Dr. Beth A. Young RD, CSSD, LD

7665 Jenner Rd.

Chandler, IN47610

Cell: (812) 455-2418

[bayoung12@usi.edu](mailto:bayoung12@usi.edu)

**Education**: Doctor of Education

December 17, 2022

University of Southern Indiana, Evansville, IN 47712

Doctor of Philosophy Program in Public Health Sciences- coursework/Non-degree

Specialization in Health Promotion

August 2014- December 2017

University of Louisville, Louisville, KY 40292

Master of Arts, May 8, 2004

Dietetic Internship, June 2003- December 2003

Bachelor of Science in Dietetics May 4, 2002

Ball State University, Muncie, IN 47306

**Specialty**

**Certifications:** Board Certified Specialist in Sports Dietetics, CSSD- July 2014 – July 2029

**Teaching**

**Experience**:

Spring 2025: NUTR 465: Community Nutrition- 3 credit hrs.

* Service-Learning Project: Nutrition and Wellness Education at SWIRCA

NUTR 481: Nutrition Education, Counseling and Theory -3 credit hrs.

NUTR 486: Medical Nutrition Therapy II- 3 credit hrs.

* IPE activity with Nursing- Carb Counting
* IPE activity with Respiratory Therapy- Metabolic Cart

NUTR 201X: Fundamentals in Food Preparation- 1 credit hr.

NUTR 205: The Profession of Dietetics- Guest Lecturer/DICAS

DTAS 175: Preventive Dentistry- Guest Lecturer/Nutrition

Fall 2024: NUTR 378: Nutrition for Fitness and Sport- 6 credit hrs.

NUTR 453: Practical Applications in Nutrition and Health Assessment- 1 credit hr.

* IPE activity with Radiology students- NG tube placements

NUTR 485: Medical Nutrition Therapy I- 3 credit hrs.

* IPE activity with Nursing- Carb Counting
* IPE activity with OT- Down Syndrome
* IPE with Dental- Nutrition Assessments in Dental Clinic

DTHY 341: Dental Hygiene Theory I- Guest Lecturer/Nutrition

Spring 2024: NUTR 465: Community Nutrition- 3 credit hrs.

* Service-Learning Project: Nutrition and Wellness Education at SWIRCA

NUTR 481: Nutrition Education, Counseling and Theory -3 credit hrs.

NUTR 486: Medical Nutrition Therapy II- 3 credit hrs.

* IPE activity with Nursing- Carb Counting
* IPE activity with Respiratory Therapy- Metabolic Cart

NUTR 205: The Profession of Dietetics- Guest Lecturer/DICAS

DTAS 175: Preventive Dentistry- Guest Lecturer/Nutrition

Fall 2023: NUTR 378: Nutrition for Fitness and Sport- 6 credit hrs.

NUTR 453: Practical Applications in Nutrition and Health Assessment- 1 credit hr.

* IPE activity with Radiology students- NG tube placements

NUTR 485: Medical Nutrition Therapy I- 3 credit hrs.

* IPE activity with Nursing- Carb Counting

DTHY 341: Dental Hygiene Theory I- Guest Lecturer/Nutrition

Spring 2023: NUTR 376: Principles and Applications of Nutrition- 3 credit hrs.

NUTR 378: Nutrition for Fitness and Sport- 3 credit hrs.

NUTR 465: Community Nutrition- 3 credit hrs.

* Service-Learning Project: Nutrition and Wellness Education at SWIRCA

NUTR 481: Nutrition Education, Counseling and Theory -3 credit hrs.

Fall 2022: NUTR 376: Principles and Applications of Nutrition- 3 credit hrs.

NUTR 378: Nutrition for Fitness and Sport- 6 credit hrs.

NUTR 415: Dietary Supplement and Herb Use- 3 credit hrs.

NUTR 453: Practical Applications in Nutrition and Health Assessment- 1 credit hr.

NUTR 485: Medical Nutrition Therapy I- Guest Lecturer/Diabetes

& Healthie telehealth software

DTHY 341: Dental Hygiene Theory I- Guest Lecturer/Nutrition

Spring 2022: NUTR 376: Principles and Applications of Nutrition- 3 credit hrs.

NUTR 378: Nutrition for Fitness and Sport- 3 credit hrs.

NUTR 465: Community Nutrition- 3 credit hrs.

* Service-Learning Project: Nutrition and Wellness Education at SWIRCA

NUTR 481: Nutrition Education, Counseling and Theory -3 credit hrs.

DTAS 175: Preventive Dentistry- Guest Lecturer/Nutrition

Fall 2021: NUTR 376: Principles and Applications of Nutrition- 3 credit hrs.

NUTR 378: Nutrition for Fitness and Sport- 6 credit hrs.

NUTR 415: Dietary Supplement and Herb Use- 3 credit hrs.

NUTR 453: Practical Applications in Nutrition and Health Assessment- 1 credit hr.

NUTR 485: Medical Nutrition Therapy I- Guest Lecturer/Diabetes

& Healthie telehealth software

DTHY 341: Dental Hygiene Theory I- Guest Lecturer/Nutrition

Spring 2021: NUTR 376: Principles and Applications of Nutrition- 3 credit hrs.

NUTR 378: Nutrition for Fitness and Sport- 3 credit hrs.

NUTR 465: Community Nutrition- 3 credit hrs.

* Service-Learning Project: Community Growers Survey; Promise Zone

NUTR 481: Nutrition Education, Counseling and Theory -3 credit hrs.

DTAS 175: Preventive Dentistry- Guest Lecturer/Nutrition

Fall 2020: NUTR 376: Principles and Applications of Nutrition- 3 credit hrs.

NUTR 376: AO1 and ND1 sections- (accelerated 8-week courses)

NUTR 378: Nutrition for Fitness and Sport- 6 credit hrs.

NUTR 415: Dietary Supplement and Herb use- 3 credit hrs.

NUTR 453: Practical Applications in Nutrition and Health Assessment- 1 credit hr.

NUTR 485: Medical Nutrition Therapy I- Guest Lecturer/Diabetes

& Healthie telehealth software

DTHY 341: Dental Hygiene Theory I- Guest Lecturer/Nutrition

Spring 2020: NUTR 376: Principles and Applications of Nutrition- 3 credit hrs.

NUTR 376: AO1 and ND1 sections- (accelerated 8-week courses)

NUTR 378: Nutrition for Fitness and Sport- 3 credit hrs.

NUTR 465: Community Nutrition- 3 credit hrs.

* Service-Learning Project: Survey development and implementation for Promise Zone residents on culture and food preparation needs.

NUTR 453: Practical Applications in Nutrition and Health Assessment- 1 credit hr.

NUTR 481: Nutrition Education, Counseling and Theory -3 credit hrs.

DTAS 175: Preventive Dentistry- Guest Lecturer/Nutrition

Fall 2019: NUTR 376: Principles and Applications of Nutrition- 3 credit hrs.

NUTR 376: AO1 and NO5 sections- (accelerated 8-week courses)

NUTR 378: Nutrition for Fitness and Sport- 6 credit hrs.

NUTR 415: Dietary Supplement and Herb use- 3 credit hrs.

NUTR 485: Medical Nutrition Therapy I- Guest Lecturer/Diabetes

DTHY 341: Dental Hygiene Theory I- Guest Lecturer/Nutrition

Sum. 2019: NUTR 376: Principles and Applications of Nutrition- 3 credit hrs.

Spring 2019: NUTR 376: Principles and Applications of Nutrition- 3 credit hrs.

NUTR 378: Nutrition for Fitness and Sport- 3 credit hrs.

NUTR 465: Community Nutrition- 3 credit hrs.

* Service Learning Project: Developing Culturally Sensitive Lesson Plans for Elementary Age Children on Indoor Gardens

NUTR 453: Practical Applications in Nutrition and Health Assessment- 1 credit hr.

NUTR 481: Nutrition Education, Counseling and Theory -3 credit hrs.

Fall 2018: NUTR 376: Principles and Applications of Nutrition- 3 credit hrs.

NUTR 378: Nutrition for Fitness and Sport- 6 credit hrs.

NUTR 415: Dietary Supplement and Herb use- 3 credit hrs.

