

CURRICULUM VITAE
INGRID K. RICHARDS ADAMS, Ph.D., R.D., L.D.

EDUCATION

Ph.D.	Iowa State University Nutritional Sciences <i>Dissertation title: Increasing vegetables in a low-income population: An evaluation of a critical thinking method</i>	December 2006
Ph.D.	Iowa State University Family and Consumer Sciences Education (Ph.Ds. in two majors)	December 2006
M.S.	The Ohio State University Family and Consumer Sciences Education Teacher Education (Combined M.S. and B.S.)	August 1989
B.S.	The Ohio State University Family and Consumer Sciences Education Minor in Nutrition <i>Cum laude</i>	August 1989
Technician's Diploma	John Donaldson Technical Institute, Trinidad Foods and Nutrition	July 1981

PROFESSIONAL CREDENTIALING

Credential	Organization	Number	Year
Registered Dietitian	Academy of Nutrition and Dietetic Commission on Dietetic Registration	1048015	2011
Licensed Dietitian	Kentucky Board of Licensure & Certification	KY-2370	2011
Certificate of Training in Adult Weight Management	Academy of Nutrition and Dietetic Commission on Dietetic Registration		2009
Licensed Diabetes Educator	Kentucky Board of Licensure & Certification		2014
Certificate of Training in Adult Weight Management	Academy of Nutrition and Dietetic Commission on Dietetic Registration		2014

AWARDS AND HONORS

- 2023 **Fellow of the Academy of Nutrition and Dietetics.**
- 2023 **Award of Excellence.** Academy of Nutrition and Dietetics. NEPDPG.
- 2019 **Translational Science Research Award.** National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Disease.
- 2019 **Travel Award.** National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Disease.
- 2019 **Team Awesome” Award for University Libraries.** Seed Library Project.
- 2019 **Excellence in Multi State Collaboration Award- 2nd Place National Winner.** National Extension Association of Family & Consumer Sciences.
- 2019 **Excellence in Multi State Collaboration Award- 2nd Place Central Region Winner.** National Extension Association of Family & Consumer Sciences.
- 2016 **Member of eXtension I-Three Corps.** Project: Improving seafood intake among low-income audiences.
- 2014 **Award of Excellence. Making Healthy Lifestyle Choices --Program on the Dietary Guidelines for Americans.** The Academy of Nutrition and Dietetics- Nutrition Education for the Public Dietetic Practice Group.
- 2014 **Outstanding Project Award for the Taking Ownership of Your Diabetes Program.** Kentucky Association of State Extension Professionals.
- 2013 **New Connections Junior Investigator.** Robert Wood Johnson Foundation.
- 2013 **Outstanding New Extension Faculty Award.** Kentucky Association of State Extension Professionals.
- 2012 **Everyday Hero Award.** Kids Eat Right Volunteer. Academy of Nutrition and Dietetics.
- 2010 **Distinguished Research Award.** The African American Studies and Research Program. University of Kentucky. In recognition of exceptional contributions to research and scholarship on the human condition.
- 2010 **Circles of Power Leadership Program for Women Faculty.** President Commission on Excellence, Diversity and Inclusion. University of Kentucky.
- 2009 **Outstanding Project Award**
Kentucky Association of State Extension Professionals. 2nd Sunday.

- 2003 **Wakonse Fellow**
Conference on College Teaching, Iowa State University.
- 1988 **Golden Key International Honor Society**
The Ohio State University Chapter.
- 1987 **Kappa Omicron Nu** Honor Society for Family and Consumer Sciences.
- 1987 **Phi Upsilon Omicron** Honor Society for Family and Consumer Sciences.
- 1987 **President Recognition Award for Academic Excellence. The Ohio State University.**
- 1985 **Trinidad and Tobago National Scholar.** The Government of Trinidad and Tobago.

PROFESSIONAL EXPERIENCE

- 2016- Present **Associate Professor, Extension Specialist in Food, Health and Human Behavior; Associate Professor, Health Sciences, Medical Dietetics, IBRC & Graduate Faculty**
School of Health and Rehabilitation Sciences
The Ohio State University College of Medicine
- 2007 - 2016 **Associate Extension Professor & Graduate Faculty**
Extension Specialist in Nutrition and Weight Management
Department of Dietetics and Human Nutrition
University of Kentucky, Lexington, KY
- 2007- 2013 **Assistant Professor & Graduate Faculty**
Extension Specialist in Nutrition and Weight Management
Department of Dietetics and Human Nutrition
University of Kentucky, Lexington, KY
- 2007 **Post-Doctoral Fellow**
Nutrition and Wellness Research Center
Iowa State University, Ames, IA
Research: *Human Feeding Study of a Novel Dietary Fiber*
- 2006 - 2007 **Lecturer in Nutritional Sciences**
Online and face-to-face courses in human nutrition
Department of Food Science and Human Nutrition
Iowa State University, Ames, IA
- 2005 - 2006 **Graduate Research Assistant**
Department of Food Science and Human Nutrition
Iowa State University, Ames, IA

- 2003 **Graduate Research Assistant**
Curriculum Evaluator for National Science Foundation funded project
Department of Food Science and Human Nutrition
Iowa State University, Ames, IA
- 2000- 2001 **Graduate Minority Student Mentor George Washington Carver Academy**
Iowa State University, Ames, IA
- 1998 - 2000 **Administrative Assistant**
Department of Family and Consumer Sciences Education
Iowa State University, Ames, IA
- 1990 **Summer Instructor**
Ministry of Education and Culture
Trinidad, West Indies
- 1990- 1998 **Nutrition Faculty.** The University of Trinidad and Tobago, Trinidad, WI

COMPETITIVE AND NON-COMPETITIVE GRANT FUNDING

Funded External Grants

2022. National Institutes of Health. NIA. Addressing the double jeopardy of stress and hypertension among African American female caregivers of persons living with Alzheimer's disease and related dementias. PI: Wright K, **Adams IKR (CO-I)**. \$275,000.

2022. Robert Wood Johnson Foundation-RWJF (Training Grant). The Harold Amos Medical Faculty Development Award. Improving stress and hypertension outcomes in African American female caregivers of persons living with Alzheimer's disease and related dementias. PI: Wright K, **Adams IKR (CO-I)**, \$420,000

2021. The Initiative for Food and Agricultural Transformation (InFACT). Linkage and Leverage Grant. An Examination of the Diet Quality of Low-Income Children 6-24 months old. **PI: Adams, IKR; Piperata, B (Co-I), Meshelemiah J (Co-I), Odei J (Co-I)**. \$32,711.

2021. Racial Equity Seed Grant. The Ohio State University. Operating Under Resilience (OUR) Project: Stress and emotion Management for Black/ African American Women with Hypertension in COVID-19 Social Distancing Society. PI: Wright, KD., **Co-I: Adams IKR; Klatt MD; Nguyen C; Scharre W; Tutt K; Lin CJ**. \$50,000

2021. Paying It Back While Paying It Forward: The Role of Agriculture, Food, and Nutrition in the Historical Foundation and Future Reconciliation Efforts of Land-Grant Universities. PI Gavazzi S, **Adams IKR (Co-I)**, Garner J (Co-I), Meshelemiah J (Co-I), Hyder A (Co-I). \$30,801.

