Cassie M. Mitchell
PhD, RDN/LDN

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PROFESSIONAL

Current Position: Assistant Professor
Director of Nutrition Research for the Harold Hamm Diabetes Center

Employment: Health Promotion Research Center
Department of Pediatrics
Section of Diabetes and Endocrinology
University of Oklahoma Health Sciences Center
September 2022 – Present

Employment Address: Health Promotion Research Center
655 Research Parkway, Suite 400, Office 416
Oklahoma City, OK, 71204

Career Summary: My research aims to determine the behavioral, clinical, physiological, and metabolic impacts of dietary and exercise interventions on maternal health for prevention and treatment of cardiometabolic disease.

EDUCATION AND TRAINING

Training: Postdoctoral Fellow — Maternal-Fetal Nutrition and Metabolism
Position: Senior Postdoctoral Research Fellow
Institution: University of Oklahoma Health Sciences Center, Oklahoma City, OK
Dates: August 2022 - April 2024
Mentors: Jacob (Jed) E. Friedman, PhD

Training: Postdoctoral Fellow — Nutrition, Obesity, and Diabetes
Position: Postdoctoral Intramural Research Training Awardee
Institution: NIDDK-NIH, Phoenix Epidemiology and Clinical Research Branch, Phoenix, AZ
Obesity and Diabetes Clinical Research Section
Dates: May 2019 - August 2022
Mentors: Jonathan Krakoff, MD, Susanne B. Votruba, PhD, RDN and
Douglas C. Chang, MD

Degree: Ph.D. — Clinical Physiology and Metabolism
Minor Area: Translational Obesity Research
Institution: Virginia Polytechnic Institute and State University, Blacksburg, VA
Date: August 2014 - May 2018
Mentors: Brenda M. Davy, PhD, RDN and Kevin P. Davy, PhD
Certificate: Preparing the Future Professoriate
Certificate: Dietetics Verification Statement

Degree: M.S. — Nutritional Sciences
Institution: University of Oklahoma Health Sciences Center, Oklahoma City, OK
Date: August 2012 - May 2014
Mentor: Susan B. Sisson, PhD, RDN
Certificate: Preparing Future Faculty

Degree: B.S. Health and Exercise Science
Minor Area: Spanish
Institution: University of Oklahoma, Norman, OK
Date: August 2010 - May 2012

ADDITIONAL CURRENT AND PREVIOUS EXPERIENCE

Position and Dates:	Institution:
Instructor of Record NS 5233 Research Methods Fall 2023	University of Oklahoma Health Campus Department of Nutrition Sciences Oklahoma City, OK
Instructor of Record NS 5133 Public Health Nutrition I Summer 2023	University of Oklahoma Health Campus Department of Nutrition Sciences Oklahoma City, OK
Clinical Dietitian (PRN) Part-time, weekends March 2023 – November 2023	Norman Regional Health Systems Department of Food and Nutrition Services Norman, OK
Special Volunteer Obesity and Diabetes Clinical Research Section September 2022 – September 2023	NIH-NIDDK Phoenix Epidemiology and Clinical Research Branch Phoenix, AZ
Graduate Teaching Assistant HNFE 3034: Methods of Human Health Assessment August 2016 – May 2018	Virginia Polytechnic Institute and State University Department of Human Nutrition, Foods and Exercise Blacksburg, VA
Graduate Research Assistant Laboratories for Human Integrative Physiology and Eating Behaviors and Weight Management August 2014 – August 2016	Virginia Polytechnic Institute and State University Department of Human Nutrition, Foods and Exercise Blacksburg, VA
Graduate Teaching Assistant HNFE 3034: Methods of Human Health Assessment August 2014 – May 2015	Virginia Polytechnic Institute and State University Department of Human Nutrition, Foods and Exercise Blacksburg, VA
Graduate Research Assistant Behavioral Nutrition and Physical Activity Laboratory August 2012 – May 2014	University of Oklahoma Health Sciences Center Department of Nutritional Sciences Oklahoma City, OK