NUTR 485: Medical Nutrition Therapy I- Guest Lecturer/Diabetes

Spring 2018: NUTR 376: Principles and Applications of Nutrition- 3 credit hrs.

NUTR 378: Nutrition for Fitness and Sport- 3 credit hrs.

NUTR 465: Community Nutrition- 3 credit hrs.

* Service Learning Project: Scratch Cooking Program at Joshua Academy Preschool- Literature Review and Questionnaire development

NUTR 453: Practical Applications in Nutrition and Health Assessment- 1 credit hr.

NUTR 481: Nutrition Education, Counseling and Theory -3 credit hrs.

Fall 2017: NUTR 378: Nutrition for Fitness and Sport- 6 credit hrs.

NUTR 415: Dietary Supplement and Herb use- 6 credit hrs.

NUTR 485: Medical Nutrition Therapy I- Guest Lecturer/Diabetes

Spring 2017: NUTR 376: Principles and Applications of Nutrition- 3 credit hrs.

NUTR 378: Nutrition for Fitness and Sport- 3 credit hrs.

NUTR 465: Community Nutrition- 3 credit hrs.

* Service Learning Project: Hispanic Nutrition Education in the Promise Zone

NUTR 453: Practical Applications in Nutrition and Health Assessment- 1 credit hr.

NUTR 481: Nutrition Education, Counseling and Theory -3 credit hrs.

Fall 2016: NUTR 378: Nutrition for Fitness and Sport- 6 credit hrs.

NUTR 415: Dietary Supplement and Herb use- 6 credit hrs.

NUTR 485: Medical Nutrition Therapy I- Guest Lecturer/Diabetes

Spring 2016: NUTR 376: Principles and Applications of Nutrition- 3 credit hrs.

NUTR 378: Nutrition for Fitness and Sport- 6 credit hrs.

NUTR 465: Community Nutrition- 3 credit hrs.

* Service Learning Project: CBPR Food Pantry Healthy Food Bag project

NUTR 453x- Practical Applications in Nutrition and Health Assessment- 1 credit hr.

NUTR 420- Nutrition Practicum- 1 credit hr.

Fall 2015: NUTR 378: Nutrition for Fitness and Sport- 6 credit hrs.

NUTR 415: Dietary Supplement and Herb use- 6 credit hrs.

NUTR 485: Medical Nutrition Therapy I- Guest Lecturer/Diabetes

Spring 2015: NUTR 376: Principles and Applications of Nutrition- 3 credit hrs.

NUTR 378: Nutrition for Fitness and Sport- 6 credit hrs.

NUTR 465: Community Nutrition- 3 credit hrs.

* Service Learning Project: Ethnic Grocery Store Guide

Fall 2014: NUTR 378: Nutrition for Fitness and Sport- 3 credit hrs.

NUTR 415: Dietary Supplement and Herb Use- 6 credit hrs.

NUTR 376: Principles and Application of Nutrition- 3 credit hrs.

* Adjunct faculty Coordinator

NUTR 485: Medical Nutrition Therapy I- Guest Lecturer/Diabetes

Spring 2014: NUTR 376: Principles and Applications of Nutrition- 3 credit hrs.

NUTR 378: Nutrition for Fitness and Sport- 6 credit hrs.

NUTR 465: Community Nutrition- 3 credit hrs.

* Service Learning Project: FAVE

Survey of Biochemistry- University of Eastern Illinois- Guest Lecturer/Metabolic Pathways

Fall 2013: NUTR 378: Nutrition for Fitness and Sport- 3 credit hrs.

NUTR 415: Dietary Supplement and Herb Use- 6 credit hrs.

NUTR 376: Principles and Application of Nutrition- 3 credit hrs.

* Adjunct faculty Coordinator

NUTR 485: Medical Nutrition Therapy I- Guest Lecturer/Diabetes

NUTR 381: Quantity Food Production and Purchasing- Guest Lecturer/Meat and Shellfish

NUTR 203: Introduction to Food, Nutrition, and Dietetics- Guest

Lecturer/ Dietetic Specialty Certifications

Spring 2013: NUTR 376: Principles and Applications of Nutrition- 3 credit hrs.

NUTR 378: Nutrition for Fitness and Sport- 6 credit hrs.

NUTR 465: Community Nutrition- 3 credit hrs.

* Service Learning Project: Homeless Shelter/Plate Waste Study

Fall 2012: NUTR 378: Nutrition for Fitness and Sport- 3 credit hrs.

NUTR 415: Dietary Supplement and Herb Use- 6 credit hrs.

NUTR 485: Medical Nutrition Therapy I- Guest Lecturer/Diabetes

**Adjunct**

**Teaching**: Fall 2007-

Spring 2012: NUTR 376: Principles and Applications of Nutrition

NUTR 378: Nutrition for Fitness and Sport

NUTR 415: Dietary Supplement and Herb Use

**Work**

**Experience**: **Chair of the Food and Nutrition Department**

**Dietetics Program Director**

**Assistant Professor**

University of Southern Indiana

8600 University Blvd.

Evansville, IN 47712

Adjunct: August 2007- May 2012

Full Time Faculty: August 2012- current

**Nutrition Consultant**

University of Southern Indiana

8600 University Blvd.

Evansville, IN 47712

August 2012- current

**Guest Columnist**

The Standard, newspaper; *Healthy Living Supplement*

Warrick Publishing

Boonville, IN 47601

September 2012- current

**Registered Dietitian/Worksite Wellness**

Welborn Health Plans/Meritian Health

101 SE 3rd St.

Evansville, IN 47708

June 2007- July 2012

**Clinical Nutrition Manager**

Healthsouth Deaconess Rehabilitation Hospital

4100 Covert Ave.

Evansville, IN 47716

January 2004- June 2007

**Consulting Dietitian**

MEP Healthcare/Supreme Care West

February 2009- May 2011

May 2004- August 2005

**Advising**: FNSO Faculty Advisor and Financial Manager- 2014-2017

2018- current

February 2013. Guest speaker at FNSO (Food and Nutrition Student Organization) Topic: Career paths in nutrition and wellness.

2024- 25 student advisees

-16 Dietetics

-1 Foodservice Management

-2 Nutrition and Wellness

-2 No concentration declared

2023- 24 student advisees

- 17 Dietetics

- 1 Foodservice Management

- 3 Nutrition and Wellness

- 3 No concentration declared

2022- 7 student advisees

- 6 Dietetics

- 1 Foodservice Management

2021- 20 student advisees

- 1 Nutrition and Wellness

- 15 Dietetics

- 1 Foodservice Management

- 3 No concentration declared

2020- 27 student advisees

-7 Nutrition and Wellness

-20 Dietetics

2019- 27 student advisees

-7 Nutrition and Wellness

-20 Dietetics

2018- 27 student advisees

-12 Nutrition and Wellness

-15 Dietetics

2017-23 student advisees

-12 Nutrition and Wellness

-11 Dietetics

2016- 25 student advisees

-13 Nutrition and Wellness

-11 Dietetics

-1 Food Service Management

2015- 29 student advisees

-17 Nutrition and Wellness

-10 Dietetics

-1 Food Service Management

-1 Undecided

2014- 26 student advisees

-14 Nutrition and Wellness

-7 Dietetics  
 -5 pre-dietetics

2013- 8 student advisees

-4 Nutrition and Wellness

-3 Dietetics

-1 pre-dietetics

2012- 5 student advisees

-2 Nutrition and Wellness

-3 pre-dietetics

**Honor Students/**

**Interns**:

Fall 2024: Dietetic Intern- Ball State University

-Community rotation 3 weeks; sports nutrition and education

Summer 2024: Dietetic Intern- Purdue University

-Specialty rotation 6 weeks; sports nutrition and education

Spring 2023: NUTR 376: Principles and Applications of Nutrition

-7 honors students:

- Developed bulletin board for WIC on updated food package

-Created health fair display board with interactive components on digestion (target audience- middle school)

-Created an educational brochure “A Quick Guide to eating disorders for Parents” for Aubrey’s Song Foundation

-Developed bulletin board for WIC on nutritional benefits for each food group in the WIC food package

-Developed an educational brochure and cost comparison chart on different vegetarian diets

-Created educational board for pediatricians’ office on “5 Days of Healthy meals for Ages 5-7).