2020. Racial Equity Seed Grant. The Ohio State University. Operating Under Resilience (OUR) Project: Stress and emotion Management for Black/ African American Women with

Hypertension in COVID-19 Social Distancing Society. PI: Wright, KD., **Co-I: Adams IKR**; Klatt MD; Nguyen C; Scharre W; Tutt K; Lin CJ. \$50,000

2020. Office of Academic Enrichment Service-Learning Grant. The Ohio State University. **Adams IKR (PI).** Medical Dietetics 4500 Service Learning Grant. Students solving problems in food pantries. \$3,654

2018. Adams, IKR [PI]; Jackson, C. [Co-PI]; Burbage, S. [Co-PI]. *Building Resiliency Through Critical Thinking among I Am My Brother's Keeper Youth.* The City of Columbus Department of Neighborhoods' My Brother's Keeper (MBK). **\$15,000.**

2016-2020. Spees, C. [PI]; **Adams, IKR [Co-I];** Rousch, J [Co-I]; Kleinhenz, M [Co-I]. *Summer Harvest Adventure: A garden-based obesity prevention program for children residing in low-resource communities.* USDA/ AFRI. **\$978,383.**

2013-2015. Adams, IKR [PI]. *A Systematic Review of Strategies for Addressing Disparities in Obesity Prevention for Pacific Islanders and Native Hawaiian: Informing Policy and Action.* Robert Wood Johnson Foundation (New Connections Junior Investigator Grant). **\$100,000.**

2012-2014. Gustafson, A. [PI], Taylor, C. [PI], **Adams, IKR [Co PI],** Spees, C. K. [Co PI] (2012, June). *Adolescent and Parent Food Activity Patterns as Drivers of Food Choices and Behaviors.* National Institute of Food and Agriculture, NIFA. National Integrated Food Safety. **\$149,074.**

2011. Adams, IKR. [PI]. Kids Eat Right Breakfast Grant. Academy of Nutrition and Dietetics and American Academy of Nutrition and Dietetics Foundation. **\$200.00.**

Funded Internal Grants (internally competitive)

2021. Adams, IKR [PI]. *An Examination of the Diet Quality of Low-Income Children 6-24 months old.* The Initiative for Food and Agricultural Transformation (InFACT). Linkage and Leverage Grant. **\$32,711.**

2020. Wright, KD [PI], **Adams IKR [Co-I],** Klatt MD [Co-I], Nguyen C [Co-I], Scharre W [Co-I], Tutt K [Co-I], Lin CJ [Co-I]. *Stress and emotion Management for Black/African American Women with Hypertension in COVID-19 Social Distancing Society.* The Ohio State University, Racial Equity Seed Grant.

2020. Adams IKR [PI]. *Medical Dietetics 4500 Service Learning Grant. Students solving problems in food pantries.* The Ohio State University, Office of Academic Enrichment Service-Learning Grant. **\$3,654**

2009-2011. Adams, IKR. [PI]. *Perceptions of African American Adults in Lexington, Kentucky Regarding Healthy Food Choices and Physical Activity in Culturally Appropriate Intervention.* African American Research and Studies Program (Junior Investigator Grant). **\$12, 820.00.**

2010-2011. Adams, IKR. [PI]. Implementation of a statewide diabetes curriculum -- *Taking Ownership of Your Diabetes. Health Education through Extension Leadership (HEEL).* **\$22,000.**

2009. **Adams, IKR.** Pilot of a statewide diabetes curriculum -- Piloting of the *Taking Ownership of Your Diabetes curriculum: A 15 county project.* **Health Education through Extension Leadership (HEEL).** \$18,000.

PUBLICATIONS

Peer-reviewed Journal Publications

Adams IKR, Meshelemiah CA, Noble ST, Piperata BA. (2023). The Complementary Feeding Practices of Low-income Black Mothers with Infants Between 6 and 24 Months of Age: A Qualitative Study. *Journal of Human Nutrition and Dietetics.*
<https://doi.org/10.1111/jhn.13189>

Piperata BA, Scaggs SA, Dufour D, **Adams IKR.** (2022). Measuring food security: An Introduction to tools for human biologists and ecologists. *Amer J Hum Biol.*
<https://doi.org/10.1002/ajhb.23821>

Norman-Burgdolf H, Lindsay AR, Webber KH, Parker J, **Adams IKR,** Idris R, Hubbs-Tait L, Chapman- Novakofski K. (2022). Development and Piloting of a Novel Evaluation Tool for Childhood Obesity Prevention Programs. *Journal of Human Sciences.*
<https://scholarsjunction.msstate.edu/cgi/viewcontent.cgi?article=1410&context=jhse>

Richards EL, Ford JL, **Adams IKR,** Klatt MD, Monroe TB, Nguyen M, Rose KM, Wright KD (2022). Hair Cortisol, Perceived Stress, Blood Pressure, and Mental Well-being in African American Older Adults: A Pilot Study. *Geriatrics.*
<https://doi.org/10.3390/geriatrics7030053>

Wright KD, Jones LM, **Adams IKR,** Moss KO, Harmon-Still C, Nguyen CM, Rose KM, Klatt MD. (2021). Co-created health education intervention among older African American women living with hypertension. *Explore.*
<https://doi.org/10.1016/j.explore.2021.02.004>

Wright KD, Klatt MD, **Adams IKR,** Nguyen, CM, Mion, LC, Tan A, Monroe TB, Rose KM, Scharre DW. (2020). Mindfulness in Motion and Dietary Approaches to Stop Hypertension (DASH) in Hypertensive African Americans. *J Am Geriatr Soc* 00:1-6.
<https://doi.org/10.1111/jgs.16947>

Adams, I.K.R; Piperata, B.A., Woods-Dawson, J. (2020). Diet Quality Among African Americans. In (Wilson, Lena) (Ed.), *Healthy Lifestyles and Healthy Eating* (p. 1-57). Nova Science Publishers, Inc.

Wright KD, Jones LM, **Adams IR,** Moss KO, Harmon-Still C, Nguyen CM, Rose KM, Klatt MD. (2021). Co-created health education intervention among older African American women living with hypertension. *Explore.* <https://doi.org/10.1016/j.explore.2021.02.004>

Wright KD, Klatt MD, Adams IR, Nguyen, CM, Mion, LC, Tan A, Monroe TB, Rose KM, Scharre DW. (2020). Mindfulness in Motion and Dietary Approaches to Stop Hypertension

(DASH) in Hypertensive African Americans. *Journal of the American Geriatrics Society*. 00:1-6. <https://doi.org/10.1111/jgs.16947>

Adams IKR, Figueroa W, Hatsu I, Odei J, Sotos-Prieto M, Leson S, Huling J, Joseph JJ. (2019). An examination of demographic and psychosocial factors, barriers to healthy eating, and diet quality among African American adults. *Nutrients*. <https://doi.org/10.3390/nu11030519>

Adams IKR, Okoli CT, C Krok J, Hartel L, Dulin Keita A, Figueroa W, Melfish PA, Kaneshiro M. (2018) Examination of Physical Activity among Native Hawaiians and Pacific Islanders: A Systematic Review. *JNEB*. <https://www.ncbi.nlm.nih.gov/pubmed/30527674>

Ayers, BL, Purvis RS, Bling WL, Rubon-Chutaro J, Hawley NL, Delafield R, **Adams IKR**, McElfish, PA.(2018). Structural and socio-cultural barriers to prenatal care in US Marshallese community. *Maternal and Child Health Journal*. <https://doi.org/10.1007/s10995-018-2490-5>

Krok-Schoen JL, **Adams IKR**, Baltic RD, Fisher JL. (2017). Ethnic disparities in cancer incidence and survival among the oldest old in the United States. *Ethnicity and Health*, 1-14. doi: 10.1080/13557858.2017.1395818

Adams, IKR., Okoli, C. T., Keita, A. D., Linares, A., Tanaka, K., Polanin, J. R., Koempel, A. (2016). Breastfeeding practices among Native Hawaiians and Pacific Islanders. *Journal of Obesity*. <https://doi.org/10.1155/2016/2489021>

Dulin-Keita A; Clay O; Hannon L; **Adams IKR**; Rogers M; Gans K. (2015). HOPE VI neighborhood revitalization and the odds of neighborhood-based physical activity: A mixed-methods approach. *Social Science & Medicine*. <https://doi.org/10.1016/j.socscimed.2015.06.002>

Dulin-Keita A; Risica PM; Drenner KL; **Adams IKR**; Gans KM. (2014) Feasibility and acceptability of an early childhood obesity prevention intervention: Results from the Healthy Homes Healthy Families Pilot Study. *Journal of Obesity*. <https://doi.org/10.1155/2014/378501>

Gustafson, A., Putnam, N., **Adams, IKR**. Wu, Q., Christian, W., Spees, C., Taylor, C. (2014). Family Meals and Neighborhood Food Resources Influence on Intake of Sugar-Sweetened Beverages and Added Sugars among Parents and Adolescents in Rural Counties. *Community Medicine & Health Education*.

