

CURRICULUM VITA
D. Enette Larson-Meyer, PhD, RD, LD, CSSD, FACSM

EDUCATION AND TRAINING:

- 1998 University of Alabama at Birmingham (UAB), Birmingham, AL
PhD in Nutrition Sciences
- 1990 MGH Institute of Health Professions, Boston, MA
MS in Clinical Dietetics; Emphasis in Sports and Exercise
- 1988 Massachusetts General Hospital, Boston, MA
Dietetic Internship
- 1987 University of Wyoming, Laramie, WY
BS in Dietetics
- 1986 United States Olympic Training Center, Colorado Springs, CO
Internship

ACCREDITATION:

- 2007 Board Certified Specialist in Sports Nutrition (CSSD)
- 1987 Registered Dietitian

PROFESSIONAL EXPERIENCE:

- 2020- current Professor. Department of Nutrition, Foods and Exercise (HNFE), Virginia Tech (VT), Blacksburg, VA
- 2017- 2020 Professor. Department of Family and Consumer Sciences (Human Nutrition, University of Wyoming (UW), Laramie, WY
- 2011- 2017 Associate Professor. Department of Family and Consumer Sciences (Human Nutrition, University of Wyoming (UW), Laramie, WY
- 2009-current Adjunct Clinical Faculty. Division of Kinesiology and Health, UW, Laramie, WY
- 2014 & Interim Director, Didactic Program in Dietetics, UW, Laramie, WY
2016-2017
- 2009-current Co-Director, Interdisciplinary Program in Reproductive Biology, Department of Animal Sciences, UW, Laramie, WY
- 2005-2011 Assistant Professor. Department of Family and Consumer Sciences (Human Nutrition), UW, Laramie, WY
- 2003-2004 Assistant Professor and Director of Health & Fitness Center. Pennington Biomedical Research Center, Baton Rouge, LA
- 2001-2003 Instructor and Director of Health & Fitness Center. Pennington Biomedical Research Center, Baton Rouge, LA
- 1999-2000 Post Doctoral Research Fellow. Division of Physiology and Metabolism, UAB, Birmingham, AL
- 1997-2000 Adjunct Instructor. Department of Human Studies, UAB, Birmingham, AL
- 1995-2000 Sports Nutritionist. Athletic Department, UAB, Birmingham, AL

1990-1994 Research Dietitian. Clinical Diabetes and Nutrition Section, National Institute of Diabetes & Digestive & Kidney Diseases, NIH, Phoenix, AZ

1989-1990 Research Assistant. Cardiopulmonary Exercise Laboratory, MGH, Boston, MA

1988-1990 Diet Research Technician. Mallinckrodt General Clinical Research Center, MGH, Boston, MA

1990 Contract Nutritionist. US Army Research Institute for Environmental Medicine

PROFESSIONAL MEMBERSHIPS

The American College of Sports Medicine (ACSM)
Professionals in Nutrition for Exercise and Sport (PINES)
The Academy of Nutrition and Dietetics (AND)
 Sports, Cardiovascular and Wellness Nutrition Dietetic Practice Group (SCAN)
 Vegetarian Nutrition Dietetic Practice Group
 Nutrition Research Dietetic Practice Group
 Food and Culinary Professionals
The Virginia Academy of Nutrition and Dietetics (VAND; 2020-current)
Wyoming Academy of Nutrition and Dietetics (WAND; 2005-2020)

HONORS & AWARDS

Agriculture Experimentation Station (AES) 2018 Outstanding Research Award, Dec 2017
UW Mortar Board Cap & Gown Chapter, Top Prof Award, Fall 2016
Dannon Mid-Career Nutrition Leadership Institution Selectee, 2016
Sports Cardiovascular and Wellness Nutrition (SCAN) Achievement Award Recipient, 2014
Reflections Magazine, 1st Place Author Award Winner for "*Here Comes the Sun*", 2014
Reflections Magazine, 2nd Place Author Award Winner for "*The Magic of Human Milk*", 2012
UW Academic Leadership Development Selectee (one of eight), 2011-2012 Academic year
American Dietetic Association (ADA) Leadership Institute Invitee, June 10-13, 2010
ADA Vegetarian Nutrition Award of Excellence in Service and Leadership, 2006
Fellow of the American College of Sports Medicine, Elected 2002
ADA Research Dietetic Practice Group Published First-Author Award, 2002
Student Research Award Honoree, ACSM, Southeast Regional Chapter, 1997
Graduate Student Scholarship, American College of Sports Medicine, 1994-98
First Author Published Paper Award, ADA Nutrition Research Practice Group, 1994-95
Graduate Scholarship, ADA Sports Cardiovascular and Wellness Nutritionists, 1994-95

INVITED BOARDS & CONSENSUS PANELS

International Advisory Board Member for the International Olympic Committee (IOC) Sports Nutrition Diploma, Sports Oracle, January 2021-current

The Union of European Football Associations (UEFA) Nutrition Consensus Panel 2018-2020
<http://www.uefa.com/insideuefa/protecting-the-game/medical/news/newsid=2537645.html#/>

International Association of Athletics Federation (IAAF) Consensus on Nutrition For Athletes (May 2018-current)

International Olympic Committee Expert Conference on Dietary Supplements and the Elite Athlete, Invited Paper Presenter and Discussant, "Assessment of nutrient status in athletes and the need for supplementation?" Lausanne, Switzerland, May 3 - 5th, 2017; *Work still in progress*

International Olympic Committee Consensus Conference on Sports Nutrition, Invited Paper Presenter and Discussant, "Vitamin D supplements for athletes: sense or nonsense?" Lausanne, Switzerland, October 24-27th, 2010.

KEYNOTE PRESENTATIONS

International Sports and Exercise Nutrition Conference (ISENC). "Vitamin D—Is there really a deficiency epidemic?" Newcastle Upon Tyne, England, Dec 14, 2012.

INVITED PRESENTATIONS

International Sports and Exercise Nutrition Conference (ISENC). "Iodine, Exercise and Thyroid Health?" Virtual Conference, Dec 15-17, 2020.

Gatorade at NFL Combine, "Vegan and Vegetarian Athletes: Understanding the Protein Implications" Indianapolis, IN, February 25, 2020.

University of Wyoming, Kinesiology & Health Seminar, "Salt, Soil & Body Weight: Emerging Reasons we Should Evaluate Iodine Status and Thyroid Function in Athletes and Active Individuals" Laramie, WY, September 10, 2019

Montana State University, Exercise and Nutrition Science Seminar. Invited Speaker, "Health Implications of Vitamin D Deficiency in Athletes and Ways to Prevent: One Laboratories Journey". Bozeman, MT March 29, 2019

34th Annual Alaska Native Diabetes Conference. "Salt, Soil & Body Weight: Emerging Reasons We Should Evaluate Iodine Status and Thyroid Function in Our Patients with Diabetes". Anchorage, AL, October 10th, 2018.

American College of Sports Medicine Annual Meeting. Tutorial Lecture, "Butterflies, Chills, and Weight Gain: Are We Forgetting about Iodine and Thyroid Function in Athletes". Minneapolis, MN, May 30th, 2018.

American College of Sports Medicine Annual Meeting. "Assessment of Nutrient Status in Athletes and the Need for Supplementation". In "IOC Dietary Supplements for the High-Performing Athlete" Co-presenters: Ron Maughan, Peter Peeling, Louise Burke, Romain Meeusen, Eric Rawson. Minneapolis, MN, June 2nd, 2018.

Wyoming Academy of Nutrition and Dietetics (WAND) Annual Conference. "Fueling the Active Vegan and Vegetarian", Laramie, WY, April 14th, 2018.

Academy of Nutrition and Dietetics FNCE. Culinary Demonstration: "The Inclusive Table- Vegan Meals Even Omnivores Will Love", Co-presenter Michele Redmond. Chicago, IL, Oct 22nd (session #129), 2017

Gatorade XP. "Sports Nutrition Strategies for Vegan and Vegetarian Athletes: Understanding the Benefits & Challenges". Sarasota, FL, Oct 18th, 2017

Professionals in Sports and Exercise Nutrition (PINES Special Event: Ten questions, Ten Experts: Research that Changed Sports Nutrition “Vitamin D and Inflammation”. American College of Sports Medicine Annual Meeting Denver, CO, May 30th, 2017

Collegiate and Professional Sports Dietitians Association (CPSDA) Annual Conference. “Fueling Vegetarian Athletes”. Scottsdale, AZ, May 18th, 2017

SCAN’s 33rd Annual Symposium. “Butterflies, Chills and Weight Gain: The Emerging & Often Forgotten Role of Diet in the Prevention & Treatment of Thyroid disorders”. Charlotte, NC, March 3rd, 2017

American Diabetes Association 64TH Advanced Postgraduate Course. “The Role for Vitamin and Mineral Supplements in diabetes Management” Washington DC, February 18th, 2017.

