

Vita

1. NAME

Andrea M. Hutchins, Ph.D, RD, FAND
Associate Professor
Andrea.Hutchins@uccs.edu

2. EDUCATION

1999 University of Minnesota, Ph.D.
1994 University of Minnesota, M.S.
1989 Kansas State University, B.S.

3. PROFESSIONAL EXPERIENCE

University of Colorado Colorado Springs Human Physiology and Nutrition Associate Professor	January 2019-Present
University of Colorado Colorado Springs Department of Health Sciences Associate Professor	June 2009-December 2018
University of Colorado Colorado Springs Office of the Provost and Executive Vice Chancellor of Academic Affairs Special Projects Position	October 2013-May 2015
University of Colorado Colorado Springs Department of Health Sciences Department Chair	March 2011-June 2014
University of Colorado Colorado Springs Department of Health Sciences Assistant Professor	Aug. 2006-June 2009
Arizona State University Department of Nutrition Assistant Professor	Aug. 2001-June 2006
University of Minnesota Department of Food Science and Nutrition Assistant Clinical Specialist	Sept. 1994-July 2001
University of Minnesota Department of Food Science and Nutrition Research Specialist	June 1995-July 2001

University of Minnesota
Department of Food Science and Nutrition
Research Assistant/Teaching Assistant

June 1993-Sept. 1994

University of Minnesota
Department of Food Science and Nutrition
Teaching Assistant

Sept. 1992-June 1993

High Plains Baptist Hospital
Amarillo, TX
Clinical Dietitian

Feb. 1990-Aug. 1992

4. REFEREED PUBLICATIONS

A. Publications

Hutchins AM, Winham DM, Fellows JP, Heer M. Training Interns in Nutrition and Dietetics: A Cross-Sectional Study of the Barriers and Motivators to Being a Registered Dietitian Nutritionist Preceptor. *BMC Med Educ.* 2021;21:277.

<https://doi.org/10.1186/s12909-021-02700-0>

Benton MJ, **Hutchins AM**, Dawes JJ. Effect of menstrual cycle on resting metabolism in women: A systematic review and meta-analysis. *PLOS One.*2020;15(7):e0236025.

<https://doi.org/10.1371/journal.pone.0236025>.

Winham DM, Nikl R, **Hutchins AM**, Martin R, Campbell C. Dietitians vary by counseling status in bean promotion with type 2 diabetes clients: a pilot study. *Food Sci Nutr.* 2020;8:2839–2847. <https://doi.org/10.1002/fsn3.1578>.

Hutchins AM and Winham DM. Pinto Beans and Green Beans Result in Comparable Glycemic Control in Adults with Type 2 Diabetes: A Randomized Pilot Trial. *Food Sci & Nutri Tech.* 2020;5(2):000211.

Winham DM, **Hutchins AM**, Thompson SV, Dougherty MK. Arizona registered dietitians show gaps in knowledge of bean health benefits. *Nutrients.* 2018;10(1):52.

Winham DM, **Hutchins AM**, Thompson SV. Glycemic response to black beans and chickpeas as part of a rice meal: a randomized cross-over trial. *Nutrients.* 2017;9(10):1095.

Harris M, **Hutchins AM**, Fryda L. The impact of virgin coconut oil and high oleic safflower oil on body composition, lipids and inflammatory markers in post-menopausal women. *J Med Food.* 2017;20(4):345-351.

Winham DM, Wooden AA, **Hutchins AM**, Morse LM, Shepard C, Mayol-Kreiser S, Hampl J. Attitudes and perceptions of the dietetic internship preceptor role by Arizona nutrition professionals. *Topics in Clinical Nutrition.* 2014;29(3):210-226.

Hutchins AM, Brown BD, Cunnane SC, Domitrovich SG, Adams ER, Bobowiec CE.

Daily flaxseed consumption improves glycemic control in obese individuals with pre-diabetes: a randomized, controlled study. *Nutrition Research* 2013;33:367-75.

Meinz KT, Sinclair Elder AJ, Elder C, **Hutchins AM**. Effectiveness of myofascial release as a treatment for orthopedic conditions: a systematic review. *Journal of Athletic Training*. 2013;48:522-7.

Hutchins AM, Winham DM, Thompson SV. *Phaseolus* beans: impact on glycaemic response and chronic disease risk in human subjects. *British Journal of Nutrition* 2012;108:S52-S65.

Thompson SV, Winham DM, **Hutchins AM**. Bean and rice meals reduce postprandial glycemic response in adults with type 2 diabetes: a cross-over study. *Nutrition Journal* 2012;11:23.

Winham DM, **Hutchins AM**. Perceptions of flatulence from bean consumption among adults in 3 feeding studies. *Nutrition Journal* 2011;10:128

Collins CB*, Winham DM, **Hutchins AM**. Dietary intakes, attitudes towards carbohydrates of post-menopausal women following low-carbohydrate diets. *Canadian Journal of Dietetic Practice and Research*. 2009;70:44-47.

Winham DM, **Hutchins AM**, Melde CL*. Glycemic Response to Two Different Amounts of Pinto Beans, Navy Beans and Black-eyed Peas Consumed with a High Glycemic Index Treatment by Normoglycemic Men and Women. *Nutrition Research*. 2007;27:535-541.

Winham DM, **Hutchins AM**. Baked bean consumption reduces total cholesterol in mildly hypercholesterolemic men and women. *Nutrition Research*. 2007;27:380-386.

Winham DM, **Hutchins AM**, Johnston CS. Pinto bean consumption reduces biomarkers for heart disease risk. *Journal of the American College of Nutrition*. 2007;26(3):243-249.

Kleiner RE*, **Hutchins AM**, Johnston CS, Swan PD. Effects of an 8-week high protein or high carbohydrate diet in adults with hyperinsulinemia. *Medscape General Medicine*. 2006;8(4). Available at: <http://www.medscape.com/viewarticle/546819>.

Hutchins AM, McIver IE, Johnston CJ. Soy isoflavone and ascorbic acid supplementation alone or in combination minimally affect plasma lipid peroxides in postmenopausal women. *Journal of the Academy of Nutrition and Dietetics*. 2005;105(7):1134-7.

Hutchins AM, McIver I, Johnston CJ. Hypertensive crisis associated with high dose soy isoflavone supplementation in a post-menopausal woman: a case report [ISRCTN98074661]. *BMC Women's Health*. 2005;5:9.

Frische EJ, **Hutchins AM**, Martini MC, Thomas W, Slavin JL. Effect of Flaxseed and Wheat Bran on Serum Hormones and Lignan Excretion in Premenopausal Women.

Journal of the American College of Nutrition 2003;22(6):550-4.

Hager M, **Hutchins AM**. Position of the Academy of Nutrition and Dietetics: Integration of medical nutrition therapy and pharmacotherapy. *Journal of the Academy of Nutrition and Dietetics* 2003;103:1363-1370.