Gustafson, A., Wu, Q., Spees, C., Putnam, N., **Adams, IKR.**, Harp, D., Bush, H., Taylor, C. (2014). How Adolescents and Parents Food Shopping Patterns and Social Interaction when Shopping is Associated with Dietary Outcomes in Rural Communities. *J Obes Weight Loss Ther*. [https://www.jneb.org/article/S1499-4046\(14\)00376-5/fulltext](https://www.jneb.org/article/S1499-4046(14)00376-5/fulltext)

Adams, IKR., Hendrich, S. Hausafus, C.O. (2011). Assessment of critical thinking skills in a low-income population: Development of a methodology. *The Forum for Family and Consumer Sciences Issues*. Vol. 16 (1).
<https://dr.lib.iastate.edu/server/api/core/bitstreams/ecd1a6af-59ee-4a8f-80c6-af21730adb98/content>

Adams, IKR., Hausafus, C.O., Hendrich, S. (2010). A critical thinking approach increases offerings of dark green leafy, yellow/orange, cruciferous vegetables, and tomatoes in the diets of low-income children. *The Forum for Family and Consumer Sciences Issues*. Vol. 15 (1). <https://doi.org/10.31274/rtd-180813-16478>

Book Reviews

Adams, IKR. (2011). [Review of Obesity: Cultural and Biocultural Perspectives]. *The Journal of Family and Consumer Sciences*.

Adams, IKR. (2010). [Review of Nutrition for the Older Adult]. *Journal of Nutrition Education and Behavior*, 42(3), 213.e3.

CONFERENCE PRESENTATIONS

*Hamad N, Adams IKR, Taylor CA. (2023). Diet Quality Among US and Non-us Born Non-Hispanic Asian Children: NHANES 2013-2018 Data. Food and Nutrition Conference and Expo (FNCE). Denver Colorado October 7-10. [Peer Reviewed]. *Denotes graduate student.

Adams IKR, Hamad N, Pham A, Agboola O, Taylor CA. (2023). Racial/Ethnic and Birth Origin Differences in Diet Quality among Adults in the United States: National Health and Nutrition Examination Survey (NHANES) 2013-2018. Food and Nutrition Conference and Expo (FNCE). Denver Colorado October 7-10. [Peer Reviewed].

Wright KD, Moss KO, Adams IK, Helsabeck NP, Wong AC, Rose KM, Klatt MD. (2023). A National Pilot Study to promote hypertension self-care for Black women caregivers of people living with Alzheimer's disease and related dementias. Midwestern Nursing Research Society. March 29-April 1, 2023. Poster [Peer Reviewed].

Wright KD, Adams IKR, Helsabeck NP, Wong AC, Ibrahim O, Kim B, Moss KO, Rose KM, & Klatt MD. Stress and hypertension self-care pilot study for Black women caregivers of people living with Alzheimer's disease and related dementias. Alzheimer's Association International Conference July 17, 2023, Amsterdam, Netherlands [Peer Reviewed].

Usher K, Adams IKR, Figueroa W, Porr A. (2022) Diet Quality and Fresh Fruits and Vegetables Intake: A study of the Dimensions of Access in the African American community in Lexington, Kentucky. Food Systems, Community Health & Safety. The Association of Collegiate Schools of Planning. Toronto, Canada. November 5, 2022. [Peer Reviewed].

*Catanzaro M, Adams I, Taylor C, Garner J, Brkljacic L, Raghuvanshi S. (2021). Millennials Self-reported Diet Quality is Associated with Adherence to MyPlate Recommendations, Consumer Behavior, Food Security, and Mental Health. *Journal of the Academy of Nutrition and Dietetics*: 121 (9), SA57. October 18, 2021. [Peer Reviewed]. <https://doi.org/10.1016/j.jand.2021.06.162>

* Denotes graduate student.

Wright KD, Adams IKR, Klatt M, Nguyen CM, Dillard W., Scharre D, Mion L, Rose K, Tan A, Lin C, Lawson-Wilson K, Shields P, Dixon K, Briggs D, DeLaney J. Stress and Emotion Management for Black/ African American Women With Hypertension in a COVID-19 Social Distancing Society, Midwestern Nursing Research Society 45th Annual Research (Virtual). Poster. March 24, 2021. [Peer Reviewed].

Wright KD, Klatt M, Adams IKR, Nguyen C, Monroe TB, Lu ZL, Scharre D. Designing a behavioral intervention for African Americans with mild cognitive impairment and hypertension. 41st Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. April 1- April 4, 2020, San Francisco, CA.

Wright KD, Adams IKR, Mion L, Scharre D, Monroe T, Tan A, Rose K, & Klatt MD. Mindfulness in Motion plus the Dietary Approaches to Stop Hypertension in African Americans with mild cognitive impairment and hypertension. (Virtual-INVITED). [Presentation] Non-peer Reviewed.

Wright KD, Klatt M, Adams IKR, Mion L, Scharre D, Tan A., & Monroe T. (2019, December 13). Mindfulness in Motion plus Dietary Approaches to Stop Hypertension (DASH) in Blacks with mild cognitive impairment and hypertension [Conference session]. NT RIPS. Columbus, OH. [Peer Reviewed].

Adams IKR, Wright K. Insights into The Diet Quality of African American Adults: Where we are and Where we need to be. NMRI Mid-West Regional Workshop. November 14-15, 2019, Iowa City, Iowa. [Peer Reviewed].

Wright KD, Klatt MD, Adams IKR, Mion L, Scharre D, Tan A., & Monroe T. Brain connections, self-care, and blood pressure in Black and African Americans with mild cognitive impairment. CBI Research Day 2019, Columbus, OH [Peer Reviewed].

Wright KD, Klatt M, Adams I, Block C, Monroe TB, Lu ZL, Scharre D. Resting state network connectivity, Mindfulness in Motion plus DASH diet in African Americans with mild cognitive impairment and hypertension. Strength in the Age: Harnessing the power of networks. Abstracts of the 72nd Annual Scientific Meeting of the Gerontological Society of America. [Peer Reviewed]. <https://doi.org/10.1093/geroni/igz038.417>

Adams IKR. African American Health and Diet Quality. Invited Speaker. Africon 2019. Ames, Iowa. August 2-4.

Overbey T, Hoy C, **Adams IKR**, Sweeney G, Kelly-Long K, Walker J. Food Desserts Libraries and Urban Communities. IDEAL'19. Advancing Inclusion, Diversity, Equity, and Accessibility in Libraries & Archives. The Ohio State University, Columbus, Ohio. August 6-7, 2019. <https://library.osu.edu/ideal-19/conference-schedule>

Adams IKR. Langiappe: The ABC's of Global Work. Martha Nelson Lewis Symposium-Building Nutrition Leaders: Creating Capacity to Meet Global Opportunities. February 15, 2019. Columbus, Ohio.

Adams IKR. Critical thinking strategies for working with undeserved populations. Charitable Healthcare Network. 2019 Safety-Net Symposium. Columbus, Ohio. April 8-9.

*Nickerson M, Hatsu I, Odei J, Tylka T, Figueroa W, **Adams IKR**. (2018) Poor general health is associated with higher percent body fat and lower appearance satisfaction in African American women. *J Nutr Ed Behav*. * Student abstract [Published]

Adams IKR, Odei J, Figueroa W, Joseph J. (2018) African Americans High Social Support, Self-efficacy and Low Barriers to Healthy Eating still Translate to Poor Diet Quality *Journal of the Academy of Nutrition and Dietetics*. Conference Abstract.

Adams IKR, Figueroa W, Odei J, Joseph J, Leson S, De Soto M, Nickerson M. (2018) Dimension of body image and adiposity in African American adult women. *J Nutr Ed Behav*. [Published]

Spees C, Lobb J, Portner J, Braun A, **Adams IKR**. (2018) Summer Harvest Adventure: A garden-based obesity prevention program for children residing in low-resource communities *J Nutr Ed Behav*. [Published]

*Mohnacky, J., Taylor, C., Wexner. R., **Adams, IKR**. (2018) Knowledge and Perceptions of College Educated Adults Regarding The Dietary Guidelines for Americans 2015 - 2020 15th Annual Russell Klein Nutrition Research Symposium. The Ohio State University.