HONORS, SPECIAL RECOGNITIONS AND AWARDS

Editorial Board Member, Obesity, May 2025 - Present
Awardee, The Obesity Society Early Career Lightning Talk, San Diego, CA, November 3, 2022
Invited Session Leader, NIDDK's 17th Annual Conference, Bethesda, MD, April 13, 2022
Scholarship Recipient, The Academy Foundation Kenneth W. Wear Minority Scholarship, 2018
Scholarship Recipient, Virginia Tech Graduate Travel Award, 2017
Scholarship Recipient, The Academy Foundation Healthy Aging Scholarship, 2017
Scholarship Recipient, Jean B. Duerr Memorial Scholarship, 2017
Scholarship Recipient, Citizen Potawatomi Nation Tribal Rolls, 2017-2010
Awardee, Human Nutrition, Foods and Exercise Travel Award, 2017-2015
Invited Member, Phi Sigma Biological Honors Society, 2016
Research Fellowship, Translational Obesity Research Interdisciplinary Graduate Education Program, 2014-2015
Didactic Fellowship, Preparing Future Faculty, 2013-2014

PROFESSIONAL CERTIFICATIONS

Certification:	Accrediting Institution:
Registered Dietitian Nutritionist (RDN) 2019 - Present	Commission on Dietetic Registration (CDR)

PUBLICATIONS

Peer-reviewed research articles:

1. Willig MR*, Stinson EJ*, Looker HC, Piaggi P, ***Mitchell CM***, Hanson RL, Nelson RG, Krakoff J, Chang DC. Insulin resistance before type 2 diabetes onset is associated with increased risk of albuminuria after diabetes onset: A prospective cohort study. *Diabetes Obes Metab.* 2024 May;26(5):1888-1896. doi: 10.1111/dom.15505. PMID: 38419421.

2. ***Mitchell CM****, Stinson EJ*, Chang DC, Krakoff J. A mixed meal tolerance test predicts onset of type 2 diabetes in Southwestern Indigenous adults. ****Authors contributed equally to this work and share first authorship.*** *Nutr. Diabetes.* 2024 Jul 10;14(1):50. doi: 10.1038/s41387-024-00269-3. PMID: 38987291.

3. Stinson EJ*, ***Mitchell CM****, Looker HC, Krakoff J, Chang DC. Higher glucose and insulin responses to a mixed meal are associated with increased risk of diabetic retinopathy in Indigenous Americans. *J Endocrinol Invest*. 2024 Mar;47(3):699-707. doi: 10.1007/s40618-023-02187-0. PMID: 37684485.***Authors contributed equally to this work and share first authorship.***

4. Stinson EJ, Piaggi P, ***Mitchell CM***, Redman LM, Krakoff J. Reproducibility and determinants of the metabolic responses during a mixed meal tolerance test. *Obesity (Silver Spring).* 2023;31(3):768-779. PMID: 36788467

5. ***Mitchell CM***, Oxtoby LE, Krakoff J, Wooller MJ, Budge SM, Votruba SB, Shaw P, O'Brien DM. Carbon isotope ratios of plasma and RBC fatty acids identify meat consumers in a 12-week inpatient feeding study of 32 men. *The Journal of Nutrition.* 2023.152(12):2847-2855. PMID: 36095134

6. Booker JM, Chang DC, Stinson EJ, ***Mitchell CM***, Votruba SB, Krakoff J, Gluck ME, Cabeza de Baca T. Food insecurity is associated with higher respiratory quotient and lower glucagon-like peptide-1. *Obesity (Silver Spring)* 2022;30(6):1248-1256. PMID: 35674698

7. Wedekind LE, ***Mitchell CM***, Anderson CC, Knowler WC, Hanson RL. Epidemiology of type 2 diabetes in Indigenous communities in the United States. *Current Diabetes Reports* 2021;21(47). PMID: 34807308

8. ***Mitchell CM***, Davy BM, Ponder MA, McMillan RP, Hughes MD, Hulver MW, Neilson AP, Davy KP. Prebiotic inulin supplementation and peripheral insulin sensitivity in adults at elevated risk for type 2 diabetes: a pilot randomized controlled trial. *Nutrients.* 2021;13(9):3235. PMID: 34579112