Academy of Nutrition and Dietetics FNCE. “Vitamin D: Friend or Foe?”, Co-presenter Roberta Anding. Boston, MA, Oct 17th (session 366), 2016

Professionals in Sports and Exercise Nutrition (PINES Special Event: Ten questions, Ten Experts: Diet, Exercise and Appetite – What is the connection? “Q3. How does mode of exercise alter subjective appetite and energy intake?”. American College of Sports Medicine Annual Meeting Boston, MA, May 31st, 2016

SCAN’s 31st Annual Symposium. “My Hormones Made Me Eat/Not Eat IT” How Dietitians Can Use the Science of Exercise and Appetite to Help Athletes and Weight Loss Clients”. Colorado Springs, CO, May 1st, 2015.

Wyoming Academy of Nutrition and Dietetics (WAND) Annual Conference. “Blood, Sweat and Chills: What the Low Sodium Guidelines Neglected to Consider”, Laramie, WY, April 24th, 2015.

WAND Annual Conference. Physical Activity Throughout the Lifecycle. “Yoga for the office” Co-Presenters Kevin Bretting, Tanya Halliday and Megan McGuffey. Laramie, WY, April 25th, 2015.

University of Alabama at Birmingham, Nutrition Obesity Research Center Seminar. Invited Speaker, “Human Milk, Exercise and Honey: Exploring the Obesoprotective Effect of Gut Peptides”. Birmingham, AL, March 17th, 2015

National Athletic Trainers’ Association (NATA) 65th Clinical Symposia & AT Expo. “A Case Study Approach Regarding the Recognition & Strategic Management of Vitamin D Deficiency in Athletes”. Co-presenter Joi Thomas, MS, ATC. Indianapolis, IN, June 27th, 2014

ACSM Team Physician’s Conference. “Essentials of Vitamin D Assessment in the Athlete”. San Diego, CA, February 19th, 2014

Iverson Courage, A Wellness Program of Iverson Memorial Hospital. “Have the Courage to Ask...What does Vitamin D Do for Me?” Laramie, WY, January 15th, 2014

International Sports and Exercise Nutrition Conference. “Sleep, nutrition, exercise and weight gain”. Newcastle Upon Tyne, England, Dec 18th, 2013

International Sports and Exercise Nutrition Conference. “Vitamin D, Health and Exercise” Newcastle Upon Tyne, England, Dec 17th, 2013

Wyoming WIC Breastfeeding Conference. "More on the Magic of Breastfeeding: Appetite Regulating Hormones, Growth Factors and Disease Prevention" Laramie, WY, Sept 26th, 2013

Wyoming Youth Soccer Symposium. "Eating for Energy: Pre, Half and Post-Game". Co-Presenter Jenna Heller, RD. Laramie, WY, March 10th, 2013

The Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, Vegetarian Nutrition Dietetic Practice Group Pre-Conference and Expo. "Powered by Plants: What Do We Really Know about Vegetarian Diets?" Co-Presenters Matt Ruscigno, Virginia Messina and Jack Norris. Philadelphia, PA, October 6th, 2012

The Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, "Movers & Shakers Share Best Professional Advice Ever Received. Co-Presenters: Leslie Bonci, Cynthia Sass and Roberta Anding. Philadelphia, PA, October 6th, 2012

Virginia Tech Department of Human Nutrition, Food and Exercise Graduate Seminar. Invited Speaker, "Ghrelin, PYY and GLP-1 in Appetite & Body Weight Regulation: Preliminary Data and Implications for Future Study". Blacksburg, VA, April 23rd, 2012

Program in Reproductive Sciences, "Presence and Dynamics of Appetite Regulating Hormones in Human Breast Milk at Early Postpartum and Relation to Infant Growth". University of Colorado, Denver, CO, September 11th, 2012

Wyoming Youth Soccer and Olympic Development Symposium. "Nutrition for Youth Soccer". Laramie, WY, March 3rd, 2012

Idrettsmedisinsk Høstkongress, "Vitamin D--betydning for helse og prestasjon hos idrettsutøvere". Oslo, Norway, November 3-6, 2011

PINES, Power Bar, Nestle Nutrition Institute and US Olympic Training Center Sport Nutrition Conference, "Vitamin D in Athletes", Colorado Springs, CO, Sept 18-20, 2011

International Society for Sports Science & Sports Medicine. Symposium. "Vitamin D and the Athlete: A Medical Issue or a Nutritional Issue?" Co-Presenter: Kassim Javaid, Newcastle Upon Tyne, England, Aug 18-20, 2011

American College of Sports Medicine Annual Meeting. Current Issue, "Here Comes the Sun: An Update on Vitamin D and the Health and Performance of Athletes". Co-presenters: Bruce Hollis, Bruce Hamilton, Tyler Barker. Denver, CO, June 3rd, 2010

Sports, Cardiovascular and Wellness Nutrition (SCAN) Symposium: Myths, Mysteries & Realities of Eating and Metabolism – Research to Practice. "Vitamin D Status in Athletes" (Pre-Symposium Workshop). San Diego, CA, March 27th, 2010

2009 Consumer Issues Conference. Food Safety, Security and Sources: A Recipe for Tough Times. "Pathways to Healthy Eating: Ethics, Nutrition and Environmental Impact of Hunting vs. Vegetarian Diets". Co-presenter: Betty Holmes, RD. Laramie, WY, Sept 24th, 2009

American College of Sports Medicine Annual Meeting. Clinical Lecture, "Vitamin D's Effects on Health and Physical Performance". Co-presenter: John Cannel, MD. Seattle, WA, May 27th, 2009

Wyoming Dietetic Association Annual Meeting. "Here Comes the Sun: Vitamin D in Clinical Practice". Laramie, WY, June 4th, 2009

Association of Women's Health, Obstetric and Neonatal Nurses. Specialty Session Invited Speaker, "Diet, Exercise and Lifestyle Approaches for Lasting Weight Control." Los Angeles, CA, June 25th, 2008

15th Annual Congress on Women's Health. Invited Speaker, "Lifestyle Modification: Diet and Exercise Approaches for Lasting Weight Control." Hilton Head, SC, June 4th, 2007

The Many Faces of Stroke: An Interprofessional Seminar. Invited Speaker, "Primary Prevention of Stroke: Importance of Nutrition in an Integrated Healthcare Approach." University of Wyoming College of Health Sciences Interdisciplinary Task Force & Wyoming Gerontological Association. Laramie, WY, October 13th, 2006

Women in Medicine: Not for Women Only. 10th Annual Symposium. Invited Speaker, "Exercise and Aging." Louisiana State University School of Medicine, New Orleans, LA, December 6th, 2004

UAB 7th Annual Pediatric Update Teleconference, "Complementary & Alternative Nutrition in School Athletes: Are They Safe?" Birmingham, AL, June 7th, 2000

North American Association for the Study of Obesity (NAASO). Annual Meeting. Symposia on Skeletal Muscle Metabolism. Invited Seminar Speaker, "Use of ³¹P Nuclear Magnetic Resonance in the Study of Skeletal Muscle Metabolism and Obesity." New Orleans, LA 1997

New York College of Osteopathic Medicine Seminar Series. Invited Speaker, "Living Vegetarian." Long Island, NY, March 1996

NATIONAL & INTERNATIONAL RADIO APPEARANCES

Super Human Radio, the world's first broadcast radio show dedicated to fitness, health and anti-aging. "How Running and Walking Regulates Appetite in Women". **Dr Enette Larson-Meyer**. SHR#1147 Thursday Feb 28th, 2013

An Organic Conversation a weekly radio talk featured weekly in San Francisco, Seattle, and Boston, and over a dozen affiliated stations. "Peak Performance: Nutrition for Athletes". Vegan Fitness: Ultramarathon Champion, Scott Jurek & **Dr Enette Larson-Meyer**; Hosted by Organic Food Advocate Helge Hellberg, Produce Expert Mark Mulcahy and Holistic Chef Sitarani Palomar, June 2, 2012

The Dr Don Show@DrDonShow Bullhead City, AZ. A weekday radio show, bridging the gap between conventional & alternative medicine. "Vegetarian Sport Nutrition". **Dr Enette Larson-Meyer**, Vegetarian Sport Nutrition, Oct 20, 2011

ACSM's Sports Medicine radio show. Fit vs. Fat: New Research Sheds Light on Debate. **Dr Enette Larson-Meyer** and Dr Leanne Redman; Aired by HealthRadio.net, January 19th, 2010

Animal Voices. Vegan Fitness: Ultramarathon Champion, Scott Jurek & **Author, Dr Enette Larson-Meyer**; Aired by Animal Voices Radio, Toronto, Canada, December 19, 2006