* Student abstract Nickerson M, Hatsu I, Odei J, Tylka T, Figueroa W, **Adams, IKR**. (2018) The Association of Appearance Satisfaction with Measures of Adiposity and Health Behavior among African American Adult Women. 15th Annual Russell Klein Nutrition Research Symposium. * Student abstract [Published]

*Solomon, H., Spees, C., Krok, J., Joseph, J. Stephens, N., **Adams, IKR**. (2018) A garden-based type 2 diabetes curriculum intervention. 15th Annual Russell Klein Nutrition Research Symposium. The Ohio State University. * Student abstract

Remley D, Gallup S, Jenkins M, **Adams IKR**, Barlage L, Bohlen A, Butler B, Economos M, Jones T, Kendle C, Lobb J, Meehan A, Pekny C, Riley J, Zies S. (2018). Extension's Dining with Diabetes: Helping People Prevent and Manage Diabetes in Ohio and throughout the Nation. Community Engagement Conference, The Ohio State University.

- Adams IKR**, Spees C, Krok J, Taylor C. (2017) Poor Diet Quality Across Ethnic Groups and Gender in U.S. Adults: National Health and Nutrition Examination Survey (NHANES) 2005-2012. *J Nutr Ed Behav*.
- Laubert J, Braun A., Bebo P, Ludy M, **Adams IKR**, Spees C. (2017). Growing healthy kids: Feasibility of a garden-based nutrition education intervention for low-resource families. *J Nutr Ed Behav*.
- Adams IKR.**, Spees C, Krok J, Taylor C. (2017) Poor Diet Quality Across Ethnic Groups and Gender in U.S. Adults: National Health and Nutrition Examination Survey (NHANES) 2005-2012. *J Nutr Ed Behav*.
- Laubert, J., Braun, A., **Adams, IKR.**, Spees, C. (2017). Growing healthy kids: Feasibility of a garden-based nutrition education intervention for low-resource families. *J Nutr Ed Behav*.
- Adams, IKR.**, Hausafus, C. O., Hendrich, S. (2016). The grocery receipt as a tool for identifying vegetable purchases and for health screening. IFHE World Congress. Seoul, South Korea.
- Douglas, L., **Adams, IKR.** (2016). The relationship of probiotics on the intestinal microbiota of children with Autism Spectrum Disorders. National Conference on Undergraduate Research, Asheville, NC. *Undergraduate student poster.
- Gamboa, L., **Adams, IKR.**, Bastin, S., Reina, A. S., Gamboa, M. (2016). Hispanics knowledge, perceptions, benefits, and barriers of the dietary guidelines for Americans. American Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, Boston, MA. *Graduate student poster.
- Akilah Dulin Keita; Shannon Whittaker; Herpreet Thind; **Ingrid Adams**; Kim Gans (2015). Examining the Influence of Acculturation on the Perceived Risk and Protective Factors for Childhood Obesity among Southeast Asian Communities
- Adams, IKR.**, Tanaka, K., Ingram, M., Koempel, A. (2014). A systematic review of breastfeeding practices among Native Hawaiians and Pacific Islanders. *Campbell Colloquium*, Belfast Northern Ireland.
- Gustafson, A., Wu, Q., Saulnier, M., Spees, C., Putnam, N. J., The, T., **Adams, IKR.**, Bush, H., Taylor, C. (2014). Linking together the home food environment and dietary intake among rural adolescents.
- Keita, A, D., Hannon, L., Clay, O., **Adams, IKR.**, Rogers, M. (2014). Changes in Neighborhood Built/Social Features and Odds of Physical Activity. *International Society for Behavioral Nutrition and Physical Activity*. San Diego, CA

- Brimhall, J. R., **Adams, IKR.**, Curran, J.K., Hartsfield, J. R., Kleumper, G. T. (2014). Orthodontists' and parents' attitudes on addressing obesity Orthodontic. *American Association for Dental Research Annual Meeting & Exhibition*. Charlotte, NC.
- Abibo, L., Wilson, J., **Adams, IKR.** (2013). Meeting the need to incorporate more nutrition into medical education: An example of a student-run clinic. *Center for Clinical and Translational Science*. Lexington, KY.
- Adams, IKR.** (2013). Body image among minorities and its association with obesity, health, and disease – Moving from talk to action! *Tri-State Diversity 9th Annual Conference*. Hebron, KY.
- Adams, IKR.** (2012). THINK – A vegetable and physical activity curriculum. The Priester National Extension Health Conference, *Annual Conference*. Washington, DC.
- Adams, IKR.** (2011). Building evaluation into extension programming: If you aim at nothing you hit it each time. *eXtension National Community of Practice Annual Conference*. Louisville, KY.
- Adams, IKR.** (2011) Best practices for developing culturally appropriate interventions. Tri-State Diversity Conference *7th Annual Conference*. Hebron, KY.
- Adams, IKR.** (2011). Meet me at my point of need: The use of focus groups to guide culturally appropriate interventions. *American Association of Family and Consumer Sciences Annual Conference*. Phoenix, AR.
- Adams, IKR.** (2010). Body image as seen through cultural lenses. *American Association of Family and Consumer Sciences Annual Conference*. Cleveland, OH.
- Adams, IKR.** (2007). Does instruction in critical thinking improve parent's encouragement of vegetable intake and physical activity for their pre-school children?" *American Association of Family and Consumer Sciences Annual Conference*. Reno, NV.
- Adams, IKR.** (2007) A critical thinking approach increased offerings of dark green leafy, yellow/orange, cruciferous vegetables, and tomatoes in a Head Start population [Abstract]. *Experimental Biology Annual Conference Proceedings*. Washington, DC.

Peer-Reviewed Educational Presentations

- Adams, IKR.**, French, D., Utt, B., Henneman, A. (2016). Mealtime Conversations: What's on the Plate of the New 2015 Dietary Guidelines for Americans? The American Association of Family and Consumer Sciences Annual Meeting, Seattle, WA.
- Adams, IKR.**, Thomas, T. (2016). Change is Priceless: Promoting Healthy Eating In the African American Community. Tri-State Diversity 12th Annual Conference. Hebron, KY.

Adams, IKR., Angotti, G., Fouraker, M., Holgren, T., Dodor, B. (2013). Agents of Change: Meeting the Challenges of the Obesity Epidemic. *American Association of Family and Consumer Sciences Annual Conference*. Houston, TX.

Adams, IKR. (2013). Overcoming the obesity crisis: we can make a difference! *American Association of Family and Consumer Sciences Annual Conference*. Houston, TX.

Behrendt, M.C., Swierk, M., **Adams, IKR.,** Hinrichsen, J. (2012). "Taking it to the Street": Leadership in Action - Now and in the Future! *American Association of Family and Consumer Sciences Annual Conference*. Indianapolis, IN.

Turgeson, S., Lobberecht, M., Behrendt, M., **Adams, IKR.** (2011). "Taking it to the Streets" Campaign. *American Association of Family and Consumer Sciences Annual Conference*. Phoenix, AR.

Norquist, K., Olson, L., **Adams, IKR.** (2010). Continuing to live the dream into our second century. Development Committee *American Association of Family and Consumer Sciences Annual Conference*. Cleveland, OH.

Peer-Reviewed Research to Practice Rounds Presentations

Adams, IKR., Forsythe, H., Archer, K., Carson, C. (2012). Nutrient Dense and Healthful Refueling Concepts: Strategies for Weight Management *American Association of Family and Consumer Sciences Annual Conference*. Indianapolis, IN.

Adams, IKR. (2011). Reducing childhood obesity through fun family mealtimes - Make it happen *American Association of Family and Consumer Sciences Annual Conference*. Phoenix, AR.

Adams, IKR. (2011). Reducing liquid calories: An effective weight management strategy. *American Association of Family and Consumer Sciences Annual Conference*. Phoenix, AR.

Adams, IKR. (2010). Friendly bacteria: The world of pre and probiotics. *American Association of Family and Consumer Sciences Annual Conference*. Cleveland, OH.