Brown BD, Thomas W, **Hutchins AM**, Martini MC, Slavin JL. Types of dietary fat and soy minimally affect hormones and biomarkers associated with breast cancer risk in premenopausal women. *Nutrition and Cancer* 2002;43(1):22-30.

Hutchins AM, Martini MC, Olson BA, Thomas W, Slavin JL. Flaxseed consumption influences endogenous hormone concentrations in postmenopausal women. *Nutrition and Cancer* 2001;39(1):58-65.

Hutchins AM, Martini MC, Olson BA, Thomas W, Slavin JL. Flaxseed influences urinary lignan excretion in a dose-dependent manner in postmenopausal women. *Cancer Epidemiology, Biomarkers and Prevention* 2000;9:1113-8.

Haggans CJ, **Hutchins AM**, Olson BA, Thomas W, Martini MC, Slavin JL. Effect of flaxseed consumption on urinary estrogen metabolites in postmenopausal women. *Nutrition and Cancer* 1999;33(2):188-95.

Lampe JW, Gustafson DR, **Hutchins AM**, Martini MC, Li S, Wähälä K, Grandits GA, Potter JD, Slavin JL. Urinary isoflavonoid and lignan excretion on a Western diet: relation to soy, vegetable and fruit intake. *Cancer Epidemiology, Biomarkers and Prevention* 1999;8:699-707.

Lampe JW, Karr SC, **Hutchins AM**, Slavin JL. Urinary equol excretion with a soy challenge: influence of habitual diet. *Proceedings of the Society of Experimental Biology and Medicine* 1998;217(3):335-9.

Slavin JL, Karr SC, **Hutchins AM**, Lampe JW. Influence of soybean processing, habitual diet, and soy dose on urinary isoflavonoid excretion. *American Journal of Clinical Nutrition* 1998;68(suppl):1492S-5S.

Karr SC, Lampe JW, **Hutchins AM**, Slavin JL. Urinary isoflavonoid excretion in humans is dose-dependent at low to moderate levels of soy consumption. *American Journal of Clinical Nutrition* 1997;66:46-51.

Hutchins AM, Lampe JW, Martini MC, Campbell DR, Slavin JL. Vegetables, fruits and legumes: effects on urinary phytoestrogen and lignan excretion. *Journal of the Academy of Nutrition and Dietetics* 1995;95(7):769-775.

Hutchins AM, Slavin JL, Lampe JW. Urinary isoflavonoid phytoestrogen and lignan excretion with fermented and unfermented soy products. *Journal of the Academy of Nutrition and Dietetics* 1995;95(5):545-551.

*Graduate Student

B. Abstracts – Peer Reviewed/Refereed

Hutchins AM, Fellows JP, Winham DM. Training Interns in Nutrition and Dietetics: Barriers and Motivators to Being a Preceptor [virtual poster presentation]. Nutrition 2020 Live Online – June 1-4, 2020. Poster and oral comments available at: <https://cdmcd.co/XbaqvP>. Current Developments in Nutrition 4 (Supplement 2), 602-602, 2020.

Benton MJ, **Hutchins AM**, Dennis J, Graham HL. Lean mass and lower body strength and function predict quality of life in breast cancer survivors. American Institute for Cancer Research Annual Conference 2016, Bethesda, MD.

Harris M, **Hutchins AM**. The Impact of Virgin Coconut and Safflower Oils on Lipids and Cytokines in Postmenopausal Women. Experimental Biology 2015, Boston, MA.

Harris M, **Hutchins AM**. The Impact of Coconut and Safflower Oils on Body Composition. Experimental Biology 2015, Boston, MA.

Harris M, **Hutchins AM**. Does Coconut Oil Have Side Effects? Experimental Biology 2015, Boston, MA.

Winham DM, **Hutchins AM**. Most Dietetics Professionals Recognize Beans as Different Carbohydrate for Adults with Type 2 Diabetes. Experimental Biology 2015, Boston, MA.

Winham DM, Wooden AA, Morse L, Mayol-Kreiser S, Shepard C, **Hutchins AM**, Hampl JS. Training interns: barriers and motivators to being a preceptor in Arizona. *Journal of the Academy of Nutrition and Dietetics*. 2012;112:A52.

Hutchins AM. Impact of a functional food bar on biomarkers of heart disease in hypercholesterolemic adults. *FASEB J* 2012;626.18.

Hutchins AM, Winham DM. Pinto beans as part of a normal diet do not improve glycemic control in adults with type 2 diabetes. *FASEB J*. 2011;25:971.24.

Thompson SV*, Winham DM, **Hutchins AM**. Traditional bean and rice meals reduce postprandial glycemia in adults with type 2 diabetes. *FASEB J*. 2011;25:610.1.

Hutchins AM, Brown BD, Domitrovich S. Flaxseed consumption lowers insulin, C-reactive protein and fructosamine in adults with pre-diabetes. *FASEB J*. 2010 24:739.4.

Thompson SV*, Winham DM, **Hutchins AM**. Black bean and chickpea consumption reduce glycemic response as part of a rice meal. *FASEB J*. 2009 23:540.2.

Winham DM, **Hutchins AM**. Baked bean consumption reduces total cholesterol in hypercholesterolemic adults. *FASEB Journal* 2007;21(5):A343 (poster)

Hutchins AM, Melde C*, Winham DM. Black-eye pea consumption reduces glycemic response to a high glycemic index meal. *FASEB Journal* 2007;21(5):A1060 (poster)

Winham DM, Reeves PG, **Hutchins AM**, Finley J. Gastrointestinal discomfort from legumes varies with type and diminishes after 4 weeks. *FASEB Journal* 2007;21(5):A1077 (poster)

Winham DM, **Hutchins AM**, Vodehnal AB*, Johnston CS. Long-term pinto bean intake reduced serum cholesterol in generally healthy, mildly insulin resistant adults. *FASEB Journal* 2006;20(4):A269.6. (oral presentation)

Hutchins AM, Winham DM, Vodehnal AB*, Johnston CS. Long-term black-eye pea intake reduces fasting plasma glucose values in generally healthy, mildly insulin resistant adults. *FASEB Journal* 2006;20(4):A269.7. (oral presentation)

Collins CB*, Winham DM, **Hutchins AM**, Salbe AD. Dietary intake, characteristics, and attitudes of self-reported low-carbohydrate dieters. *FASEB Journal* 2006;20(4):A383.4. (poster)

Gerber J*, **Hutchins AM**, Johnston CS. Impact of daily vinegar consumption on body composition and insulin sensitivity in overweight, healthy adults. *FASEB Journal* 2006;20(4):A385.12. (poster)

Johnston CS, **Hutchins AM**, Tjonn SL, Kleiner R. ABO blood group and diet prescription for weight loss. *FASEB Journal* 2006;20(4):A386.4. (poster)

Hutchins AM, Kleiner RE, Johnston CS. The role of insulin sensitivity in the success of weight loss diets. *Journal of the Academy of Nutrition and Dietetics* 2005;105(8 Suppl):A-10. (oral presentation)

