

Steve Sisolak  
Governor

Richard Whitley, MS  
Director



**DEPARTMENT OF  
HEALTH AND HUMAN SERVICES**  
Division of Public and Behavioral Health  
*Helping people. It's who we are and what we do.*



Lisa Sherych  
Administrator

Ihsan Azzam, Ph.D., M.D.  
Chief Medical Officer

**Date:** February 9, 2021

**MEMORANDUM**

**To:** Jon Pennell, DMV, Acting Chairman

**From:** Lisa Sherych, Secretary  
State Board of Health

**Re:** **NAC 640E.300 Re-Appointment of Dietitian Advisory Group Members**

The Dietitian Advisory Group was established pursuant to NRS 640E.130.

3. The term of each member of the Advisory Group is 4 years. A member may be reappointed.

This is a request for reappointment of the following individuals to the Dietitian Advisory Group; each person would serve a four-year term if appointed:

Member Eligible for Reappointment	Date of Term Expiration	Term for Reappointment
Laura J. Kruskall, PhD, RD, Licensed Dietitian	04/20/2021	04/21/2020 - 04/20/2025
Deborah B. Klein, RD, Licensed Dietitian	04/20/2021	04/21/2020 – 04/20/2025
Pam Wagner, RD, Licensed Dietitian	06/12/2019	06/13/2019 – 06/12/2023
Ann R. Lindsay, PhD, Associate Professor (member of the public)	08/04/2020	08/05/2020 – 08/04/2024

**STAFF REVIEW**

Pursuant to NAC 640E.300 the State Board of Health may reappoint members to the Dietitian Advisory Group. The following individuals are being moved forward for reappointment to the Dietitian Advisory Group by the Board of Health.

The following individuals are all registered and licensed dietitians in good standing. A copy of their resumes is attached for your review.

- Laura Kruskall
- Deborah Klein
- Pam Wagner

The following individual is being moved forward as the member representing the public:  
Ann R. Lindsay.

**PUBLIC COMMENT RECEIVED**

None

**STAFF RECOMMENDATION**

Staff recommends that the Board reappoint Laura Kruskall, Deborah Klein and Pam Wagner as licensed dietitians and Ann R. Lindsay as the member of the public to the Dietitian Advisory Group.

**PRESENTER**

Leticia Metherell, Health Program Manager III  
Division of Public and Behavioral Health

**Laura J. Kruskall, PhD, RDN, CSSD, LD, FACSM, FAND**

University of Nevada Las Vegas  
4505 Maryland Parkway Box 453026  
Las Vegas, NV 89154-3026

## **Current Positions**

### **Associate Professor of Nutrition**

#### **Director, Dietetic Internship & UNLV Nutrition Center**

University of Nevada, Las Vegas, Department of Kinesiology and Nutrition Sciences

- Developed all programs (Bachelor of Science, Didactic Program in Nutrition and Dietetics (DPND), Dietetic Internship, Master of Science) and obtained initial and ongoing accreditation for relevant programs.
- As Director of UNLV Nutrition Sciences, I oversee the new DPND Director, and administer the MS in Nutrition Sciences degree programs and ensure they meet all standards set by The Accreditation Council for Education in Nutrition and Dietetics (ACEND).
- As Dietetic Internship Director I ensure that the program meets all educational standards set by ACEND.
- As Founder and Director of the UNLV Nutrition Center I manage and oversee all programs and activities delivered by the center.
- Courses include human nutrition, introductory and advanced sports nutrition, medical nutrition therapy I and II, seminar in nutrition, advanced clinical nutrition & dietetics, and supervised practice courses in community nutrition, clinical nutrition & dietetics, and food service management.
- Give various nutrition lectures to members of the Las Vegas community. Serve as supervisor for student independent study. Serve on graduate thesis committees and graduate examination committees.
- Founder and faculty advisor for the UNLV Student Nutrition & Dietetic Association.
- Research interests include human energy metabolism and the effects of supplement use on body composition and performance.

### **Health and Wellness Collaborator**

Cleveland Clinic-Lou Ruvo Center for Brain Health, Las Vegas NV

- Develop and deliver nutrition presentations to the patient population and as part of Multiple Sclerosis Wellness Series and the Women's Alzheimer's Movement clinical trial.

### **Nutrition Consultant**

Canyon Ranch Spa Club, Las Vegas, NV

- Counsel clients on various topics such as healthy eating, weight control, and supplement use.

- Give lectures to guests at the spa on various nutrition-related topics.

### **Nutrition Consultant**

Cirque du Soleil, Las Vegas, NV

- Provide individual consults and lectures for the performers

## **Education**

### **Certificate of Training in Adult Weight Management Level 2, 2011**

Commission on Dietetic Registration, Chicago, IL

### **Board Certified Specialist in Sports Dietetics, 2007, 2012, 2017**

Commission on Dietetic Registration, Chicago, IL

### **Registered Dietitian/Nutritionist, 2000**

Commission on Dietetic Registration, Chicago, IL

### **Ph.D. Nutrition, 1998**

Emphasis in Exercise Science & Gerontology

The Pennsylvania State University, University Park, PA

### **M.S. Human Nutrition, 1991**

Emphasis in Exercise Science

Columbia University, College of Physicians & Surgeons, Institute of Human Nutrition, New York, NY

### **B.A. Biology, 1990**

Mount Saint Mary College, Newburgh, NY

## **Professional Organization Committee Work**

- Alliance Representative between The Academy of Nutrition and Dietetics and the American College of Sports Medicine, 2017-present
- June 1, 2010 to present: Dietetics Advisory Committee, Nevada State Board of Health
- June 1, 2018 to present: Board Member, Nevada Academy of Nutrition and Dietetics. Positions: Annual Meeting Chair, Consumer Protection Coordinator/Licensure Liaison, and Student Liaison
- 2005-2012 and January 2014 to June 2018: Nutrition Track Chair for the American College of Sports Medicine Health & Fitness Summit Planning Committee
- January 2013 to March 2014: Co-chair, Standards of Practice and Standards of Professional Performance, Sports, Cardiovascular and Wellness Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics
- April 2013: Assist Commission on Dietetic Registration with revision of Board Certified Specialist in Sports Dietetics Exam
- June 2012 to June 2015 Trustee, American College of Sports Medicine

- June 1, 2010-May 31, 2011: President, Nevada Dietetic Association
- June 1, 2009-May 31, 2010: President-Elect, Nevada Dietetic Association
- May 2007-May 2009: Co-chair, Standards of Practice and Standards of Professional Performance, Sports, Cardiovascular and Wellness Nutrition Dietetic Practice Group of the American Dietetic Association
- June 1, 2007-May 31, 2010: Nominating Committee Member/Chair (2008-2010), Southern Nevada Dietetic Association
- June 1, 2008-: Nominating Committee Member and Board Member, Nevada Dietetic Association

## **Experience**

### **Director, Dietetic Internship, Department of Kinesiology & Nutrition Sciences July 2018-Present**

University of Nevada, Las Vegas

### **Coordinator, M.S. Nutrition Sciences Degree Program, Department of Kinesiology & Nutrition Sciences July 2017-Present**

University of Nevada, Las Vegas

### **Director, UNLV Nutrition Center January 2015-Present**

University of Nevada, Las Vegas

### **Director, Nutrition Sciences, Department of Kinesiology & Nutrition Sciences, July 2008-July 2018**

University of Nevada, Las Vegas

### **Chair, Department of Nutrition Sciences, July 2004-July 2008**

University of Nevada, Las Vegas

### **Clinical Dietitian, 1999**

Desert Springs Hospital

- Responsible for weekend coverage consisting of critical care patients. Evaluations of tube-feedings and TPN were routinely performed.

### **Dietetic Internship, 1999**

University of Nevada, Reno, NV

- Learned the skills necessary to earn the position of clinical dietitian including nutrition assessment, patient education, and food service management.

### **Director, 1997-1998**

The Personal Training Center, State College, PA

- Developed all procedures and protocols for conducting nutrition counseling, exercise testing, personal training sessions, and safety procedures.

- Hired and supervised trainers.
- Selected and supervised student interns from Penn State University.
- Overall responsibility for daily operations of the facility.

**NIH/NIA Pre-Doctoral Fellow, 1994-1997**

The Pennsylvania State University, University Park, PA

- Completed dissertation research on energy requirements and the effects of resistance training in older men and women.
- Supervised undergraduate interns and independent study students.
- Served as a study coordinator for an investigation that examined the effects of weight loss on athletic performance.
- Coordinated an investigation that examined the role of nutrition education in the prevention of eating disorders in young female athletes.
- Provided individual and group nutritional counseling to executives in the Penn State Executive Management Program.
- Administered various tests of physical fitness including body composition (underwater weighing, skinfolds, BIA, TBW), aerobic capacity, muscle strength and endurance, joint flexibility, pulmonary function, and metabolic rate.
- Designed and implemented exercise programs to improve all major aspects of physical fitness in older adults.

**Research Assistant, 1991-1992**

Columbia University, Obesity Research Center, New York, NY

- Developed, executed, and presented research findings that examined the difference in bone density and skeletal dimensions between black and white males.
- Quantified the energy costs of resting and exercise energy expenditure using indirect calorimetry.
- Executed various assessments of body composition including TBW, TBK, BIA, underwater weighing, and anthropometric measurements.
- Performed body composition assessments on members of the New York Nicks basketball team.

**Research Assistant, 1988-1989**

Vassar College Obesity Research Lab, Poughkeepsie, NY

- Determined lipolytic rates of lactating vs non-lactating rats.
- Performed assays for glycerol, cell size, and cell number in rat adipose tissue.

**Assistant Manager/Night Manager, 1984-1987**

Figures & Fitness, Inc., Middletown, NY

- Coordinated employee working schedules and exercise classes.
- Trained and managed personnel.
- Performed basic bookkeeping duties.

- Developed and instructed daily aerobic exercise classes and personal training sessions.

## **Abstracts & Scientific Presentations**

Webber K, Clark S, Coughenour C, Buffington A, Whaley R, **Kruskall L**. Food Insecurity and Perceived Stress in University Students. Annual Meeting of Nevada Public Health Association. September 2019, presentation.

S. Meyer,<sup>1</sup> J. Nash,<sup>1,3</sup> L. **Kruskall**,<sup>3</sup> K. Castello, 1 K. Barton,<sup>2</sup> M. LeGrand, 5 A. Sullivan, 4 C.M. Hersh<sup>1</sup> Promoting Healthy Lifestyle Practices through a Multiple Sclerosis Health and Wellness Patient and Caregiver Education Series <sup>1</sup>Lou Ruvo Center for Brain Health, Cleveland Clinic, Las Vegas, NV, United States <sup>2</sup>LCSW Keck Medical Center of USC, Department of Neurology, Los Angeles, CA, United States <sup>3</sup>University of Nevada, Las Vegas, NV, United States <sup>4</sup>Mellen Center for Multiple Sclerosis Treatment and Research, Cleveland Clinic, Cleveland, OH, United States <sup>5</sup>Multiple Sclerosis Association of America, Cherry Hill, NJ, United States. Consortium of MS Centers Annual Conference, May 28-June 1, 2019, Seattle WA.