Adams, IKR. (2009). Increasing food label knowledge through games and activities. *American Association of Family and Consumer Sciences Annual Conference*. Knoxville, TN.

Adams, IKR. (2009). Using the grocery register receipt as a form of nutritional assessment." *American Association of Family and Consumer Sciences Annual Conference*. Knoxville, TN.

INVITED NATIONAL PRESENTATIONS

Adams, IKR. (2020). Taking Ownership of Your Diabetes. The Lions Club, Trinidad and England. August 29, 2020.

Adams, IKR. (2014). **Keynote Speaker.** “Connecting the Wellness Puzzle – Sleep, Physical Activity and Nutrition and how these Impact Our Health? 8th Annual Health American Summit. St. Louis Community College at Florissant Valley.

Adams, IKR. (2012). **Panel Member.** Enhancing Roles and Visibility in Obesity Prevention: Where does FCS Go from Here? Panelist: Caroline Crocoll, Division Director, NIFA, USDA; Marilyn Swierk, Past President of American Association of Family and Consumer Sciences; **Adams, IKR.**, Assistant Professor, University of Kentucky; Jim Painter, Eastern Illinois University; Claudia Sealey-Potts, University of North Florida. *American Association of Family and Consumer Sciences Annual Conference.* Knoxville, TN.

Adams, IKR. (2012). Healthy Lifestyle AAFCS Leading by Example. AAFCS Affiliate Leadership Workshop. [Oral Presentation]. American Association of Family and Consumer Sciences. Arlington, VA.

Adams, IKR. (2011). **Keynote.** Best practices for developing culturally appropriate interventions and empowering low-income audiences: Applications for *Ohio’s SNAP-ED program assistants and Expanded Food and Nutrition Education Program (EFNEP)*. **The Ohio State University**, Columbus, OH.

Adams, IKR. (2012). Culturally Competent Evaluation. *American Evaluation Association/Centers of Disease Control and Prevention.* Thematic Luncheon Tables. Atlanta, GA.

Adams, IKR. (2005). Using critical thinking strategies and skills to increase parent involvement in managing their child's nutrition” Presentation at Iowa School Nurse Conference, Des Moines, IA.

INVITED STATE PRESENTATIONS

Peterson D, Krajbich I, Ye L, Reczek R, Pratt K, Roe B, **Adams I**, Soldavini A. Featured Speaker. “A Conversation at the Intersection of Food Perception and Behavior.” Food For Health and the Decision Sciences Collaborative. The Ohio State University. Columbus, Ohio, United States. (2023)
<https://foodsforhealth.osu.edu/event/2023/2/food-perception-behavior>

Adams IKR. “Research Opportunities in the Interdisciplinary Translational (ITR) Lab.” UG Research Student Recruitment Fair. School of Health and Rehabilitation Sciences. The College of Medicine. The Ohio State University. Columbus, Ohio, United States. (2023).

Adams IKR. “What African Americans Should Know About Hypertension and Its Consequences.” The College of Nursing. The Ohio State University. Columbus, Ohio, United States. (2023). Presentation given based on expertise as a registered dietitian and research in health disparities.

Adams IKR. "Understanding Blood Pressure." The College of Nursing. The Ohio State University. Columbus, Ohio, United States. (2023). Presentation given based on expertise as a registered dietitian and research in health disparities.

Adams IKR. "Clearing up Myths About Hypertension." The College of Nursing. The Ohio State University. Columbus, Ohio, United States. (2023). Presentation given based on expertise as a registered dietitian and research in health disparities.

Adams IKR. "Basics of the Dietary Approaches to Stop Hypertension Eating Plan." The College of Nursing. The Ohio State University. Columbus, Ohio, United States. (2023). Presentation given based on expertise as a registered dietitian and research in health disparities.

Adams IKR. "Be a DASH Detective: Sodium is the Culprit." The College of Nursing. The Ohio State University. Columbus, Ohio, United States. (2023). Presentation given based on expertise as a registered dietitian and research in health disparities.

Adams IKR. "DASH-Throughout Your Day-Breakfast-Lunch-Dinner." The College of Nursing. The Ohio State University. Columbus, Ohio, United States. (2023). Presentation given based on expertise as a registered dietitian and research in health disparities.

Adams IKR. "DASH When Eating Out." The College of Nursing. The Ohio State University. Columbus, Ohio, United States. (2023). Presentation given based on expertise as a registered dietitian and research in health disparities.

Adams IKR. "DASH is Only Part of the Story." The College of Nursing. The Ohio State University. Columbus, Ohio, United States. Presentation given based on expertise as a registered dietitian and research in health disparities. (2023)

Adams IKR. "The Secret Sauce in Designing Evidence Based Programs in Extension: Let's Kick it up a Notch." Extension Annual Conference. The Ohio State University Extension. Columbus, Ohio, United States. (2022)

Adams IKR. "Creating Extension Programs that Yield Measurable Impact: Reflection from a State Specialist." Extension Annual Conference. The Ohio State University Extension. Columbus, Ohio, United States. (2021)

Adams IKR. Speaker. "Designing a Multi-component, Multi-level Early Child Care Intervention and Longitudinal Data Set." InFACT (Initiative for Food and Agricultural Transformation) Half Baked Brown Bag Seminar. I was asked to present and receive feedback and ideas for my collaborative research and work. The Ohio State University. Columbus, Ohio, United States. (2019)

1. **Adams IKR.** "Critical Thinking Model and Strategies as a Means of Increasing Vegetable Intake in Children 3 to 5 Years in Low-Income Families." Columbus Public Health. Columbus, Ohio, United States. (2019).

Adams IKR. "Critical Thinking Strategies for Working with Underserved Populations. 2019 Safety-Net Symposium." Charitable Healthcare Network. (2019). Columbus, Ohio, United States. Invited to present at this conference because of my expertise in working with vulnerable and underserved populations.

Adams IKR. "The ABC's of Global Work. Martha Lewis Nelson Symposium." The Ohio State University, Columbus, Ohio, United States. (2019). I was invited to share because of my expertise in international nutrition.

Adams IKR. "Recruiting and involving a Low-income Population with Prediabetes." The Ohio State University College of Medicine. Department of Internal Medicine. Wexner Medical Center. The Ohio State University, Columbus, Ohio, United States. (2018).

Adams IKR. "Opportunities to Improve Healthy Eating Among Head Start Children: Implications for Policy." Child Development Council of Franklin County. Columbus, Ohio, United States. (2018)

Adams IKR. "Developing a Theoretical Framework to Guide the Implementation and Assessment of Community Programs. Food Opportunity Research Collaborative." The Ohio State University. Columbus, Ohio, United States. (2017).

Sweeney G, Samadi K, Remley D, Forcone T, **Adams IKR**, Kaiser M. "Mapping the Food Environment in Central Ohio- Connecting the Food Mapping team and the Food Opportunity Research Collaborative." Connect and Collaborate Presentation. The Ohio State University Columbus, Ohio, United States. (2017).

Adams IKR. "The Role of the American Association of Family & Consumer Sciences (AAFCS) and the Obesity Crisis." The Obesity Prevention Community- AAFCS. Online Presentation with members from different states. (2017).

Adams IKR. Wellness 101: A Freshman's Guide to Healthy Eating. Freshman Summer Program. University of Kentucky. Lexington, KY.

Adams IKR. Empowering parents, care givers, and communities with 2010 Dietary Guideline messages. *Kentucky Academy of Nutrition and Dietetics*. [Oral Presentation]. Growing Healthy Kids in Kentucky. Lexington, KY.

Adams IKR. Healthy eating for older adults. *Phi Upsilon Omicron*. [Oral Presentation]. Lexington, KY.

Stephenson, L., Flashman, R.H., Hosier, A., Gnatuk, C., **Adams, I.K.** (2012). Exploring potential collaborations between FCS Extension and Kentucky Social Agencies. [Oral Presentation]. *Kentucky Housing Corporation*. Louisville, KY.