9. ***Mitchell CM,*** Piaggi P, O'Brien DM, Krakoff J, Votruba S. Metabolic characterization of meat, fish, and soda intake in males: Secondary results from a randomized inpatient pilot study. *Obesity (Silver Spring)*. 2021;29(6):995-1002. PMID: 33938613

10. Griffin LE, Djuric Z, Angiletta CJ, ***Mitchell CM***, Baugh ME, Davy KP, Neilson AP. A Mediterranean diet does not alter plasma trimethylamine N-oxide concentrations in healthy adults at risk for colon cancer. *Food & Function* 2019;10(4):2138-2147. PMID: 30938383

11. ***Mitchell CM***, Davy BM, Hulver MW, Neilson AP, Bennett BJ, Davy KP. Does exercise alter gut microbial composition? A systematic review. *Medine & Science in Sports & Exercise* Jan 2019;51(1):160-167. PMID: 30157109

12. ***Mitchell CM***, Crawford D, New JA, Dionne CP, Sisson SB. Activity assessment in adults with amputation. *Orthopaedic Physical Therapy Practice* 2018;30(3):160-168. Cumulative Index

13. Baugh ME, Steele CN, Angiletta CJ, ***Mitchell CM***, Neilson AP, Davy BM, Hulver MW, Davy KP. Inulin supplementation does not reduce plasma trimethylamine N-oxide concentrations in individuals at risk for type 2 diabetes. *Nutrients*. 2018;10(6):793-803. PMID: 29925775

14. Smiljanec K, ***Mitchell CM***, Privitera O, Davy K, Neilson A, Davy B. Pre-meal inulin consumption does not affect acute energy intake in overweight and obese middle-aged and older adults: A randomized controlled crossover pilot trial. *Nutrition and Health.* 2017;23(2):75-81. PMID: 28413905

15. Rasbold AH, Sisson SB, Lora KR, ***Mitchell CM***. Television access, dinnertime food consumption and obesity among young children in Oklahoma. *Advances in Pediatric Research* 2016;3(3):1-8. doi:10.12715/apr.2016.3.3

16. ***Mitchell CM***, Davy BM, Halliday TM, Hulver MW, Neilson AP, Ponder MA, Davy KP. The effect of prebiotic supplementation with inulin on cardiometabolic health: rationale, design, and methods of a controlled feeding efficacy trial in adults at risk of type 2 diabetes. *Contemporary Clinical Trials*. 2015;45(Pt B):328-37. PMID: 26520413

Manuscript(s) Under Review:

1. Aydin BN*, ***Mitchell CM****, Looker HC, Krakoff J, Chang DC. Glucose and insulin responses to a mixed meal tolerance test before the onset of type 2 diabetes are associated with increased risk of albuminuria after diabetes onset. *Diabetes Metab Syndr* (Submitted). ****Authors contributed equally to this work and share first authorship.***

2. Kyere-Davies G, Hill K, Mullen G, Varshney R, Das S, Martinez A, Farriester J, Kinter M, ***Mitchell CM***, Short KR. Isganaitis EM, Fields DA, Rudolph MC. Maternal exercise during lactation remodels obesity-associated mammary metabolism and milk fatty acids, enhancing offspring lipid oxidation. *Am J Physiol Endocrinol Metab.* (Submitted).

Manuscript(s) in Preparation:

1. ***Mitchell CM***, Short KR, Fields DA, Borengasser SJ, Peck JD, and Friedman JE. Discerning the influence of maternal diet, body weight, and metabolism on maternal and infant liver health: Rationale, Design, and Methods of a Clinical Trial.

Published Abstracts & Presentations:

1. Geris-Rey F, Short KR, Fields DA, Friedman JE, Borengasser SJ, and ***Mitchell CM***. Maternal diet and body composition predict liver steatosis: Preliminary data from the Biological Links for Optimization Of Metabolism (BLOOM) Study. 2026 American College of Sports Medicine Central States Chapter. Tulsa, OK.