EDUCATIONAL WEBINARS & SOCIAL MEDIA OUTREACH

International Olympic Committee Diploma in Sports Nutrition Online Lecture “Introduction to Human Nutrition”, January 2021

Nutrition webinar for Iranian Basketball Federation (in conjunction with ShePower Sport) “Eating for Energy: Pre-Half- and Post-Game Nutrition”, Nov 4, 2020

American College of Sports Medicine and Soy Foods International Webinar “Challenges for Providing Protein for the Aging to Support Nutrition & Health Needs”. Moderator with R Deer (presenter), Sept 21, 2016

International Olympic Committee Diploma in Sports Nutrition Online Lecture “Vitamin D and Athletes”, Summer, 2015 and Summer 2020

Cardiovascular and Wellness Nutrition (SCAN) Tweet Chat “How Exercise Affects Your Appetite. Feb 4, 2015

The Wyoming Family to Family Health Information Center Webinar, “The Importance of Good Nutrition for You and Your Child with Special Health Care Needs” with family partner, Nancy Pedro, March 15, 2013

United States Cycling Federation, “Vitamin D Issues for Athletes”, January 30, 2012

OTHER PROFESSIONAL PRESENTATIONS

Danone Sports & Nutrition Advisory Board. Sports Nutrition. “Nutrition for Athletes Across the Lifespan”, Virtual Webmeeting, Oct 27-29, 2020

Danone Essential Dairy and Plant-Based Proteins Board Meeting. “Nutrition for Sports Performance/Recovery”, New York, NY, July 11-12th, 2019

Front Range Pregnancy Consortium. “Impact of Ghrelin and PYY in postpartum body weight regulation and presence in human milk”, CSU Retreat Center, September 19, 2014

PEER-REVIEWED PUBLICATIONS

Original Research Manuscripts (See Literature Reviews in Next Section).

Larson-Meyer DE, Schueler J, Kyle E, Austin K, Hart AM, Alexander BM. Appetite-regulating hormones in human breastmilk: a plausible biological factor for obesity risk reduction? *J Hum Lact.* 2020

Chalcraft J, Cardinal L, Wechler P, Hollis B, Gerow K, Alexander BM, Keith J, Larson-Meyer DE. Vitamin D Synthesis Following a Single Bout of Sun Exposure in Older and Younger Men and Women. *Nutrients.* 2020.

Gostas DE, **Larson-Meyer DE**, Yoder HA, Huffman AE, Johnson EC. Dietary Relationship with 24 h Urinary Iodine Concentrations of Young Adults in the Mountain West Region of the United States. *Nutrients*. 2020;12(1).

Larson-Meyer DE, Douglas CS, Thomas JJ, Johnson EC, Barcal JN, Heller JE, Hollis BW and Haliday TM. Validation of a Vitamin D-Specific Questionnaire to Determine Vitamin D Status in Athletes. *Nutrients* 2019; 11(11), 1-14.

Johnson EC, Huffman AE, Yoder H, Dolci A, Perrier ET, **Larson-Meyer DE**, Armstrong LE. Urinary Markers of Hydration during 3-day Water Restriction and Graded Rehydration. *Eur J Nutr* 2019

Lis DM, Kings D, **Larson-Meyer DE**. Dietary Practices Adopted by Track-and-Field Athletes: Gluten-Free, Low FODMAO, Vegetarian, and Fasting. *Int J Sport Nutr Exerc Metab* 2019; 29(2): 236-245

T, Keith J, Bisha B, **Larson-Meyer DE**, A Griebel. The impact of daily kimchi: a pilot study. *Scholarly Journal of Food and Nutrition* 2019;1(4):127-133.

Larson-Meyer DE, Ingold BC, Fensterseifer S, Austin KJ, Wechler P, Hollis B, Makowski AJ, Alexander BM. Sun exposure in pigs increases the vitamin D nutritional quality of pork. *Plos One* 2017; 12(11).

Manore MM, **Larson-Meyer DE**, Lindsay AR, Hongu N. Dynamic energy balance: An integrated framework for discussing diet and physical activity for obesity prevention – Is it more than eating less and exercising more? *Nutrients* 2017; 9(8).

Alexander BM, Ingold BC, Young JL, Fensterseifer S, Austin KJ, Wechler P, **Larson-Meyer DE**. Sunlight exposure corrects vitamin D insufficiency in weaned piglets. *Domestic Animal Endo* 2017; 59(1):37-43.

Barcal J, Thomas JT, Hollis BW, Austin KJ, Alexander BM, **Larson-Meyer DE**. Vitamin D and weight cycling: Impact on injury, illness, and inflammation in collegiate wrestlers. *Nutrients* 2016; 8(12),775: 1-15. <http://www.mdpi.com/2072-6643/8/12/775/htm>

Larson-Meyer DE. A systematic review of the energy cost and metabolic intensity of yoga. *Med Sci Sports Exerc* 2016; 48(8):1558-1569.

Larson-Meyer DE, Schueler JL, Kyle E, Austin KJ, Hart AM, Alexander BM. Do alterations in ghrelin, glucagon-like peptide-1 and peptide YY influence appetite and body weight regulation during the first postpartum year in lactating women? *J Obes* 2016; 1-11. <http://dx.doi.org/10.1155/2016/7532926>

Howe SM, Hand TM, **Larson-Meyer DE**, Austin KJ, Alexander BM and Manore MM. No effect of exercise intensity on appetite in highly-trained endurance women. *Nutrients* 2016; 223(8). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4848691/pdf/nutrients-08-00223.pdf>

Heller JE, Thomas JT, Hollis BW, **Larson-Meyer DE**. Relation between vitamin D status and body composition in collegiate athletes. *IJSNEM* 2015; 25(2): 128-135.

Zabaleta J, Velasco-Gonzalez C, Estrada J, Ravussin E, Pelligrino N, Mohler MC, **Larson-Meyer E**, Boulares AH, Powell-Young Y, Bennett B, Happel K, Cefalu W, Scribner R, Tseng T-

S, and Sothorn M. Inverse correlation of serum inflammatory markers with metabolic parameters in healthy, Black and White pre-pubertal youth. *Int J Obes* 2014; 38(4):563-568.

Schueler JL, Alexander BM, Hart AM, Austin KJ, **Larson-Meyer DE**. Presence and dynamics of leptin, GLP-1, and PYY in human breast milk at early postpartum. *Obesity* 2013; 21(7): 1451-1458.

Willis KS, Smith DT, Broughton KS, **Larson-Meyer DE**. Vitamin D status and biomarkers of inflammation in runners. *Open Access Journal of Sports Medicine* 2012; 3: 35-42.
<http://doi.org/10.2147/OAJSM.S31022>

Larson-Meyer DE, Palm S, Austin KJ, Hart AM, Bansal A, Alexander BM. Influence of Running and Walking on Hormonal Regulators of Appetite in Women. *J Obes* 2012; 1-15.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3350972/pdf/JOBES2012-730409.pdf>

Ehmke MD, Morgan K, Schroeter C, **Larson-Meyer DE**, Ballenger N. Influence de la générosité parentale et contrôle alimentaire sur l'obésité pédiatrique. *Revue Francaise d'Economie* 2012; XXVI (Janvier): 69-94.

Bennett B, **Larson-Meyer DE**, Ravussin E, Volaufova J, Soros A, Cefalu WT, Chalew S, Gordon S, Smith SR, Newcomer BR, Goran M and Sothorn M. Impaired Insulin Sensitivity and Elevated Ectopic Fat in Healthy Obese vs. Nonobese Prepubertal Children. *Obesity* 2011 (E Pub).

Larson-Meyer DE, Newcomer BR, Volaufova J, Bennett BE, Ravussin E, Chalew S, Cefalu WT, Sothorn M. Intrahepatic but not intramyocellular ectopic fat is a determinant of insulin resistance in prepubertal children. *Diabetologia* 2011; 29(5): 869-75.

Krishnapuram R, Dhurandhar EJ, Dubuisson O, Kirk-Ballard H, Bajpeyi S, Butte N, Sothorn M, **Larson-Meyer DE**, Chalew S, Bennett, B, Gupta AK, Greenway FL, Johnson W, Reinhart BG, Rankinen T, Bouchard C, Cefalu WT, Ye J, Javier R, Zuberi A, Dhurandhar NV. A Template to Improve Glycemic Control without Reducing Adiposity or Dietary Fat. *Am J Physiol Endocrinol Metab* 2011; 300(5): E779-89.

Hunter GR, McCarthy JP, Bamman MM, **Larson-Meyer DE**, Fisher G, Newcomer BR. Exercise Economy in African American and European American Women. *Eur J Appl Physiol* 2011; 111(8): 1863-9.

Hunter GR, Bickel, CS, Del Coral P, Byrne NM, Hills AP, **Larson-Meyer DE**, Bamman MM, Newcomer BR. Age, muscle fatigue and walking endurance in pre-menopausal women. *Eur J Appl Physiol* 2011; 111(4): 715-23.