- Adams IKR.** Making Healthy Choices for a Lifetime: Let's Get Fired Up! [Oral Presentation]. *University of Kentucky Health & Wellness Conference*. Lexington, KY. (2012).
- Adams IKR.** Diabetes and Nutrition. Creation Lexington's Lunch and Learn. [Oral Presentation]. *Creation Technologies*. Lexington, KY. (2012)
- Adams IKR.** Healthy eating and exercise tips for children. [Oral Presentation]. *Good Foods Cooperative*. Lexington, KY. (2012)
- Adams IKR.** Think your food choices: Nutrition for Hispanic audiences. [Oral Presentation]. *Human Development Institute*. Lexington, KY. (2012)
- Adams IKR.** Healthy food choices and physical activity guidelines for children. [Oral Presentation]. *Good Foods Cooperative*. Lexington, KY. (2012)
- Adams IKR.** MyPlate Healthy Eating for Kids. [Oral Presentation]. *Stonewall Elementary Wellness Fair*. Lexington, KY. (2011).
- Adams IKR.** Managing Diabetes: It is not easy, but it is worth it. [Oral Presentation]. *Diabetes Awareness Seminar, Princeton, KY*. (2011).
- Adams IKR.** Winning the battle against diabetes. [Oral Presentation]. *Davies County Diabetes Exposition, Davies County, KY*. (2011).
- Adams IKR.** Taking Ownership of your Diabetes: A Curriculum Developing Health Literacy through a Variety of Communication Methods. [Oral Presentation]. *Kentucky Health Summit, Bowling Green, KY*. (2011).
- Adams IKR.** Probiotics: Beyond health claims. [Oral presentation]. *Kentucky Association of Family and Consumer Sciences Annual Meeting, Lexington, KY*. (2010)
- Adams IKR.** Diabetes prevention through healthy eating and physical activity. [Oral presentation]. *Health is Where the Heart Is Conference, Boyle County, KY*. (2010).
- Adams IKR.** Probiotics and prebiotics – Where are we going? [Oral presentation]. *Kenton and Boone Counties, Lexington, KY*. (2010).
- Adams IKR.** The world of pre and probiotics. [Oral presentation]. *Carroll County, Lexington, KY*. (2010).
- Adams IKR.** Cultural awareness: Sharing the traditions and culture of Trinidad and Tobago. [Oral Presentation]. *Morgan County International Study, Morgan County, KY*. (2010).
- Adams IKR.** Sustaining your family in tough economic times. *Black Women, Work, & Wealth: Economic Self-Sufficiency and Success during Tough Economic Times*. [Oral Presentation]. *16th Annual Black Women Conference*. Lexington, KY. (2010).

Adams IKR. Empowering low income audiences. *Nutrition Education Program Para-professionals*. [Oral Presentation]. Lexington, KY. (2009).

Adams IKR. Empowering audiences through participation using an interdisciplinary approach to teach diet, nutrition, health, money, and relationships. [Oral Presentation]. *Family and Consumer Sciences Agents Training*. Lexington, KY. (2009)

Adams IKR. Trinidad and Tobago: A Presentation of the Culture and People. [Oral presentation]. Boone County, Lexington, KY. (2009).

Adams IKR., Scott, T., Case, C. (2009). The Diabetes curriculum. [Oral presentation]. *Kentucky Extension Homemakers Annual Meeting*, Fort Mitchell, KY. (2009).

Adams IKR. Family mealtime: Mission Possible. *University of Kentucky Health and Wellness Conference*. [Oral presentation]. Lexington, KY. (2008).

Adams IKR. Bridging the Gap in African American Health Disparities. [Poster presentation and display]. *African American Research and Studies Program. Black Women's Conference*. Lexington, KY. (2008)

Adams IKR. Evaluation of a critical thinking approach in increasing offerings of dark green leafy, yellow/orange, and cruciferous vegetables in Head Start Children. [Research presentation]. *University of Kentucky, School of Environmental Sciences*. Lexington, KY. (2008).

LEADERSHIP National

2020	Academy of Nutrition and Dietetics. Dietary Patterns Dietary Guidelines for Americans Think Tank Committee
2018-	Advisory Committee. National Science Foundation Smart Food Shed RCN
2018	Reviewer- Academy Health. Annual Research Meeting- Translation, Dissemination, Implementation, Impact. Annual Conference on the Science of Dissemination and Implementation in Health
2018	Faculty Advisor. Doctors Beyond Borders. The Ohio State University.
2017	Chair Elect. The Obesity Society-Research in Diverse Populations Section.
2016-2017	Immediate Past Chair. The Academy of Nutrition and Dietetics. Nutrition Education for the Public Dietetics Practice Group.
2015-2016	Chair. The Academy of Nutrition and Dietetics. Nutrition Education for the Public. Dietetics Practice Group

- 2018 **Chair.** Research in Diverse Population Section (RIDPS). The Obesity Society.
- 2015-2016 **Chair.** The Academy of Nutrition and Dietetics. Nutrition Education for the Public.
- 2013- 2014 **Professional Education Chair.** The Academy of Nutrition and Dietetics. Nutrition Education for the Public.
- 2012 - 2016 **Chair. American Association of Family and Consumer Sciences (AAFCS). Obesity Prevention Community.** Developed and launched the national Wellness Campaign in 50 states and Puerto Rico. Organized Obesity Preconference at AAFCS National Meeting and presented on obesity. Acted as the committee's lead spokesperson for consultation events and activities. The Obesity materials and resources I developed are being used by Affiliates and posted on several state websites.
- 2012 - 2016 **Member. eXtension. Diabetes Community of Practice.** Developed diabetes content for use on the eXtension site.
- 2012 - 2014 **Behavior Co-Chair. eXtension. Family Food and Fitness Community of Practice, Prepare More Meals at Home.** Took leadership role in Content Appraisal for information related to **Prepare More Meals at Home.**
- 2011 **Member. National Chronic Disease Self-Management Program (CDSMP).** Participated in nationwide conference calls with specialists and faculty. Shared experiences, discussed challenges and possible solutions of implementing the CDSMP from a Cooperative Extension perspective.
- 2011-2012 **Chair. American Association of Family and Consumer Sciences. Development Committee.** Communicated to entire membership about the benefits of giving. Conducted monthly meetings. During my tenure: Individual contributions to Distinguished Service Award Campaign increased substantially, the Step Up Your Giving Campaign was implemented, and the Planned Giving brochure was redesigned and introduced at the national meeting. All goals were achieved and exceeded during my tenure.
- 2010 - present **Membership Chair. Academy of Nutrition and Dietetics. Research Dietetics Practice Group (RDPG).** Developed several initiatives to increase membership. Created the Research Dietetic Practice Group Member Benefits that was used in promotions at the national meeting and on the RDPG's website. Proposed and implemented the Each One Reach One Challenge Campaign that led to a 30% increase in RDPG membership.
- 2010 - 2011 **Vice Chair. American Association of Family and Consumer Sciences. Development Committee.** Supported activities of Centennial Campaign. Developed and administered technology-based survey on meeting the needs of young professionals. Analyzed and published findings. Led major committee meetings at Annual Conference.

- 2010 - 2012 **Leadership Team Member. The American Association of Family and Consumer Sciences Association. Taking It to the Street National Leadership Team.** Provide resources to educate members on childhood obesity. Deliver Family and Consumer Sciences expertise and research to the general public.
- 2009 - 2010 **Member. American Association of Family and Consumer Sciences. Development Committee.** Attended monthly meetings. Served as committee liaison for Distinguished Service Award recipients.
- 2009 **Healthy People 2020 Consortium Member.** Region IV.