2. Atar HY, Fields DA, Short RK, Borengasser SJ, Friedman JE, ***Mitchell CM***. Maternal body mass index and composition predict postpartum liver steatosis and infant liver stiffness: Preliminary data from the Biological Links for Optimization Of Metabolism (BLOOM) study. 2025 Harold Hamm Diabetes Center Annual Research Symposium. Oklahoma City, Oklahoma.

3. Garg R, Jackson HK, ***Mitchell CM***, Parrish C, and Wetherill MS. MedChef: A Culinary Medicine Initiative. 2025 Academy of Teaching Scholars Education Week. Oklahoma City, OK.

4. Willig MR, Stinson EJ, Looker HC, ***Mitchell CM***, Hanson RL, Nelson RG, Krakoff J, Chang DC. Lower insulin sensitivity before the onset of type 2 diabetes is associated with increased risk of albuminuria after diabetes onset. 2023 American Diabetes Association, San Diego, CA.

5. ***Mitchell CM***, Stinson EJ, Chang DC, Krakoff J. Utility of a mixed meal test in predicting type 2 diabetes. 2022 Obesity Society Meeting, San Diego, CA.

6. Stinson EJ, Piaggi P, ***Mitchell CM***, Krakoff J. Reproducibility and determinants of the metabolic responses to a mixed meal tolerance test. 2022 Obesity Society Meeting, San Diego, CA.

7. Booker J, Chang DC, Stinson EJ, ***Mitchell CM***, Krakoff J, Gluck ME, Cabeza de Baca T. Food insecurity is associated with higher respiratory quotient (RQ) and lower GLP-1. 2021 Obesity Society meeting. E-poster format in response to COVID-19.

8. ***Mitchell CM***, Piaggi P, Krakoff J, Votruba SB. Diets high in fish and sugar-sweetened beverages affect energy expenditure and energy balance. 67th Annual Meeting & 11th World Congress on Exercise is Medicine. ® E-poster format in response to COVID-19.

9. ***Mitchell CM***, Davy BM, Hulver MW, Neilson AP, Bennett BJ, Davy KP. Does exercise alter gut microbial composition? A systematic review. 2018 Obesity Society meeting, Nashville, TN. Nov 2018.

10. ***Mitchell CM***, Baugh ME, Halliday TM, McMillan RP, Neilson AP, Ponder MA, Hulver MW, Davy BM, Davy KP. Prebiotic supplementation with inulin and metabolic health in adults at-risk for type 2 diabetes. 2017 Obesity Society meeting, National Harbor, MD. Nov 2017.

11. Baugh ME, Steele CN, Angiletta C, ***Mitchell CM***, Neilson AP, Davy BM, Hulver MW, Davy KP. Prebiotic supplementation and plasma trimethylamine N-oxide in adults at risk for type 2 diabetes. 2017 Obesity Society meeting, National Harbor, MD.

12. Smiljanec K, ***Mitchell CM***, Privitera O, Davy K, Nielson A, Davy B. Influence of pre-meal inulin consumption on acute energy intake in overweight and obese middle-aged and older adults: a pilot study. 2016 Obesity Society Meeting, New Orleans, LA.

13. Rasbold AH, Sisson SB, Lora KR, ***Mitchell CM***. Television access, dinnertime food consumption and obesity among young children in Oklahoma. 2015 Food and Nutrition Conference and Expo, Nashville, TN.

14. ***Mitchell CM***, Sisson SB, Dionne CP, Crawford DA, New J. Convergent validity of physical activity monitors in adults with unilateral transtibial amputation. 2014 Obesity Society Meeting, Boston, MA.

15. ***Mitchell (Veal) CM***, Crawford D, New J, Dionne CP, Sisson SB. Convergent validity of physical activity devices in adults with unilateral trans-tibial amputation: step count analyses. 2014 College of Allied Health Research Day, Oklahoma City, OK.