-Created educational display board for a health fair on nutrition and heart disease.

Spring 2022: Dietetic Intern- Priority Nutrition Care

-Specialty rotation 6 weeks; sports nutrition

Fall 2021: NUTR 376: Principles and Applications of Nutrition

-4 honors students; Type 1 Diabetes and nutrition presentation, Cultural and nutritional history of Puerto Rico video essay, Pediatric healthy eating educational materials, and Afterschool snack menu and recipe development for Patchwork Central.

NUTR 378: Nutrition for Fitness and Sport

-1 honors student; developed educational materials on label reading and fitness games for indoors during winter

Spring 2021: NUTR 465: Community Nutrition

1 honors student; developed nutrition education videos for Nourish Program

NUTR 481: Nutrition Education, Counseling and Theory

1 honors student; developed stop motion nutrition education/cooking video

NUTR 376: Principles and Applications of Nutrition

1 honors student: Presentation on Type 1 Diabetes and nutrition

Fall 2020: NUTR 376: Principles and Applications of Nutrition

-3 honors students; Gestational diabetes educational brochure, Bone and joint health supplement comparison chart, and Diabetes Meal Plan development

NUTR 378: Nutrition for Fitness and Sport

-1 honors student; Developed nutrition education handout for Stress Fractures and Cross-Country Athletes

NUTR 420 Practicum

-2 students; Development and recording of nutrition education and cooking videos for Nourish program and development and implementation of CNHP Employee Wellness program.

Spring 2020: NUTR 378: Nutrition for Fitness and Sport

-1 honors student; HMB Supplement presentation

NUTR 481: Nutrition Education, Counseling and Theory

-2 honors students; Pediatric nutrition video project and 21st Century Scholars cooking demo and nutrition education class

Fall 2019: NUTR 376: Principles and Applications of Nutrition

-3 honors students; WIC educational bulletin board projects

NUTR 378: Nutrition for Fitness and Sport

-1 honors student; Athletes with celiac disease

Fall 2018: NUTR 376: Principles and Applications of Nutrition

-2 honors students; Weight loss projects

NUTR 378: Nutrition for Fitness and Sport

-1 honors student; Nitric Oxide supplementation

Spring 2018: NUTR 376: Principles and Applications of Nutrition

-1 honors student; Ketogenic Diet

Fall 2017: HP 480: 1 intern

-Sports nutrition: USI Women’s Basketball, Soccer and Softball. Men’s Basketball.

NUTR 415: Dietary Supplement and Herb Use

-1 honors student; medicinal uses of cannabis

Fall 2016: NUTR 420: 1 intern

-Sports nutrition and USI Women’s Soccer and SPHL Evansville Thunderbolts Ice Hockey

Spring 2016: NUTR 376: Principles and Applications of Nutrition

-1 honors student; Pregnancy nutrition

NUTR 465: Community Nutrition

-1 honors student; WIC Nutrition bulletin boards

NUTR 420: 1 intern

-Sports nutrition and USI Women’s Volleyball

-Sports nutrition and Castle H.S. Strength and Conditioning classes

-National Guard Nutrition program

Fall 2015: NUTR 415: Dietary Supplement and Herb Use

- 1 honors student; Betain Supplement

NUTR 420: 2 interns

- Sports nutrition and Evansville Otters

- Sports nutrition and Motor Cross

- Development of Collegiate Sports Nutrition Cookbook

Spring 2015: NUTR 420: 1 intern

-Sports Nutrition program for High School Strength and Conditioning Classes

- Development of Collegiate Sports Nutrition Cookbook

Fall 2013: NUTR 376: Principles and Applications of Nutrition

-1 honors student; Probiotics and Obesity

NUTR 420: 1 intern

-Sports nutrition and collegiate athletes

Spring 2013: NUTR 465: Community Nutrition

- 2 honors students; WIC education project

-United Caring Shelters project

NUTR 420: 2 interns

- Sports nutrition and Evansville IceMen

- Sports nutrition and collegiate athletes

Fall 2012: 2 interns; advised on educational displays for USI Health fair and Vanderburgh County Correctional Facility Health fair

**Special**

**Projects**:

Holy Redeemer Mission Week- May 28, 2025

**-**Led 40 middle school students in developing nutrition education packets for senior citizens

**-**Instructed and assisted students in cooking and packaging 90 individual meals for homebound senior citizens

SMILE on Down Syndrome Cooking Class- January – April 2025

-Developed and implemented 4 cooking classes for individuals with Down Syndrome

Boy Scout Merit Badge University- Cooking Merit Badge Program- February 22, 2025.

USI Family Weekend- Cooking Class; 2 sessions- February 8, 2025

USI Men’s and Women’s Swim and Dive- Sports Nutrition Program- Spring 2025

-Sports Nutrition Basics and Meal Prep

HONS 129; There’s A Fungus Among Us! A Forary into the Fascinating World of Fungi. Fall 2024.

-Developed and conducted a cooking workshop to highlight a recipe using mushrooms

-Developed educational handout on the nutritional benefits of mushrooms, storage, cultivating, and uses

USI Women’s Softball- Sports Nutrition Program- Fall 2024

-Sports nutrition basics

-Travel nutrition

-Nutrition and Mental Health

USI Women’s and Men’s Tennis- Sports Nutrition Program- Fall 2024

-Sports nutrition basics

USI Women’s Volleyball- Sports Nutrition Program- Fall 2024

-Sports nutrition basics

USI Women’s Golf- Sports Nutrition Program- Fall 2024

-Sports nutrition basics

USI Men’s & Women’s Cross Country and Track- Sports Nutrition Program- Summer 2024

-Nutrition for Cross Country and Track

USI Men’s Soccer- Sports Nutrition Program- Summer 2024

-Sports nutrition basics

USI Women’s Soccer- Sports Nutrition Program- Summer 2024

-Travel Nutrition

-Conducted individual swear rate studies on each player

-Hydration

USI Men’s Basketball- Sports Nutrition Program- Summer 2024

-Created and implemented a nutrition fueling station in the MBB locker room using monetary donation from an alumni

-Conducted individual swear rate studies on each player

-Sports nutrition basics

-Hydration

USI Women’s Basketball- Sports Nutrition Program- Summer 2024

-Created and implemented a nutrition fueling station in the WBB locker room using monetary donation from community

-Conducted individual swear rate studies on each player

-Sports nutrition basics

-Hydration

Deaconess/Evansville Vanderburgh School Corporation Health Science Institute- June 13, 2024

-Interactive activity on thickened liquids and dysphagia

-Educated on the role of clinical dietitian

Ascension/H-Camp- June 12 and July 10, 2024

-Interactive activity on thickened liquids and dysphagia

-Educated on the role of clinical dietitian

United Leasing & Romain Health Fair- May 10, 2024

-Created an educational display board and handouts on healthy eating

Holy Redeemer Mission Week- May 29, 2024

**-**Led 50 middle school students in developing nutrition education packets for senior citizens

**-**Instructed and assisted students in cooking and packaging 80 individual meals for homebound senior citizens

NUTR 384: Principles and Applications in Food Science; Reviewed and judged student research poster presentations- Apr. 24, 2004.

SMILE on Down Syndrome Cooking Class- February – May 2024

-Developed and implemented 4 cooking classes for individuals with Down Syndrome

USI Family Weekend- Cooking Class; 2 sessions- February 10, 2024

ECHO Community Healthcare; *The High-5* Healthy Cooking Class- November 30, 2023

-Collaborated with YMCA, ECHO, and University of Evansville Physician Assistant programs

-Developed and implemented a healthy cooking class designed for budget-conscience families

-Created and distributed grocery bags of healthy foods and recipes for families to cook at home

Interprofessional Education Activity: Nutrition and Nursing- November 6-7, 2023

-Carb counting and diabetes interactive skills check

Interprofessional Education Activity: Nutrition and Radiology- October 6, 2023

-Nasogastric tube placement and bedside x-ray placement checks

Muslim Association of Southern Indiana for Health Advancement *Fall Festival*- September 16, 2023.