Hutchins AM, Winham D, Johnston CS. Impact of long-term legume consumption on biomarkers of heart disease and type 2 diabetes risk. *Presented at the 18th International Nutrition Congress (Durban, South Africa), September 2005.* (poster)

Hutchins AM, Peterson LM, Johnston CS. Flaxseed, soy, oat bran, and walnut muffins lower cholesterol in hypercholesterolemic adults. *Presented at the late-breaking abstracts session of the Federation of American Societies for Experimental Biology (FASEB) meeting (San Diego, CA), April 2005.* (poster)

McIver I*, **Hutchins AM**, Johnston CS. Effect of soy isoflavone and ascorbic acid supplementation on antioxidant activity in postmenopausal women. *FASEB Journal* 2003;17(5):A1117. (poster)

Kessee L-S, **Hutchins AM**, Adlercreutz H, Martini M, Olson BA, Slavin J. Serum enterolactone response to flaxseed consumption. *FASEB Journal* 2003;17(4):A342. (poster)

Brown BD, Thomas W, **Hutchins AM**, Martini MC, Slavin JL. Dietary fatty acids and soy protein affect urinary phytoestrogen excretion in premenopausal women. *FASEB Journal* 2001;15(4):A284. (poster)

Hutchins AM, Martini MC, Olson BA, Thomas W, Slavin JL. Dietary estrogens influence urinary lignan excretion in a dose-dependent manner in postmenopausal women. *Journal of the Academy of Nutrition and Dietetics* 1999;99(9):A-45. (poster)

Hutchins AM, Martini MC, Olson BA, Thomas W, Slavin JL. Dietary estrogens influence endogenous estrogen concentrations in postmenopausal women. *FASEB Journal* 1999;13(4):A583. (poster)

Haggans CJ, **Hutchins AM**, Olson BA, Thomas W, Martini MC, Slavin JL. Flaxseed supplementation significantly increases urinary excretion of 2-hydroxyestrone and the 2/16 α -hydroxyestrone ratio in postmenopausal women. *FASEB Journal* 1999;13(4):A582. (poster)

Brown BD, **Hutchins AM**, Martini MC, Slavin JL. Flaxseed supplementation does not affect urinary excretion of thiobarbituric reactive substances in postmenopausal women. *FASEB Journal* 1998;12(5):A828. (poster)

Karr SC, Lampe JW, **Hutchins AM**, Slavin JL. Urinary isoflavone excretion and soy consumption: dose response in humans. *FASEB Journal* 1996;10:A493. (poster)

Hutchins AM, Lampe JW, Martini MC, Campbell DR, Potter JD, Slavin JL. Vegetables, fruits and legumes: effect on urinary isoflavonoid phytoestrogen and lignan excretion. *Journal of the Academy of Nutrition and Dietetics* 1994;94(9):A-37. (oral presentation)

*Graduate Student

5. NON-REFERRED PUBLICATIONS

Hutchins AM. Research: Dry bean consumption lowers cholesterol, improves overall health. *Dry Bean Quarterly*. 2014;5(2):1-3.

Hutchins AM. DBQuick Bite. Beans and Flatulence: Unfounded fear or fact of life? *Dry Bean Quarterly*. 2012;3(1):1-3.

Hutchins AM. Chemopreventative properties of lignans and flaxseed. *The Digest. Newsletter of the Research Practice Group of the Academy of Nutrition and Dietetics*. 2004;39(1):1-6.

Slavin JL, **Hutchins AM**, Haggans CJ, Martini MC, Olson BA, Thomas W. Can flaxseed protect against hormonally dependent cancer? Proceedings of the 59th Flax Institute of the United States. March 21-23, 2002.

Lampe JW, **Hutchins AM**, Karr SC, Slavin JL. Phytoestrogen exposure assessment in adults: use of urinary excretion patterns. Proceedings of the Deutsche Forschungsgemeinschaft symposium, "Hormonally Active Agents in Food". October 6-9, 1996.

6. PUBLICATIONS/CREATIVE WORKS SUBMITTED

Barter SE*, **Hutchins AM**, Lindsay KG, Elder AJS. Work-related stress and its relationship to disordered eating behaviors in athletic trainers. *J Sports Med Phys Fit*. Under revision.

*Graduate Student

7. BOOKS AND BOOK CHAPTERS

Hutchins AM, Slavin JL. Effects of flaxseed on sex-hormone metabolism. Cunnane SC, Thompson LU, eds. *Flaxseed in Human Nutrition. 2nd Edition*. AOCS Press, Champaign, IL. 2003;126-149.

Hutchins AM, Shronts EP. Metabolic Stress and Immune Function. In: Skipper A, ed. *Dietitian's Handbook of Enteral and Parenteral Nutrition. 2nd Edition*. ASPEN Publishers, Inc. Gaithersburg, MD. 1998;353-382.

Gottschlich M, Shronts EP, **Hutchins AM**. Defined Formulas. In: Rombeau JL, Rolandelli RH, ed. *Clinical Nutrition: Enteral and Tube Feeding. 3rd Edition*. W.B. Saunders, Co., Philadelphia, PA. 1997;207-239.

8. PUBLISHED REVIEWS

Hutchins AM, Winham DM. Functional foods: the hypocholesterolemic effects of legumes. *Nutrition in Complementary Care Newsletter*. 2007;9(1):1, 4-5.

Hutchins AM. Book Review—Medical Nutrition Therapy: A Case Study Approach. *DEP-Line: Newsletter of the Dietetic Educators of Practitioners*. 2002;23(4):14.

9. PRESENTATIONS AND MEETINGS AND SEMINARS

Note: Poster presentations are listed under **Abstracts – Peer Reviewed/Refereed**.

Winham DM, **Hutchins AM**, Thompson SV. Misperceptions of statin, metformin, and functional food efficacy by nutrition professionals [oral presentation]. Experimental Biology – April 27, 2014, San Diego, CA.

Winham DM, **Hutchins AM**. Do Registered Dietitians know beans? Knowledge, attitudes and perceptions of the health benefits of beans [oral presentation]. Experimental Biology – April 21, 2013, Boston, MA.

Biennial Meeting of the Bean Improvement Cooperative (Fort Collins): "Beans Reduce Glycemic Response as Part of a Rice Meal." October 2009.

Minisymposium Presentation, Annual Meeting of the Federation of American Societies for Experimental Biology (San Francisco): "Long-term black-eye pea intake reduces fasting plasma glucose values in generally healthy, mildly insulin resistant adults". April 2006.

Original Contribution Presentation, Annual Meeting of the Academy of Nutrition and Dietetics (St. Louis): "The Role of Insulin Sensitivity in the Success of Weight Loss Diets". October 2005.

Original Contribution Presentation, Annual Meeting of the Academy of Nutrition and Dietetics (Orlando): "Vegetables, Fruits and Legumes: Effect on Urinary Isoflavonoid and Lignan Excretion". October 1994.

10. GRANTS AND RESEARCH

Funded

Benton M, **Hutchins AM**. Impact of dry bean intake and resistance training on sarcopenia in older adults. 1/18/20-6/5/20 Northarvest Bean Growers Association (incentive award); \$20,000.

