with Eating Disorders. Nosara, Costa Rica, 4/13.  
Higher Education in Teaching and Learning, Orlando, FL, 1/13.  
American Dietetic Association Annual Food and Nutrition Conference and Exhibition, San Diego, 9/2011.  
North American Colleges and Teachers of Agriculture Annual Conference, Edmonton, Alberta, Canada, 6/2011.  
American Dietetic Association Annual Food and Nutrition Conference and Exhibition, Boston, 10/10.  
Tending the Feminine Psyche: A Workshop for Professional Working with Eating Disorders, Hilo, Hawaii, 8/2010.

American Dietetic Association Annual Food and Nutrition Conference and Exhibition, Denver, 10/209.  
American Dietetic Association Annual Food and Nutrition Conference and Exhibition, Chicago, 10/08.  
American Society for Bariatric and Metabolic Surgery Annual Meeting, Washington, DC, 2008.

**GRADUATE STUDENTS**

Nicole Sanders, MS (1996)  
Keiko Case, MS, RD (1996)  
Kristen Olson, MS (1998)  
Kristin Hirano, MS, RD (1998)  
Sheree Klopp, MS (2000)  
Patrice Zubas, MS (2000)  
May Kwan, MS (2002)  
Patricia De Miranda, MS (2002)  
Marsha MacKenzie, MS (2002)  
Jaime Crosley (2003)  
Maureen Lucas (2003)  
Michelle Hobbs (2003)  
Kelly Bronco (2003)  
Lisa Honaker (2003)  
Johanne Naylor (2003)  
Jacque Mular (2003)  
Kelly Pryor (2003)  
Sherry Elliston (2003)  
Amy Long (2004)  
Sara Small (2004)  
Ashleigh Brendzel (2004)  
Sue Shaw (2004)  
Lauren Moody (2004)  
Isabel Aguilar (2005)  
Agnes Galvez (2005)  
Samanatha Hinojosa (2017)  
Lesley Lilly (2018)  
Outside member on numerous thesis committees