-Created an educational display board and handouts on healthy eating for children and families

BWXT Employee Health Fair- September 12, 2023

-Created an educational display board and handouts on healthy eating

ETS Cooking Class- July 20, 2023

-Collaborated with Sodexo/USI to develop interactive cooking demonstration for blind and autistic individuals- 14-21 yrs.

Deaconess/Evansville Vanderburgh School Corporation Health Science Institute- June 8, 2023

-Presented nasogastric tube insertion on simulation mannequin

-Educated on the role of clinical dietitian

USI Women’s Basketball- Sports Nutrition Program- Summer 2023

-Healthy Grocery Shopping presentation and grocery store tour

-Sports nutrition basics

Holy Redeemer Mission Week- May 2023

**-**Led 50 middle school students in developing nutrition education packets for senior citizens

**-**Instructed and assisted students in cooking and packaging 80 individual meals for homebound senior citizens

USI Men’s and Women’s Swim and Dive- Sports Nutrition Program- Spring 2023

- Sports Nutrition Basics

- Hydration

-Travel Nutrition

SMILE on Down Syndrome Cooking Class- February – May 2023

-Developed and implemented 4 cooking classes for individuals with Down Syndrome

USI Women’s Soccer- Sports Nutrition Program- Spring 2023

- Conducted individual swear rate studies on each player

- Sports Nutrition Basics

- Hydration

- “Survival Skills” Cooking Class

USI Family Weekend- Cooking Class- February 4, 2023

In-service/Training to College of Nursing and Health Professions Advising Office- December 2022

-Dietetic Professional Updates

USI Women’s Basketball- Sports Nutrition Program- Spring 2022

Taught cooking class: Breakfast meals/Meal prep (dietetic intern assisted)

Individual nutrition counseling sessions conducted with 12 athletes

Children Center for Dance- Pirouette Project- Fall 2022- current

-Developed weekly snack menus and recipes within allocated budget

-Coordinated and supervised food and nutrition students preparing and delivering weekly healthy snacks for 12 children

USI Women’s Softball- Sports Nutrition Program- Fall 2021

Taught cooking class: “Cooking Survival Skills” to team

Conducted sweat study

- Sports Nutrition Basics

- Hydration

- Alcohol and Sleep

- RED-S and Body Image

- Sports Supplements Safety

USI Women’s Volleyball- Fall 2021

-Sports Nutrition Q & A session

USI Women’s Basketball- Spring 2021

-Healthy grocery shopping and meal planning

-Grocery shopped with the team

Harrison High School Girls Soccer- Sports Nutrition Program-Summer 2021

-Sports Nutrition Basics

-Game Day Nutrition

-Female Athletes and Body Image

Evansville Vanderburgh School Corporation- Try it Tuesday- Fall-Spring 2021

-Developed monthly educational materials and recipes for “Food of the Month”

Coordinated and supervised members of FNSO to develop nutrition education to be posted on social media for the Indiana Academy of Nutrition and Dietetics (SWIAND)- Fall 2020-Spring 2021

- Students developed 10 monthly educational posts utilizing graphic design software

Interprofessional Education Activity: Nutrition and Dental- February 4 & 6, 2020

-Goal setting activity

USI Men’s Soccer- Virtual Sports Nutrition Program- Summer 2020

-Met with coaches and athletes via Zoom for team meetings

-Hydration

-Supplements and Ergogenic Aids

-Alcohol and Sleep

-Proper fueling- game day

-Injury and Recovery

USI Women’s Softball- Sports Nutrition Program- Spring 2020

-Collaborated with NUTR 481 class to provide individualized nutrition counseling utilizing Healthie Telehealth software

NUTR 465 Service-Learning Project- Spring 2020

-Developed and conducted a survey at the Vanderburgh County WIC office and residents of the Evansville Housing Authority to gather information on the culture and needs of the target population related to food preparation and cooking.

Interprofessional Education Activity: Nutrition and Nursing- November 19, 2019

-Carb counting and diabetes interactive skills check

Evansville Thunderbolts Professional Hockey- Sports Nutrition Program- Fall 2019- Spring 2020.

- Mentored 1 senior dietetic student

- Conducted body composition testing using the BodPod in Human Performance Lab

- Conducted individual nutrition counseling sessions

- Taught multiple (ongoing) nutrition in-services to coaches and players

-Sports Nutrition Basics

-Travel Nutrition

-Immune function and Injury Recovery

USI Women’s Basketball- Sports Nutrition Program- Fall 2019

- Co-taught Salad in a Jar- cooking class

- Taught 4 nutrition in-services to coaches and players

- Sports Nutrition Basics

- Healthy Grocery Shopping

- Sports Supplements Safety

- Travel Nutrition

USI Women’s Softball- Sports Nutrition Program- Fall 2019

-Taught 4 nutrition in-services to coaches and players

- Sports Nutrition Basics

- Healthy Grocery Shopping

- Sports Supplement Safety

- Travel Nutrition

USI Men’s & Women’s Cross Country and Track- Sports Nutrition Program- Spring 2019

-Taught 3 nutrition in-services to coaches and players

- Sports Nutrition Basics

- Sport Specific Nutritional Concerns

- Fast Food and Travel Nutrition

Interprofessional Education Activity: Nutrition and Nursing- November 20, 2018

-Carb counting and diabetes interactive skills check

Southwest Indiana Girl Scout Workshop- November 10, 2018

-Completed Cooking Badge activities

College of Nursing and Health Professions- Wellness Contest

October – December 2018

-2 dietetic interns assisted in organizing and running wellness contest

USI Women’s Volleyball- Sports Nutrition Program- Fall 2018

-Conducted individual swear rate studies on each player

-Grocery Store tour with team members and coaches

-Taught 4 nutrition in-services to coaches and players

- Sports Nutrition Basics

- Healthy Grocery Shopping

- Hydration

- Female Athlete Triad and Body Image

USI Women’s Soccer- Sports Nutrition Program- Fall 2018

-Conducted individual sweat rate studies on each player

-Taught 4 nutrition in-services to coaches and players

- Sports Nutrition Basics

- Healthy Grocery Shopping

- Hydration

- Sleep and Alcohol

USI Men’s Soccer- Sports Nutrition Program- Fall 2018

-Conducted individual sweat rate studies on each player

-Taught 3 nutrition in-services to coaches and players

-Sports Nutrition Basics

-Hydration

-Travel Nutrition

USI Women’s Basketball- Sports Nutrition Program- Fall 2018

-Taught cooking class: “Cooking Survival Skills” to team

-Taught 3 nutrition in-services to coaches and players

-Sports Nutrition Basics

-Travel Nutrition

-Healthy Grocery Shopping

USI Women’s Basketball- Sports Nutrition Program- Spring 2018

-Taught 2 nutrition in-services to coaches and players

-Travel Nutrition

-Sleep and Alcohol

USI Women’s Softball- Sports Nutrition Program- Fall 2017

-Taught 3 nutrition in-services to coaches and players

-Sport Nutrition Basics

-Travel Nutrition

-Sleep and Alcohol

USI Women’s Basketball- Sports Nutrition Program- Fall 2017

-Conducted individual sweat rate studies on each player

-Taught 2 nutrition in-services to coaches and players

-Sports Nutrition Basics

-Hydration

USI Men’s Basketball- Sports Nutrition Program- Fall 2017

-Conducted individual sweat rate studies on each player

-Taught cooking class: “Cooking Survival Skills” to team

-Taught 2 nutrition in-services to coaches and players

- Sports Nutrition Basics

- Hydration

USI Women’s Soccer- Sports Nutrition Program- Fall 2017

-Conducted individual sweat rate studies on each player

-Taught 4 nutrition in-services to coaches and players

- Sports Nutrition Basics

- Travel Nutrition

- Hydration

- Body Image and Female Athlete Triad

Hispanic Nutrition Education Program- Spring 2017

-Conducted Focus Group with nurse practitioners and employees at ECHO clinics and USI Community Clinics in Evansville, IN

-Developed and distributed digital survey to health practitioners in Evansville to assess nutrition education concerns and needs for the Hispanic population

-Developed Spanish education resource guide

-Students worked with translator to develop 12 nutrition education posters and handouts in Spanish