16. Rasbold AH, ***Mitchell (Veal) CM***, Fleming VA, Sisson SB. Relationship between sedentary time and energy intake in children. 2013 College of Allied Health Research Day. Oklahoma City, OK.

17. ***Mitchell (Veal) CM***, Sisson SB, Dionne CP, Crawford D, New J. Convergent validity of physical activity devices in adults with unilateral trans-tibial amputation: preliminary analyses. 2013 American College of Sports Medicine Central States Chapter. Warrensburg, MO.

18. ***Mitchell (Veal) CM*** and Sisson SB. Barriers to parents decreasing children's television viewing. 60th Annual Meeting & 4th World Congress on Exercise is Medicine.® Indianapolis, IN.

INVITED PRESENTATIONS AND LECTURES

1. Title: Bridges to Access 2026: Health & Medical Literacy
   Organization: University of Oklahoma Health Campus College of Medicine
   Date: February 14, 2026

2. Title: "OPAN" to Collaboration – Increasing Interprogrammatic Cancer Research on Obesity, Physical Activity, and Nutrition
   Organization: University of Oklahoma Health Campus, Stephenson Cancer Center, Cancer Prevention and Control Program Meeting
   Date: November 17, 2025

3. Title: Maternal Body Mass Index and Composition Predict Postpartum Liver Steatosis but not Infant Liver Stiffness: Preliminary Results from the Biological Links for Optimization of Metabolism (BLOOM) Study
   Organization: Harold Hamm Diabetes Center
   Date: November 14, 2025

4. Title: Nutrition MythBusters
   Organization: MedChef
   Date: October 6, 2025

5. Title: Nutrition Research Showcase
   Organization: University of Oklahoma Health Campus, College of Allied Health, Department of Nutritional Sciences
   Date: September 16, 2025

6. Title: Mutual Growth: Hallmarks of Effective Mentorship and Navigating Upward Relationships
Organization: Health Promotion Research Center
Date: July 24, 2025

7. Title: Integrating Food is Medicine into Clinical Practice: Evidence, Tools, and Systems Supports
Organization: Oklahoma Primary Care Association
Date: June 27, 2025

8. Title: OSU Ignite! Developmental Origins of Metabolic Associated Steatotic Liver Disease
Organization: Oklahoma State University
Date: March 28, 2024

9. Title: The impact of maternal diabetes and obesity on liver health in mothers and infants.
Organization: Harold Hamm Diabetes Center's 20th Annual Diabetes Research Symposium
Date: November 10, 2023

10. Title: Utility of a mixed meal test in predicting type 2 diabetes.
Organization: The 2022 Obesity Society Annual Meeting
Date: November 2, 2022

11. Title: The gut microbiome, type 2 diabetes pathophysiology, and nutrition intervention strategies.
Organization: United States Public Health Services Annual Symposium
Date: May 25, 2022

12. Title: Metabolic responses to a mixed meal tolerance test in individuals at risk for Type 2 Diabetes.
Organization: Global Diabetes Journal Club
Date: April 21, 2022

13. Title: Plasma, red blood cells and adipose fatty acid carbon isotope ratios in a 12-week inpatient feeding study.
Institution: NIDDK 17th Annual Conference
Date: April 7, 2022

14. Title: Decolonizing research: An Indigenous perspective
Institution: NIDDK-Phoenix
Date: November 17, 2020

15. Title: The gut microbiome, type 2 diabetes, and therapeutic intervention strategies.
Organization: Phoenix Indian Medical Center
Date: October 6, 2020

16. Title: From B.S. to Postdoc: Career path, challenges, opportunities and lessons learned.
Institution: Virginia Tech, Translational Obesity Research Interdisciplinary Graduate Education Program
Date: April 19, 2020

17. Title: PhD, RD: my path and research
Institution: University of Kansas, Department of Health, Sport, and Exercise Science
Date: April 2, 2020

18. Title: The influence of exercise on the gut microbiome- A weight management perspective.
Institution: University of Utah, Department of Health, Kinesiology and Recreation
Date: February 28, 2020