**LEADERSHIP
State**

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- 2012 **Chair. Kentucky Academy of Nutrition and Dietetics. Growing Healthy Kids in Kentucky.** Established goals for annual conference. Set priorities and meeting agendas. Provided leadership for reducing childhood overweight through action at the community level. Developed strong partnerships with organizations interested in obesity prevention efforts among young children. Documented efforts.
- 2011 - 2014 **Board of Directors; Grant Co-Chair. Health Equity Network Lexington, Kentucky.** Worked collaboratively to: (i) increase awareness and understanding of health equity (ii) build community/regional partnerships and promote health equity (iii) Educate communities about socio-economic, racial/ethnic, and health inequities (iv) create a sustainable network of health equity resources for all communities and (v) advocate for health equity.
- 2010 - 2016 **Invited member. Cabinet for Health and Human Family Services- Department of Public Health. Kentucky Diabetes State Plan.** Participated with key Kentucky diabetes stakeholders in gathering information, ideas, and strategies for the development of a comprehensive diabetes plan for the Commonwealth of Kentucky.
- 2010 **Invited Member. Cabinet for Health and Human Family Services, Department of Public Health. Kentucky Diabetes State Plan. Primary Prevention Action Team Member.** Worked with a group to develop State Plan
- 2009 - 2015 **Invited Member. Central Baptist Hospital. Diabetes Advisory Committee.** Provided annual input regarding the planning of the diabetes program's operations. Provided oversight for ensuring quality services. Reviewed the Diabetes Education Book for patients. Created "benchmark" of reasonable expectations for achievement of diabetes patients' lifestyle goals at follow-up contact.
- 2008 - 2016 **Member. Kentucky Diabetes Network. Patient Education Workgroup.** Work with members to develop, update, and promote diabetes resource listing.

LEADERSHIP
University

2020-2023	Executive Committee Member. The Initiative for Agricultural Transformation. The Ohio State University. Columbus, Ohio.
2020-2023	Invited member. Faculty/Presidential appointment. Committee for Evaluation of Central Administrators. The Ohio State University. Columbus, Ohio.
2019-present	Diversity and Inclusion Committee. School of Health and Rehabilitation Sciences
2014- 2016	Vetting Committee. University of Kentucky, Cooperative Extension. Review and critique public value statements; Guide and direct the writing of public value statements to promote the Extension brand; Recommend marketing resources, and determine formats for publications and reports that communicate a collective message to stakeholders.
2009 - 2015	Chair. School of Human Environmental Sciences. Making Healthy Lifestyle Choices Initiative. Develop, implement and evaluate programs that: (a) Enable individuals to apply knowledge and skills to think critically, solve problems, and make informed choices regarding healthy lifestyle choices; (b) Reduce chronic disease risk, debilitation, and premature death by making healthy lifestyle choices; (c) Help individuals manage healthy weight throughout the lifecycle; (d) Help individuals, families, organizations, and communities increase the practice and promotion of physical activity daily.
2011	Member. University of Kentucky Cooperative Extension. County Extension Program Review Team (Woodford and Franklin counties, KY). Worked with review teams to prepare recommendations for strengthening the program in each county reviewed. Efforts resulted in county staff developing a better understanding of, and appreciation for all facets of the county program through participation in reflective analysis.
2011	Member. Department of Dietetics and Human Nutrition. Search Committee. Academic Coordinator Position. Collaboratively developed criteria for evaluating candidates, reviewed applicants' materials against written evaluation criteria, interviewed candidates.
2011 - 2013	Board Member. University of Kentucky Cooperative Extension. Kentucky Association of State Extension Professionals (KASEP). Planned activities that encouraged, fostered, and promoted professional development among KASEP members.
2011	Member. University of Kentucky Chandler Medical Center. Health Literacy Kentucky Awareness Committee. Worked with committee to evaluate.

- 2009 - 2010 **Member. Department of Dietetics and Human Nutrition. University of Kentucky Strategic Planning Committee.**
- 2010 **Chair. Department of Dietetics and Human Nutrition. Committee on Evidence for Instruction.** Led faculty in defining what constitutes effective teaching; designed a valid and reliable measure for peer evaluation, developed guidelines for peer-review of teaching. Guidelines were implemented.
- 2009 - present **Associate Member. Department of Dietetics and Human Nutrition. Graduate Faculty.** Direct master's theses; serve on and co-chair doctoral committees; participate in formulation of graduate curricula and policy.
- 2008 - present **Faculty Advisor. Kentucky Extension Homemakers Association (KEHA). Food, Nutrition, and Health Chair.** Worked with Chair to promote a healthy lifestyle for KEHA members and all Kentuckians through education about health issues.
- 2008 - present **Faculty Mentor. University of Kentucky; College of Agriculture. Turner Leadership Academy.** Support, encourage, and guide students in their leadership development. Provide feedback on mentees Leadership Development Plan. Inspire mentees to continue postgraduate education.
- 2008 - present **Member. University of Kentucky. 2nd Sunday Committee.** Worked collaboratively to spearhead 2nd Sunday activities and to get individuals, families, and communities in Kentucky engaged in physical activity. Initiative was endorsed by the Governor of Kentucky, the Senate and House of Representatives, local government and health agencies, businesses, and citizens within local communities.
- 2008 - 2009 **Member. Built Environment Committee, University of Kentucky.** Planned state-wide Built Environment conference.
- 2008 **Member. Healthy Weight Task Force, University of Kentucky.** Collaborate with members on meeting the needs of diverse audiences related to healthy weight and physical activity education.

SELECTED LIST OF PROGRAM DEVELOPED

1. Dietary Approaches to Stop Hypertension in African Americans. This is an eight-lesson curriculum developed as part of a collaboration with Dr. Kathy Wright in the Chronic Brain Injury Initiative in a pilot feasibility study, Mindfulness in Motion plus the

Dietary Approaches to Stop Hypertension (DASH), in African Americans living with hypertension and mild cognitive impairment.

2. Tailoring of the Taking Ownership of Diabetes Curriculum in Spanish. I have developed a 12 lesson curriculum on the management of type 2 diabetes based on critical thinking strategies, the Stages of Change and the American Association of Diabetes Educator self-care behaviors. This curriculum was translated into Spanish and a feasibility study was implemented among Latinos in a primary care clinic setting (La Clinica Latina).
3. I am My Brothers Keeper (IAMBK). I am developing the six-lesson curriculum on critical thinking to be used with young African Americans and other minority males in the IAMBK program. The goals of the curriculum is: To build strength and resiliency and provide opportunities for young men of color to think critically about societal and other challenges related to incarceration, school dropout, conflict management, and nutritional, physical and mental health.

4. Got Vegetable?

A diet high in vegetables and involvement in physical activity are associated with lower risks for numerous chronic diseases and with weight management. More than a quarter of people worldwide do not engage in physical activity. Most programs designed to increase vegetable intake focus on all vegetables. However, recent evidence shows specific vegetables (particularly dark green leafy, yellow/orange, and cruciferous vegetables, and tomatoes) as being leaders in the fight against chronic diseases. This program uses the latest research and critical thinking strategies to increase vegetable intake and improve the health of individuals and families.

5. Taking Ownership of Your Diabetes

The number of individuals with diabetes has more than tripled in the past 15 years. The problem is further exacerbated due to a high incidence of obesity and physical inactivity, which are major risk factors for the development of type 2 diabetes. Diabetes complications are responsible for 19% (114,977) of all hospitalizations with a total cost of 2,043,000,000 in medical expenses and loss of productivity (Kentucky Cabinet for Health and Family Services, 2011). The cost and the impact of diabetes on the population can be reduced through modification of lifestyle risks, early diagnosis, appropriate health care, and self-management education. This program has been implemented in various states in the U.S., in Trinidad and Tobago and among Spanish speaking populations.

6. Ovarian Cancer Awareness Program

Ovarian cancer ranks fifth in cancer deaths among women. When ovarian cancer is found early and is localized, about 94 percent of patients live longer than 5 years after diagnosis. This program was developed specifically for women 50 years and older to increase awareness and increase the rates of screening.

7. Food Label F-U-Ndamental

Knowing how to read food labels is important for all consumers but especially for those who have a chronic disease condition such as diabetes, high blood pressure, or high cholesterol.

Research shows that for consumers to benefit from label information, it is necessary to make food labels, especially serving size and percent daily values information, easy to understand. The **Food Label F-U-Ndamental program** provides information in a simple format and uses games and activities to make food labels easier for Kentuckians to understand.