SPHL Thunderbolts Ice Hockey- Sports Nutrition Program Fall 2016-Spring 2017

-Conducted individual sweat rate studies on each player

-Conducted individual sweat electrolyte analysis testing

-Administered Sports Nutrition Survey and Gatorade Fluid Habits Survey

-Provided one on one nutrition counseling to athletes

USI Women’s Soccer- Sports Nutrition Program- Fall 2016

-Administered Food Frequency Questionnaire and Sports Nutrition Survey

-Conducted individual sweat rate studies on each player

-Taught 4 nutrition in-services to coaches and players

- Sports Nutrition Basics

- Travel Nutrition

- Hydration

- Sleep and Alcohol

Development of Athlete Guidebook and Cookbook- *Eagles Eating Strong-* Spring 2016

-Sports Nutrition Guidebook and cookbook for student athletes

USI Women’s Volleyball- Sports Nutrition Program- Spring 2016

-Administered Food Frequency Questionnaire and Sports Nutrition Survey

-Conducted individual swear rate studies on each player

-Taught 4 nutrition in-services to coaches and players

- Sports Nutrition Basics

- Travel Nutrition

- Hydration

- Sleep and Alcohol

USI Women’s Tennis- Body Composition testing- February 2, 2016.

-Conducted body composition on each player using the segmental body composition analyzer

National Guard – Operation S.P.R.IN.G (Staying Prepared Rallying Indiana National Guard)

-Hosted 125 National Guard soldiers for Nutrition and Fitness Symposium

-Conducted one on one nutrition counseling with 20 soldiers

Coordinator for student community events and volunteerism

-EVSC’s Color Me Healthy program

-EVSC’s Try It Tuesday program

-23 community health fairs

- Social media nutrition education messaging for IAND Facebook and Twitter accounts

Recorded instructional video tutorial with Dennis Siepierski on developing study games (Jeopardy) utilizing the Turning Point Software for the clickers. November 30, 2012.

**Honors and**

**Awards**:

2025, Outstanding Dietitian of the Year Award, Indiana Academy of Nutrition and Dietetics.

2024, April- Bill Block Outstanding Alumnus Award, Ball State University

2023, 2022 & 2021- Nominated for University of Southern Indiana- Health Professions Excellence in Teaching Award.

2019, May- University of Southern Indiana- Health Professions Excellence in Teaching Award.

2015, August- University of Louisville, School of Public Health and Information Sciences, Tuition Scholarship, $1500

2015, June- Mary Swartz Rose Graduate Scholarship- Academy of Nutrition and Dietetics, $3000

2015, April- Lute Troutt Fellowship Award Recipient- Indiana Academy of Nutrition and Dietetics, $1000

2014-, August- University of Louisville, School of Public Health and Information Sciences, Tuition Scholarship, $5000

2013 Nominated for Indiana Dietetic Association- Honored Dietitian Award

2012 Meritain MVP Award

2009 Recognized Young Dietitian of the Year nominee

**Presentations**: **Regional:**

Murray State University- October 14, 2024. *Nutrition-Focused Physical Exam Workshop*

- Conducted a day-long workshop with hands-on training for dietetic interns

National Strength and Conditioning Association (NSCA), Great Lakes Region; Indiana State Clinic. Fishers, IN; September 28, 2024. *Building a Fueling Station: How to Do More with Less.*

Murray State University- October 10, 2023. *Nutrition-Focused Physical Exam Workshop*

- Conducted a day-long workshop with hands-on training for dietetic interns

Muslim Association of Southern Indiana for Health Advancement- Newburgh, IN; July 29, 2023. *Nutrition Trends…What’s Worth the Hype?*

Southwest Indiana Academy of Nutrition and Dietetics- Evansville, IN; March 17, 2023. *SMILE on Down Syndrome.*

Central Indiana Academy of Nutrition and Dietetics – Indianapolis, IN; January 26, 2023. *An Exploration of the Relationship Between a Registered Dietitian Nutritionist’s Level of Self-efficacy to Serve as a Preceptor and Prior Preceptor Training.*

Indiana Dental Hygiene Association- Ohio Valley Component- Evansville, IN; November 17, 2022. *Nutrition and Dental Hygiene.*

Women, Infants, and Children (WIC)- February 11, 2022. *Pediatric Nutrition Focused Physical Exam Workshop.*

- Day-long workshop with hands-on training for WIC dietitians and nutritionist with hands-on training at WIC.

Murray State University- October 21, 2020. *Nutrition Focused Physical Exam Workshop*

- Day long workshop with hands on training for dietetic interns. (hands on component at LTC facility canceled due to COVID-19)

Murray State University- October 23, 2019. *Nutrition Focused Physical Exam Workshop*

- Day long workshop with hands on training at a Long-term Care Facility for dietetic interns.

Does Nitric Oxide Supplementation Improve Athletic Performance in Collegiate Female Volleyball Players? University of Southern Indiana, Endeavor Symposium. Evansville, IN; April 11, 2019.

Evaluating professional ice hockey players’ sweat rates and composition to determine the most effective electrolyte replacement beverage, presentation, Southwest Indiana Academy of Nutrition and Dietetics. Evansville, IN; February 15, 2018.

Nutrition-Focused Physical Assessment Training. Evansville, IN; November 17, 2017

Nutrition-Focused Physical Assessment Training. Evansville, IN; November 12, 2016.

Eagles Eating Strong- Development of a Sports Nutrition Cookbook targeted for Maximizing Athletic Performance. National Strength and Conditioning Association (NSCA) Regional Clinic, Evansville, IN; November 5, 2016.

Ethics in the Profession of Dietetics, presentation, Indiana Academy of Nutrition and Dietetics Annual Conference, Indianapolis, IN; April 2016.

Worksite Wellness, presentation, Indiana Dietetic Association Annual Conference, Indianapolis, IN; April 2011.

**Community**

**Speaking**

**Engagement**:

USI Student-Athlete Webinar- January 31, 2022

-Sleep and Alcohols Effect on Athletic Performance

Evansville Christian School- April 18, 2022

**-**Dietetics profession and USI

USI Wellness Lunch ‘n Learn- November 16, 2021

-Surviving the Holidays

Evansville Christian School- April 6, 2021

-Human digestion

Evansville Day School- October 11, 2019. Learn How the New Nutrition Facts Label Can Help Improve Your Health*.*

*-* Taught nutrition education class to high school students

USI Wellness Lunch ‘n Learn- November 12, 2019.

-Making the Most out of your Menu

Introductory Cooking Class: USI Women’s Basketball team. November 1, 2018.

USI Wellness Lunch ‘n Learn- November 1, 2018.

-Eating Healthy on Campus

Evansville Christian School- Nutrition Education Classes- Sept. 25-28, 2018.

-Taught variety of nutrition education classes to 8th grade students

American Heart Association CEO Breakfast. January 30, 2018.

-Led interactive cooking demonstration/class

-Coordinated student volunteers for set-up, décor and informational PowerPoint presentation

Introductory Cooking Class: USI Men’s Basketball team. November 29, 2017.

Fad Diets: Debunking the Myths, supervised intern presentation. October 26, 2017

Eating Healthy on a Budget, USI Wellness Programming. November 9, 2016

Career Day; Dietetics. Mt. Vernon Senior High School, October 26, 2016.

Freshman 15, UNIV 101, October 13, 2016

Eating Healthy on a Budget, Masters in Social Work. September 8, 2016

Southern Indiana Tri-Club, Sports Nutrition- Hydration and Sweat Rates. April 2, 2016.

National Guard Symposium; March 19, 2016.

Castle High School Strength and Conditioning Classes; (200 students)

February 16, 2016; Pre and Post Nutrition

February 23, 2016; Travel Nutrition

March 3, 2016; Making weight the healthy way

Castle High School Strength and Conditioning Classes; (200 students)

January 28, 2015; Pre and Post Nutrition

February 4, 2015; Travel Nutrition

February 11, 2015; Making weight the healthy way

Ayurveda Nutrition Workshop, Evansville Power Yoga. February 28, 2015; Evansville, IN.

Career Day; Dietetics. Mt. Vernon Senior High School, November 6, 2014.