Halliday TM, Peterson NJ, Thomas JJ, Kleppinger K, Hollis BW, **Larson-Meyer DE**. Vitamin D Status Relative to Diet, Lifestyle, Injury and Illness in College Athletes. *Med Sci Sports Exerc* 2011; 43(2):335-434.

Larson-Meyer DE, Willis KS, Willis LM, Austin KJ, Hart AM, Breton, AB, Alexander BA. Effect of honey versus sucrose on appetite, appetite regulating hormones and postmeal thermogenesis. *J Am Coll Nutr* 2010; 29(5):482-493.

Larson-Meyer DE, Newcomer BR, VanVrancken-Tompkins CL, Sothorn M. Feasibility of Assessing Liver Lipid by Proton Magnetic Resonance Spectroscopy (¹H-MRS) in Healthy Normal and Overweight Prepubertal Children. *Diabetes Technol The* 2010; 12(3): 207-212. PMID:PMC2936257

Larson-Meyer DE, Ravussin E, Heilbronn LK, DeJonge L. Ghrelin and PYY in postpartum lactating and non-lactating women. *Am J Clin Nutr*2010; 91(2): 366-72.

Larson-Meyer DE, Redman L, Heilbronn LK, Martin CK, Ravussin E. Caloric restriction with or without exercise: The fitness vs. fatness debate. *Med Sci Sports Exerc*2010; 42(1): 152-159. PMID: PMC2806223

Russell RD, Willis KS, Ravussin E, **Larson-Meyer DE**. Effect of endurance running and dietary fat on circulating ghrelin and PYY: Potential role in appetite regulation. *J Sports Sci & Med* 2009; 8: 574-583.

Larson-Meyer DE, Borkhsenius ON, Gullett J, Russell RR, Devries MC, Smith SR, Ravussin E. Effect of dietary fat on serum and intramyocellular lipids and running performance. *Med Sci Sports Exerc*2008; 40(5): 892-902.

Larson-Meyer DE, Newcomer BR, Heilbronn LK, Volaufova J, Smith SR, Alfonso AJ, Lefevre M, Rood JC, Williamson DA, Ravussin E, Pennington CALERIE Team. Effect of 6-month calorie restriction and exercise on serum and liver lipids and markers of liver function. *Obesity* 2008; 16(6): 1355-1362. PMID: PMC2748341

Tang M, **Larson-Meyer DE**, Liebman M. Effect of cinnamon and turmeric on urinary oxalate excretion, plasma lipids and plasma glucose in healthy subjects. *Am J Clin Nutr*2008; 87(5): 1262-1267.

Sirikui B, Hunter GR, **Larson-Meyer DE**, Desmond R, Newcomer BR. Relationship between metabolic function and skeletal muscle fatigue during a 90-second maximal isometric contraction. *Appl Physiol Nutr Metab* 2007; 32(3): 394-399.

Hunter GR, **Larson-Meyer DE**, Sirikui B, Newcomer BR. Muscle metabolic function and free living physical activity. *J Appl Physiol* 2006; 101(5): 1356-1361.

Sirikui B, Gower BA, Hunter GR, **Larson-Meyer DE**, Newcomer BR. Relationship between insulin sensitivity and in vivo mitochondrial function in skeletal muscle. *Am J Physiol Endocrinol Metab* 2006; 291(4): E724-E728.

McCarthy JP, Hunter GR, **Larson-Meyer DE**, Bamman MM, Landers KA, Newcomer BR. Ethnic differences in triceps surae muscle-tendon complex and walking economy. *J Strength Cond Res*2006; 20(3): 511-518.

Roy JLP, Hunter GR, Fernández JR, McCarthy JP, **Larson-Meyer DE**, Blaudeau TE, Newcomer BR. Cardiovascular factors explain racial differences in VO₂max. *Am J Hum Biol* 2006; 18: 454-460.

Larson-Meyer DE, Heilbronn LK, Redman LM, Newcomer BR, Frisard MI, Anton S, Smith SR, Alfonso A, Ravussin E, Pennington CALERIE Team. Effect of calorie restriction with or without exercise on insulin sensitivity, beta-cell function, fat cell size and ectopic lipid in overweight subjects. *Diabetes Care* 2006; 29(6):1337-1344. PMID: PMC2677812

Larson-Meyer DE, Smith SR, Heilbronn LK, Kelley DE, Ravussin E, Newcomer BR. Muscle-associated triglyceride measured by computed tomography and magnetic resonance spectroscopy. *Obes Res* 2006; 14(1): 1-15. PMID: PMC2677802

Heilbronn LK, de Jonge L, Frisard MI, Delany JP, **Larson-Meyer DE**, Rood J, Nguyen T, Martin CK, Volaufova J, Most MM, Greenway FL, Smith SR, Williamson DA, Deutsch WA, Ravussin E, Pennington CALERIE Team. Effect of 6-month calorie restriction on biomarkers of longevity, metabolic adaptation and oxidative stress in overweight subjects: A randomized control trial. *JAMA* 2006; 295(13): 1539-1548. PMID: PMC2692623

Hunter GR, Bamman MM, **Larson-Meyer DE**, McCarthy JP, Blaudeau, TE, Newcomer BR. Inverse relationship between exercise economy and oxidative capacity in muscle. *European J Appl Physiol* 2005; 94(5-6): 558-568.

Newcomer BR, Sirikui B, Hunter GR, **Larson-Meyer DE**, Bamman MM. Exercise over-stress and maximal muscle oxidative metabolism: A ^{31}P MRS case report. *Br J Sports Med* 2005; 39(5): 302-306.

Russell RD, Redman SM, Ravussin E, Hunter GR, **Larson-Meyer DE**. Reproducibility of endurance performance on a treadmill using a preloaded time trial. *Med Sci Sports Exerc* 2004; 36: 717-724.

Larew K, Hunter GR, **Larson-Meyer DE**, Newcomer BR, McCarthy JP, Weinsier RL. Muscle metabolic function, exercise performance, and weight gain. *Med Sci Sports Exerc* 2003; 35: 230-236.

Larson-Meyer DE, Newcomer BR, Hunter GR. Influence of endurance running and recovery diet on intramyocellular lipid content in women: A ^1H NMR study. *Am J Physiol Endocrinol Metab* 2002; 282: E95-E106.

Hunter GR, Newcomer BR, Weinsier RL, Bamman MM, **Larson-Meyer DE**. Age is independently related to muscle metabolic capacity in premenopausal women. *J Appl Physiol* 2002; 93(1): 70-76.

Larson-Meyer DE, Newcomer BR, Hunter GR, Weinsier RL, Bamman, MM. Relation between in-vivo and in-vitro measurements of skeletal muscle oxidative metabolism. *Muscle & Nerve* 2001; 24: 1665-1767.

Newcomer BR, **Larson-Meyer DE**, Hunter GR, Weinsier RL. Skeletal muscle metabolism in overweight and post-overweight women: An isometric exercise study using ^{31}P magnetic resonance spectroscopy. *Int J Obes* 2001; 25: 1309-1315.

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Larson-Meyer DE, Newcomer BR, Hunter GR. Influence of diet and endurance running on intramuscular lipids in women: A ¹H NMR study. Med Sci Sports Exerc 2001; 33:S176.

Larson-Meyer DE, Newcomer BR, Gower BA, Landers KA, Hunter GR, Weinsier RL. Relation between whole-body insulin sensitivity and skeletal muscle oxidative capacity. *Med Sci Sports Exerc* 2000; 32:S262.

Newcomer BR, **Larson-Meyer DE**, Landers KA, Hunter GR. Menstrual cycle effects on skeletal muscle ATP production rates and ³¹P MR parameters. *Med Sci Sports Exerc* 2000; 32:S279.

Hunter GR, Newcomer BR, **Larson-Meyer DE**, Bamman MM, Weinsier RL. Inverse relationship between metabolic muscle economy and exercise intensity using ³¹P MRS. *Med Sci Sports Exerc* 2000; 32:S321.

Larson DE, Newcomer BR, Hunter GR, McLean JE, Hetherington HP, Weinsier RL. Effect of weight reduction, obesity predisposition and aerobic fitness on skeletal muscle maximal oxidative phosphorylation by ³¹P-MRS. *Med Sci Sports Exerc* 1999; 31:S242.

Newcomer BR, **Larson DE**, Bamman MM, Wetzstein CJ, Hunter GR. Muscle injury's effect on energy metabolism in a trained individual. *Med Sci Sports Exerc* 1999; 31:S70.

Landers KA, **Larson DE**, Newcomer BR, Hunter GR, McLean JE, Hetherington HP, Weinsier RL. Muscle oxidative phosphorylation by ³¹P-MRS: Reliability, force level sensitivity and relation to whole body oxygen uptake. *Med Sci Sports Exerc* 1999; 31:S280.