8. Fun Family Mealtimes

Program Justification

Research shows that frequent family meals are associated with better nutritional intake. Children who take part in regular family mealtimes are less likely to be overweight, perform better at school, are at decreased risk for unhealthy weight control practices and substance abuse. The program **Fun Family Mealtimes** provides opportunities for families to talk laugh and have fun together. It helps families find ways to make family mealtime possible by showing them how to cook once and eat twice, cook meals with five or less ingredients, use make ahead meals, and plan meals in advance. Ideas and fun activities for mealtime conversations are provided.

7. Prime Time Nutrition

Research has shown that eating well is important at every stage of our lives and it is true that if you are to age healthily you must begin to make healthy decisions today. Older adults are at risk for nutritional deficiencies because of the many changes that occur with the aging process. Factors influencing nutritional status include a diminished sense of smell, taste, sight, and touch; oral health; restricted financial resources; and psychological health such as depression, loneliness, and loss of independence. This program teaches adults over the age of 50 how to make healthy choices.

DEVELOPMENT OF TRAININGS

National Trainings

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| 2013 | Preconference National Speaker and Leader. American Association of Family and Consumer Sciences Annual Conference. <i>Overcoming the Obesity Crisis: We can Make a Difference!</i> Houston, TX.
http://www.aafcs.org/meetings/13/specialevents.html#Preconf |
| 2012 | American Association of Family and Consumer Sciences Affiliate Units President Leaders Conference. Washington, DC. Trained Affiliate Presidents in 50 states on implementing Obesity Awareness Campaign. |

2011 In-service training. Best Practices for Developing Culturally Appropriate Interventions and Empowering Low-Income Audiences (1 session), The Ohio State University. Columbus, OH.

State Trainings

2015 Agent Training. Basic Nutrition. Building a Healthy Body . . . From the Inside-Out: Basic (Clark County). February 24

2015 Agent Training. Basic Nutrition. Building a Healthy Body . . . From the Inside-Out: Basic (Christian County). February 24

2013 In-service training. Making Healthy Lifestyle Choices: A critical thinking approach. (One day training) Lexington, KY.

2014 C3 training. Making Healthy Lifestyle Choices. One session. Lexington, KY

2013 In-service training. *Taking Ownership of Your Diabetes Curriculum: Empowering, Implementing, and Sustaining.* (One day training) Lexington, KY.

2012 In-service training. *Taking Ownership of Your Diabetes Curriculum: Empowering, Implementing, and Sustaining.* (One day training) Princeton, KY.

2012 In-service training. *Making Healthy Lifestyle Choices: A critical thinking approach.*
2012 FCS Agent In-service Training. Nutrition Update. Lexington, KY (3 sessions)

2011 BodyWorks, a community-based obesity prevention program to improve eating and activity and eating behavior (One day training). Lexington, KY.

2011 FCS Agent Trends Training, Adobe Connect (2 sessions). Lexington, KY.

2011 FCS Agent May In-service Training, 2010 Dietary Guidelines and Nutrient Density (3 sessions) Bowling Green, KY.

2011 FCS Evaluation Retreat. (1 session). Connecting the Dots for an Integrated Evaluation Plan – Goals, Objectives, Indicators, Data Collection Lexington, KY.

2010 In-service training. *Taking Ownership of Your Diabetes Curriculum.* A four-part series (One day training). Lexington, KY.

2010 In-service training. *Taking Ownership of Your Diabetes Curriculum.* A four-part series (One day training). Princeton, KY.

2009 FCS In-service training. *Taking Ownership of Your Diabetes Curriculum.* (2 sessions). Lexington, KY.

2009 In-service training. Empowering audiences through participation using an interdisciplinary approach to teach diet, nutrition, health, money relationships.

- 2009 In-service training. Taking ownership of your diabetes (1 day). Princeton, KY.
- 2008 Food & Nutrition Workshop. Weight ~ the Reality Series. Janet Tietzen and **Ingrid Adams.**

MANUSCRIPT REVIEWER AND EDITORSHIP

- Journal of Human Sciences and Extension
- Public Health Reports
- Nutrients
- Global Journal of Obesity, Diabetes and Metabolic Syndrome- Editorial Board
- Austin Journal of Nutrition and Food Sciences- Editorial Board
- Newsletter Editor. Methods Coordinating Group. Campbell Collaboration
- Journal of Nutrition Education and Behavior
- Preventing Chronic Disease

COURSES TAUGHT

Program Development and Evaluation for Health Sciences- HTHRHSC 4950

Medical Dietetics 4500- Health Promotion and Community Nutrition

Medical Dietetics 6500- Advanced Community Nutrition and Health

Introductory Nutrition DHN 212

Community Nutrition DHN 312

GRADUATE STUDENTS- COMMITTEE CHAIR

Name	Academic Year	Project Title
1.Emily Couch	Graduate 2021	Understanding Risk Perception of Young Adults with type 2 Diabetes: A Mixed Method Approach.
2.Maguerite Catanzaro	Graduate 2021	Knowledge and Perceptions of Millennials Regarding the Dietary Guidelines for Americans.
3.Melissa Solano	Graduated 2020	Feasibility of a Culturally-tailored Type 2 Diabetes Self-management Intervention for Latinos in Ohio.
4. Hannah Solomon	Graduated 2018	A Garden-based type 2 Diabetes Curriculum Intervention.
5. Bethany Golden	Graduated 2018	Understanding Risk Perception in a Prediabetic

		Population: A Mixed Method Approach.
6. Michika Nickerson	Graduated 2018	Association of Appearance Satisfaction with Measures of Adiposity and Health Behavior among African Americans.
7. Jennifer Mohnacky	Graduated 2018	Knowledge and Perceptions of College Educated Adults Regarding the Dietary Guidelines for Americans 2015 - 2020.
8. Miguel Gamboa	Graduated 2016	Evaluation of a Diabetes Self-management Program for Hispanics in Lexington Kentucky: A Pilot Study.
9. Shirlena Moore	Graduated 2016	Principals' and School Food Service Workers' Perceptions of the Implementation of the Community Eligibility Provision.
10. Luisyana Gamboa	Graduated 2015	The Perceptions, Knowledge, Benefits and Barriers of Hispanics Regarding the 2015- 2020 Dietary Guidelines for Americans.
11. Brittany Murray	Graduated 2015	The Role and Impact of Cooperative Extension in Diabetes Self-Management Education.
12. Lauren Roberson	Graduated 2014	Examining Reasons for Low Fidelity to Educational Program in Patients with Gestational Diabetes: A Qualitative Study.
13. Jae Brimhall, DMD	Graduated 2013	Is Obesity Being Addressed in the Orthodontic Office?
14. Monica Flower	Graduated 2012	Contrasting local Ghanaian stakeholder perceptions after one year of a new school feeding program in Adjeikrom, Ghana to pre-program expectations.
15. Beth Oldgies	Graduated 2012	Perception and efficacy of video streaming/electronic media in nutrition education for Kentucky individuals.
15. Kate Perkins	Graduated 2012	Food consumer knowledge of quick serve menu calories
16. Dustin Reed	Graduated 2012	Knowledge and consumption of grain foods among WIC clients in the Commonwealth of Kentucky
17. Alicia Arnett	Graduated 2010	Chronic health conditions of individuals in public housing.

18. Feai-Voon Wong	Graduated 2010	The association between emotional intelligence, body mass index and eating behavior among college students.
19. Jennifer Boyee	Graduated 2010	Practice and application of knowledge by nutrition students.
20. Amanda Deakyne	Graduated 2009	The association of diet and exercise behaviors in diabetes and non-diabetes diagnosed adolescents: Results from the NHANES 2003-2004 & 2005-2006, 2009.

UNDERGRADUATE AND GRADUATE STUDENT MENTORS

Year	Program	Student
2019- 2020	Examining food insecurity and diet quality in families in two communities in Nicaragua	Jenny Mc Gown
		Anna Scheeser
2017	Critical thinking approach to offering vegetables in children 0 to 1 year old	Maya Rizkala
2016	Dietetics and Human Nutrition	Logan Douglas
2010	Clinical and Translational Science Scholars	Mentor to 5 clinical scholars
2011	Turner Leadership Academy	Reiya Hayden Medical School Student
2010	Turner Leadership Academy	Cecil Shelton M.S, PhD candidate