Ayurveda Nutrition Workshop, Evansville Power Yoga. June 21, 2014; Evansville, IN.

Southern Indiana Triathlon Team; Nutrition for Endurance and Ultra-Endurance Sports. April 6, 2014.

Fruit and vegetable nutrition- Eat a rainbow. John H. Castle Elementary,

1st grade classes (135 students), March 2013.

Career Day; Dietetics. Mt. Vernon Senior High School, November 2012.

How to select vitamins and nutritional supplements. TheAhh Spa- Wellness Event, Evansville, IN, September 2012.

**Television/Radio/**

**Newspaper**

**Interviews**: Community Weight Loss Challenge; *Help Me Rhonda Please,* WEHT News 25, March 22, 2018.

Sweat Testing with the Thunderbolts. Mixlr Live Radio, October 22, 2016.

Fast Food and Travel Nutrition for Athletes. Mixlr Live Radio, December 3, 2016.

New Year’s Eve Resolutions. Mixlr Live Radio, December 31, 2016.

The Power of Food: exercising right eating. USI Magazine Interview, Winter 2014.

Food and Drug Interactions: Coumadin. Television Interview; *Medical Minute.*

Fox 7 News, January 2006.

**Publications**:

Williams, R. & Young, B. (2025, Jan.). Interprofessional education activity between radiography and dietetic students; NG tube placement and portable exams. *Radiologic Technology, 96;* 3, 241.243.

Young, B., & Baker, J. (2023). Empowering individuals with Down syndrome: Creating an inclusive cooking class for skill development and social engagement. *NDEP-Line, Winter.*

Young, B. (2023). Caffeine and Athletic Performance- Boost or Bust? *National Fastpitch Coaches Association, Top Recruit Magazine. 18*, 48-49.

Young, B. (2021). *Community nutrition in action.* (8th ed. Suppl. Instructor Resources) Cengage.

Young, B. (2018, May). What to Eat for the Big Race. Winners Drink Milk Blog for the American Dairy Association Indiana.

Young, B. (2017, March). Put Your Best Fork Forward. National Nutrition Month Blog for the American Dairy Association Indiana.

Author/editor: Indiana Academy of Nutrition and Dietetics. Indiana Diet Manual, 2016 ed.

Litherland, J., and Young, B. (2014, October). Making Wise Choices at the Fall Festival. *The Standard,* Guest Columnist, Healthy Living Supplement.

Young, B. (2013, Fall). The Yogic Diet, Then…and Now. Newburgh Magazine, 20-22.

Young, B. (2013, August). Back to school benefits from eating breakfast. *The Standard,* Guest Columnist, Healthy Living supplement.

Young, B. (2013, June). Strategies for weight loss success.*The Standard,* Guest Columnist, Healthy Living supplement.

Young, B. (2013, May). Winning on and off the field.*The Standard,* Guest Columnist, Healthy Living supplement.

Young, B. (2013, April). Weight loss…How ready are you? *The Standard,* Guest Columnist, Healthy Living supplement.

Young, B. (2013, January). New Year’s Resolutions. *The Standard,* Guest Columnist, Healthy Living supplement.

Young, B. (2013, January). Keep your kitchen healthy and safe this holiday season. *The Standard,* Guest Columnist, Healthy Living supplement.

Young, B. (2012, October). 5 Ways a healthy lifestyle can ward off the common cold. *The Standard,* Guest Columnist, Healthy Living supplement.

Young, B. (2012, September). Are You Supermarket Savvy? *The Standard,* Guest Columnist, Healthy Living supplement.

**Scholarship**:

Windham, W., Slisher, B. & Young, B. (2025). *In Adults with Obesity, How Effective is the Use of Semaglutide for Weight Loss Compared to Lifestyle Modifications Alone?* Poster presentation: 29th Annual Research Evidence-Based Practice and Performance Improvement in Healthcare Conference; 2025 Apr 23; Evansville, IN.

Nora, S., Jones, R., Coleman, B. & Young, B. (2025). *In Pregnant Women, What are the Effects of Calcium Supplementation on the Risk of Developing Pre-eclampsia?* Poster presentation: 29th Annual Research Evidence-Based Practice and Performance Improvement in Healthcare Conference; 2025 Apr 23; Evansville, IN.

Faculty Development Award Grant- Adaptive Cooking Classes; An Evidence-Based Approach to Enhance the Independence of Individuals with Down Syndrome. Awarded, January 2025.

Editor for Indiana Diet Manual (11th ed.). *Indiana Academy of Nutrition and Dietetics.* 2024-2025.

Rexing, S., Young, B. & Baker, J. (2024). *S.M.I.L.E. on Wellness: An Interprofessional Service-Learning Activity*. Poster presentation: Indiana Occupational Therapy Assistant Fall Conference. 2024, Nov.

Southwest Indiana Area Health Education Center; Poverty Simulation. *University of Southern Indiana.* October, 15, 2024. Volunteer.

Strengthening the Healthcare Team. *University of Southern Indiana.* September 13, 2024. Planning Committee Member.

Young, B. & Baker, J. (2024). *Empowering individuals with Down syndrome: Creating an inclusive cooking class for skill development and social engagement.* Podium presentation: 28th Annual Research Evidence-Based Practice and Performance Improvement in Healthcare Conference; 2024 Apr 17; Evansville, IN.

Hayes, T., Obermeier, S., Hannah, H. & Young, B. (2024*). Are probiotics an effective treatment for irritable bowel syndrome?* Poster presentation: 28th Annual Research Evidence-Based Practice and Performance Improvement in Healthcare Conference; 2024 Apr 17; Evansville, IN.

Neukam, K., Van Bibber, V. & Young, B. (2024). *Does a plant-based diet delay the progression of Alzheimer’s disease compared with a Western diet?* Poster presentation: 28th Annual Research Evidence-Based Practice and Performance Improvement in Healthcare Conference; 2024 Apr 17; Evansville, IN.

Young, B. & Williams, R. (2024). *Nasogastric tube placement and portable exams; Exploring attitudes towards interprofessional teams between dietetics and radiography students.* Poster presentation: USI Celebration of Teaching & Learning Symposium; 2024 Feb. 14; Evansville, IN.

Josh Wildeman, *Student-athlete undergraduate major selection: An investigation into the environmental and institutional factors of the decision-making process.* Dissertation Committee Member; May 2023- July 2024.

Young, B., Colson, T., Smothers, M. & Friesen, C. (2023). *Evaluating a Registered Dietitian Nutritionist’s Level of Self-efficacy to Perform the Required Skills of a Preceptor.* Poster presented at: Indiana Academy of Nutrition and Dietetics Annual Conference; 2023 Apr. 27-28; Noblesville, IN.

Expert Review Panel for development of S-NFPE (Sport- Nutrition Focused

Physical Exam) tool. Rutgers University, Fall 2023.

Young, B. (2022). *An Exploration of the Relationship Between a Registered Dietitian Nutritionist’s Level of Self-efficacy to Serve as a Preceptor and Prior Preceptor Training.* [Dissertation, The University of Southern Indiana]. Scholarly Open Access Repository.

Young, B.A. (June, 2022). [Review of the article, *The acute effect of in natura beetroot juice intake on intra-session exercise sequences during concurrent training,* Souza, D., Ribeiro, J., Simao, A., Aguilar-Navarro, M., & Polito, M.]. *International Journal of Exercise Science.*

Young, B., Wijesuriya, U., Wildeman, J., Miller, S. & Stratman, B. (2020, April 3-4: Canceled). *Does Nitric Oxide Supplementation Improve Athletic Performance in Collegiate Female Volleyball Players?* Beyond Boundaries Symposium, Indianapolis, IN; April 3-4, 2020 (Canceled).

Young, B., Wijesuriya, U., Miller, S., Stratman, B. (2019, April). *Does Nitric Oxide Supplementation Improve Athletic Performance in Collegiate Female Volleyball Players?* University of Southern Indiana, Endeavor Symposium. Evansville, IN; April 11, 2019.