Kenny, Tara; McCune, Damon; **Kruskall, Laura**; Navalta, James; Hickman, Robbin; Young, John. May 2016. Vitamin D Status and Bone Mineral Density in Female Collegiate Dancers and Cheerleaders. Poster – presented at the Annual Meeting of the Southwest American College of Sports Medicine, Boston, MA.

McCune, Damon; **Kruskall, Laura** FACSM; Navalta, James; Tandy, Richard; Young, John FACSM; Schuerman, Sue. May 2015. 25-hydroxyvitamin D, IGF-1, And Waist Circumference: A Cross-sectional Study. Presented at the Annual Meeting of the American College of Sports Medicine, San Diego, CA.

Pencheva, M., Young, J., **Kruskall, L**. Changes in Bone Mineral Density in Female Intercollegiate Soccer Players. American College of Sports Medicine Annual Meeting, June 2011.

McWhorter, J.W., Michelman, M.M., **Kruskall, L.J.**, Hickman, R. The Influence of a Physical Activity and Nutritional Educational Intervention on Childhood Obesity. American Physical Therapy Association, accepted August, 2008.

Buffington, A., Tandy, R., **Kruskall, L**. Knowledge of Personal Energy requirements in College Students. American College of Sports Medicine, Southwest Chapter Meeting, November 2008, Page 16.

Pencheva, M., **Kruskall, L.**, Young, J. Comparison of Body Composition Measurement Methods in Female Soccer Players. American College of Sports Medicine, Southwest Chapter Meeting, November 2008, Page 23.

Sanchez, R.M., Young, J.C., **Kruskall, L.J.**, and Benyshek, D.C. Delayed Glucose Response in the Rat Model: More Evidence That a High Protein Diet Alters Glucose Kinetics. American College of Sports Medicine, Southwest Chapter Meeting, November 2006, Page 29.

MM Michelman, LJ Kruskall, JW McWhorter, & D Tyler. WeCan!: Partnering to Improve Southern Nevada's Health. The National Obesity Action Forum, Bethesda, MD, June 5-6, 2006.

Sanchez, R.M., Young, J.C., Golding, L.A., **Kruskall, L.J.**, Benyshek, D.C. Effects of a High-Protein Diet on Glucose Tolerance in Rats. American College of Sports Medicine, Southwest Chapter Meeting, November 2005, Page 16.

Michelman, M.M., Pamplona, B., **Kruskall, L.J.** Cooking Classes with Nutrition Education and Physical Activity Components Empowered Young Participants to Improve Their Knowledge, Behavior, and Intention with Regard to Healthy Food Choices." *Journal of the American Dietetic Association*, 105(8), A-58. Presented at the The American Dietetic Association's Food & Nutrition Conference & Exposition, St Louis, MO, October 2005.

JC Young, **LJ Kruskall**, JC Dolgan, and RC Heslink. The effect of soluble fiber on glucose tolerance and antioxidant status in insulin resistant rats. Abstract #5333. Presented at the annual Experimental Biology Meeting, April 2004.

**LJ Kruskall**, B Nielson, SL Meacham, & JC Young. Skeletal Muscle as the Site of Dietary-Induced Insulin Resistance. *The FASEB Journal*, March 2003. Abstract #570.6. Presented at the annual Experimental Biology Meeting, April 2003.

**LJ Kruskall** & LJ Johnson. Perceived benefits, sources of information, and patterns of current and past supplement usage reported by male and female collegiate athletes. *Journal of The American Dietetic Association*, 101(9), p. A-45, October 2001. Presented at the annual meeting of The American Dietetic Association, St Louis, MO, October 2001.

LJ Johnson, SL Meacham, & **LJ Kruskall**. Correlation between measures of bone mineral density and dietary energy, protein, calcium, iron, sodium, cholecalciferol, and phylloquinone in adult Caucasian females admitted to an osteoporosis program. *The FASEB Journal*, 15(5), March 8, 2001, p. A978, Abstract # 751.6.

SL Meacham, LJ Johnson, **LJ Kruskall**, & CH Goodner. Dietary boron intakes of adult Caucasian females determined using commercially available software for diet analysis. *The FASEB Journal*, 15(5), March 8, 2001, p. A1089, Abstract # 834.2.

**LJ Kruskall**, WW Campbell, & WJ Evans. Comparison of measured energy expenditure due to physical activity to that estimated using The Yale Physical



Activity Survey for Older Adults. *Journal of The American Dietetic Association*, 100(9), p. A-12, October 2000. Presented at the annual meeting of The American Dietetic Association, Denver, CO, October 2000.

**LJ Kruskall**, WW Campbell, & WJ Evans. The comparison of two equations commonly used for the calculation of metabolizable energy. *Journal of The American College of Nutrition*, 19(5), October 2000. Abstract #122. Presented at the annual meeting of The American College of Nutrition, October 2000.

WW Campbell, **LJ Kruskall**, & WJ Evans. Metabolizable energy intake (MEI) for long-term body weight maintenance in older men and women. *The FASEB Journal*, 14(4), March 15, 2000, ABSTRACT #524.3.

Geliebter, A, MM Maher, **LJ Gerace**, B Gutin, SB Heymsfield, and S Hashim. Effects of strength or aerobic training on body composition, resting metabolic rate, and peak oxygen consumption in obese dieting subjects. *American Journal of Clinical Nutrition*, 66(3) 557-568, 1997.

Gasperino, J, J Wang, KM Buhl, **LJ Gerace**, SB Heymsfield, and FX Pi-Sunyer. Validation of a new bioelectrical impedance analysis instrument. *Obesity Research*, 1(Suppl 1): 26, 1993.

**Gerace, LJ**, M Russell, A Aliprantis, J Wang, RN Pierson, R Baumgartner, B Allison, and SB Heymsfield. Differences in bone mass and skeletal linear dimensions between black and white men. *American Journal of Clinical Nutrition*, 55(3) Suppl#38, 1992.

Geliebter, A, M Maher, **LJ Gerace**, KM Buhl, K Burkhart, C Patil, C Economos, D Gallagher, S Karp, B Gutin, SB Heymsfield, and S Hashim. Effects of strength and aerobic training on body composition, resting metabolic rate, and maximum oxygen consumption in obese subjects on restrictive dieting. *The FASEB Journal*, 7(3): A516, 1992.

## **Publications**

Kruskall, L., Schwartz, J., Stuhr, R., Manore, M. A Physical Activity Toolkit for Registered Dietitians: Utilizing Resources of Exercise is Medicine®. Weight Management & Sports, Cardiovascular, & Wellness Nutrition Dietetics Practice Subgroups of the American Dietetic Association, Exercise is Medicine, & American College of Sports Medicine®. Accepted for publication. Anticipated release date: Fall 2020.

Esdaile H., Young J.C., Kruskall L.J. Utilization of Waist Circumference to Determine Type 2 Diabetes Risk among Normal and Overweight Populations. *Adv Obes Weight Manag Control*. 2018; 8(1): 00219. DOI: 10.15406/aowmc.2018.08.00219

Spano, MA., **Kruskall, L.J.**, Thomas, D.T. Nutrition for Sport, Exercise, and Health (Textbook). Human Kinetics (2018). ISBN 978-1-4504-1487-6.

Tovar, A.P., Navalta, J., Kruskall, L.J., Young, J.C. The effect of moderate consumption of non-nutritive sweeteners on glucose tolerance and body composition in rats. *Appl. Physiol. Nutr. Metab.* 2017;**42**: 1225–1227.

**Kruskall, L.** Fitness Professionals' Guide to Sports Nutrition and Weight Management, 2<sup>nd</sup> Edition. Healthy Learning, 2018.

Kenny, T., McCune, D., **Kruskall, L. J.**, Navalta, J. W., Young, J. C. Vitamin D status and bone mineral density in female collegiate dancers and cheerleaders. *Journal of Sports Science.* 2017; 5: 38-44.

**Kruskall, L.J.**, Manore, M.M., Eickhoff-Shemek, J.M., Ehrman, J.K. Drawing the Line: Understanding the Scope of Practice among Registered Dietitian Nutritionists and Exercise Professionals. *American College of Sports Medicine Health & Fitness Journal.* 2017;**21**(1):23-32.

**Kruskall, L.** Weight Management. Chapter in American College of Sports Medicine Complete Guide to Fitness and Health, 2<sup>nd</sup> Edition. Human Kinetics, 2017. ISBN 978-1-4925-3367-2.

**Kruskall, L.** Physiology of Exercise. Chapter in Sports Nutrition: A Practice Manual for Professionals, 6<sup>th</sup> Edition. Academy of Nutrition and Dietetics, 2017. ISBN 978-0-88091-975-3.

Patricia L. Steinmuller, MS, RDN, CSSD, LN; **Laura J. Kruskall**, PhD, RDN, CSSD, LD, FACSM; Christine A. Karpinski, PhD, RD, CSSD, LDN; Melinda M. Manore, PhD, RDN, CSSD, FACSM; Michele A. Macedonio, MS, RDN, CSSD, LD; Nanna L. Meyer, PhD, RDN, CSSD, FACSM. Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Sports Nutrition and Dietetics. *J Acad Nutr Diet.* 2014;**114**:631-641.

Santo, A., **Kruskall, L.** Fact or Fiction? Can Dietary Supplements Enhance Health and Performance? *American College of Sports Medicine's Health & Fitness Journal*, 16(5), 2012.

Schwartz, J., Carpenter, R., Manore, M., **Kruskall, L.** A Physical Activity Toolkit for Registered Dietitians: Utilizing Resources of Exercise is Medicine®. Weight Management & Sports, Cardiovascular, & Wellness Nutrition Dietetics Practice Subgroups of the American Dietetic Association, Exercise is Medicine, & American College of Sports Medicine®, September, 2011.

**Kruskall, L.** Weight Management. Chapter in American College of Sports Medicine Complete Guide to Fitness and Health. Human Kinetics, 2011. ISBN-13 978-0-7360-9337-8; ISBN 10 0-7360-9337-0.

**Kruskall, L.** Fitness Professionals' Guide to Sports Nutrition and Weight Management. Healthy Learning, 2010. ISBN 978-1-60679-102-8.

Stock, M., Young, J., Golding, L., **Kruskall, L.**, Tandy, R., Conway-Klaasen, J., & Beck, T. The Effects of Adding Leucine to Pre and Postexercise Carbohydrate Beverages on Acute Muscle Recovery from Resistance Training. *Journal of Strength and Conditioning Research*, 24(8): 2211-2219, 2010.

**Kruskall, L.J.**, Miracle, A.M. Caffeine and Exercise Performance: What's All the Buzz About? *American College of Sports Medicine's Health & Fitness Journal*, 13(6): 17-23, 2009.

Wallmann, H., Schuerman, S., **Kruskall, L.J.**, Alpert, P.T. Administration of an Exercise Regimen in Assisted-Living Facilities to Improve Balance and Activities of Daily Living: A Pilot Study. *Home Health Care Management & Practice*, 21: 419-429, 2009.