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Bamman MM, Hunter GR, **Larson DE**, Weinsier RL. Type IIa Skeletal myofiber distribution in obese and normal-weight sedentary women. *Obes Res* 1999; 7(Suppl 1):122S.

Larson DE, Hunter GR, Trowbridge CA, Turk JC, Harbin PA, Torman SL. Creatine supplementation and performance during off-season training in female soccer players. *Med Sci Sports Exerc* 1998; 30:S264.

Larson DE, Hunter GR, Newcomer BR, Hetherington HP, Weinsier RL. Skeletal muscle maximal oxidative capacity in obese and postobese women. *Obes Res* 1997; 5(Suppl 1):22S.

Hunter GR, Weinsier RL, **Larson DE**, Davies S, Darnell B. Use of exercise economy in estimation of free living activity related time equivalent (ARTE). *Obes Res* 1997; 5(Suppl 1):19S.

Weinsier RL, Hunter GR, Davies S, **Larson DE**, Darnell B, Mayo M. Effect of weight reduction on the difficulty of exercise and activity related time equivalent (ARTE). *Obes Res* 1997; 5(Suppl 1):86S.

Larson DE, Hunter GR, Newcomer BR, Hetherington HP, Weinsier RL. Measurement of skeletal muscle maximal oxygen capacity and maximal oxygen consumption in sedentary women. Southeastern American College of Sports Medicine Annual Meeting, 1997.

Larson DE, Newcomer BR, Hunter GR, Hetherington HP, Weinsier RL. The effect of weight reduction on ATP production rates and metabolic economy during 90-second isometric plantar flexion exercises at 50% of theoretical maximal voluntary contraction force output. *Proceedings, International Society for Magnetic Resonance In Medicine*, 1997:1302.

Larson DE, Hunter GR, Newcomer BR, Hetherington HP, Weinsier RL. The effect of weight reduction on metabolic economy during isometric exercise. *Obes Res* 1996; 4(Suppl 1):30S.

Hunter GR, Gower B, Petko M, Trowbridge C, **Larson DE**, Weinsier RL. The effects of weight loss on aerobic fitness, exercise economy, and exercise stress. *Obes Res* 1996; 4(Suppl 1):55S.

Larson DE, Kekes-Szabo T, Williams MJ, Nyikos I, Goran MI, Hunter GR. Dietary fat and its relationship to total adiposity and intra-abdominal adipose stores in men. *Obes Res* 1995; 3(Suppl 3):344s.

Nguyen VT, **Larson DE**, Johnson RK, Goran MI. Fat intake in children of lean and obese parents. *Obes Res* 1995; 3(Suppl 3):343s.

McClanahan K, Peschell KJ, **Larson DE**, Goran MI. Validation of prediction equations for resting energy expenditure in young children. *Obes Res* 1995; 3(Suppl 3):359s.

Tataranni PA, **Larson DE**, Young J, Ravussin E. Glucocorticoid administration is associated with reduced sympathetic nervous system activity and increased food intake in men. *Obes Res* 1995; 3(Suppl 3):357s.

Larson E, Pasternak SB, Wasserman D. Vegetarian nutrition online. *Journal of the American Dietetic Association* 1995; 95(9):A-37.

Larson DE, Ferraro RT, Robertson DS, Ravussin E. Energy metabolism in weight-stable postobese individuals. *Int J Obes*, 1994; 18(Suppl 2):97.

Tataranni PA, **Larson DE**, Ravussin E. 24-hour thermic effect of food measured in a respiratory chamber. *Int J Obes*, 1994; 18(Suppl 2):23.

Larson DE, Kriska AM, Ravussin E. Physical activity and obesity in Pima Indians. *Int J Obes* 1995; 19 (Suppl 4):S134.

Larson DE, Kekes-Szabo T, Williams MJ, Nyikos I, Goran MI, Hunter GR. Relationship between dietary fat and intra-abdominal adipose tissue. Federation of American Societies for Experimental Biology (FACEB) Annual Meeting, 1995.

Larson DE, Spraul M, Ferraro RT, Ravussin E. Food intake among Pima Indian Women: Effect of a "cafeteria diet". *Obes Res* 1993; 1(Suppl 2):73S.

Larson DE, Rising R, Ferraro R, Ravussin E. A "cafeteria diet" in man: results of spontaneous overfeeding. FASEB Annual Meeting, 1992

Larson DE, Rising R, Anderson TE, Ferraro R, Fontvieille AM, Ravussin E. Spontaneous overfeeding with a 'cafeteria diet': Effects on 24-H energy expenditure and substrate oxidation. American Society for Clinical Nutrition (ASCN) Annual Meeting, 1992.

Larson DE, Systrom DM, Fragoso CV, Hrovat MI, Kazemi H. Self selected diet and muscle metabolism at rest and during exercise: A ³¹P-MRS study. *Med Sci Sport Exerc*, 1991; 23(4):S36.

BOOK REVIEWS

Larson-Meyer DE. Vegetarian Nutrition. Book Reviews. Am J Clin Nutr 2002; 76: 269-260.

Larson-Meyer DE. Sports Nutrition for Health and Performance. Book Reviews. Scan's Pulse 2001; Summer/Fall: 21.

RESEARCH GRANTS & CONTRACTS

Active

None

Completed

Wyoming AES –January 1st, 2015 - September 30, 2015 \$26,591

CoPIs: **Enette Larson-Meyer** and Brenda Alexander

“Timing and Pattern of Cutaneous Vitamin D Synthesis in a High Altitude, High Latitude Mountainous Region”

P20RR016474-09 NIH/NCRR – May 1st, 2009 - April 30th, 2014 \$110,000/Project/year

PI: Jun Ren, Wyoming IDeA Networks of Biomedical Research Excellence

Project PI: **Enette Larson-Meyer**; Co-Investigators: Brenda M. Alexander, Ann Marie Hart

Project Title: “Role of ghrelin and PYY in postpartum body weight regulation and presence in human milk”

NIH RO1 HD049046-01 – May 16th, 2005 – February 28, 2012 \$397,859/annual

PI: Melinda Sothorn; Co-Investigator: **Enette Larson-Meyer**

“Mechanisms for the metabolic syndrome in African American youth”

Role: responsible for analysis/interpretation of magnetic resonance spectroscopy

UW Agriculture Experiment Station –January 1st, 2010 - December 31, 2012 \$38,574

PI: Mariah Tanner Ehmke; Co-Investigator: **Enette Larson-Meyer**

“Young Consumer’s Demand for Natural Sweeteners: Developing Measures for Good Health and Industry in Wyoming,”

Role: responsible for collection, analysis and interpretation of anthropometric data

USDA NRI – May 1st, 2007 - December 31, 2010 \$124,903/annual

PI: Mariah Tanner Ehmke; Co-Investigators: **Enette Larson-Meyer**, Kari Morgan

“Relating familial economic, food and fitness behaviors to childhood overweight and obesity”

Role: responsible for collection, analysis and interpretation of fitness data

NIH INBRE Pilot Grant – August 4th, 2008 - April 30th, 2010 \$25,000

PI: **Enette Larson-Meyer**; Co-Investigators: Brenda M. Alexander, Ann Marie Hart

“Influence of running and walking on hormonal regulators of appetite”

The Northarvest Bean Growers Association – February 5, 2009 - Aug 5, 2010 \$10,000

PI: **Enette Larson-Meyer**; Co-Investigators: Brenda M. Alexander, Ann Marie Hart

“Effect of dry beans on appetite regulation in humans”

National Honey Board/USDA – September 1st 2007 - January 31st, 2009 \$60,909/1.5 years

PI: **Enette Larson-Meyer**; Co-Investigators: Brenda M. Alexander, Ann Marie Hart.