Young, B, Baker, A., and Cloum, M. (2017, April). *Does the Use of Individualized Electrolyte Replacement Beverages over Commercial Sports Beverages Improve the Sweat Composition of Professional Ice Hockey Players?* Poster presented at: Sports, Cardiovascular, and Wellness Nutrition, National Symposium; 2017 March 31-April 2; Charlotte, NC.

Young, B. (2016, April). *Development of a Student Athlete Nutrition Guide and Cookbook.* Poster presented at: Indiana Academy of Nutrition and Dietetics Annual conference; 2016 Apr. 13-14; Indianapolis, IN.

Young, B. (2016, April). *Formulation and Sensory Evaluation of homemade Sports Beverages.* Poster presented at: Indiana Academy of Nutrition and Dietetics Annual conference; 2016 Apr. 13-14; Indianapolis, IN.

Rogers, W.T., Young, B.A., Chaney, C., Jones, G., Ayangeakaa, S., Muvuka, B., LaJoie, S. *Redesigned Medication Messaging Better Communicates Information to Patients.* Poster presented at: Research!Louisville, Regional Conference; 2015 October 28. Louisville, KY.

Young, B, McCullough, J. and Tuley, J. *Measurement of Participation and Influence on Fruit and Vegetable Consumption of Patrons using a Mobil Produce Market.* Poster presented at: Indiana Academy of Nutrition and Dietetics Annual conference; 2015 Apr. 15-16; Indianapolis, IN.

Young, B., Langley, J. *A Multi-disciplinary student experiential learning activity evaluating the fitness and nutritional practices of a professional ice hockey team.* Poster presented at: Sports, Cardiovascular, and Wellness Nutrition, National Symposium; 2014 June 27-29; Huron, OH.

Young, B. *Differentiating where collegiate and professional athletes obtain nutrition information and how they apply it to their sport.* Poster presented at: Indiana Dietetic Association Annual conference; 2014 Apr. 16-17; Indianapolis, IN.

Young, B. *Assessing nutrient intake of the homeless through plate waste study using modified visual estimation.* Poster presented at: Indiana Dietetic Association Annual conference; 2013 Apr. 17-18; Indianapolis, IN.

Peer-reviewed biology lab exercise; Hopper, M. (2012) Study of Digestive and Regulatory Processes through Exploration of Fasted and Postprandial Blood Glucose.

**Continuing**

**Education**:

Indiana Academy of Nutrition and Dietetics Annual Conference; 2025 Apr. 11; Plainfield, IN.

Nutrition and Dietetics Educators and Preceptors (NDEP), Annual Conference; Mar. 27-28, 2025; Memphis, TN.

Southwest Indiana Academy of Nutrition and Dietetics; District Meeting, Evidence-Based Analysis Presentations; 2025 Mar. 7, Evansville, IN.

IAND Webinar: GLP-1 Receptor Agonists; 2024, Nov. 18. Webinar.

Gro Anu Hydroponics Presentation and Tour, Evansville, IN. November 15, 2024.

University of Southern Indiana; Slate Training- 2024, Sept. 27.

IAND Webinar: Ethics and Equity in Community Programs; 2024, Sept. 18. Webinar.

University of Southern Indiana; Title IX Training- 2024, Sept. 3.

Multiple Choice Items- Registered Dietitian Exam, Faculty Training on Writing Effective Multiple Choice Exam Questions. 2024 Aug. 8; USI Stone Family Center, Evansville, IN.

Assess and Learn: Sports Nutrition for Athletic Performance. Commission of Dietetic Registration. 2024, June 9.

ACEND Competency Software Training, Webinar. 2024, June 3.

University of Southern Indiana; CETL- Portfolio, Tenure and Promotion and Reappointment Training- 2024, May 30.

University of Southern Indiana; College of Nursing and Health Professions: Anatomage Table and EHRGo Training- 2024, May 21.

Registration Eligibility Processing System (REPS): Program Director Tutorial. Commission of Dietetic Registration. 2024, May 13.

NDEP Webinar: Practical Guidelines to Successfully Navigate the RDN/NDTR Examination; 2024 Apr. 19. Webinar.

Southwest Indiana Academy of Nutrition and Dietetics; NASA; Nutritional Biochemistry of Spaceflight. 2024 Apr. 8; Evansville, IN.

Nutrition and Dietetics Educators and Preceptors (NDEP), Annual Conference; Apr. 3-5, 2024; Seattle, WA.

ACEND DEI Webinar:Empowering Dietetics Students: Navigating Microaggressions & Advocacy in the Academic Settings, The Accreditation Council for Education in Nutrition and Dietetics (ACEND), Webinar. Mar. 8, 2024.

Southwest Indiana Academy of Nutrition and Dietetics; 2024 Feb. 16; Evansville, IN.

Southwest Indiana Academy of Nutrition and Dietetics; 2023 Oct. 20; Evansville, IN.

NDEP Webinar: Interrupting Microaggressions; 2023 Sept. 12; Webinar.

Indiana Academy of Nutrition and Dietetics Annual Conference; 2023 Apr. 27-28; Noblesville, IN.

27th Annual Research, Evidence-Based Practice and Performance Improvement Conference; April 19, 2023; University of Southern Indiana, Evansville, IN.

Nutrition and Dietetics Educators and Preceptors (NDEP), Annual Conference; March 30-31, 2023; Omaha, NB.

Academy of Nutrition and Dietetics, Food and Nutrition Conference & Expo; October 8-10, 2022; Orlando, Fl.

ACEND Diversity Webinar Series:Supporting our LGBTQ Students, The Accreditation Council for Education in Nutrition and Dietetics (ACEND), Webinar. June 2, 2022.

Franklin Covey Unconscious Bias Training. University of Southern Indiana, Workshop. May 23, 2022.

ACEND Diversity Webinar Series: Panel Discussion- Strategies to Improve Diversity and Inclusion in Dietetics Education, The Accreditation Council for Education in Nutrition and Dietetics (ACEND), Webinar. May 17, 2022.

Preceptor Training Course, The Accreditation Council for Education in Nutrition and Dietetics (ACEND), Online Training Course. April 15, 2022.

Best Practices in Nutrition Focused Physical Exam, Becky Dorner & Associates, Webinar. January 12, 2022.

The New 2020-2025 Dietary Guidelines for Prevention of CVD and other Chronic Diseases: An Update, The Accreditation Council for Education in Nutrition and Dietetics (ACEND), Webinar. May 6, 2021.

Academy of Nutrition and Dietetics, Food and Nutrition Conference & Expo, Virtual Conference. October 17-20, 2020.

Beautiful Edibles Farm Tour, Southwest Indiana Academy of Nutrition and Dietetics (SWIAND), Evansville, IN. September 26, 2020.

Quality Matters- Online Course Development Program- Spring 2020

-Updated and aligned NUTR 465 course with Quality Matters standards

MySports Dietitian - Sports Nutrition Symposium. Virtual Conference. June 16-18, 2020.

Performance-Centered Plant-Based Diets for Athletes, Sports Cardiovascular and Wellness Nutrition (SCAN) Webinar. May 27, 2020.

1,2,3 Steps to Storytelling for Nutrition Communications, Academy of Nutrition and Dietetics (AND), Webinar. May 21, 2020.

Collegiate and Professional Sports Dietitians Association (CPSDA) 12th Annual Conference. Virtual Conference. May 18-20, 2020.

Food-First Eating Patterns to Maximize Health and Human Performance, Sports Cardiovascular and Wellness Nutrition (SCAN) Webinar. April 29, 2020.

The Practical Assessment and Management of Relative Energy Deficiency in Sport (RED-S), Sports Cardiovascular and Wellness Nutrition (SCAN) Webinar. April 24, 2020.

Sports Cardiovascular and Wellness Nutrition (SCAN) Symposium: Sports Cardiovascular and Wellness Nutrition (SCAN Revolutionizing Performance Nutrition. Virtual Conference. March 21-23, 2020.

TeamSTEPPS Fundamentals Training. University of Southern Indiana

**(2 hours)** September 2019.

Board Certified Specialist in Sports Dietetics. Commission on Dietetic Registration (75 CEU's). July 2019-2024.