Steinmuller, P., Meyer, N.L, **Kruskall, L.J.**, Manore, M.M., Rodriguez, N.R., Macedonio, M., Bird, R.L., Berning, J.R. American Dietetic Association: Standards of Practice and Standards of Professional Performance for Registered Dietitians (Generalist, Specialty, Advanced) in Sports Dietetics. *Journal of the American Dietetic Association*, 109(3):544-552, 2009.

C Sass, JM Eickhoff-Shemek, MM Manore, **LJ Kruskall**. Crossing the Line: Understanding the Scope of Practice Between Registered Dietitians and Health/Fitness Professionals. *American College of Sports Medicine's Health & Fitness Journal*, 11(3): 12-19, 2007.

RM Sanchez, JC Young, and **LJ Kruskall**. A High-Protein Diet Does Not Affect Glucose Tolerance in the Rat Model. *Life Sciences*, 79: 295-299, 2006.

**LJ Kruskall**. Portion Distortion: Sizing Up Food Servings. *American College of Sports Medicine's Health & Fitness Journal*, 10(3): 8-14, 2006.

**LJ Kruskall**, WW Campbell, & WJ Evans. The Yale Physical Activity Survey for older adults to predict the energy expenditure due to physical activity for older persons is potentially inaccurate for individuals, but cautiously suitable for groups. *Journal of the American Dietetic Association*, 104:1251-1257, 2004.

LJ Johnson, SL Meacham, & **LJ Kruskall**. Dietary Reference Intakes: The antioxidants- vitamin C, vitamin E, selenium, and carotenoids. *Journal of Agromedicine*, 9(1), 65-82, 2003.

**LJ Kruskall**, WW Campbell, & WJ Evans. The Atwater energy equivalents overestimate metabolizable energy intake in older humans: results from a 96-day strictly controlled feeding study. *The Journal of Nutrition*, 133, 2581-2584, 2003.

WW Campbell, **LJ Kruskall**, & WJ Evans. Lower body versus whole body resistive exercise training and energy requirements of older men and women. *Metabolism*, 51(8): 989-997, 2002.

WW Campbell, TA Trappe, AC Jozsi, **LJ Kruskall**, RR Wolfe, & WJ Evans. Dietary protein adequacy and lower body versus whole body resistive training in older humans. *The Journal of Physiology*, 542(2): 631-642, 2002.

**LJ Kruskall**, LJ Johnson, & SL Meacham. Eating Disorders and Disordered Eating- Are They the Same? *ACSM's Health & Fitness Journal*, 6(3), 6-12, 2003.

SL Meacham, LJ Johnson, & **LJ Kruskall**. Nutrition Suggestions for the Cancer Survivor. *ACSM's Health & Fitness Journal*, 6(1):6-12, 2002.

SL Meacham, LJ Johnson, & **LJ Kruskall**. Recommended Dietary Allowances- then and now: A review. *Journal of Agromedicine*, 8(2), 85-93, 2002.

## **Current Research Areas**

The relationship of vitamin D and bone mineral density and body composition in athletes

## **Grants Written**

### Internal Funded

- Nevada INBRE (IDeA Network of Biomedical Research Excellence) is a National Institutes of Health (NIH) program designed to help traditionally underfunded states build biomedical infrastructure. Laura Kruskall & Jessica Evans. **\$5,000**. 2012.
- The Effects of Pilates-Based Exercise on Bone Density, Body Composition, Strength, Flexibility, and Balance in Postmenopausal Women. **\$22,000** by the UNLV Center of Excellence in Women's Health, PI: Cheryl Bowles, Co-PI: Laura Kruskall. 2005.
- UNLV Planning Initiative Award: Disordered eating in female college athletes: A program for education, screening, and referral. **\$6,500**. Co-PI: Lesley J. Johnson. 2003.
- UNLV SITE Grant: Acquisition of a DEXA Scanner. **\$30,000**. PI: Mark Rudin, Co-PIs: Laura Kruskall, Laura LaPorta, Cheryl Bowles. 2003.
- UNLV SITE Grant: Measured versus estimated resting energy expenditure in female athletes with disordered eating patterns. **\$2,275**. Co-PIs: Laura Kruskall, Lesley Johnson. 2003.
- A Comparison of Actual Versus Perceived Carbohydrate Intake of Atkins Dieters. UNLV Seed Grant. **\$2700**. Co-PIs: LJ Johnson and LJ Kruskall. 2002.

### Internal Unfunded

- Balance and Vitamin D Insufficiency: Is There a Relationship? UNLV President's Research Award. PI: Sally Miller. Co-PIs: Harvey Wallmann, Laura Kruskall, Chad Cross, Salvatore Biazzo. **\$47,510**. 2008.

- UNLV Sports Research Network- Compilation and Analysis of Student Athlete Data. UNLV President's Research Award. Co-PIs: Mack Rubley, Monica Loundsberry, Cortney Warren, Laura Kruskall. \$10,000. 2008.
- Project THREAD Course Redesign Grant : Using WebCT to enhance learning in a large class. \$8,000. 2001.
- UNLV ARI Proposal: Food reclamation, nutritional status enhancement, and job skills training for homeless persons. Co-PIs : Lesley Johnson, Adele Huls. \$126,170. 2001.

#### External Funded

- NV CARES Community Food Response. UNLV Food Pantry & Nutrition Center Partnership to significantly increase food availability and distribution options and develop and provide nutrition education resources to patrons of the Food Pantry and the community at large. Nevada Department of Agriculture. **\$257,183**. July 2020.
- UNLV Food Pantry & Nutrition Center Partnership: Expanding Collegiate Food Pantry Offerings to Include Nutrition Education and Examining the Relationship between Food Insecurity, Health, and Academic Performance. University of Nevada, Reno Cooperative Extension. **\$100,000**. September, 2019.
- Grocery Store Tour Training Grant. Produce for Better Health. **\$4,975**. 2016.
- Improving Health Status of Food Insecure and Health Challenged Southern Nevadans Through Nutrition Education. The Allen Foundation. **\$43,799**. 2014.
- 3-a-Day of Dairy Community Nutrition Education Program for the WeCan! Program. Dairy Council of Utah/Nevada. Co-PI: Molly Michelman. **\$5000**. 2006.
- Nevada Food Stamp Education Program. Public service announcement creation for NIHs WeCan!. Co-PI: Molly Michelman. **\$10,000**. 2006.
- 3-a-Day of Dairy Community Nutrition Education Program for the Healthy Body, Healthy Mind, and Healthy Achievement. Dairy Council of Utah/Nevada. Co-PI: Molly Michelman. **\$5,000**. 2006.
- "Media-Smart Youth: Eat, Think, and Be Active!" **\$5,000** by the Dairy Council of Utah/Nevada. PI: Molly Michelman, Co-PI: Laura Kruskall. 2005.
- 3-A-Day of Dairy community nutrition education program. **\$5,000** by the Dairy Council of Utah/Nevada, PI: Molly Michelman, Co-PI: Laura Kruskall. 2004.
- Effect of a nutritional supplement on treatment and prevention of insulin resistance in rats. Imagenetix. **\$20,625**. Co-PIs: JC Young and LJ Kruskall. 2002.

- Preventing Unintentional Weight Loss among Residents of Assisted Living Facilities (Pilot study). Co-PIs: LJ Johnson and LJ Kruskall. Nevada State Attorney General's Office, **\$91,172**. 2002.

#### External Unfunded

- The Development of the UNLV Nutrition Center. Submitted to the Allen Foundation, \$159,848. 2012.
- Weighted Vests as a Strategy for Weight Loss Maintenance. National Institutes of Health (NIH) R15. PI: Sally Miller. Co-PIs: Laura Kruskall, Patricia Alpert, Chad Cross. \$150,000. 2007.
- State of Nevada, Vitamin Settlement Funding Program: Food reclamation, nutritional status enhancement, and job skills training for homeless persons. Co-PIs : Audrey McCool, Lesley Johnson, Adele Huls. \$90,750. 2003.
- NIH: Prevention and treatment of childhood obesity- an intervention administered through The Boys and Girls Clubs in Las Vegas). National Institutes of Health. ). Co-PIs : Audrey McCool, Lesley Johnson, Cynthia Carruthers, Al McDaniels. \$650,000. 2002.
- Preventing Unintentional Weight Loss among Residents of Assisted Living Facilities. Co-PIs: LJ Johnson, LJ Kruskall, M Floyd, and H Wallmann. USDA, \$295,239. 2002.
- Creating a Neighborhood Environment for Optimal Health. Co-PIs : Lesley Johnson, Cynthia Carruthers, Laura Kruskall, Al McDaniels. Submitted to NIH (RFA-DK-02-021). \$665,319. 2002.
- Food reclamation, nutritional status enhancement, and job skills training for homeless persons. Co-PIs: Audrey McCool, Lesley Johnson, Adele Huls. Submitted to USDA. \$895,244. 2002.
- Food reclamation, nutritional status enhancement, and job skills training for homeless persons. A Co-PIs : Lesley Johnson, Adele Huls. Submitted to W.K. Kellogg Foundation. \$695,244. 2001.

#### **Honors & Awards**

- 2021 UNLV Foundation Distinguished Teaching Award (Notification in 2020)
- Fellow, Academy of Nutrition & Dietetics, August 2014.
- American College of Sports Medicine Distinguished Leader Series, April 2011.
- American Dietetic Association Outstanding Dietetic Educator of the Year, April 2009.
- Outstanding Dietitian of the Year, Nevada Dietetic Association, April 2005.
- Fellow, American College of Sports Medicine, November 2004.
- UNLV School of Health and Human Sciences Distinguished Scholar Award, 2004.
- UNLV College of Health Sciences, Outstanding Teaching Award, 2002-2003.

- Recognized Young Dietitian of the Year, Nevada Dietetic Association, 2002.
- New Researcher Award, the American Dietetic Association Foundation, 2000.
- New Investigator Award, University of Nevada Las Vegas, 2000.
- National Institutes of Health/National Institute on Aging Pre-doctoral Fellow, The Pennsylvania State University, 1994-1997.
- Gatorade Sports Science Institute Student Research Award, 1993.
- The Pennsylvania State University, College of Health and Human Development, Graduate Student Endowment, 1993.
- Who's Who among Students in American Universities and Colleges, Mount Saint Mary College (MSMC), 1989-1990.
- Sister Mary Jean McGivern Science Award, MSMC, 1990.
- Father Michael J. Gilleece Memorial Scholarship Award, MSMC, 1989.
- Hedwig Just Scholarship Award, Mount Saint Mary College, 1989.
- Aquinas Scholar for Academic Excellence, MSMC, 1989.
- Elected to the Lamda Theta Chapter of Beta, Beta, Beta National Biological Honor Society, 1988, elected president 1989-1990.
- Elected to the Alpha Chi National Honor Society, 1989-1990.
- MSMC Honors Alliance, treasurer and board member, 1989-1990.

### **Invited Lectures & Professional Presentations**

The Cleveland Clinic Lou Ruvo Center for Brain Health, "Women's Alzheimer's Movement, Disease Prevention and Research Clinical Program", Las Vegas, NV, Summer 2020-Present.

