

Rachel A. Liebe

Assistant Professor

Oklahoma State University
College of Education & Human Sciences
Department of Nutritional Sciences

421 Nancy Randolph Davis
Oklahoma State University
Stillwater, OK 74078

Maiden Name: Nelson
Email: Rachel.liebe@okstate.edu
Telephone: (405)-744-1820

EDUCATION

- May 2023 **Doctor of Philosophy** in Community and Behavioral Nutrition
Virginia Tech, Department of Human Nutrition, Foods, and Exercise
Advisor: Sarah Misyak, PhD, MPH
Dissertation: "Understanding the Relationship Between Mental Health and Food Security Status Among Low-Income Virginia Mothers"
- May 2023 **Master of Public Health**
Virginia Tech, Department of Population Health Sciences
Advisor: Natalie Cook, PhD
- May 2020 **Master of Science** in Community and Behavioral Nutrition
Virginia Tech, Department of Human Nutrition, Foods, and Exercise
Advisor: Sarah Misyak, PhD, MPH
Thesis: "Cultivating a Healthy School Environment: Evaluation of a Virginia School Nutrition Training Program"
- May 2016 **Bachelor of Science** in Nutrition
The Ohio State University, Department of Animal Science
Advisor: Maurice Eastridge, PhD

PROFESSIONAL CERTIFICATIONS

Certified Health Education Specialist, since 2023

RESEARCH

Manuscripts Accepted:

1. **Liebe RA**, Adams LM, Hedrick VE, Serrano EL, Porter KJ, Cook NE, Misyak SA. Developing a conceptual framework of the relationship between food security status and mental health among SNAP-eligible mothers. *Frontiers in Sustainable Food Systems*. 2023;6. doi.org/10.3389/fsufs.2022.1078811
2. **Liebe RA**, Adams LM, Hedrick VE, Serrano EL, Porter KJ, Cook NE, Misyak SA. Understanding the relationship between food security and mental health for food-insecure mothers in Virginia. *Nutrients*. 2022; 14(7):1491. doi.org/10.3390/nu14071491
3. **Nelson, RA**, Porter, KJ, Shomo, K, Curwood, S, & Misyak, SA. A content analysis of implementation strategies chosen by Virginia school nutrition directors. *Health Behavior and Policy Review*. 2022;8(6):585-595.
4. Steketee, A, Chen, S, **Nelson, RA**, Kraak, VI, & Harden, SM. A mixed-methods study to test a tailored coaching program for health researchers to manage stress and achieve work-life balance. *Translational Behavioral Medicine*. 2021.

Manuscripts In-Progress:

1. **Liebe RA**, Porter KJ, Adams LM, Hedrick VE, Serrano EL, Cook NE, Misyak SA. 'I'm doing the best that I can': Mothers lived experience with food insecurity, coping strategies, and mental health implications. (in review)
2. **Liebe RA**, Holmes C, Misyak SA. Differing within-household food security statuses are associated with varied maternal mental health outcomes. (in review)
3. **Liebe RA**, Serrano EL, Misyak SA. Evaluating the effectiveness of three delivery modalities for delivering older adult nutrition education: a natural experiment. (in review)

Oral Presentations:

1. American Public Health Association Annual Meeting, Boston, MA, November 2022. **Liebe RA**, Adams LM, Hedrick VE, Serrano EL, Porter KJ, Cook NE, Misyak SA. *Understanding the relationship between child food insecurity and maternal mental health among Virginia mothers with food-insecure children*
2. USDA FY2017 Team Nutrition Training Grant Recipients Meeting, virtual, 2020. Shomo, K, **Nelson, R**, & Misyak, S. *Virginia Team Nutrition Training Grant*.

Poster Presentations:

1. **Liebe RA**, Misyak SA, Serrano EL. *Accessibility, quality, and selection of nutritious foods differ by food security status in Virginia*. International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Annual Meeting. Uppsala, Sweden. June 2023.
2. **Liebe RA**, Misyak SA, Serrano EL. *Factors that predict interest in participation in nutrition interventions among audiences with low incomes during COVID-19*. International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Annual Meeting. Uppsala, Sweden. June 2023.

3. **Nelson, RA**, Cook, NE, & Misyak, SA. *Differences in physical and mental health outcomes by race for food-insecure mothers in Virginia*. Virginia Public Health Association Conference. March 2022.
4. **Nelson, RA**, Porter, K, Shomo, K, Curwood, S, Misyak, S. *A content analysis of implementation strategies chosen by school nutrition directors following a Team Nutrition training*. Conference on the Science of Dissemination and Implementation, Virtual meeting. 2020.
5. **Nelson, R**, Shomo, K, Manners, L, Curwood, S, Misyak, S. *Cultivating a Healthy School Environment: Evaluation of a Virginia School Nutrition Training Program Using the RE-AIM Framework*. School Nutrition Association Annual National Conference, Nashville, TN. 2020. [Conference Canceled]