Hutchins AM, Benton M. Body Composition, Metabolism, Sleep, and Quality of Life in Women. 1/6/20-5/31/21. UCCS Faculty Assembly Women's Committee; \$500.

Hutchins AM, Benton M. Soy, mastectomy and resistance training + gut microbiota (SMART-GUT) (incentive award). 10/05/16. Soy Health Research Program. \$10,000.

Hutchins AM. Impact of dried bean intake on inflammation, satiety and gut microbiota in overweight and obese adults (incentive award). Dry Bean Health Research Program; \$20,000.

Brick M, Thompson H, Winham D, **Hutchins A**, Gepts P, Grusak M, Bennink M. Planning grant to improve the health-promoting properties of dry beans and to increase U.S. consumption. 9/1/09-8/31/11. United States Department of Agriculture. \$50,000 (UCCS portion \$8,329)

Hutchins AM. Do pinto beans improve glycemic control in adults with type 2 diabetes? 2/1/09-1/31/10. US Dry Bean Council; \$9,978.

Hutchins AM. Effects of black, pinto, and dark red kidney bean consumption on biomarkers of heart disease risk factors in moderately hypercholesterolemic adults (incentive grant). 4/1/09. Dry Bean Health Research Program; \$5,000.

Hutchins AM. Use of a functional food bar to improve biomarkers of heart disease in hypercholesterolemic adults. 8/1/08-6/30/09. University of Colorado Colorado Springs Committee on Research and Creative Works. \$4,091.

Hutchins AM. Does flaxseed supplementation improve glycemic control in individuals

with pre-diabetes? 7/1/06-6/30/09. American Diabetes Association. \$277,394.

Winham, D, **Hutchins AM**, Johnston CS. Impact of daily navy bean consumption on biomarkers for heart disease and type 2 diabetes risk. 8/1/05-5/1/06. Bush Brothers & Company. \$45,757.

Hutchins AM, Johnston CS. The role of insulin sensitivity in the success of weight loss diets. 8/1/04-7/31/05. Gustavus and Louise Pfeiffer Research Foundation. \$74,910.

Winham DM, Johnston CS, **Hutchins AM**. Impact of long-term legume consumption on biomarkers for heart disease and type 2 diabetes risk. 6/1/04-11/30/05. Beans for Health Alliance. \$187,148.

Swan P, **Hutchins AM**, Johnston CJ. Effect of exercise and soy supplementation on regional adiposity and CHD risk factors in post-menopausal women. 6/01/02-5/31/03. Faculty Grants-In-Aid, Arizona State University; \$20,000.

Hutchins AM, Johnston CJ. Effect of Soy Isoflavones and Ascorbic Acid Supplementation on Antioxidant Activity in Postmenopausal Women. 11/01/01-5/31/02. Sustainable Technologies, Agribusiness and Resources (STAR) Research Center, Arizona State University East; \$5,000.

Hutchins AM. Dietary and endogenous estrogens in postmenopausal women. 11/01/98-10/31/99. Jean Hankin Epidemiology Award for doctoral research, The Academy of Nutrition and Dietetics; \$10,000.

Under Review

None.

Submitted, Not Funded

Benton M, **Hutchins AM**. Impact of dry bean intake and resistance training on sarcopenia in older adults. 7/1/21-6/30/24 NIH National Institute of Aging; \$1,035,680.

Hutchins AM, Benton M. Effects of daily split pea consumption and exercise on sarcopenia in adults with sarcopenia. 7/1/20-6/30/21. USA Dry Pea and Lentil Council; \$34,190.

Elder A, **Hutchins AM**. Effectiveness of a scaffolded IPE experience on confidence, competence, and ethical interactions of athletic training and nutrition students. 8/19/19-8/1/21. Spencer Foundation; \$46,084.

Hutchins AM, Benton M. Effects of daily lentil consumption and exercise on sarcopenia in adults with sarcopenia. 7/1/19-6/30/20. USA Dry Pea and Lentil Council; \$40,014.

Hutchins AM, Winham DM. Effect of daily whole green pea consumption on weight loss in overweight adults. 7/1/19-6/30/20. USA Dry Pea and Lentil Council; \$42,013.

Benton M, **Hutchins AM**. Impact of dry bean intake and resistance training on sarcopenia in older adults. 1/18/19-6/5/19 Northarvest Bean Growers Association (incentive award); \$20,000.

Harris M, Hutchins AM. The Impact of Virgin Coconut Oil and Safflower Oil on the Gut Microbiome in Parkinson's Patients. 07/01/18. Allen Foundation, Inc. \$82,959.

Benton M, Silva-Smith A, **Hutchins AM**. Effect of Resistance Training on Postural Blood Pressure in Older Adults with Low Lean Mass. 07/01/18. National Institutes of Health, National Institute of Nursing Research. PA-16-161. NIH Research Project Grant (Parent R21). \$392,437.

Hutchins AM, Harris M. An Educational Nutrition Intervention for Parkinson's Disease Patients. 09/01/17. The Academy of Nutrition and Dietetics Research Dietetic Practice Group. \$2000.

Hutchins AM, Harris M. The Impact of Virgin Coconut Oil and Safflower Oil on the Gut Microbiome in Parkinson's Patients. 09/01/17. The Academy of Nutrition and Dietetics Research Dietetic Practice Group. \$10,000.

Hutchins AM, Dawes JJ. Impact of white potatoes on athletic performance and recovery. 07/01/17. Alliance for Potato Research & Education. \$154,159.

Hutchins AM. Impact of white potato preparation method on glycemic response to a meal, satiety, and glycemic response to a subsequent meal. 07/01/17. Alliance for Potato Research & Education. \$167,742.

Hutchins AM, Benton M. Soy, mastectomy and resistance training + gut microbiota (SMART-GUT). 10/05/16. National Institutes of Health, National Cancer Institute. PA-16-160. NIH Research Project Grant (Parent R01). \$3,131,094.

Hutchins AM, Benton M. Soy, mastectomy and resistance training in young women (SMARTY) study. 05/06/15. 1 Hope for Cancer. \$7,079.

Benton MJ, Silva-Smith A, **Hutchins AM**, Hines LM, Effect of Resistance Training on Postural Blood Pressure in Older Adults with Low Lean Mass. 06/05/17 S National Institutes of Health, National Institute of Aging. PA-16-160. NIH Research Project Grant (Parent R01). \$1,172,816.

Hutchins AM. Impact of dry bean intake - a prebiotic - on inflammation, satiety and gut microbiota. 07/01/16-06/30/20. National Institutes of Health. PA-15-127. Advancing Translational and Clinical Probiotic/Prebiotic and Human Microbiome Research (R01).

Hutchins AM, Benton M. Soy, mastectomy and resistance training (SMART) study. 06/05/15. Soy Health Research Program Incentive Proposal. \$25,000.

Hutchins AM, Winham D. Letter of Intent— Acute effects of pulses on glycemic response in adults with type 2 diabetes. 03/01/15-02/28/16. American Pulse Association. \$40,000.