Multiple Sclerosis Society of America, "The Value of Health Eating and Nutrition", Nation Wide Workshop, Virtual Delivery, August 2020.

Academy of Nutrition & Dietetics, Food and Nutrition Conference & Exhibition, "Exercise Professionals + Registered Dietitians = A Winning Combination", Washington, DC, October 2018.

Multiple Sclerosis Society of America, "Nutrition for Multiple Sclerosis", Dallas, TX, June 2018

The Cleveland Clinic Lou Ruvo Center for Brain Health, "Nutrition for Multiple Sclerosis & Health", Las Vegas, NV, May 2018

American College of Sports Medicine Health & Fitness Summit, "Weight Management Myths & Truths- Intermittent Fasting Protocols", Arlington, VA, April 2018.

2017 Academic Scheduling Conference, UNLV Office of the Registrar, "Meeting Distribution Goals", May, 2017.

American College of Sports Medicine Health & Fitness Summit, "Promising or Misleading? Popular Issues & Strategies in the Wide World of Weight Management", San Diego, CA, April 2017.

The Cleveland Clinic Lou Ruvo Center for Brain Health, "Nutrition & Multiple Sclerosis", Las Vegas, NV, March 2017

American College of Sports Medicine Health & Fitness Summit, "Insights and Controversies in Sports Nutrition: Current Issues in Endurance Sports", Orlando, FL, April 2016.

American College of Sports Medicine Health & Fitness Summit, "Anti-Inflammatory Eating". Orlando, FL, April 2016.

American College of Sports Medicine Health & Fitness Summit, "Hot Issues in Weight Management", Phoenix, AZ, April 2015.

American College of Sports Medicine Health & Fitness Summit, "Physiology of Energy Balance", Phoenix, AZ, March 2015.

Southern Nevada Dietetic Association, "How to Promote & Discuss Physical Activity With Your Patients/Clients While Staying Within Your Scope of Practice", Las Vegas, September 2013.

National Athletic Training Association Annual Meeting, Distinguished Scholars Presentation, "Hot Nutrient: Omega-3 Fatty Acids & Inflammation", Las Vegas, NV, June 2013.

Southwest Chapter, American College of Sports Medicine, "An Update of Vitamin D and Omega-3", Newport Beach, CA, October 2012.

American College of Sports Medicine Health & Fitness Summit & Exposition, "Energy Balance and Weight Loss Confusion Panel" (Panel Chair), Las Vegas, NV, March 2012.

American College of Sports Medicine Health & Fitness Summit & Exposition, "Reality of Extreme Weight Loss Programs", Las Vegas, NV, March 2012.

Penn State University: Celebration of 100 years of the Department of Kinesiology, "Scope of Practice and integrating the Professions of Nutrition and Exercise Science", October, 2011.

American Dietetic Association Pre-Food & Nutrition Conference & Exhibition Workshop, "Exercise is Medicine RD's Toolkit: Rationale and Resources for Promoting Physical Activity", San Diego, CA, September 24, 2011.

American College of Sports Medicine Health & Fitness Summit & Exposition, "More Hot Topics in Nutrition", Anaheim, CA, April 14 & 15, 2011.



American College of Sports Medicine Annual Meeting, "Scope of Practice in the Health Sciences: Exercise and Nutrition", Baltimore, MD, June 3, 2010.

American College of Sports Medicine Health & Fitness Summit & Exposition, "Discussing Nutrition With Your Clients While Staying Within Your Scope of Practice", Austin, TX, April 9, 2010.

American College of Sports Medicine Health & Fitness Summit & Exposition, "Beyond the Headlines: Delving Deeper into Hot Nutrition Topics", Austin, TX, April 8 & 10, 2010.

American College of Sports Medicine Health & Fitness Summit & Exposition, "Nutritional Considerations for Energy Balance", Austin, TX, April 7, 2010.

American Dietetic Association Annual Food & Nutrition Conference & Exposition, "Exercise is Medicine: What Is the Dietitian's Role in Promoting Physical Activity?", Denver, CO, October 17, 2009.

Sports, Cardiovascular, and Wellness Nutrition of the American Dietetic Association Annual Meeting: "Advances in Sports Dietetics Practice: What sports RDs need to know about adolescents, collegiate, and evidence-based practice". Scottsdale, AZ, April 17, 2009.

American College of Sports Medicine Health & Fitness Summit & Exposition, "Weight Loss Wizardry: Can You Believe the Magic?", Atlanta, GA, March 27 & 28, 2009.

Southwest Chapter, American College of Sports Medicine, "The Role of the Registered Dietitian in Type 2 Diabetes: What Does Food Have to do With It?", San Diego, CA, November 14, 2008.

American Dietetic Association Food and Nutrition Conference & Exhibition, "Specialty Practice in Sports Dietetics: Open Discussion", Co-presented with Patti Steinmuller, Chicago, IL, October 26, 2008.

American Council on Exercise, "Weight Loss Nutrition: Can You Believe All the Claims?", Las Vegas, NV, September 9, 2008.

American Council on Exercise, "National Challenge: How Do We Get from Fat to Fit?", Las Vegas, NV, September 10, 2008.

American College of Sports Medicine Health & Fitness Summit & Exposition, "Caffeine: What's All the Buzz About?", Long Beach, CA, March 25 & 26, 2008.

Southwest Chapter, American College of Sports Medicine, "Fitness Professionals- How to discuss nutrition information with your clients", San Diego, CA, November 9, 2007.

American Council on Exercise, "Fitness Nutrition", Las Vegas, NV, September 5, 2007.

American College of Sports Medicine Health & Fitness Summit & Exposition Pre-Conference, "Nutritional Considerations for Bone Health", Dallas, TX, March 21, 2007.

American College of Sports Medicine Health & Fitness Summit & Exposition, "Do You Know Your Scope of Practice? Nutrition Advice That You Should and Should Not Be Giving to Your Clients?", Dallas, TX, March 22 and 23, 2007.

Symposia Chair (Current Issues in Sports Nutrition) and Presenter (All That Glitters is Not Gold: Supplement Facts and Fallacy. Southwest American College of Sports Medicine Annual Meeting, November 2006.

Exchange Lecture- American Dietetic Association Exchange Lecture: The Exercise Professionals' Responsibility in Energy Balance and Dietary Counseling. What Can the Exercise Professional Say to Clients About Nutrition? American College of Sports Medicine Annual Meeting, May 2006.

American College of Sports Medicine Health & Fitness Summit & Exposition, "High Carb or High Fat- Does it Really Matter?", Orlando, FL, April 11, 2006.

American College of Sports Medicine Health & Fitness Summit & Exposition, "Dietary Supplement Regulation", Orlando, FL, April 11, 2006.

American College of Sports Medicine Health & Fitness Summit & Exposition Pre-Conference Chair of "Supplements and Performance Enhancing Drugs: Implications for the Health and Fitness Professional." Orlando, FL, April 11, 2006.

American College of Sports Medicine Health & Fitness Summit & Exposition, "Dietary Supplements: Can You Believe All the Claims?", Las Vegas, NV, March 29, 2005.

American College of Sports Medicine Health & Fitness Summit & Exposition, "Review of Popular Weight Loss Supplements", Las Vegas, NV, March 30, 2005 and March 31, 2005.

American College of Sports Medicine Health & Fitness Summit & Exposition, "Protein Supplementation", April 2003.

Southwest Cancer Clinic, "Nutritional Guidelines for the Cancer Survivor", May 2002.

Nevada Dietetic Association, "Sports Supplements & Eating Disorders", Roundtable Discussion, April 2002.

American College of Sports Medicine Health & Fitness Summit & Exposition, The Promises and Pitfalls of Dietary Supplements, Hot Topics in Sports Nutrition, and Panel Discussion, April 2002.

Southwest Cancer Clinic, "Adequate Nutrient Intake during Treatment", June 2001.

American College of Sports Medicine Health & Fitness Summit & Exposition, Guiding the Elderly: How to Address Current Issues in Energy Balance and Body Composition, Nutrient Issues of the Active Older Adult, and Dietary Guidelines (Panel Discussion), April 2001.

University of Nevada School of Medicine, "Nutritional Concerns of the Elderly", May 2000.

Southwest Cancer Clinic (3 presentations), Nutrition for the Cancer Patient March 2000-May 2000.

Nevada Dietetic Association Annual Meeting, "Energy requirements and the effects of resistance training in older men and women", April 2000.

Sunrise Hospital, Presented nutritional issues of the elderly patient to physicians, nurses, dietitians, and pharmacists as part of a continuing education symposium on aging, September 1999.

The Pennsylvania State University, 1993-1997

- Developed, presented, and taught a nutrition science curriculum to the Baltimore City School District
  - Served as a teaching assistant and taught the nutrition, body composition, and energy metabolism sections of the following undergraduate classes: Exercise for Stress Management, Fitness for Life, and Exercise Physiology
- Center County Office of Aging, 1995
- Provided various lectures to several senior citizen centers about the benefits of exercise for older adults

John Paul Mitchell Systems, 7/94

- Presented lectures on nutrition and exercise to employees

## **Journal Editorial Boards**

- American College of Sports Medicine Health & Fitness Journal, Associate Editor, Inaugural Nutrition Themed Issue, 2017-2018.
- American College of Sports Medicine Health & Fitness Journal, 2001-present.
- Research & Investigations in Sports Medicine, 2017-present
- Current Research in Complementary and Alternative Medicine, 2017-present.
- Recent Advances in Food Science and Nutrition Research, 2017-present.

## **Key Invited Reviews**

- American College of Sports Medicine Position Stand: Appropriate Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults; 2008.
- American College of Sports Medicine Health & Fitness Journal, Balancing the Weight Control Equation: Part I. Energy Intake, 2004.
- American College of Sports Medicine Health & Fitness Journal, A 10 Step Approach to Evaluating Popular Diets, 2005.
- Sizer/Whitney Nutrition: Concepts and Controversies 10<sup>th</sup> Edition. Wadsworth, 2003.
- Thompson, J. and Manore, M. Nutrition and Health: An Applied Approach. Benjamin Cummings, 2003-2004.
- American College of Sports Medicine Health & Fitness Journal, Eating frequency and metabolism: A look at the American dieting lore, 2003.
- Medicine and Science in Sports and Exercise. Are endurance athletes consuming an adequate diet, 2003.
- Smolin, LA, and Grosvenor, MB. Nutrition: Science & Application, 4<sup>th</sup> Edition, Saunders Publishing, in press.
- International Journal of Sports Nutrition, Iron status and resting immune function in female collegiate swimmers, 2000.
- Developed curriculum for The American College of Sports Medicine Certificate of Enhanced Qualification: Nutrition & Diabetes, 2000.
- The Physician and Sports Medicine, Sports Nutrition Section, 1995.
- Powers, SK, and Howley, ET. Exercise Physiology: Theory and Application to Fitness and Performance, 3<sup>rd</sup> edition. Brown & Benchmark, 1994.