19. Title: Intervention considerations and strategies for patients with type 2 diabetes
Organization: Phoenix Indian Medical Center
Date: February 5, 2020

MANUSCRIPT PEER REVIEW

2024 International Journal of Obesity, Ad Hoc Review

2023 – Present Obesity, Editorial Board Member
2023 Diabetologia, Ad Hoc Review
2022 Pediatric Research, Ad Hoc Review

PROFESSIONAL MEMBERSHIPS

2024 The Obesity Society
2023 – Present American Diabetes Association
2023 – Present Women's Interprofessional Network of the American Diabetes Association (WIN ADA)

TEACHING RECORD

2023 NS 5133: Public Health Nutrition I, University of Oklahoma Health Campus, Oklahoma City, OK
2023 NS 5233: Research Methods, University of Oklahoma Health Campus, Oklahoma City, OK
2016 – 2018 HNFE 3034: Methods of Human Health Assessment, Virginia Tech, Blacksburg, VA

CONTINUING EDUCATION

1. Nutrition Focused Physical Exam Hands-on Training Workshop, Commission on Dietetic Registration, Fall, 2024
2. Certificate of Training in Obesity for Pediatrics and Adults, Commission on Dietetic Registration, Summer-Fall, 2024
3. Postdoctoral Grant Writing Workshop, Oklahoma Medical Research Foundation, Fall 2022.
4. Microbiome Bioinformatics with QIIME2 Workshop, Foundation for Advanced Education in the Sciences, National Institutes of Health, Bethesda MD, January 2020
5. National Institutes of Diabetes, Digestive and Kidney Disorders Grant Writing Workshop, October 2020.
6. Scientists Teaching Science, 9-week online course, Office of Intramural Training and Education, National Institutes of Health, December 2020.

TRAINEES AND MENTEES

Virginia Tech Graduate Student

Name Position Dates	**Project** (Role as mentor)	**Mentee's Accomplishments** (relevant to my mentorship role)
Katarina Smiljanec, BS Physiology and Metabolism, 2016	Master-level thesis study (Senior graduate student thesis mentor)	• Obtained M.S. in Nutrition • Current position: Regulatory and Scientific Affairs Scientist and PhD

NIH/NIDDK-Phoenix Postbaccalaureate Trainees

Name Position Dates	**Project** (Role as mentor)	**Mentee's Accomplishments** (relevant to my mentorship role)
Coley Anderson, MS NIDDK-Phoenix, 2021	Postbaccalaureate research experience (Postdoctoral mentor on first review article and co-authored publication. Current thesis mentor for MS at University of Pittsburgh.)	• 1 co-authored review article • Accepted to MS in Biomedical Science at University of Pittsburgh • Current position: First-year MD student at University of Pittsburgh
Jetaun Booker, BS NIDDK-Phoenix, 2022	Postbaccalaureate research experience (Postdoctoral mentor on first first-authored publication and abstract.)	• 1 first-author publication • 1 first-author abstract • Current Position: Second-year MD student at Howard University

University of Oklahoma Health Campus

Name Position Dates	**Project** (Role as mentor)	**Mentees' Accomplishments** (relevant to my mentorship role)
MedChef Student Interest Group OUHC COM, Spring 2025 - present	Faculty mentor on student-led initiative to establish a culinary medicine elective at OUHC within the College of Medicine.	• 1 mentored abstract • Culinary Medicine Training • 4 Student-led engagement events

GRANT SUPPORT AND SUBMISSIONS

Active Research Support:

Harold Hamm Diabetes Center MPI: Short, Mitchell Status: Funded 05/22/2023 – 03/15/2025
Novel Pilot Seed Grant: $70,000. Renewable for up to 3 years.
"Maternal Obesity and Diet: Impact on Liver and Metabolic Health During Pregnancy and Post-Partum."
The goal of this pilot study is to, A) Determine the magnitude of change in hepatic steatosis and stiffness in late gestation and post-partum in mothers with obesity, excess gestational weight gain (GWG), and/or gestational diabetes, B) Test whether dietary quality, excess GWG, body composition, maternal metabolic rate, and blood tests predict changes in liver steatosis and stiffness during and after pregnancy, C) Explore whether changes in maternal body composition and liver steatosis are related to excess liver and body fat in infants during the first 6 months of life.