Hutchins AM, Winham D. Impact of beans from two centers of domestication on postprandial hyperglycemia. 02/01/14-01/31/15. Dry Bean Health Research Program Incentive Proposal. \$10,000.

Hutchins AM, Winham D. Letter of Intent—Effect of pulse consumption on inflammation and satiety in overweight and obese adults. 03/01/15-02/28/16. American Pulse Association. \$40,000.

Hutchins AM, Winham D. Letter of Intent—Do Registered Dietitians/Nutritionists recognize the health benefits of pulses? 03/01/15-02/28/16. American Pulse Association. \$40,000.

Harris, M, **Hutchins AM**. Inflammation and diet enriched with four dietary oils. Soy Health Research Program Incentive Proposal. 04/01/13-10/31/13 \$25,000.

Hutchins AM, Winham D. Acute effects of a functional food – dry beans – on oxidative stress and glycemic response in adults with type 2 diabetes. 7/1/13-6/30/15. National Institutes of Health, National Center for Complementary and Alternative Medicine. PA-11-261 NIH Exploratory/Developmental Research Grant Program (Parent R21). \$376,619

Hutchins AM, Winham D. Influence of pinto beans – a functional food – on cardiovascular disease risk biomarkers. 7/1/13-6/30/15. National Institutes of Health, National Center for Complementary and Alternative Medicine. PA-12-006 NIH Academic Research Enhancement Award (Parent R15). \$397,099

Hutchins AM, Winham D. Letter of Intent— Knowledge, attitudes, and perceptions of the health benefits of pulses by Registered Dietitians in the United States. 04/01/13-03/31/14. American Pulse Association. ~\$40,000.

Hutchins AM, Winham D. Letter of Intent— Acute effects of pulses on glycemic response in adults with type 2 diabetes. 04/01/13-03/31/14. American Pulse Association. ~\$40,000

Hutchins AM, Winham D. Letter of Intent-- Effect of dry beans (*Phaseolus vulgaris* spp.) on inflammatory markers in adults with metabolic syndrome. 09/01/13-08/31/15. Agriculture and Food Research Initiative Competitive Grants Program, Foundational Program, United States Department of Agriculture.~\$500,000.

Hutchins AM, Winham D. Effect of pinto and cranberry bean consumption on measures of metabolic syndrome in hypercholesterolemic adults. 11/1/12-6/5/13. Dry Bean Health Research Program Incentive Proposal. \$20,000

Winham D, **Hutchins AM**. Effects of bean consumption on heart disease biomarkers in hypercholesterolemic adults. 1/1/10-12/31/12. National Institutes of Health. \$1,042,458

Winham D, **Hutchins AM**. Impact of Chickpea Consumption on Biomarkers for Heart Disease and Metabolic Syndrome Risk. 9/1/06-3/31/08. Pulse Canada—Pulse Innovation Project. \$249,307

Hutchins AM, Swan PD, Johnston CS. Impact of soy, dairy, and exercise on the reduction of visceral fat gain in perimenopausal women. 7/1/06-6/30/09. National Research Initiative Competitive Grants Program—United States Department of Agriculture/CSREES. \$497,502.

Hutchins AM. Use of a functional food bar to improve biomarkers of heart disease in hypercholesterolemic adults. 7/1/06-6/30/09. Pacific Mountain Division—American Heart Association. \$197,620.

Hutchins AM, Swan PD, Johnston CS. Dietary intervention to reduce visceral fat gain in perimenopausal women (resubmission). 1/1/06-12/31/08. National Research Initiative Competitive Grants Program—United States Department of Agriculture/CSREES. \$499,990.

Hutchins AM, Brown B. Does flaxseed supplementation improve glycemic control in individuals with pre-diabetes? 1/1/06-12/31/07. American Diabetes Association. \$199,985

Hutchins AM, Winham D. Influence of body weight and flaxseed consumption on insulin resistance and biomarkers of metabolic syndrome in adults. 1/1/06-12/31/06. Gustavus and Louise Pfeiffer Foundation. \$70,007

Hutchins AM. Effects of regular flaxseed or sunflower seed consumption on biomarkers of type 2 diabetes. 7/1/05-6/30/06. The Academy of Nutrition and Dietetics Foundation, Dietitian's in Nutrition Support Practice Group. \$4,995.

Swan PD, **Hutchins AM**, Johnston CS. Strategies to reduce visceral fat gain at perimenopause. 6/1/05-5/31/08. National Institutes of Health National Center for Complementary and Alternative Medicine. \$978,714.

Hutchins AM, Swan PD, Johnston CS. Dietary intervention to reduce visceral fat gain in perimenopausal women. 6/1/05-5/31/08. National Research Initiative Competitive Grants Program—United States Department of Agriculture/CSREES. \$833,894.

Hutchins AM. Effect of dietary soy and vitamin C intake on markers of heart disease risk in adults. 7/1/04-6/30/06. United States Department of Agriculture—National Research Initiative. \$486,678.

Hutchins AM, Johnston CS, Lefler SR. Validation of a natural 'anti-diabetic' supplement. 7/1/04-6/30/05. Arizona Disease Control Research Commission. \$49,734.

Hutchins AM, Johnston CS. Effect of soy isoflavones and ascorbic acid intake on antioxidant activity in women and men. 1/1/04-12/31/05. American Institute for Cancer Research. \$150,000.

Hutchins AM, Johnston CS. Effect of soy isoflavones and ascorbic acid intake on antioxidant activity in women and men. 7/31/03-7/30/04. American Institute for Cancer Research. \$75,000.

Johnston CS, **Hutchins AM.** Formulation of a 'renal healthy' high-protein, low-fat diet plan. 07/01/03-06/30/06. United States Department of Agriculture, NRI Improving Nutrition for Optimal Health. \$299,889.

Lohman TG, Going S, Houtkooper L, Williams D, Roe D, Sorrell V, Metcalf L, Harris M, Sparks P, **Hutchins AM.** The efficacy of soy and exercise in postmenopausal women. 07/01/02-06/30/06. National Institutes of Health, Women's Health Initiative, Complementary Alternative Medicine. \$2,500,000.

Johnston CS, **Hutchins AM,** Woolf K. Hypocholesterolemic and metabolic effects of monounsaturated fat diets rich in protein (30%) or carbohydrate (55%). 01/01/03-12/31/05. The American Heart Association. \$214,500.

Manciet LH, Going S, Houtkooper L, **Hutchins AM,** Lohman T, Sherrill D, Sparks P, Williams D. The efficacy of soy and exercise in postmenopausal women. 07/01/02-06/30/06. National Institutes of Health, Women's Health Initiative. \$4,579,598.

Johnston C, Olson L, **Hutchins AM,** Lefler S. Acquisition of a high performance liquid chromatograph mass spectrometer system, a microplate scanning spectrometer, and a fluorescence microplate reader for ASU East. 07/01/02-12/31/03. National Science Foundation. \$280,142.