Role of honey versus sucrose on thermogenesis and ghrelin and neuropeptide YY responses: “Mechanisms explaining honey’s beneficial influence on body weight regulation”

NIH RO1 HD41071-01 – September 24th, 2004 - August 31st, 2006 \$256,343/annual
PI: Melinda Sothorn; Co-Investigator: **Enette Larson-Meyer**
“Insulin sensitivity in children with low birth weight”
Role: Co-Investigator, responsible for analysis/interpretation of magnetic resonance spectroscopy

UW Faculty Grant-in-Aid Award – April, 2006 - April 2007 \$6850/1 year
PI: Mariah Tanner Ehmke; Co-Investigator: **Enette Larson-Meyer**
“Building a holistic understanding of childhood overweight and obesity: Incorporating family economic behavior, parenting styles, and health attitudes and behavior”
Role: Responsible for collection, analysis and interpretation of fitness data

NIH (NIDDK) KO1 DK6208 – July 1st, 2003 - February 28th, 2006 \$96,389/annual
PI: **Enette Larson-Meyer**,
“Impact of diet on intramyocellular lipid, endurance performance and insulin sensitivity” K01 mentored scientist development grant

GalaxoSmithKline – March 1st, 2005 - December 31st, 2006 \$10,000 consulting fee
PI: Frank Greenway and Steve Smith; Consultant: **Enette Larson-Meyer**
“A randomized, singly-blind, parallel group study to evaluate the effect of 8-week treatment with GW590735 or GW501516 relative to placebo on measures of adiposity and inflammation in obese male subjects”
Role: responsible for overseeing analysis of magnetic resonance spectroscopy

PBRC Obesity and Metabolic Diseases Pilot Project Grant – Oct 1st, 2003 -June 30th, 2004
PI: **Enette Larson-Meyer**
“Effect of regular postpartum exercise on body weight and overall fitness”

NIDDK 1R01DK/HL60412-01 – Sept 30th, 2001 - August 3st, 2006
PI: Eric Ravussin; Co-Investigator: **Enette Larson-Meyer**
“Fat cell size, muscle lipid infiltration and insulin resistance”
Role: responsible for analysis/interpretation of magnetic resonance spectroscopy

1 U0 AG20478-0 – March 15th, 2002 - February 28th, 2009
PI: Eric Ravussin; Co-Investigator: **Enette Larson-Meyer**
“Metabolic adaptation to two-year calorie restriction”
Role: Co-Investigator, responsible for design and administration of exercise intervention

LSU Agricultural Center Functional Foods Pilot Project grant – October 2004 - October 2005
PI: Maren Hegsted; Co-Investigator: **Enette Larson-Meyer**
“Resistant starch consumption will alter postprandial glucose, insulin, and satiety”
Role: Co-Investigator

UAB PINS Pilot Grant – April 1999 - August 2000
PI: **Enette Larson-Meyer**
“Intramuscular lipids, dietary fat and endurance performance”

TEACHING GRANTS & FUNDS

Beyond The Classroom: Student Education Enrichment Program. Spring 2010 \$250
Provided an opportunity for Therapeutic Nutrition students to visit Cheyenne Regional Medical Center in Cheyenne

Beyond The Classroom: Student Education Enrichment Program. Spring 2008 \$250
Provided opportunity for Therapeutic Nutrition students to visit Cheyenne Regional Medical Center in Cheyenne.

Beyond The Classroom: Student Education Enrichment Program. Spring 2007 \$250
Provided opportunity for Foodservice Management and Therapeutic Nutrition students to visit United Medical Center in Cheyenne.

Beyond The Classroom: Student Education Enrichment Program. Spring 2006 \$250
Provided opportunity for Foodservice Management and Therapeutic Nutrition students to visit United Medical Center in Cheyenne,

SERVICE

Editorial Boards

Associate Editor, Science and Medicine in Football (soccer), Oct 2020 – current
Associate Editor, Medicine and Science in Sports and Exercise, July 2013-current
Guest Co-Editor, Nutrients. Special edition, Nutrition, Health & Performance for Athletes, March 2016-2018

Committee Assignments - Department of Family and Consumer Sciences (Internal)

Graduate Student Recruitment and Retention Committee, Department of Family and Consumer Sciences, Fall 2006 - current
Student Awards Revision Committee, Department of Family and Consumer Sciences Fall 2016-Spring 2017
Search Committee, Department of Family and Consumer Sciences, Human Nutrition Faculty Position, Summer 2014 - Fall 2015
Search Committee, Department of Family and Consumer Sciences, Child and Family Studies Faculty Position, Spring 2008
Search Committee, Department of Family and Consumer Sciences, Cent\$ible Nutrition Program Director, Fall 2005

Committee Assignments and Directorships – College of Agriculture and Natural Resources (Internal)

Tenure Review and Promotion Committee, University of Wyoming, Fall 2018 - current
Agriculture Experimental Station Competitive Grants Program Review Committee, Fall 2012
Agriculture Experimental Station Competitive Grants Program, *ad hoc* reviewer, Fall 2011
Agriculture Experimental Station Competitive Grants Program Review Committee, Fall 2010

Committee Assignments - University of Wyoming (Internal)

UW Radiation Safety Committee (appointed), Fall 2009 – current
Wyoming State Science Fair, Senior Biomedical & Health Sciences Judge, March 2016, 2018 & 2020
Search Committee, Division of Kinesiology and Health, College of Health Sciences, Faculty Position, Exercise Physiologist, Spring 2015
Wyoming State Science Fair, Junior Medicine and Health Judge, March 4th, 2013
Wyoming State Science Fair, Overall Senior Award Judge, March 5th, 2012
UW Institutional Review Board, Data Safety and Monitoring Board (appointed), Fall 2010 – Spring 2011
UW Undergraduate Research Day, Session Moderator, April 24th, 2010
Wyoming State Science Fair, Senior Team Competition Judge, March 8th, 2010

Search Committee, School of Nursing, Faculty Position, Health Behavior/Behavioral Health, Fall 2009 - Spring 2010
UW Community Health Advancement Program (CHAP), Assistant Faculty Advisor, Fall 2009 - current
National Eating Disorder/Body Image Week Committee, University of Wyoming, Fall 2007 - Spring 2008
Search Committee, Division of Kinesiology and Health, College of Health Sciences, Faculty Position, Exercise and Applied Biomechanist, Spring 2006

Committee Assignments - Professional (External)

The American College of Sports Medicine (ACSM)
Expert Panel Advisor for Adidas ALL DAY App, 2017
Nutrition Interest Group, Student Travel Award Abstract Reviewer, 2015
Rocky Mountain ACSM Regional Chapter, President and Board Member, June 2014-May 2016
Women, Sport & Physical Activity Committee, June 2010 – June 2016
Book reviewer, *Medicine and Science in Sports and Exercise*, 1995 - 1997
Healthy People 2000 Volunteer Network, 1993 - 1995

AND Sports, Cardiovascular and Wellness Dietetic Practice Group (SCAN)

SCAN Events Coordinator, Aug 2016-May 2019
SCAN Symposium Content Expert, March 2015-Aug 2016
SCAN Past Chair, June 2012 – June 2013
SCAN Chair, June 2011 – June 2012
SCAN Chair-elect, June 2010 – June 2011
SCAN Member Services Director, June 2009 - June 2010
SCAN 2009 Symposium Chair, April 2008 - April 2009
SCAN 2008 Symposium Chair, April 2007 - May 2008
SCAN 2007 Symposium Chair, March 2006 - April 2007
SCAN 2006 Symposium Co-Chair, January 2005 - April 2006
Sports Nutrition TRAC Committee Member, 1997 - 2005
Resources Editor, Vegetarian Section, *Scan's Pulse Resource Guide*, 1996 - 2000

AND Vegetarian Nutrition Dietetic Practice Group

Wyoming State Coordinator, Spring 2005 - Summer 2010
Chair, 1994-1995; Executive Committee 1993 -1997

AND Women & Reproductive Nutrition

Nominating Committee and Awards Chair, June 2007 - June 2009
Breastfeeding Task Force, 2006 - 2007
Practice Guideline's Committee, 2002 - 2004

The Vegetarian Resource Group

Advisory Board, 1995 - current

seeMOMMYrun

Executive Board Member, 2005 - 2007

Club South Runners, Baton Rouge Branch of Road Runners Club of America

Board of Directors, 2001 - 2006

Professional Certifications

ISAK Certification, level 1, March 2016
Yoga Teacher Certification, May 2015
Schwinn Cycling Instructor, Jan 2015

Clinical Service & Consulting

Sports Nutrition Consultant, High Performance Sports, Laramie, WY, 2010-2013
Sports Nutrition Consultant, Athletic Department, UAB, Birmingham, AL, 1995-2000

Ad Hoc Grant Reviewer

Estonian Research Council, Summer 2015
Louisiana Board of Regents, 2012
National Science Foundation, 2003

Ad Hoc Position Stand Reviewer

Nutrition for Athletic Performance, Academy of Nutrition and Dietetics, Dietitians of Canada and the American College of Sports Medicine Joint Position, 2016
Vegetarian Diets, Academy of Nutrition and Dietetics, 2016