## **Workshops/Continuing Education/Conferences**

- Academy of Nutrition & Dietetics Food & Nutrition Conference & Exposition, 1999-2020
- ACEND Annual Program Director Workshops, 2004-2020
- American College of Sports Medicine Annual Meeting, 2004-2020
- American College of Sports Medicine Health & Fitness Summit, 2000-2018
- International Sports Nutrition Conference (Invitation Only), Indianapolis 2008; Colorado Springs, 2011.
- Gatorade Sports Science Institute Conference- Optimal Training and Nutrition for Fitness and Sport, 7/01

## **Certifications/Credentials, Offices Held, Affiliations**

- Fellow, The Academy of Nutrition and Dietetics (FAND) (2014-Present)
- **Exercise is Medicine® - Credential II**, American College of Sports Medicine

- Board Certified Specialist in Sports Dietetics (CSSD), Commission on Dietetic Registration, Chicago, IL
- **Registered Dietitian (RD/Nutritionist)**, Commission on Dietetic Registration, Chicago, IL
- **Licensed Dietitian (LD)**, State of Nevada, Department of Health and Human Services
- Certificate of Training in Adult Weight Management Level 2, Commission on Dietetic Registration, Chicago, IL
- Certificate of Training in Adult Weight Management Level 1, Commission on Dietetic Registration, Chicago, IL
- Fellow, The American College of Sports Medicine (**FACSM**) (2004-Present)
- ACSM Certified Exercise Physiologist®
- Trustee, American College of Sports Medicine, 2012 to 2015
- Nevada Dietetic Association – President 2010-2011
- Southern Nevada Dietetic Association- President 2002-2003
- The American Dietetic Association, Active Member
- The American College of Sports Medicine (ACSM), Active Member

**CURRICULUM VITAE**  
**Deborah B. Klein, R.D., CNSC**

**CERTIFICATION:**

Registered Dietitian #874608  
Certified Nutrition Support Clinician #2203898

**EDUCATION:**

Bachelor of Science; Nutrition  
University of Nevada, Reno 1997

**EXPERIENCE:**

**EMPLOYMENT:**

Renown Regional Medical Center, clinical dietitian (1998 to present)

University of Nevada Cooperative Extension, nutrition specialist  
(May 2000 to November 2005)

**GRANT-RELATED ACTIVITIES**

**Klein, D.** (2005) Nevada Food Stamp Nutrition Education Funds. Nevada's Team Nutrition Partners.

**Klein, D.** (2004) Nevada Department of Education, USDA Team Nutrition Training Mini-Grant, 5-a-Day Live.

Wilson, M., Leontos, C., and **Klein, D.** (2001 - 2005) Nevada Food Stamp Nutrition Education Funds. Calcium, It's Not Just Milk.

Spoon, M., and **Klein, D.** (2001 - 2004) Nevada Food Stamp Nutrition Education Funds. Nevada's Team Nutrition Partners.

**PRESENTATIONS:**

**Klein, D.** (2012) Nutrition Support Tube Team Development, Corpak Medsystems, Chicago, Illinois.

**Klein, D.** (2007) Public Policy Update, Nevada Dietetic Association Annual Meeting, Reno, Nevada

**Klein, D.** (2006) Public Policy Update, Nevada Dietetic Association Annual Meeting, Las Vegas, Nevada.

**Klein, D.** (2005) SB197 State Program for Fitness and Wellness and Advisory Council for State Program, Nevada State Legislature, Carson City, Nevada.

**Klein, D.** (2005) Public Policy Update, Nevada Dietetic Association Annual Meeting, Reno, Nevada.

**Klein, D.** (2004) Public Policy Update, Nevada Dietetic Association Annual Meeting, Las Vegas, Nevada.

**Klein, D.** (2003) Public Policy Update, Nevada Dietetic Association Annual Meeting, Reno, Nevada.

**Klein, D.** (2003) Are Your Students Eating 5-a-day? Washoe County School District.

### **AWARDS, HONORS AND RECOGNITION**

2001 - Public Relations Society of America Sierra Nevada Silver Spike Award for Overall Campaign Budget of \$25,000 or less. Calcium, It's Not Just Milk. Nutrition Education Funds. Nevada's Team Nutrition Partners.

2009 – American Dietetic Association, Emerging Dietetic Leader Award

### **SUMMARY OF PUBLIC SERVICE ACTIVITIES AND OTHER PROFESSIONAL ACTIVITIES:**

Academy of Nutrition and Dietetics – member 1997 – present

Nevada Dietetic Association – member 1997 – present

American Society Parenteral & Enteral Nutrition – member 2005 - present

Nevada Dietetic Association – Legislative Chair 2003 – 2008

Nevada Dietetic Association – President Elect 2008 – 2009

Nevada Dietetic Association – President 2009 - 2010

American Dietetic Association – Dietitian's in Nutrition Support Practice Group – member 2004 – present

Washoe County Obesity Coalition – member 2004 – 2006

Washoe County Obesity Coalition – Executive Board, 2005 - 2006

Washoe County Chronic Disease Coalition – member 2005 – 2006

# Pam Wagner, RDN, LDN, CDCES

Licensed Dietitian – State of Nevada #32901DI-0

**Objective:** Promote community wellness through a nutrition focused wellness lifestyle and share strategies that create change for overall improved health outcomes

## **Current Employment:**

### **2017-present. Dignity Health –Diabetes and Community Center**

**Dietitian- Diabetes Specialist** Provides individual and group nutrition education. Coordinates with healthcare team to focus on healthcare outcomes. Trained National Diabetes Prevention Program leader.

**2008- present Nutrition House Calls of Las Vegas -Nutrition Consultant- Owner** Provide in-person and virtual Medical Nutrition Therapy. Present science-based, user friendly and relevant nutrition messages to groups and private individuals. Provide nutrition counseling on weight management, disease prevention, diabetes, cancer treatment management, and food allergies.

## **Education:**

**8/1986 – 5/1987** University of Iowa Hospitals and Clinics

**Dietetic Internship – Post Graduate Coursework** Experience in clinical and community nutrition, management and research. Post Graduate courses in nutrition/research.

**Bachelor of Science** -Mankato, MN Degree in Dietetics

Mankato State University(Minnesota State University) Cum Laude Graduate

## **Past Employment Experience**

**12/2011-10/2016**

**Walgreens Infusion Services – currently Option Care**

**Regional Nutrition Program Manager – West and Northwest Region**

Manage and oversee client clinical nutrition program, nutrition sales related activities, operations and reimbursement activities for nutrition program. Coordinate nutrition activities for 27 branch office dietitians, assist sales force in 21 offices, team with national directors in nutrition program policy development, education and research activities.



**12/2002-5/2011 Walgreens Infusion Services –previously Option Care**

**Nutrition Support Program Coordinator - Dietitian**

Lead home nutrition support team managing parenteral and enteral patients, provide nutrition assessment and nutrition recommendations, conduct nutrition focused physical assessment, assess deficiency/toxicity. Coordinate clinical, sales and reimbursement activities for home parenteral and enteral therapies. Oversee Enteral Specialist in management of enteral patients.

**10/2001 – 10/2002 Acreedo Las Vegas, NV**

**Regional Nutrition Support Specialist**

Development and implementation of nutrition program for western region. Corporate specialist for parenteral and enteral therapies working with sales, clinical and reimbursement managers.

**4/1993 – 10/2002 Coram Healthcare Las Vegas, NV**

**Nutrition Support Specialist - Dietitian**

Responsible for all client nutrition screening, assessment, education and monitoring. Nutrition Support team. QA/QI committee member.

**4/1991-4/1992 Sierra Health Services Las Vegas, NV**

**Home Health Dietitian**

Home visits to conduct nutrition assessment and provide therapeutic diet counseling. Initiated nutrition screening program for home health program. Developed nutrition educational materials. Develop and present in-services to nursing staff.

**9/1988 – 4/1991 Sunrise Hospital Las Vegas,NV**

**Clinical Dietitian**

Responsible for clinical areas including ICU/ Nutrition Support, Pediatrics, oncology, renal, and surgical areas. Patient assessment and therapeutic diet counseling

**6/1987 - 8/1988 University of Minnesota Hospital Mpls.,MN**

**Clinical Dietitian – Transplant Unit**

Responsible for nutrition assessment, monitoring and education of all renal, liver and pancreas transplant patients. Coordinate with nutrition support team.

**Speaker/Presenter for:**

- National Clinical Nutrition Week - Focused Study Group Presenter 2014 -Medicare Reimbursement of in Home Parenteral and Enteral Nutrition (Savannah, GA)
- Multi Site Locations– Malnutrition: A New Perspective for Oncology 2013-2104 (Stanford, UCSF, Loma Linda, City of Hope, Cancer Treatment Centers of America, Idaho GI Physicians conference)
- Oncology Nutrition Dietetic Practice Group –National Webinar May 2014: Parenteral Nutrition- Use in the Oncology Patient
- Montana Dietetic Association State Conference 2013 – Nutrition Support Update
- United States Army Reserve 2010 Nutrition Matters  
Nevada Ovarian Cancer Support Group 2010 - Healing Foods
- Nevada I Can Cope Support Group 2009 \_ Food for the Fight \*
- Nevada State Daycare Providers Meeting - Pleasing the Picky Eater 2009  
University of Nevada-Las Vegas: Guest Instructor- Nutrition 400- 2007-present
- OptionCare Clinical Symposium – Chicago 2007 and 2008  
1996 State Dietetic Meeting, Reno,NV - Home Nutrition and Medicare  
1995 State Dietetic Meeting, Las Vegas – Home Nutrition and HIV

**Writer/Publish**

- ASPEN National Conference: Clinical Nutrition Week – Published abstract and presentation 2005, 2009 and 2014
- Nutrition in Clinical Practice – Coauthor: “The State of Nutrition Support Teams and Update on Current Models for Providing Nutrition Support Therapy to Patients” February 2010; vol. 25, 1: pp. 76-84.

**Certifications, Awards & Professional Memberships**

- \*President –Nevada Dietetic Association 2012/13
- \*ADA Outstanding Dietitian of the Year – State of Nevada 2010
- \*Emerging Dietitian of the Year – State of Nevada 1999
- \* President Southern Nevada Dietetic Association 2008/2009
- \* Registered Dietitian (R.D.) – registered since 1987 and Member of the American Dietetic Association since 1985
- \*Board Certified Diabetes Care and Education Specialist since 2019 \*Board Certified Nutrition Support Clinician (CNSC) continuously 1994 –2019 \*ASPEN Member since 1994 (Am. Society for Parenteral and Enteral Nutrition)
- \*Member of Dietitians in Nutrition Support Practice Group since 1994 \*Member of Oncology Nutrition Practice Group \*Member Diabetes Practice Group since 2019
- Community participation in Half Marathons, Hiking Las Vegas club, Coach Girls on the Run program



## **Curriculum Vitae, Lindsay**

**Anne R. Lindsay, PhD, M.S., FACSM**  
Associate Professor  
University of Nevada, Reno  
8050 Paradise Rd. Las Vegas, NV 89123

### **EMPLOYMENT**

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Associate Professor, Public Health, Nutrition & Physical Activity <i>University Nevada, Reno; Extension</i>	2006 – Present
Owner/President <i>HealthWorks; Corporate Wellness Consultants, Inc.</i>	1997 – 2006
Health Promotion Director <i>Department of Energy/Nevada Test Site</i>	1989 – 1997
Senior Physical Director, Youth and Adult Program Leader <i>Pasadena YMCA, Santa Monica YMCA, Santa Barbara YMCA</i>	1978 – 1989

### **EDUCATION**

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University of Nevada, Las Vegas  
January 2012 – Dec 2015  
Degree: PhD, Public Health

University of Nevada, Las Vegas  
September 1986 – August 1988  
Degree: Master of Science, Exercise Physiology

University of California, Santa Barbara  
September 1978 – June 1982  
Degree: Bachelor of Arts, Ergonomics & Physical Education w/ Coaching Minor

### **EXPERIENCE**

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Currently responsible for promotion of physical activity and nutrition to help reduce the incidence of obesity and other health related issues through education and research within University Extension; conduct research, program development, implementation and evaluation in physical activity and health with emphasis in childhood obesity, older adults and gender-responsive health for women in substance use treatment and correctional settings; oversight of external program funds through grants and other sources; provision of professional expertise and educational materials in exercise physiology and physical activity to other Extension educators and specialists in the University as well as the national and local community.