11. COURSES TAUGHT

Current

The Profession of Dietetics (HPNU 2080; formerly HSCI 2080)

Undergraduate Taught 7 times

Nutrition Assessment (HPNU 4920; formerly HSCI 4920)

Undergraduate Taught 16 times

Medical Nutrition Therapy I (HPNU 4930; formerly HSCI 4930)

Undergraduate Taught 12 times

Medical Nutrition Therapy II (HPNU 4960; formerly HSCI 4960)

Undergraduate Taught 12 times

Past

Personal Nutrition (HSCI 1060)

Undergraduate Taught 1 time

Herbal and Dietary Supplements (HSCI 3280)

Undergraduate Taught 4 times

Nutrition and the Community (HSCI 3920)

Undergraduate Taught 1 time

Pathophysiology for the Health Sciences (HSCI 4080/5080)

Undergraduate/Graduate Taught 5 times

Pathophysiology for the Health Sciences (Online; HSCI 4080/5080)

Undergraduate/Graduate Taught 1 time

Advanced Nutrition II (HSCI 4440)

Undergraduate Taught 4 times

Culture and Health (HSCI 4630)

Undergraduate Taught 3 times

Culture and Health (Online; HSCI 4630)

Undergraduate Taught 5 times

Medical Nutrition Therapy (HSCI 4930)

Undergraduate Taught 3 times

Clinical Research Application (HSCI 7020)

Graduate Taught 3 times

Medical Nutrition Therapy/Therapeutic Nutrition (Arizona State University)

Undergraduate/Graduate Taught 9 times

Nutrition in the Lifecycle II (Arizona State University)

Undergraduate Taught 1 time

Introduction to Planning Therapeutic Diets (Arizona State University)

Undergraduate Taught 2 times

Seminar: Herbal and Dietary Supplements (Arizona State University)

Graduate Taught 1 time

Human Nutrition Assessment/Assessment Techniques in Nutrition Lecture/Lab (Arizona State University)

Undergraduate/Graduate Taught 8 times

Seminar: Functional Foods and Nutraceuticals (Arizona State University)

Graduate Taught 1 time

Introduction to Clinical Practice (University of Minnesota)

Undergraduate Taught 7 times

Field Experience in Food Service Management (University of Minnesota)

Undergraduate Taught 7 times

Field Experience: Community Nutrition (University of Minnesota)

Undergraduate Taught 7 times

Field Experience: Medical Nutrition Therapy (University of Minnesota)

Undergraduate Taught 25 times

Field Experience in Food and Nutrition Management (University of Minnesota)

Undergraduate Taught 5 times

Principles of Nutrition (University of Minnesota)

Undergraduate Taught 1 time

Medical Nutrition Therapy II (University of Minnesota)

Undergraduate Taught 1 time

12. RECOGNITIONS

Fellow of the Academy of Nutrition and Dietetics 2017

Academy of Nutrition and Dietetics

Details: The Fellow of the Academy of Nutrition and Dietetics (FAND) recognizes Academy members who have distinguished themselves among their colleagues, as well as in their communities, by their service to the dietetics profession and by optimizing the nation's health through food and nutrition.

Daniel's Fund Ethics Initiative Fellow 2016

University of Colorado Colorado Springs

Details: The prestigious Daniels Fund Ethics Initiative (DFEI) fellowships are awarded to UCCS faculty who demonstrate excellence in pedagogical activities related to applied business, professional and organizational ethics.

Outstanding Faculty Award 2008

Department of Health Sciences

Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences

University of Colorado Colorado Springs

Details: The Outstanding Faculty Award recognizes the excellence in teaching, professional role modeling, research and service.

Rising Star Award 2002

College of Human Ecology

University of Minnesota

Details: The Rising Star Award recognizes alumni volunteers who contribute significant time, leadership, and commitment to alumni/volunteer programs. Nominations may be made by alumni volunteers or staff. Recipients must be actively involved in an alumni program or activity, and must have received a University of Minnesota degree less than ten years prior to June 30 of the fiscal year for which their contribution is recognized.

P.E.O. Scholar Award 1998-1999

International Philanthropic Educational Organization for Women

Details: Provides substantial awards to women of the United States and Canada who are pursuing a graduate degree, terminal degree masters or are engaged in graduate research at an accredited institution

First Annual Jean Hankin Epidemiology Award 1998

The Academy of Nutrition and Dietetics

Details: This award provides financial support to a doctoral student working on a dissertation in the area of nutritional epidemiology.

New Researcher's Award 1994

The Academy of Nutrition and Dietetics

Details: This award recognizes a person new to the area of research who has made a significant contribution to the area of nutrition and/or dietetics.

13. PROFESSIONAL ORGANIZATIONS

Academy of Nutrition and Dietetics-Diabetes Dietetic Practice Group	2019-Present
Academy of Nutrition and Dietetics-Medical Nutrition Dietetic Practice Group	2019-Present
Academy of Nutrition and Dietetics-Weight Management Dietetic Practice Group	2019-Present
Accreditation Council for Education in Nutrition and Dietetics Accreditation Site Reviewer	2018-Present
Academy of Nutrition and Dietetics-Nutrition Educators of Health Professionals Dietetic Practice Group	2017-Present
Southern Colorado Dietetic Association President-elect, President, Past-President	2007-Present 2008-2011
Colorado Academy of Nutrition and Dietetics	2006-Present
Federation of American Societies of Experimental Biology American Society for Nutrition Nutrition 2020 Live Program Planning Committee	2003-Present 2020

Aging and Chronic Disease Research Interest Section Chair Chair -Elect	2018-2020 2016-2018
Academy of Nutrition and Dietetics-Dietitians in Integrative and Functional Medicine Dietetic Practice Group Treasurer	2003-Present 2006-2008
Academy of Nutrition and Dietetics-Nutrition and Dietetics Educators and Preceptors Applicant Guide Coordinator	1995-Present 2008-2010
Academy of Nutrition and Dietetics Research Dietitians Dietetic Practice Group ACEND liaison for the Executive Board Treasurer	1992-1994; 1999-Present 2015-2017 2002-2004
Academy of Nutrition and Dietetics (formerly the American Dietetics Association) Academy Positions Committee Ad Hoc Position Paper Workgroup Member Academy Evidence Analysis Library analyst Academy Issues Management Committee	1989-Present 2007-2010 2010-2014 2008-2014 2010-2011
Academy of Nutrition and Dietetics Medical Nutrition Practice Dietetic Practice Group	2008-2010
Academy of Nutrition and Dietetics Sports, Cardiovascular & Wellness Nutritionists Dietetic Practice Group	2007-2010
Academy of Nutrition and Dietetics-Diabetes Care and Education Dietetic Practice Group	2005-2010
American Diabetes Association	2005-2011
Arizona Dietetic Association	2001-2006
Central Arizona District Dietetic Association	2001-2006
Minnesota Nutrition Council	2000-2001
Twin Cities District Dietetic Association	1994-2001
Minnesota Chapter of the American Society of Parenteral and Enteral Nutrition	1993-2001
Minnesota Dietetic Association	1992-2001