Ad Hoc Manuscript Reviewer

Medicine and Science in Sports and Exercise, 2004 (1), 2005 (2), 2006 (3), 2007 (1), 2008 (2), 2011 (1), 2012 (2), 2013 (3), 2014 (3), 2015 (3)
International Journal of Sport Nutrition and Exercise Metabolism, 2010 (1), 2012 (1), 2013 (1), 2014 (4), 2015 (2), 2016(1)
Journal of Evidence-Based Complementary & Alternative Medicine, 2016 (1)
BMC Pregnancy and Childbirth, 2016 (1)
BMC Sports Science, Medicine and Rehabilitation, 2016(1)
British Journal of Sports Medicine, 2016(1)
Plos One, 2014 (2), 2015 (1)
Hormone & Metabolic Research, 2014 (1)
Journal of Sports Sciences, 2011 (2), 2012 (2)
Current Sports Medicine Reports, 2013 (1)
Pediatric Exercise Science, 2013 (1)
Appetite, 2012 (1)
Scandinavian Journal of Medicine & Science in Sports, 2012 (1)
Molecules, 2011 (1)
Nutrients, 2013 (1)
Nutrition & Metabolism, 2011 (1)
Journal of Steroid Biochemistry and Molecular Biology, 2010 (2)
Obesity (formerly Obesity Research), 2007 (3), 2008 (1), 2009 (2), 2011 (1)
Obesity Reviews, 2015 (1)
Clinical Nutrition, 2009 (1)
Journal of the American Dietetic Association, 2004 (2), 2005 (1), 2007 (1), 2009 (1), 2010 (1)
Journal of the American College of Nutrition, 2010 (1)
American Journal of Clinical Nutrition, 1995 (1), 1997 (1), 2004 (1), 2010 (1)
American Journal of Physiology: Endocrinology and Metabolism, 1998 (1) 2001 (1) 2006 (1), 2012 (1)
Journal of Applied Physiology, 2008 (1)
Journal of Clinical Endocrinology and Metabolism, 2002 (1)
Physiology and Behavior, 2004 (1)
Science, 2003 (1)
Sports Medicine, 2003 (1), 2006 (1), 2014 (1)

International Journal of Obesity, 2003 (1)
Clinical Physiology and Functional Imaging, 2002 (1)
Muscle & Nerve, 2001 (1), 2002 (1)
Molecules, 2012 (1)
Journal of Athletic Training, 2012 (1)

TEACHING & MENTORING

Courses Taught

Nutrition and Weight Control (FCSC 4147/5147), Spring 2019
Therapeutic Nutrition I: Nutrition Assessment and Diagnosis (FCSC 4210), Fall 2014-present
Therapeutic Nutrition (FCSC 4146/5146), UW, Spring 2005-2014
Therapeutic Nutrition Laboratory (FCSC 4106), UW, Spring 2008-2014
Clinical Practicum in Dietetics (FCSC 4104), UW, Spring 2008-2012
Maternal, Infant & Adolescent Nutrition (FCSC 3140), UW, Fall 2006-2008, 2010-2013, Spring 2015-present
Sports Nutrition & Metabolism (FCSC 3145), UW, Fall 2006, 2008, 2014, Spring 2016, 2018-current
Nutrition Controversies (FCSC 2101), Fall 2017-current
Freshman Seminar: Nutrition and Environmental Health (FCSC 1101), Fall 2015-2016
Reproductive Biology Seminar (ANSC 5870), UW, Fall 2010, Spring 2013, Spring 2015
Community Nutrition (FCSC 3147), UW, Fall 2005, 2007, 2009
Perspectives in FCSC (FCSC 1010), UW, Spring 2007
Food Service Management (FCSC 3153), UW, Spring 2007
WWAMI Energetics and Homeostasis (HM6650) Unit, Obesity, Nutrition and Thyroid lectures, Spring 2016-current
WWAMI Cardiopulmonary and Renal Unit, Exercise Testing lab and lecture, Spring 2018-current
Nutrition for Physical Activity, Graduate and Undergraduate Level (KIN 4501), LSU, Fall 2002
Sports Performance & Nutrition, Graduate Level (PE 674), UAB, Spring & Summer, 1997-2000
Nutrition & Physical Activity, (PE 405), UAB, Spring & Summer, 1997-2000

University Seminars and Guest Lectures (Non-Departmental)

Nutrition for Dancers, UW Department of Theater & Dance, Guest Lecture, April 13th, 2011
Nutrition for Dancers, UW Department of Theater & Dance, Guest Lecture, April 12th, 2010
Role of Ghrelin and Neuropeptide YY in Appetite and Body Weight Regulation: Preliminary Findings and Implications for Further Studies, INBRE Community College Videoconference Seminar series, November 13th, 2009
Nutrition for Dancers, UW Department of Theater & Dance, Guest Lecture, March 11th, 2008
C-CRAM symposium on Cardiovascular Medicine and Environmental Health. "Role of ghrelin and PYY in postpartum body weight regulation and presence in human milk," University of Wyoming Center for Cardiovascular Research and Alternative Medicine, November 2nd, 2007
Role of Ghrelin and Neuropeptide YY in Postpartum Body Weight Regulation: Preliminary Findings and Implications for Further Studies, UW Animal Science Friday Lunch Seminar, March 31st, 2006
Dietary Fat and Athletic Performance, Seminar in Sports Nutrition, LSU, Fall 2003
Writing Exercise Prescriptions in the Doctors Office, Baton Rouge General Hospital Family Medical Residency Program, August 2001

Graduate Student Committees Chaired or Co-Chaired

- Joi Thomas, "Risk for Metabolic Syndrome in Division I Football Players"; Doctorate in Biomedical Sciences, in process

- Bennett Ingold, “The Pig as a Model of vitamin D Synthesis at Altitude”; Masters in Food Science & Human Nutrition, in process.
- Jenna Chalcraft “Pattern of Cutaneous Vitamin D Synthesis in a Moderate Altitude, Mid Latitude Community Dwelling Older Adult Population”; Masters in Food Science & Human Nutrition, June 2019
- Demetre Gostas, “Assessment of Iodine Status in a Healthy Population. Masters in Food Science & Human Nutrition, May 2019
- Corey Douglas, “Is it Possible to Validate a Vitamin D-Specific Food Frequency Questionnaire?” Masters in Food Science & Human Nutrition, July, 2018.
- Linda Cardinal, “Cutaneous Synthesis of Vitamin D at high Latitude Mountainous Region”; Masters in Food Science & Human Nutrition, April 2017
- Jacqueline Barcal, “Vitamin D and Weight Cycling: Impact on Infection Risk, Inflammation, Injury and Illness in Collegiate Wrestlers”; Masters in Food Science & Human Nutrition, May 2016
- Erin Kyle, “Effect of Physical Activity and Dietary Intake on Bone Mineral Density in Lactating Postpartum Women”; Masters in Food Science & Human Nutrition, August 2014
- Jenna Heller, “Vitamin D and its relation to body composition in collegiate athletes”; Masters in Food Science & Human Nutrition, Dec 2013
- Jessica Schueler, “Dynamics of appetite suppressing hormones in breast milk”; Masters in Food Science & Human Nutrition, December 2011.
- Sonnie Palm, “Effect of running and walking on hormonal regulators of appetite”; Masters in Food Science & Human Nutrition, August 2011.
- Kentz Willis, “Vitamin D status & immune system biomarkers in athletes”; Masters in Food Science & Human Nutrition, December 2008.
- Minghua Tang, “Effect of cinnamon and turmeric on urinary oxalate excretion, plasma lipids and plasma glucose in healthy subjects”; Masters in Food Science & Human Nutrition, August 2008.

Graduate Student Committees

- Nan Hu, “Environment and Lifestyle Factors in Cardiomyopathy”; Doctorate in Biomedical Sciences, in process.
- Courtney Sutton, “Expression of TRPM8 in Sheep Brains and Reproductive Tissue”; Doctorate in Animal and Veterinary Science, June 2019
- Guangyuan LI, “The Roles of Peptidylarginine Deiminase (PAD) Enzymes in Mammary Glands and Lactotrophe Cells”; Doctorate in Zoology and Physiology, Aug 2018
- Vivek Krishnan, “Dietary Capsaicin counters high fat diet induced obesity”; Doctorate in Neuroscience, May 2018
- Taylor B. Kraft, “The Impact of Daily Kimchi Consumption on Irregular Gastrointestinal Symptoms and Consumer Acceptability in Healthy Individuals”; Masters of Science in Food Science & Human Nutrition, April 2018
- Ryan David Putnam, “Stable Isotope Dilution Method to Measure Total Body Water and Water Turnover in Humans Over 24h versus 72h(Plan B), Masters of Science in Kinesiology & Health, April 2018
- Ainsley Huffman, “Attributing Change in Urine Color to Change in Fluid Intake”; Masters of Science in Kinesiology & Health, July 2017
- Ashley M. Smith, “Control Mechanism(s) of the Leptin Surge in Neonatal Appetite Regulation of Sheep. Masters of Science in Animal and Veterinary Science, Dec 2016.