HONORS & AWARDS

1. Certified Health Education Specialist Exam High Score Award, 2023
2. Virginia Tech Graduate and Professional Student Senate Travel Fund Program Recipient, 2022
3. Virginia Tech Margaret C. Hepler Summer Research Fellowship, 2019

TEACHING EXPERIENCE

Instructor of Record:

1. Nutrition and Evidence-based Practice I (NSCI 3011) – Fall 2023
Oklahoma State University
Stillwater, OK

Scholarly Guest Lectures:

1. **Liebe, RA**. “Self-Care for Healthcare Professionals” May 1, 2022
HNFE 4644 – Health Counseling
Virginia Tech
Blacksburg, VA
2. **Nelson, RA**. “Dissemination and Implementation Science Case Study” October 19, 2021
HNFE 4624 – Community Nutrition
Virginia Tech
Blacksburg, VA
3. **Nelson, RA**. “Dissemination and Implementation Science Case Study” October 27, 2020
HNFE 4624 – Community Nutrition

MENTORING

Student Mentorship:

Research – Graduate

1. 2023, Tuba Khan, MS in Nutrition, Oklahoma State University
Project Title: Dental Hygienist Perceptions of Medical-Dental Integration Related to Food Insecurity and HPV
Role: Primary Advisor
2. 2023, Sara Hashemi, MS in Nutrition, Oklahoma State University
Project Title: TBD
Role: Primary Advisor
3. 2022, Victor Olayemi, PhD Nutrition, Virginia Tech
Project Title: TBD
Role: Graduate Mentor

Research – Undergraduate

1. 2023, Alexis Henderson, BS in Nutrition student, Oklahoma State University
Project Title: TBD
Role: Research advisor

UNIVERSITY & PROFESSIONAL ACTIVITY & SERVICE

Professional Memberships:

1. Oklahoma Public Health Association (2023 to present)
2. International Society of Behavioral Nutrition and Physical Activity (ISBNPA) (2023 to present)
3. American Public Health Association (2022 to present)

Annual Meetings & Conferences Attended:

1. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, 2023
2. American Public Health Association Annual Meeting and Expo, 2022
3. Virginia Public Health Association Annual Meeting, 2022
4. Science of Dissemination and Implementation, 2020

Professional Service:

1. EFNEP Paraprofessional Recruitment & Retention External Reviewer – 2023
2. American Public Health Association Annual Meeting Abstract Reviewer – 2023
3. Virginia Tech Graduate Research Development Grant Reviewer – 2022

University Service:

1. Nutritional Sciences Recruitment and Retention Committee, Member (2023-present)

OUTREACH

Presentations:

1. Virginia Commonwealth University Consultation-Liaison Psychiatry Seminar, October 11, 2023, *Applied approaches to addressing food insecurity and poverty stigma for psychiatry clinicians.*

Extension Fact Sheet Development:

1. Spring 2022 – **Liebe, R**, Misyak S, and Serrano, E. *SNAPshot- Food Insecurity in Virginia*. Virginia Cooperative Extension Family Nutrition Program.
2. Fall 2022 – **Nelson, R.**, Misyak S, and Serrano, E. *Food Insecurity & Mental Health in Virginia*. Virginia Cooperative Extension Family Nutrition Program

PROFESSIONAL WORK EXPERIENCE

Research Assistant, Virginia Tech Center for Injury Biomechanics, Blacksburg, VA
September 2017 – August 2018

Duties: Designed and conducted behavioral tests for animals based on extensive literature review, performed basic laboratory procedures and assisted with laboratory management, conducted statistical analyses, collaborated with a team of researchers, animal caretakers, and graduate students to execute several large, federally funded studies simultaneously

AmeriCorps Cooking Matters Course Coordinator, Local Matters, Columbus, OH
September 2016 – August 2017

Duties: Responsible for establishing, coordinating and managing community-based cooking education courses for families at risk of hunger, assisted with development of Cooking Matters outreach materials for Cooking Matters audience, assisted team with planning and execution of program expansion to new locations, administered participant surveys to quantify impact of Cooking Matters classes

PROFESSIONAL DEVELOPMENT

Teaching:

1. Oklahoma State University, Institute for Teaching and Learning Excellence, Early Career Tenure-Track Faculty Program, Fall 2023

Research:

1. *Writing Winning Grant Proposals* Seminar, September 26, 2023
2. Oklahoma State University, College of Education and Human Sciences, LAUNCH program, Fall 2023
3. *HTML Essential Training*, LinkedIn Learning, October 20, 2023
4. *Core Curriculum*, National Center for Faculty Development & Diversity, Fall 2023

PROGRAM PROFICIENCIES

1. Canvas Learning Management Platform
2. HTML and CSS - Basics
3. NVivo Qualitative Data Analysis Software
4. Qualtrics Survey Software
5. R Statistical Software
6. SPSS Statistical Software