NIH L40DK137367 PI/Awardee: Mitchell Status: Funded 07/28/2023 – 08/01/2025
Loan Repayment Award: $50,000. 2 years.
"Impact of Maternal Obesity, Diet Quality, and Energy Expenditure on Maternal and Infant Outcomes."
The goal of this NIH L40 Loan Repayment Program is to recruit and retain promising investigators engaging in NIH mission-relevant research by offsetting the burden of educational debt. Specifically, this award allows me to focus my research efforts on understanding the developmental origins of neonatal obesity by exploring the respective influences of maternal diet quality and metabolism on infant body composition, metabolism, and growth.

American Diabetes Association PI: Mitchell Status: Funded 08/10/2023 -7/31/2026
Postdoctoral Grant: $100,000. Renewable for up to 3 years.
"Dissecting the Role of Maternal Nutrition on Liver Health: Implications for Mother and Baby."
The goal of this postdoctoral grant is to provide additional salary support for the PI to carry out ancillary measurements within the *"Maternal Obesity and Diet: Impact on Liver and Metabolic Health During Pregnancy and Post-Partum" study. BLOOM* aims *to* explore the contributions of maternal body composition, gestational weight gain, maternal metabolic rate, and breastfeeding status on breastmilk macronutrient composition, neonatal metabolism and liver health, and neonatal body composition during the first six-months of life.

NIH-R01DK PI: Mitchell Status: Submitted 02/04/2026
"Enhancing Maternal Perinatal Outcomes With Healthy Eating and Resilience [EMPOW(H)ER]."
The EMPOW(H)ER study will evaluate whether a Food Is Medicine (FIM) intervention in socio-economically vulnerable women experiencing food insecurity improves diet quality and maternal metabolic health, thereby improving known risk factors for metabolic dysfunction-associated steatotic liver disease (MASLD) during pregnancy and the first 6-months postpartum. Our intervention will determine the efficacy of a FIM intervention on reductions in excess gestational weight gain, improvements in maternal body composition, and improved insulin sensitivity and lipids. We will also exploratorily whether improved maternal metabolic health translates to healthier infant growth trajectories and reduced-early life risk for pediatric MASLD.

PROFESSIONAL SERVICE AND ACTIVITIES

1. Grant Reviewer, Presbyterian Health Foundation Seed Grants, July 2025
2. Grant Reviewer, Children's Hospital Foundation Fellow Research Award, October 2025
3. Faculty Search Committee Member, Health Promotion Research Center, August 2025
4. Deputy Director Search Committee Member, Harold Hamm Diabetes Center, August 2025
5. Short Talk Judge, Harold Hamm Diabetes Center 20th Annual Research Day Symposium, November 2023
6. Member, Website Task Force for Sports, Cardiovascular, and Wellness Nutrition (SCAN), July 2017-September 2019
7. Webinar Reviewer, SCAN, August 2017
8. President, Phi Sigma Biological Honors Society, Alpha-Psi Chapter, April 2017-May 2018
9. Educational Grant Review Committee Member, Phi Sigma Biological Honors Society, Spring 2017
10. Advisory Committee Member, Human Nutrition, Foods and Exercise Travel Fund, July 2016-May 2018
11. Dietetic student volunteer, Roanoke Memorial Hospital, Neonatal Intensive Care Unit, October 2016-February 2017
12. Dietetic student volunteer, Carilion Children's Pediatric Gastroenterology and Nutrition, June 2016-September 2016

13. Departmental Delegate, College of Agriculture and Life Sciences Graduate Student Council, August 2015-May 2017
14. Chair, Nutritional Sciences Graduate Student Association, January 2013 – January 2014
15. Website Coordinator, Behavioral Nutrition and Physical Activity Laboratory, May 2013 – May 2014