Previous experience included development and oversight of a multi-employer health promotion program with over 13,000 employees including laborers, administrators, firefighters, security forces, culinary and medical staff; implementation of additional worksite health promotion programs for corporations, small business, other government and non-profit agencies, hospitals and casinos; development and implementation of a health and body image program designed to augment existing broad-based drug treatment and community education programs for women and girls under correctional supervision, particularly those with children and families; and oversight of a large YMCA adult fitness center in the Los Angeles area including sports, aquatics, youth camps and school fitness programs; and collection and publication of the National YMCA Fitness Battery norms (used widely, these norms are the largest fitness database ever to be published).

## **Curriculum Vitae, Lindsay**

### **GRANT RELATED ACTIVITIES**

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Horrillo, S., **Lindsay, A.**, Buffington, A., Norze, J., Berlin, H., Chvilicek, S., Kim, Y., Weigel, D., Taylor, L., Schembre, C., Tingey-Baker, J., Deever, D., & Maio, H. (2020-21). University Nevada, Reno, Extension: Sponsor Nevada Division of Welfare and Supportive Services, Federal, **\$2,513,373**.

Webber, K., **Lindsay, A.**, Buffington, A., Cvilicek, S., Kim, Y., Weigel, D. and Taylor, L. (2019-20). University Nevada Reno, Extension; Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$2,340,581**

**Lindsay, A.**, Buffington, A., Cvilicek, S., Kim, Y., Weigel, D., Emm, S., Taylor, L., Cervantes, J., Gatzke, H., & Webber, K. (2018-19). University Nevada Reno, Extension; Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$1,875,670**

**Lindsay, A.**, Emm, S., Cervantes, J. and Nematian, E. (2018) "Stay Strong Stay Healthy", Sponsor DHHS, Aging and Disability Services Division (ADSD) **\$16,100**

Buffington, A., **Lindsay, A.** & Kim, Y (2017-18). Healthy Kids, Early Start. Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$705,880**

**Lindsay, A.** & Taylor, S. (2016-17). All 4 Kids<sup>®</sup>: Healthy, Happy, Active, Fit. Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$252,334**

John, D. (PD), Gunter, K. (PD), Manore, M., Etuk, L., Langellotto, G., Rennekamp, R. Nevada Partner: **Lindsay, A.**, Project Advisory Team Member (2011-16) GROW Generating Rural Options for Weight-Healthy Kids and Communities. Sponsor *USDA, NIFA to Oregon State University* \$4,878,865 *UNR-Extension* Subaward **\$30,000**.

**Lindsay, A.** & Perry, T. (2015-16). All 4 Kids<sup>®</sup>: Healthy, Happy, Active, Fit. Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$251,957**

**Lindsay, A.** & Velasquez, S. (2015-16). Healthy Steps to Freedom. Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$104,720**.

**Lindsay, A.**, Sigman-Grant, M. & Byington, T. (2014-15). All 4 Kids<sup>®</sup>: Healthy, Happy, Active, Fit. Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$194,053**

**Lindsay, A.** (2014-15). Healthy Steps to Freedom. Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$84,020**.

**Lindsay, A.**, Sigman-Grant, M. & Byington, T. (2013-14). All 4 Kids<sup>®</sup>: Healthy, Happy, Active, Fit. Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$162,019**.

**Lindsay, A.** (2013-14). Healthy Steps to Freedom. Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$122,513**.

**Lindsay, A.** (2013-14). SNAP-Ed Administration. Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$9,133**.

**Lindsay, A.** & Byington, T. (2013-14). All 4 Kids. Sponsor *Acelero Head Start Learning* **\$10,978**.

**Lindsay, A.**, Sigman-Grant, M. & Byington, T. (2012-13). All 4 Kids<sup>®</sup>: Healthy, Happy, Active, Fit. Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$157,497**.

## **Curriculum Vitae, Lindsay**

- Lindsay, A.** (2012-13) "Anahuac", Sponsor USDA, FNS, SNAP-Ed Food Stamps (matching grant), Federal **\$7,791**
- Lindsay, A.** (2012-13). Healthy Steps to Freedom. Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$112,559**.
- Lindsay, A.** & Byington, T. (2012-13). All 4 Kids. Sponsor *Acelero Head Start Learning* **\$5,489**.
- Sigman-Grant, M., **Lindsay, A.**, Byington, T. (2009-13). Resiliency in an Obesogenic Environment. Sponsor *USDA, NIFA, Agriculture & Food Research Initiative*, **\$1,100,000** (additional enhancement grant from Clark county: **\$50,000**).
- Lindsay, A.**, Sigman-Grant, M., Byington, T. (2011-12). Child Care Physical Activity and Nutrition Modules. Sponsor *State of Nevada, ARRA* **\$10,930**.
- Lindsay, A.**, Sigman-Grant, M., Byington, T. (2011-12). All 4 Kids: Healthy, Happy, Active, Fit. Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$185,895**.
- Lindsay, A.** (2011-12). Healthy Steps to Freedom. Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$115,416**.
- Lindsay, A.**, Sigman-Grant, M., Byington, T. (2010-11). All 4 Kids: Healthy, Happy, Active, Fit. Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$147,765**.
- Lindsay, A.** (2010-11). Healthy Steps to Freedom. Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$106,499**.
- Byington, T., Sigman-Grant, M., **Lindsay, A.** (2009-11) *Models of Supplemental Nutrition Assistance Program Education (SNAP-Ed) and Evaluation Demonstration Project*. Sponsor *USDA, FNS* **\$100,000**.
- Lindsay, A.**, Sigman-Grant, M., Byington, T. (2009-10). All 4 Kids: Healthy, Happy, Active, Fit. Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$135,164** (additional enhancement grant from Clark county: **\$50,000**).
- Sigman-Grant, M., **Lindsay, A.**, Byington, T. (2008-09). All 4 Kids: Healthy, Happy, Active, Fit. Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$81,988**.
- Sigman-Grant, M., **Lindsay, A.**, Byington, T. (2007-08). All 4 Kids: Healthy, Happy, Active, Fit. Sponsor *USDA, FNS, Supplemental Nutrition Assistance Program-Education (SNAP-Ed)* **\$67,893**.

## **AWARDS & HONORS**

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- 2020 Fellow Status, American College of Sports Medicine
- 2019 UNLV Annual Alumna Award, School of Integrated Health Sciences
- 2019 Delta Omega, Public Health Honorary Society, Delta Theta Chapter UNLV, Inductee
- 2018 2018 Postgraduate Course on Physical Activity and Public Health (Columbia, South Carolina), Graduate
- 2012 University of Nevada Reno, Extension 2012 Faculty Award of Excellence
- 2012 USDA, National Institute of Food and Agriculture Partnership Award for Mission Integration of Research, Education and Extension (All 4 Kids Program)

## ***Curriculum Vitae, Lindsay***

- 2012 Western Extension Directors' Award of Excellence (All 4 Kids Program Award)
- 2012 Florence Hall Award, 3<sup>rd</sup> Place Regional Award, National Extension Association of Family and Consumer Sciences (*All 4 Kids* Program Award)
- 2012 Family Health & Wellness Award, 3<sup>rd</sup> Place *National* Award, National Extension Association of Family and Consumer Sciences (*All 4 Kids* Program Award)
- 2012 Family Health & Wellness Award, 2<sup>nd</sup> Place *Western Regional* Award, National Extension Association of Family and Consumer Sciences (*All 4 Kids* Program Award)
- 2012 USDA/Priester Health Award (All 4 Kids Program Award)
- 2010 Television, 3<sup>rd</sup> Place *National* Award, National Extension Association of Family and Consumer Sciences (for the *All 4 Kids* CD/DVD Media Project)
- 2010 Television, 1<sup>st</sup> Place Award, *Western Region*, National Extension Association of Family and Consumer Sciences (for the *All 4 Kids* CD/DVD Media Project)
- 2009 Trophy award by Clark County School District for support of school PE programs
- 2008 Healthy Hero award by the Southern Nevada Health District

### **PROFESSIONAL SERVICE & EDITORIAL ACTIVITIES**

- 2020-Present Ad Hoc Reviewer, *International Journal of Environmental Research & Public Health and Journal Nutrition Education & Behavior*
- 2019-Present Graduate Faculty Status, University Nevada Las Vegas (UNLV) School of Integrated Health Sciences; and School of Public Health
- 2018-Present Graduate Faculty Status, University Nevada Reno (UNR) for the College of Agriculture, Biotechnology and Natural Resources (CABNR), Dep't of Nutrition
- 2019 Board Member, Cup Cake Girls (support for those in the sex industry and affected by domestic sex trafficking)
- 2019 Program Reviewer, USDA Supplemental Nutrition Assistance Program – Education (SNAP-Ed) Toolkit
- 2018-Present Chair, Women's Sustainable Recovery (WSR) Coalition
- 2017-Present National eXtension Opioid Crisis Response Team
- 2016-Present Nevada State Dietary Advisory Group, Member-at-Large (elected)
- 2013-Present Nevada Early Childhood Education Obesity Prevention Steering Committee
- 2013-2018 American College of Sports Medicine (ACSM) Exercise is Medicine® – Community Health Committee, Co-Chair/member
- 2012-Present NCCOR, SNAP-Ed (RJWF) National Framework Evaluation Committee, Author, Ambassador (Published in 2016)
- 2006-Present Partners for a Healthy Nevada Coalition
- 2015-2016 Chronic Disease Prevention Coalition, Southern NV
- 2013-2016 United States Department of Agriculture's Nutrition and Health Committee for Planning and Guidance (by invitation); Chair, Subcommittee: Nutrition and Physical Activity
- 2014 Extension Public Values Development, Western Extension Directors Association (WEDA), San Diego.