Academy of Nutrition and Dietetics-Dietitians in Nutrition Support
Dietetic Practice Group 1991-2010

American Society for Parenteral and Enteral Nutrition 1991-2006

14. SERVICE

University

University of Colorado System Privilege and Tenure Committee 2018-Present
Member

Compass Curriculum Writing Portfolio Assessor 2016-Present
University of Colorado Colorado Springs

Mentored Doctoral Fellowship Review Committee 2016-Present
University of Colorado Colorado Springs

**Primary and Dean's Review Committees for Reappointment, Promotion and
Tenure and Post-Tenure Review** 2009-Present
Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences
Kramer Family Library 2019

Merit Review Criteria Ad Hoc Committee, Chair 2019
Department of Human Physiology and Nutrition

Clyde's Cupboard Advisory Committee 2017-2018
Member

Graduate Research Fellowships Review Committee 2017
University of Colorado Colorado Springs

Merit Review Committee, Chair 2016-2018
Department of Health Sciences

Compass Curriculum Writing Assessment Fellow 2016
University of Colorado Colorado Springs

**Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences
Faculty Organization Vice President** 2016-2018
University of Colorado Colorado Springs

Beth-El Extended Studies Advisory Task Force 2015-2016
Member
Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences

Retention, Promotion and Tenure Criteria Development Task Force

Chair	2014-2017
Member	2017
Department of Health Sciences	
Excellence in Leadership Program	2014-2015
Invited Participant for University of Colorado Colorado Springs	
University of Colorado	
Program Prioritization Project Evaluator	2014
University of Colorado Colorado Springs	
University of Colorado System Communications Committee	2013-2016
Member	
Faculty Representative Assembly Past-President	2013-2014
University of Colorado Colorado Springs	
Committee on Research and Creative Works	2013
Member	
University of Colorado Colorado Springs	
University of Colorado System Faculty Council	
Faculty Council Member	2012-2013
Executive Committee Member	2012-2013
Faculty Representative Assembly President	2012-2013
University of Colorado Colorado Springs	
Lane Center Interprofessional Practice Task Force	2012-2013
Member	
University of Colorado Colorado Springs	
Lane Center Architectural Planning Committee	2012-2013
Member	
University of Colorado Colorado Springs	
CU Health Trust Wellness Proposal Task Force	2012-2013
Member	
University of Colorado Colorado Springs	
Search Committee Member or Chair	2011, 2015
Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences	
Chair	
Department of Health Sciences	2011-2014
Food Service Advisory Committee	2011-2013

Member
University of Colorado Colorado Springs

**Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences
Administrative Council**
Member 2011-2014

**Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences
Resource and Budget Council**
Member, Department Representative as Chair 2011-2014

Faculty Representative Assembly President-Elect 2011-2012
University of Colorado Colorado Springs

Business Enterprise Sub-committee for UCCS Strategic Plan 2011-2012
Member
University of Colorado Colorado Springs

Merit Review ad hoc Committee Chair 2009-2011
Department of Health Sciences

Undergraduate Program Coordinator 2009-2011
Department of Health Sciences

Curriculum Committee 2009-2011
Department of Health Sciences

Faculty Representative Assembly Secretary 2009-2011
University of Colorado Colorado Springs

**Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences
Faculty Organization President** 2009-2011
University of Colorado Colorado Springs

**Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences
Faculty Affairs Council Chair** 2009-2011
University of Colorado Colorado Springs

**Faculty Representative Assembly Helen and Arthur E. Johnson Beth-El
College of Nursing and Health Sciences Representative** 2008-2009
University of Colorado Colorado Springs

Educational Policy and University Standards Committee
Member 2007-2011
Interim Chair Spring 2011
Chair 2016-Present
University of Colorado Colorado Springs

Search Committee member or chair Department of Health Sciences	2007-2009, 2016, 2018-2019
Scholarship and Awards Committee University of Colorado Colorado Springs	2007-2008
Young Upward Toward Tenure Year Beth El College of Nursing and Health Science University of Colorado Colorado Springs	2006-2009
Academic and Professional Conduct Committee Beth El College of Nursing and Health Science University of Colorado Colorado Springs	2006-2008
Journeys of the Mind Seminar Series Presentation “Ten Simple Diet Changes to Improve the Odds” Arizona State University Research Foundation	Feb. 2003
Research Project Reviewer Arizona American Indian Science and Engineering Fair Arizona State University	2003-2005
Self-assessment Subcommittee Commission on the Status of Women Arizona State University	2003-2004
Commission on the Status of Women Arizona State University	2002-2004
Journeys of the Mind Seminar Series Presentation “Diet Choices for Optimal Health” Arizona State University East	January 2002
Faculty Search Committee Department of Nutrition Arizona State University	2002
Graduate Student Selection Committee Department of Nutrition Arizona State University	2002-2005
Personnel Committee Department of Nutrition Arizona State University	2002-2005

Professional

Journal Manuscript Reviewer Nutrition, Metabolism and Cardiovascular Diseases	2019
Journal Manuscript Reviewer American Journal of Lifestyle Medicine	2019- Present
Peer Program Reviewer Accreditation Council for Education in Nutrition and Dietetics	2018-Present
Chair American Society for Nutrition—Aging and Chronic Disease Research Interest Section	2018-2020
Journal Manuscript Reviewer Journal of Nutrition in Gerontology and Geriatrics	2017-Present
Nutrition 20XX/Experimental Biology Abstract Reviewer American Society for Nutrition	2012-Present
Food & Nutrition Conference & Exhibition Abstract Reviewer Academy of Nutrition and Dietetics	2002-Present
Journal Manuscript Reviewer Plant Foods for Human Nutrition Journal	2019
Journal Manuscript Reviewer Diabetes Spectrum	2018
Journal Manuscript Reviewer Journal of Herbal Medicine	2018
Textbook Reviewer—The Profession of Dietetics: A Team Approach, 6th ed. Payne-Palacio JR and Canter DD. Jones & Bartlett Learning (Publishers)	2018
Journal Manuscript Reviewer Foods	2017
Chair-Elect American Society for Nutrition—Aging and Chronic Disease Research Interest Section	2016-2018
Textbook Reviewer—Clinical Case Studies Jones & Bartlett Learning (Publishers)	2016
Textbook Chapter Reviewer—Advanced Medical Nutrition Therapy Jones & Bartlett Learning (Publishers)	2016