- Megan Walton, “Maternal overnutrition/obesity (MO) has multigenerational metabolic programming effects on adult grandchildren (F2)”; Masters of Science in Animal Science, Fall 2016.
- Candace Wollert, “Examination of dietary patterns in high school athletes with respect to weight change goals”; Masters of Science in Kinesiology & Health, July 2016.
- Samanta Fensterseifer, “The effects of obesity during pregnancy on adiponectin levels in sheep and its role on fetal growth”; Masters of Science in Animal Science, Dec 2015.
- Sarah Cousineau, “Evaluation of the Crossover Point in adolescent and adult recreational athletes”, Masters of Science in Kinesiology & Health, Dec 2015.
- Xihui Xu, “The role of autophagy in cardiovascular stresses”; Doctorate in Biomedical Sciences, Feb. 2013.
- Ashley B Breton, “The effects of iron deficiency on dopaminergic mediated synaptic plasticity within the CA1 region of the hippocampus”; Doctorate in Reproductive Biology, July 2012.
- Joseph Howdyshell, “Adaptation Signal Determinants in Aerobic Exercise Training”; Masters in Kinesiology & Health, Dec 2011.
- Junxing Zhao, “Nuclear receptor signaling and myogenesis and adipogenesis”; Doctorate in Animal and Veterinary Medicine, Summer 2011.
- Gomashe Chirag, “Effect of habitual exercise and body composition on systemic inflammation and antioxidant capacity in young and middle age adults”; Masters in Kinesiology & Health, July 2009.
- Brett Anderson, “Effects of interval training in female collegiate soccer athletes”; Masters in Kinesiology & Health, April 2009.
- Janalee Dayton, “The Influence of an Internet-Delivered Physical Activity Intervention on Food Intake in Previously Sedentary and Overweight Adults”; Masters in Kinesiology & Health, July 2008.

Honors Students Mentored

- Courtney Nordhus, UW, “Healthy Pokes, On a Mission for Good Nutrition”, Spring 2014-Spring 2015.
- Michelle Felts, UW, “Effect of pregnancy and postpartum on serum lipids”, Fall 2012-Spring 2013.
- Tanya Halliday, UW, “Vitamin D status in relation to diet, lifestyle habits, injury and illness in college athletes”, Spring 2009 - Spring 2010.
- Jamie Wilder, UW, “A literature review related to initiatives fighting childhood obesity: The dietitian’s role, Spring 2010.
- Stephanie L Hunter, UW, “A comparison of the effects of two sweeteners on postprandial thermogenesis,” Spring 2008.
- Lindsey Strannigan, UW, “Childhood and adolescent obesity: A rapidly growing epidemic in the United States,” Spring 2007.
- Jennifer N Thompson, UAB, Two week practical experience at UW, Summer 2007.

Other Undergraduate Students Mentored

- Sarah Rich, project title pending, INBRE Science Student, Fall 2019 – Current
- Swathi Katta, “The effects of ghrelin and leptin in women who exercise and consume honey”, Wyoming NSF EPSCoR, Summer 2009 - Spring 2010.
- Chelsea Zenner, “Sports Nutrition and Metabolism Research”, UW Undergraduate Independent Study, Fall 2008.

- Megan McGuffey, “Exercise and Appetite Regulation”, UW Undergraduate Independent Study, Summer 2008.
- Nikki Peterson, “Vitamin D”, UW Undergraduate Independent Study, Spring 2007.

Kinesiology/Exercise Physiology Internships Hosted

- Molly Plasha, Kinesiology Intern (Undergraduate), UW, Summer 2006.
- Heidi Aarsby, Kinesiology Intern (Undergraduate), UW, Spring 2006.
- John Gullett, Exercise Physiology Intern (Masters), College of St Scholastica, Summer 2004.

Other Teaching Activities

- UW Women in Science Conference, Career Panel Member and Laboratory Workshop Presenter: “How many Calories do I burn?”, UW, May 14, 2009.
- INBRE Undergraduate Student Laboratory Rotations, Fall 2008.
- UW Women in Science Conference, Laboratory Workshop Presenter: “Assessment of energy expenditure during rest and exercise”, UW, May 15, 2008.

Professional Development Related to Grant Writing & Research

- Impact writing workshop: “So What? Who Cares? Why impact reporting matters and how to do it well”. College of Agriculture & Natural Resources, October 6, 2014.
- Grant Writers’ Workshop, UW, Sept 2010 - April 2011
- Grant Writers’ Seminars, UW, June 24, 2010
- Grant Writers’ Seminars, UW, June 25 - 26, 2009
- USDA-CSREES Grantsmanship Workshop, Dallas, TX, October 17 - 18, 2006
- National Science Foundation Day, UNC, Greeley, CO, September 14, 2006
- Ethics in Teaching, Research and Beyond, UW, October 13, 2005
- Grant Writers’ Seminars and Workshops, UW, June 28, 2005
- NIDDK New Investigators’ Workshop, Bethesda, MD, September 27 - 28, 2004

Professional Development Related to Teaching & Advising

- Engaged Faculty Institute on Service Learning, UW Elbogen Center for Teaching and Learning and Service Leadership Community Engagement, Oct 2016 – April 2017
- Active and Engaged Learning, The John P Ellbogen Faculty Summer Institute, May 23-26, 2016
- First Year Seminar (FYS) Spring Colloquium, UW Elbogen Center for Teaching and Learning (CTL), May 16, 2016
- Designing Your First Year Seminar, The John P Ellbogen Faculty Summer Institute, May 19-22, 2014
- Advising Workshop, UW College of Agriculture, May 25, 2010
- Advising Workshop, UW College of Agriculture, March 4, 2008
- Effective Classroom Presentations, Ellbogen CTL, January 9, 2008
- Grading Myths, Ellbogen CTL, February 2, 2005
- The Tables Turned: When the Evaluator is Evaluated, Ellbogen CTL, April 8, 2005
- Creating a Learner-Centered Syllabus and Classroom, Ellbogen CTL, August 25, 2005
- Engaging Students with Engaging Ideas: Foundations for Success, Ellbogen CTL, September 8, 2005
- Western Region Teaching Symposium, Pingree Park, September 30 - October 2, 2005
- Developing Valuable Feedback: It Runs Two Ways, Ellbogen CTL, October 3, 2005
- Ethics in Teaching, Research and Beyond, UW, October 13, 2005
- Advising Workshop, College of Agriculture, October 26, 2005
- Spending Time/Saving Time: Values in Teaching, UW, December 6, 2005

CME Courses Taught

- The American College of Sports Medicine Nutrition and Exercise CEQ Workshop and Examination: "Carbohydrate and Fluid Intake for Physical Activity," August 1998.
- UAB National Intensive Course in Nutrition for Infants, Children and Adolescents: "Vegetarian Diets in Pediatrics," Birmingham, AL, February 1998.
- Obesity Update 1997: "Exercise For Obese Persons: Practical Considerations," UAB, Birmingham, AL, October 1997.
- UAB National Intensive Course in Nutrition for Infants, Children and Adolescents: The Use of Vegetarian Diets in Pediatrics," Birmingham, AL, February 1997.
- NAASO, continuing education conference: "Practical aspects of increasing physical activity in your overweight patients," New Orleans, LA, October 1995.

COMMUNITY SERVICE & INVOLVEMENT

- Laramie High School Boys Soccer Concessions Coordinator, 2018-current
- Laramie High School Cross Country Team, Gobble Wobble Parent Race Organizer/Volunteer, Fall 2014-current
- Irish Step-Dance Academy, Laramie Dance & Art Center, 2006-current
- Laramie Garden Club Annual Plant Sale, Cashier/Volunteer 2012, 2014-current
- Lake Hubert Women's Club, July Meeting Organizer, Community Bags for Women's Shelter Committee, Summer 2015 – current
- Nisswa Firecracker 5k&10k run, Race Registration and Packet Committee Volunteer Manager, Nisswa, MN, July 2014-current
- Trinity Lutheran Church, Lent Supper Volunteer, 2006 – current
- Race Director, Laramie Blizzard Blast 5K and 10K Run, Fall 2012, 2013, 2014
- Coach, She's a Runner Girl, Spring 2011 & Spring 2012

- Communication Committee, Laramie Blizzard Youth Soccer, Spring 2012-current
- 2/3 Teacher Hiring Committee Albany County Public School District, UW Laboratory School, Spring, 2010.
- Albany County 4-H Volunteer Project Leader: Health Project, October 1 2008 - current.
- Assistant Soccer Coach, Laramie Soccer Association, Fall 2008 and Fall 2009.
- Caring About Student's Health (CASH), health fair targeting prevention of adolescent obesity, Glen Oaks High School, Baton Rouge, LA, November 10 2004.
- Lenten Service Hunger Meal Committee, Saint Paul's Lutheran Church, Baton Rouge, LA, 2001-2003.
- Co-Race Director, Twilight Classic 5-K, Baton Rouge, LA, August 2002 - 2003.
- Race Director (Club South), Pennington Race for Woman's Nutrition Research, Baton Rouge, LA, April/May 2002 - 2003.
- Aid Station Manager, Vulcan Marathon & Half-Marathon, Birmingham AL, 2000.