## **Curriculum Vitae, Lindsay**

- 2008-Present Multi-State Research Project W-1005. W-2005, W-3006 (Officer/member)
- 2006-2014 State Coordinator for the President's Council on Fitness, Sports and Nutrition
- 2013 Nevada Department of Education Food and Nutrition Standards Revision Team
- 2012-Present Ad Hoc Reviewer, *International Journal of Exercise Science and Journal of Substance Abuse Treatment*
- 2011-2012 Child and Adult Care Food Program Wellness Policy Committee (by invitation)
- 2011-2012 National eXtension Initiative – Family, Food and Fitness Community of Practice (CoP) Behavior, Move Every Day (Co-Chair)
- 2008 MyPyramid for Preschoolers – Advised the HHS and United States Department of Agriculture's Center for Nutrition Policy and Promotion MyPyramid for Preschoolers content (by invitation)
- 2006-2008 America on the Move/National Institute of Food & Agriculture (by invitation)

### **AFFILIATIONS**

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- American College of Sports Medicine (ACSM) & Southwest Affiliate - Member
- National Association of the Education of Young Children & NV affiliate - Member
- National Extension Association of Family and Consumer Sciences & SW Affiliate – Member
- American Public Health Association & Nevada Affiliate - Member

### **REFEREED JOURNAL ARTICLES AND PUBLICATIONS**

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- Lindsay, A.**, Starrett, A., Brian, A., Byington, T., Lucas, J. and Sigman-Grant, M. (2020). Preschoolers Build Fundamental Motor Skills Critical to an Active Lifestyle: The *All 4 Kids*® Intervention Study. *International Journal of Environmental Research and Public Health* 17, 3098. <http://dx.doi.org/10.3390/ijerph17093098>
- Harden, S., Balis, L., Strayer, T., Prosch, N., Carlson, B., **Lindsay, A. R.**, Estabrooks, P., Dziewaltowski, D., Gunter, K. (2020). Strengths, Challenges, and Opportunities for Physical Activity Promotion in the Century-old National Cooperative Extension System. *Journal of Human Sciences and Extension* 8(31). <https://www.jhseonline.com/article/view/834>
- Lindsay, A.** & Velasquez, S. (2020, 2009). Healthy Steps to Freedom: A Health and Body Image Curriculum. *UNR-Extension Curriculum Material CM-09-02*
- Lindsay, A.** & Byington, T. (2020). Connecting the brain and the body: Perceptual motor development. *UNR-Extension Publication, Fact Sheet FS-20-18*
- Lindsay, A.** & Byington, T. (2020). Active kids are active adolescents: Fundamental movement skills. *UNR-Extension Publication, Fact Sheet FS-20-12*
- Lindsay, A.** & Byington, T. (2020). Early start, active life: What is physical literacy? *UNR-Extension Publication, Fact Sheet FS-20-13*
- Lindsay, A.** & Byington, T. (2020). Fit kids are healthy kids: The elements of fitness. *UNR-Extension Publication, Fact Sheet FS-20-16*
- Lindsay, A.** & Byington, T. (2020). Heart smart: Cardio endurance. *UNR-Extension Publication, Fact Sheet FS-20-14*



## **Curriculum Vitae, Lindsay**

- Lindsay, A.** & Byington, T. (2020). Reach for the stars: Flexibility. *UNR-Extension Publication*, Fact Sheet FS-20-15
- Lindsay, A.** & Byington, T. (2020). Muscles in motion: Muscle and bone strength. *UNR-Extension Publication*, Fact Sheet FS-20-17
- Lindsay, A.** & Byington, T. (2020). Active kids are healthy kids: How much is enough? 60-60-60. *UNR-Extension Publication*, Fact Sheet FS-20-19
- Lindsay, A.** & Byington, T. (2020). Don't get play-grounded: Using positive engagement strategies to promote physical activity. *UNR-Extension Publication*, Fact Sheet FS-20-22
- Lindsay, A.** & Byington, T. (2020). Active kids are smart kids: How physical activity improves brain and cognitive functions. *UNR-Extension Publication*, Fact Sheet FS-20-23
- Lindsay, A.** & Byington, T. (2020). Make time to unplug: Reducing screen time. *UNR-Extension Publication*, Fact Sheet FS-20-21
- Lindsay, A.** & Byington, T. (2020). Don't just sit, and sit and sit: Reducing sedentary behavior. *UNR-Extension Publication*, Fact Sheet FS-20-20
- Lindsay, A.**, Coughenour, C., Gatzke, H., Baker-Tingey, J., Lewis, S., Ciulei, M., Gunter, K., and John, D. (2019). Engaging Rural Nevadans in Participatory Research to Explore and Explain the Community Food and Physical Activity Context. *Journal of Rural Social Sciences*, 34(2): Article 4. Available at: <https://egrove.olemiss.edu/jrss/vol34/iss2/4>
- Lindsay, A.**, Dyrek, A., Blitstein, J., Byington, T. & Sigman-Grant, M. (2018) Interrater Reliability of a Field-Based Preschool Movement Skills Assessment. *Journal of Nutrition Education and Behavior* 50(10):1040-1045. <https://doi.org/10.1016/j.jneb.2018.07.007>
- Harden, S., Gunter, K., **Lindsay, A. R.** (2018) How to leverage your state's land grant Extension system: Partnering to promote physical activity". *Translational Journal of the American College of Sports Medicine* 3(15):113-118
- Manore, M., Larson-Meyer, E., **Lindsay, A.**, Hongu, N. and Houtkooper, L. (2017). Dynamic energy balance: An integrated framework for discussing diet and physical activity in obesity prevention - Is it more than eating less and exercising more? *Nutrients* 9(8):905. Concept Paper. doi:10.3390/nu9080905. Available at: [www.mdpi.com/journal/nutrients](http://www.mdpi.com/journal/nutrients)
- Harden, S., **Lindsay, A.** et al. (2016). Systematic review of physical activity objectives in Extension strategic plans: Findings and implications for improved public health impact. *Journal of Extension*, 54(5) Research in Brief 5RIB2. Available at: <https://www.joe.org/joe/2016october/rb2.php>
- Lindsay, A.**, Hongu, K., Spears, K., Dyrek, A. & Manore, M. (2014) Field assessment for obesity prevention in children and parents: Physical activity, fitness and body composition. *Journal of Nutrition Education Behavior* 46 (1):43-53. doi: 10.1016/j.jneb.2013.03.013
- Byington, T. A., **Lindsay, A.**, Sigman-Grant, M. J. (2014). Healthy choices start early. *The Journal of the National Association for the Education of Young Children*, 69(5), 14-21.
- Sigman-Grant, M. J., **Lindsay, A. R.**, Byington, T. A. (2014). Children Are What They Eat. *UNR-Extension Publication* AV-14-02. <http://campus.extension.org/enrol/index.php?id=661>
- Lindsay, A. R.**, Sigman-Grant, M. J., Byington, T. A. (2014). Growth, Obesity and Energy Balance. *UNR-Extension Publication* AV-14-01. <http://campus.extension.org/enrol/index.php?id=657>

## **Curriculum Vitae, Lindsay**

- Byington, T. **A.**, **Lindsay**, A. R., Loesch-Griffin, D., Brumett, S., & Sigman-Grant, M. (2013). Head Start families' thoughts and beliefs about health, nutrition, and physical activity. (National Head Start Association) *NHSA Dialog*, 16(3), 64-76.
- Byington, T. **A.**, **Lindsay**, A. R., Loesch-Griffin, D., Brumett, S., & Sigman-Grant, M. (2013). Influencing Head Start families' thoughts and beliefs about health, nutrition, and physical activity. *NHSA Dialog*, 16(3), 160-164.
- Sigman-Grant, M., Byington, T., **Lindsay**, A., Lu, M., Mobley, A., Fitzgerald, N. & Hildebrand, D. (2013). Preschoolers can distinguish between healthy and unhealthy foods: The All 4 Kids Study. *Journal of nutrition education and behavior*, 03/2014, Volume 46, Issue 2 <http://www.ncbi.nlm.nih.gov/pubmed/24246710>
- Sigman-Grant, M, Van Brackel, A., Byington, T. and **Lindsay**, A. (2013) Teacher and family connections curriculum: A supplement to the All 4 Kids: Healthy, Happy, Active, Fit obesity prevention program. *UNR-Extension Publication CM-13-01*. Available on <http://campus.extension.org>
- Lindsay**, A. & Velasquez, S. (2012). Nevada substance abuse treatment providers – Assessing the needs & characteristics of female clients in recovery. *UNR-Extension Special Publication SP-12-09*, 23 pp.
- Warren, C., **Lindsay**, A., White, E., Claudat, K., & Velasquez, S. (2012). Weight-related concerns related to drug use for women in substance abuse treatment: Prevalence and relationships with eating pathology. *Journal of Substance Abuse Treatment* 44(5), 494. doi:10.1016/j.jsat.2012.08.222
- Lindsay**, A., Warren, C., Velasquez S., & Lu, M. (2012). A Gender-specific approach to improving substance abuse treatment for women: The Healthy Steps to Freedom (HSF) Program. *Journal of Substance Abuse Treatment*, 43(1), 61-69.
- Lindsay**, A. (2010). A media effort addressing preschool inactivity through family, community, and Extension collaboration. *Journal of National Extension Association of Family and Consumer Sciences*, 5 (11).
- Lindsay**, A., Byington, T., & Sigman-Grant, M. (2010). All 4 Kids: Healthy, Happy, Active, Fit Classroom Education for Young Children. *UNR-Extension Curriculum Material CM-10-06*
- Lindsay**, A. & Constantino, N. (2010). Get Up, Get Out! *UNR-Extension Fact Sheet FS-10-80*
- Lindsay**, A. & Constantino, N. (2010). Get Moving! *UNR-Extension Fact Sheet FS-10-76*
- Lindsay**, A. & Constantino, N. (2010). Get Active! *UNR-Extension Fact Sheet FS-10-81*
- Lindsay**, A. & Constantino, N. (2010). Get Fit! *UNR-Extension Fact Sheet FS-10-73*
- Lindsay**, A. & Constantino, N. (2010). Get Regular! *UNR-Extension Fact Sheet FS-10-79*.
- Lindsay**, A. (2009). All 4 Kids: Healthy, Happy, Active, Fit CD® *UNR-Extension Audio Visual AV-09-01*, Copyright American Society of Composers, Authors and Publishers (ASCAP).
- Lindsay**, A. (2009). All 4 Kids: Healthy, Happy, Active, Fit DVD® *UNR-Extension Audio Visual AV-09-02* <http://www.unce.unr.edu/publications/files/hn/2009/av0902.asp>.
- Seymour, K., Spears, K., **Lindsay**, A., Collins, C., Leontos, C., Sigman-Grant, M., Wilson, M. & Woodson, J. (2009). Nevada's health and nutrition needs – Preferred methods of health information delivery. *UNR-Extension Special Publication SP-09-18*, 82 pp.
- Lindsay**, A. & Velasquez, S. (2008). Using a Pedometer, A Guide to Help Step it Up. *UNR-Extension FS-08-32*.