Textbook Chapter Reviewer— Nutrition Assessment: Clinical and Research Applications	2016
Jones & Bartlett Learning (Publishers)	
Grant Proposal Reviewer	2016-2017
Academy of Nutrition and Dietetics Foundation	
Textbook Chapter Reviewer—Medical Nutrition Therapy.	2016
Jones & Bartlett Learning (Publishers)	
Journal Manuscript Reviewer	2016
Clinical Endocrinology	
Journal Manuscript Reviewer	2016
Food and Function	
Journal Manuscript Reviewer	2016
International Journal of Nanomedicine	
Journal Manuscript Reviewer	2015
Journal of Gerontology: Medical Sciences	
Journal Manuscript Reviewer	2015
Current Metabolomics	
Textbook Reviewer—The Profession of Dietetics: A Team Approach, 5th ed.	2015
Payne-Palacio JR and Canter DD.	
Jones & Bartlett Learning (Publishers)	
Journal Manuscript Reviewer	2015
Journal of Nutrition Education and Behavior	
Preceptor of the Year Award Nomination Reviewer/Judge Area 4	
Nutrition and Dietetics Educators and Preceptors Professional Group	2015
Academy of Nutrition and Dietetics	
American Society of Nutrition’s Advances and Controversies in Clinical Nutrition Abstract Reviewer	2015
American Society for Nutrition	
Research Dietetics Practice Group Executive Committee ACEND Liaison	
Academy of Nutrition and Dietetics	2015-2017
Judge—Graduate and Post-Doctoral Poster Presentations	2015
Aging and Chronic Disease Research Interest Section	
American Society for Nutrition	
Experimental Biology annual meeting	

Judge—Graduate and Post-Doctoral Poster Presentations Dietary Bioactive Compounds Research Interest Section American Society for Nutrition Experimental Biology annual meeting	2014-2015
Nutrition Consultant U.S. Dry Beans Council On-site at exhibit booth at American Association of Diabetes Educators Annual Meeting, Philadelphia, PA	2013
Grant Reviewer Pulse Canada Pulse Science Cluster Grants Program	2013
Journal Manuscript Reviewer Nutrients	2012-2014, 2016
Bean Briefs Editor Publication of U.S. Dry Bean Council	2011-2014
Journal Manuscript Reviewer British Journal of Nutrition	2011-2013
Journal Manuscript Reviewer Food Research International	2011-2013
Journal Manuscript Reviewer Journal of Health Communication	2011
Past President Southern Colorado Dietetic Association	2010-2011
President Southern Colorado Dietetic Association	2009-2010
Northarvest Editorial Board member The Bean Institute website and Dry Bean Quarterly Newsletter—University of North Dakota	2009-2015
Journal Manuscript Reviewer Journal of the Science of Food and Agriculture	2009
Evidence Analysis Library analyst Academy of Nutrition and Dietetics	2008-2014
President-elect Southern Colorado Dietetic Association	2008-2009

Applicant Guide Coordinator Dietetic Educators of Practitioners Dietetic Practice Group Academy of Nutrition and Dietetics	2008-2010
Journal Manuscript Reviewer Maturitas	2008
Academy Positions Committee Academy of Nutrition and Dietetics Ad Hoc Position Paper Workgroup member	2007-2010 2010-2013
Nutrition Facts Review Panel Academy of Nutrition and Dietetics	2007-2008
Treasurer Nutrition in Complementary Care Dietetic Practice Group Academy of Nutrition and Dietetics	2006-2008
Book Chapter Reviewer Nutrition Through the Life Span: Pregnancy and Infancy. In: Nutrition and Diet Therapy, 7 th ed. Cataldo CB, DeBruyne LK, Whitney EN, eds.	2006
Book Chapter Reviewer Nutrition Through the Life Span: Childhood and Adolescence. In: Nutrition and Diet Therapy, 7 th ed. Cataldo CB, DeBruyne LK, Whitney EN, eds.	2006
Book Chapter Reviewer Nutrition Screening and Assessment. In: Nutrition and Diet Therapy, 7 th ed. Cataldo CB, DeBruyne LK, Whitney EN, eds.	2006
Journal Manuscript Reviewer Cancer Epidemiology, Biomarkers and Prevention	2005-2006
Journal Manuscript Reviewer European Journal of Clinical Nutrition	2005-2006
Book Chapter Reviewer Diseases of the Large and Small Bowel In: Integrated Nutrition Therapy. Marion M, editor	2004
University Course Reviewer Clinical Nutrition Assessment Lab	2004

Nutrition Department
Benedictine University

Journal Manuscript Reviewer 2004
Nutrition and Metabolism

Grant Reviewer 2002
U.S. Civilian Research & Development Foundation (CRDF)
for the Independent States of the Former Soviet Union

Position Paper Reviewer 2003
Women's Health and Nutrition
Academy of Nutrition and Dietetics Position Paper

Journal Manuscript Reviewer 2002-2015,
American Journal of Clinical Nutrition 2017-2019

Journal Manuscript Reviewer 2002-2019
Journal of the Academy of Nutrition and Dietetics (formerly the Journal of the American
Dietetic Association)

Treasurer 2002-2004
Research Dietetics Practice Group
Academy of Nutrition and Dietetics

Journal Manuscript Reviewer 2002
Cancer Letters

Journal Manuscript Reviewer 2002
Complementary Health Practice Review

Grant Reviewer 2002
Armenian-U.S. Bilateral Grants Program
U.S. Civilian Research & Development Foundation

Grant Reviewer 2002
Improving Nutrition for Human Health Program
USDA National Research Initiative Competitive Grants Program

Website Reviewer 2002
Biovalidity website
Academy of Nutrition and Dietetics

Community

SET Family Medical Clinic 2016-2020
Volunteer dietitian providing nutrition counseling to clients and supervising nutrition
student volunteers

Vice President P.E.O. (Philanthropic Educational Organization for Women) Colorado Chapter C	2013-2015
Weight of El Paso County event (sponsored by El Paso County Health Department) Prepared and staffed table with 2 undergraduate students	2012
President P.E.O. (Philanthropic Educational Organization for Women) Colorado Chapter C	2011-2013
Recording Secretary P.E.O. (Philanthropic Educational Organization for Women) Colorado Chapter C	2008-2011
P.E.O. (Philanthropic Educational Organization for Women) Colorado Chapter C	2007-Present
Lunch and Learn Presentation Pikes Peak Cardiology Clinic	Nov. 2006
Volunteer Horse Leader, Sidewalker, Schooling Team member Pikes Peak Therapeutic Riding Program	2006-2011
Treasurer P.E.O. (Philanthropic Educational Organization for Women) Arizona Chapter K	2003-2005
P.E.O. (Philanthropic Educational Organization for Women) Arizona Chapter K	2002-2007
Volunteer Horse Leader and Sidewalker TherapyZone Therapeutic Horseback Riding Program	2001-2006
TV Interview Polyphenols and the French Paradox Channel 3TV, Phoenix, Arizona	Feb. 2002
Conference Presentation “Plant Foods and Cancer Risk” Office of Health Programs of the Phoenix Area Indian Health Service (PAIHS) Wellness Conference	Aug. 2001
Volunteer Horse Leader and Sidewalker We Can Ride Therapeutic Horseback Riding Program	1994-2001

P.E.O. (Philanthropic Educational Organization for Women) Minnesota Chapter EZ	1993-2002
P.E.O. (Philanthropic Educational Organization for Women) Texas Chapter CB	1990-1993
P.E.O. (Philanthropic Educational Organization for Women) Kansas Chapter AW	1985-1990