Quality Matters- Online Course Development Program- Spring 2019

-Updated and aligned NUTR 415 course with Quality Matters standards

Quality Matters- Online Course Development Program- Fall 2018

-Updated and aligned NUTR 378 course with Quality Matters standards

Real Food Blends, Southwest Indiana Academy of Nutrition and Dietetics (SWIAND), Evansville, IN. September 20, 2018.

Sports Cardiovascular and Wellness Nutrition (SCAN) Symposium: No Limits Nutrition: Extreme and Unique Practices. Keystone, CO. May 4-6, 2018.

Indiana Academy of Nutrition and Dietetics Annual Conference, Indianapolis, IN. April 11-12, 2018.

Sports Cardiovascular and Wellness Nutrition (SCAN) Symposium: Syncing Nutrition Science & Practice: Advancing Knowledge and Building Skills, Charlotte, NC. March 31-April 2, 2017.

Indiana Academy of Nutrition and Dietetics Annual Conference, Indianapolis, IN. April 12-13, 2017.

Indiana Academy of Nutrition and Dietetics Annual Conference, Indianapolis, IN. April 13-14, 2016.

Nutrition Focused Physical Exam Hands-On Training Workshop (10 CEU's). Newton-Wellesley Hospital, Boston, MA. Jan. 9, 2016.

Academy of Nutrition and Dietetics, Food and Nutrition Conference & Expo, Nashville, TN. October 3-5, 2015.

Faculty Workshop: Webpage Training, In-service, USI, May 19, 2015.

Indiana Academy of Nutrition and Dietetics Annual Conference, Indianapolis, IN. April 15-16, 2015.

Faculty Workshop: Curriculog Training, In-service, USI, Jan. 23, 2015

Sports, Cardiovascular, and Wellness Nutrition (SCAN), National Symposium; 2014 June 27-29; Huron, OH.

Indiana Academy of Nutrition and Dietetics Annual Conference, Indianapolis, IN. April 16-17, 2014.

Southwest Indiana Dietetic Association (SWIDA) meeting/in-service, USI, Evansville, IN. March 20, 2014.

Board Certified Specialist in Sports Dietetics. Commission on Dietetic Registration (75 CEU's). February, 2014.

Southwest Indiana Dietetic Association (SWIDA) meeting/in-service, St. Mary's Hospital, Evansville, IN. February 20, 2014.

Southwest Indiana Dietetic Association (SWIDA) meeting/in-service, Evansville, IN. January 16, 2014.

Preventive Cardiovascular Nurses Association (PCNA), Creating a heart-healthy workplace: The job begins with us! Webinar, May 15, 2013.

Dietitian Central, Evaluating Supplements for Athletes. Webinar, May 15, 2013.

Indiana Dietetic Association Annual Conference, Indianapolis, IN. April 17-18, 2013.

Research, Evidence-Based Practice, and Performance Improvement in Healthcare Conference. USI, April 10, 2013.

Southwest Indiana Dietetic Association (SWIDA) meeting/in-service, Select Specialty Hospital, Evansville, IN. March 21, 2013.

Faculty Workshop: Service Learning & Student Engagement. In-service, USI, February, 14, 2013.

Faculty Workshop: Publish & Flourish. In-service, USI, February 8, 2013.

Faculty Workshop; Student Engagement. In-service, USI, October 19, 2012.

Faculty Workshop; Course Design. In-service, USI, September 21, 2012.

ASPEN Adult Malnutrition Update. Webinar, September 17, 2012.

Commission on Dietetic Registration (CDR) registration requirements met- Portfolio dates valid through May 2019.

-75 hours of continuing ed. required every 5 years for RD credentials

* 15 hours of continuing ed. required every year for CD credentials

**Additional**

**Community**

**Service**

**Activities**:

SWIRCA & More, Nutrition Awareness Day Health Fair

Educational display booth- National Nutrition Month

Presented a series of wellness education classes for ~ 200 senior citizens

-March 20, 2025

-March 21, 2024

-March 16, 2023

-March 17, 2022

National African American Parent Involvement Day

Prepared 200+ meals to distribute to low-income African-American families

-February 13, 2023

-February 14, 2022

-February 8, 2021

JobSpark Career Expo, Junior Achievement

-November 7-8, 2024 (Old National Events Plaza)

-October 24-25, 2023 (Old National Events Plaza)

-October 25-26, 2022 (Old National Events Plaza)

-November 16, 2021 (virtual- live event)

-April 15, 2021 (virtual- video event)

-October 1, 2019 (Old National Events Plaza)

Health Professions Day, University of Southern Indiana

-February 23, 2024

-October 28, 2023

* November 5, 2022
* February 11, 2020

Medical Academy- Mini Health Professions Expo, April 7, 2022.

Homelessness Symposium, Canned Food Drive Collection

- February 17, 2020

- February 25, 2019

University of Southern Indiana Wellness Fair

* September 25, 2024
* September 27, 2023
* September 28, 2022
* September 25, 2019
* September 26, 2018
* September 28, 2017
* September 29, 2016
* September 30, 2015
* October 1, 2014
* October 2, 2013
* September 25, 2012

**Professional**

**Membership**:

Academy of Nutrition and Dietetics; member March 2000- current

- DNS: Dietitians in Nutrition Support; Dietetics Practice Group: October 2023- current

- SHPN: Sports and Human Performance Nutrition; Dietetic Practice Group: February 2021- current

- NDEP: Nutrition and Dietetic Educators and Preceptors; Dietetic Practice Group: May 2018- current

- Cardiovascular Health and Well-being; Dietetic Practice Group: February 2021- 2023

- SCAN: Sports, Cardiovascular and Wellness; Dietetic Practice Group: May 2011- 2021

- Community Nutrition; Dietetic Practice Group: May 2009- May 2011

American Sports and Performance Dietitians Association; member May 2025- current

Collegiate and Professional Sports Dietitians Association; member January 2019- 2024

Indiana Academy of Nutrition and Dietetics; member March 2000- current

Board of Directors, positions held:

- Diet Manual Committee member; August 2024- current

- Scholarship Committee member; August 2024- current

- Executive Board of Directors member; June 2015- June 2017

- Council on Professional Issues, (elected) June 2016- June 2017

- Council on Professional Issues, Chair-Elect (elected); June 2015- June 2016

- Community Practice Chair (appointed); June 2014- June 2015

- Sponsorship and Exhibits Chair (appointed); June 2012-June 2014

- Nominating Committee (elected); June 2012- June 2014

- Management Practice Chair (appointed); June 2011- June 2012

- Nominating Committee (elected); June 2007- June 2008

- Community Practice Chair (appointed); June 2006- June 2008

Meals on Wheels Evansville

Board of Directors; April 2023- current

-Secretary (elected); January 2024- current

Community Health Partnerships

Advisory Board (elected); November 2017- June 2020

Tri-Cap Head Start Health Services

Advisory Committee; August 2019- 2024

Southwest Indiana Academy of Nutrition and Dietetics; member January 2004- current

- Treasurer (elected); June 2022- June 2024

- Bylaws Committee Chair (appointed); June 2009- June 2010

- President (elected); June 2008- June 2009

- President-Elect (elected); June 2007- June 2008

Healthcare Information and Management Systems Society; member

January 2013- 2024

**Committees**: University Committees:

Academic Integrity Ad Hoc Committee for Faculty Senate

May 2025- current

The College Core 39 Assessment Facilitator (CCAF)-

August 2020- May 2023

USI Volunteer Advisory Council- member; June 2018- June 2024

President; June 2022- June 2023

President-elect; June 2021- June 2022

Treasurer; June 2020- June 2021

USI Student Affairs Committee- Chair; Fall 2016- Fall 2017

USI Student Affairs Committee-Co- Chair; Fall 2015- Spring 2016

Faculty Senate At-Large position

USI Student Affairs Committee- member; Fall 2013- Fall 2017

USI’s Enrollment Management Council Student Experience work group; June 2014- June 2015

College Committees:

Clinical Simulation Committee; Spring 2019- current

Student Affairs Committee; Fall 2013- current

Chair- Fall 2015- current

Organized and re-structured CNHP Honors Day programming- Spring 2016

Faculty and Staff Orientation Committee; Fall 2012- Fall 2016

Wellness Committee; Fall 2013-Fall 2014