## **Curriculum Vitae, Lindsay**

- Lindsay, A.** & Velasquez, S. (2008). Weighing in on Fat. *UNR-Extension FS-08-49*.
- Lindsay, A.** & Constantino, N. (2008). *Get Ready, Get Set, Let's Go! UNR-Extension FS-08-35*
- Lindsay, A.** & Velasquez, S. (2008). Buying and Using a Pedometer: Quick Tips to Step it Up. *UNR-Extension FS-08-32*.
- Lindsay, A.** & Velasquez, S. (2007). What a Girl Wants! What a Girl Needs! Living Healthy without Methamphetamine. *UNR-Extension FS-07-45*.
- Lindsay, A.**, Wilson, M., & Velasquez, S. (2007). Have it Your Weigh! Portion Sizes & Dining Out. *UNR-Extension FS-07-46*.
- Lindsay, A.** & Velasquez, S. (2007). Dying to Be Thin, How Far Will You Go? Body Image and Cultural Standards of Beauty. *UNR-Extension FS-07-47*.
- Lindsay, A.** (1993) Wellness Program Modules for Nutrition, Weight Reduction, Back Care, and Exercise; *Anthem Health Systems*, Indianapolis,
- Golding, Myers & Sinning (2000). Y's Way to Physical Fitness, The Complete Guide to Fitness Testing and Instruction (4<sup>th</sup> edition). *Human Kinetics Publishers Inc.*, pp. 113-136. (norm revisions by **Anne R. Lindsay**)
- Golding, L. & **Lindsay, A.** (1989). Measuring Body Composition with Attention to Age and Sex Trends. *Perspective*. 15(4), pp. 30-36.
- Golding, L. & **Lindsay, A.** (1989). Y's Way Revised: Testing Strength and Muscular Endurance. *Perspective* 15(5), pp. 30-35.
- Golding, L. & **Lindsay, A.** (1989). Y's Way Revised: Stretching the Limits of Age, Sex and Flexibility. *Perspective* 15(6), pp. 26-29.
- Golding, L. & **Lindsay, A.** (1989). Y's Way Revised: Cardio-Respiratory Fitness Tested Using PWC Max. *Perspective* 15(7), pp. 11-18.
- Golding, L. & **Lindsay, A.** (1989). Y's Way Revised: Step-Up to Cardio-Respiratory Fitness Test. *Perspective* 15(8), pp. 39-41.
- Golding, L. & **Lindsay, A.** (1989). Y's Way Revised: Interpreting Tests for the Benefit of Your Members. *Perspective* 15(9), pp. 34-37.

### **ORAL PRESENTATIONS AT PROFESSIONAL MEETINGS (past 5 years only)**

- Lindsay A. R.** (Spring 2020, Fall 2020) Healthy Steps to Freedom: Enhancing Treatment/Recovery Services for Women. UNR 1.0 Teaching Credits. Center for the Application of Substance Abuse Technologies (CASAT) & the ATTC Enhanced Professional Learning Series.
- Lindsay, A.R.**, Coughenour, C., Brian, A., Fryer, V. and Bevell, J. (2020) Pre-K Physical Development Standards: A review of 50 States, *National Assembly of the International Motor Development Research Consortium*. Virtual due to COVID-19.
- Lindsay, A. R.**, Crandall, J. and Byrnes, M. (2020) Early Childhood: The Physical and Cognitive Benefits of PA. *California Department of Public Health California Statewide SNAP-Ed*. Anaheim, CA

## **Curriculum Vitae, Lindsay**

- Lindsay A.** (Fall 2019) Battling Weight and Energy: The Need for Gender Responsive Treatment to Improve Recovery Outcomes for Women with Stimulant Use Disorders. UNR 1.0 Teaching Credits. Center for the Application of Substance Abuse Technologies (CASAT) & the ATTC Enhanced Professional Learning Series
- Lindsay, A. R.** (2019) Healthy Steps to Freedom: A Gender-Specific Response. *Utah Valley University Conference on Addiction* Utah Valley University.
- Lindsay, A.,** Starrett, A., Brian, A., Byington, B., Lucas, J. & Sigman-Grant, M. (2019). The Effect of a Preschool-Based Dance Intervention on Skill Development in Boys and Girls. *International Motor Development Research Consortium*. Verona, Italy.
- Lindsay, A.** (2019) Healthy Steps to Freedom: A Gender-Specific Response to Women and Addiction. *Utah Valley University Conference on Addiction*. Orem, UT
- Lindsay, A.,** Byrnes, M., Kasper, J & Vanderbom, K. (2019) Physical Activity Guidelines for Americans - Across the Lifespan. *California Department of Public Health California Statewide SNAP-Ed Training for Local Implementing Agencies*. Sacramento, CA
- Lindsay, A. & Taylor, S.** (2018). "So You Think You Can't Dance? Achieving Pre-k Standards by Dancing With Your Little Stars." *National Association of the Education of Young Children*. Wash D.C.
- Lindsay, A.** (2018). Healthy Steps to Freedom: A Gender-Specific Response to Women and Addiction. *Opioid Health and Wellness Summit*. Salt Lake City, UT
- Lindsay, A. & Taylor, S.** (2018). "So You Think You Can't Dance? Achieving Pre-k Standards by Dancing With Your Little Stars." *Nevada Association of the Education of Young Children*. Reno, NV
- Lindsay, A.,** Velasquez, S., & Warren, C. (2017). Do weight concerns put female prisoners at risk for re-offending? *Medicine & Science in Sports & Exercise*, 49(5S), p.992. doi: 10.1249/01.mss.0000519711.08825.34
- Velasquez, S., & **Lindsay, A.** (2017). "Weight, blood pressure, BMI & other health risks common to women under correctional supervision". *Nevada Public Health Association*. Reno, NV.
- Gunter, K., **Lindsay, A.,** Harden, S. (2017). "Squat, curl, flexion, EXTENSION: How the USDA promotes physical activity". *American College of Sports Medicine*. Denver, CO.
- Lindsay, A.** (2017) "Beyond exercise: Physical activity for the ages!" *Choices Conference*, Kalamazoo, MI.
- Lindsay, A.** (2017) "The road to health is paved with good intentions!" *Choices Conference*, Keynote Speaker. Kalamazoo, MI.
- Williams, J., Gunter, K., **Lindsay, A.,** Harden, S., Manore, M., Houtkooper, L., Hongu, K. & Griffin, S. (2016). Exercise is Medicine (EIM) for community health: Linking clinics and communities through Cooperative Extension. *Medicine & Science in Sports & Exercise*. 48(5S) (Supplement 1):80-81, May
- Lindsay, A. & Rothaker, E.** (2016). "When healthy becomes extreme." *Nevada Dietetic Association Annual Meeting*, Las Vegas, NV.
- Lindsay, A.** (2015). "Beyond the playground: Top 10 things every teacher should know to create intentional opportunities for physical activity." *Child Adult Care Food Program (CACFP) National Conference*, Las Vegas, NV.

## **Curriculum Vitae, Lindsay**

**Lindsay, A.**, O'Callaghan, A. "Gardening as you mature" (2015) *Master Gardeners Health Series*, Las Vegas, NV.

**Lindsay, A.**, Coughenour, C. (2015), "Generating rural options for weight-healthy kids and communities", *Active Living Research National Conference*, San Diego, CA

### **PROFESSIONAL WEBINARS & ONLINE LEARNING**

**Lindsay, A.** (2019, 2020) Battling Weight and Energy: The Need for Gender Responsive Treatment to Improve Recovery Outcomes for Women with Stimulant Use Disorders. Enhanced Professional Learning (EPL) 7-Part Series. *Center for the Application of Substance Abuse Technologies (CASAT); Mountain Plains ATTC, Region 8*.

**Lindsay, A.** (2019) Women and Stimulant Use: Healthy Steps to Freedom. Didactic Presentation, *Addiction Technology Transfer Center Network (Mountain Plains ATTC, Region 8)*, *Project ECHO Series* <https://attcnetwork.org/centers/mountain-plains-attc/women-and-stimulant-use-echo-series>

**Lindsay, A.** (2019) Battling Weight and Energy: The Need for Gender Responsive Treatment to Improve Recovery Outcomes for Women with Stimulant Use Disorders. Introductory Webinar. *Center for the Application of Substance Abuse Technologies (CASAT); Mountain Plains ATTC, Region 8*.

**Lindsay, A.** (2019) Healthy Steps to Freedom. Didactic Presentation, *Addiction Technology Transfer Center (ATTC) Network, University of North Dakota School of Medicine and Health Science, Project ECHO Series* <https://ruralhealth.und.edu/assets/2582-10887/project-echo-flyer-052219.pdf>

**Lindsay, A. R.** Skidmore, M., Boerboom, C. (2017) Leadership opportunities for Extension directors and administrators to make a difference with the opioid epidemic?" Next generation extension – Learning for leaders *Extension Committee on Organization & Policy (ECOP)*.

Naja-Riese, A., Kay, C., Young, M., **Lindsay, A. R.** Parker, S. (2017) Train-the-trainer SNAP-Ed evaluation framework ambassador training. *National Collaborative on Childhood Obesity Research (NCCOR)*.

**Lindsay, A. R.** (2017) Physical literacy and the role public health plays. Cal-Fresh Town Hall Webinar, *University of California Cal-Fresh Nutrition Education*.

**Lindsay, A. R.** Armstrong, D., Nolting, J., Fagin, S., Bodick, D. (2017) Physical literacy: What is it and how does it support physical activity for life. NEOP Branch Training Development and Support Webinars. *California Department of Public Health, Nutrition Education and Obesity Prevention Branch*.

### **REFEREED POSTER PRESENTATIONS (past 5 years only)**

Gunter, K., Harden, S. & **Lindsay, A.** (2018). Promoting physical activity via Cooperative Extension: What do the data tell us? *American College of Sports Medicine*, Minneapolis, MN 50(5S); Supplement 1:64 DOI: 10.1249/01.mss.0000535293.21869.d4

**Lindsay, A.** & Velasquez, S. (2017). Do weight concerns put female prisoners at risk for re-offending? *American College of Sports Medicine*. Denver, CO.

**Lindsay, A.** & Warren, C. (2016). A comparison of beliefs and attitudes about body image, eating and weight between incarcerated and non-incarcerated females. *Eating Disorder Research Society*, New York, NY

## **Curriculum Vitae, Lindsay**

Hongu, N., **Lindsay, A.**, Larson-Meyer, E., Houtkooper, L.B., Gallaway, P.J., Manore, M.M. (2016). Energy balance teaching tool for community use: What University nutrition faculty and community nutrition educators want. *Experimental Biology*, San Diego, CA

Franck, K., Harden, S. & **Lindsay, A.** (2016) Surgeon General's *Step It Up* initiative: Strategies for implementation with EFNEP. *National EFNEP Conference*. Arlington, VA  
<https://nifa.usda.gov/sites/default/files/event/2016%20National%20EFNEP%20Conference%20Agenda.pdf>

Hongu, K., Gunter, K., Houtkooper, L., Going, S., Williams, J., **Lindsay, A.**, Manore, M. (2014). Exercise is Medicine (EIM) for community health programs: Expanding to the national Cooperative Extension system. *American College of Sports Medicine*, Orlando, FL