

Kelsey L. Rose, MPH, RDN
253 MLS Carrigan Wing, University of Vermont
klrose@uvm.edu

EDUCATION AND TRAINING

Division of Adolescent Medicine, Boston Children's Hospital <i>MCHB Leadership Education in Adolescent Health Nutrition Fellowship</i>	Boston, MA September 2020- September 2021
Simmons University Dietetic Internship <i>Eating Disorders Treatment Dietetic Intern</i>	Boston, MA September 2019-May 2020
University of Michigan School of Public Health <i>Master of Public Health in Nutritional Sciences, Dietetics</i>	Ann Arbor, MI May 2019
Ohio University <i>Bachelor of Arts in Political Science</i>	Athens, OH June 2012

PROFESSIONAL EXPERIENCE

Clinical Assistant Professor The University of Vermont, Nutrition and Food Sciences Department, Burlington, VT	August 2022- Current
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Courses taught:

NFS 3260: Clinical Nutrition 1	Fall 2022/Fall 2023
NFS 3261: Clinical Nutrition 2	Spring 2023
NFS 3250: Food Service Systems	Spring 2023
NFS 2143: Nutrition in the Lifecycle	Fall 2022/Summer 2023
NFS 3890: Community Practicum	Fall 2022/Spring 2023
NFS 2991/3991: Internships	Summer 2023
NFS 1073: Farm to Table	Fall 2023

Guest Lectures:

Boston Children's Hospital: LEAH fellowship program	Fall 2023
Speaker Series: UVM Medical Center	Spring 2023
OT 414: Psychology and Mental Health Influence	Fall 2022
NFS 2044: Survey the Field	Fall 2022

Advising:

15 undergraduate dietetic students	2023-2024
5 undergraduate dietetic students	2022-2023

Research Advising:

1 MSD capstone project	2023-2024
1 MSD capstone project	2022-2023
1 AMP Committee	2023
2 DUR Committees	2023

Service:

Academic Program Review Committee	2023-2024
NFS Faculty Search Committee	2023-2024
NFS Assistant Professor Search Committee	2022-2023
NFS Dietetics Concentration Committee	2022-current
FSRC Fellowship Application Committee	2023

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Eating Disorder Dietitian

September 2021-August 2022

Division of Adolescent Medicine and Primary Care, Michigan Medicine

Ann Arbor, MI

Clinical:

- Outpatient Eating Disorder Dietitian: Servicing Michigan Medicine hospital system as the first and only outpatient eating disorder dietitian.
 - Adolescent Medicine and Primary Care Services: counsel patients using harm reduction strategies, self-determination theory, motivational interviewing, and therapeutic techniques such as Dialectical Behavioral Therapy and Acceptance Commitment Therapy.
 - Coordinate with interdisciplinary team.
 - Provide weekly consultation for eating disorder cases throughout the hospital system.

Education:

- Developed curriculum on the treatment of eating for Family Medicine rotation for medical residents.

LEADERSHIP and SERVICE

- **Academy of Nutrition and Dietetics, member** Current
- **Vermont Association for Nutrition and Dietetics** Current
- **Weight Inclusive Nutrition and Dietetics, member** Current
- **Boston Eating Disorder Equity Think Tank, Council Member** March 2020- Current
- **Strategic Training Initiative for the Prevention of Eating Disorders** August 2019-August 2020
- **Racial Equity and Justice Council, Council Member** September 2020-August 2021
- **Association for Size Diversity and Health, Education Committee Member** June 2018-
June 2020
- **Academy of Nutrition and Dietetics, Dietetic Practice Group Student Liaison** June 2018- August 2019
 - Awarded Food and Nutrition Conference and Expo Travel Scholarship

PEER-REVIEWED PUBLICATIONS

Published/In press:

1. Gordon, A., Roberts, S., Silverstein, S., **Rose, K.L.**, Lopez, E., Calzo, J., (Under Review). What is Needed For Eating Disorder Prevention for Transgender and Gender Diverse Young Adults? Findings from Asynchronous Online Focus Groups. *Body Image*.
2. Lin, J. A., Jhe, G., Adhikari, R., Vitagliano, J. A., **Rose, K. L.**, Freizinger, M., & Richmond, T. K. (2023). Triggers for eating disorder onset in youth with anorexia nervosa across the weight spectrum. *Eating Disorders*, 1-20.
3. **Rose, K. L.**, Negrete, C. E., Sellinger, G., Chang, T., & Sonnevile, K. R. (2022). Adolescent and emerging adult perceptions of eating disorder severity and stigma. *International Journal of Eating Disorders*, 55(10), 1296-1304.
4. Schmid, J., Rose, K., Hadler, N., Amaro, X., Frank, A., Wilkie, E., & Sonnevile, K. R. (2022). Content analysis of the impact of COVID-19 on weight and shape control behaviors and social media content of US adolescents and young adults. *Eating Behaviors*, 101635.
5. **Rose, K.L.** Evans, W., Sonnevile, K.R., Richmond, T. (2021). The Set Point: Weight destiny established prior to adulthood. *Current Opinions in Pediatrics*.

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6. Hahn, S. L., Linxwiler, A. N., Huynh, T., Rose, **K. L.**, Bauer, K. W., & Sonneville, K. R. (2021). Impacts of dietary self-monitoring via MyFitnessPal to undergraduate women: A qualitative study. *Body Image, 39*, 221-226.
7. Sonneville KR, **Rose K.L.**, Lambrecht NJ, Barry MR, Weeks HM, Leung CW. (2020). Weight bias among public health trainees. *Public Health Nutrition, 1-4*.
8. Ambwani, S., Sellinger, G., **Rose, K. L.**, Richmond, T. K., & Sonneville, K. R. (2020). "It's healthy because it's natural." Perceptions of "clean" eating among US adolescents and emerging adults. *Nutrients, 12*(6), 1708.
9. **Rose, K.L.** Leonard, K.C. Chang, T., Sonneville, KR. (2020). "Obese": Definitions, Associations and Assumptions made by Adolescents and Emerging Adults. *Stigma and Health. 5*(3), 335-341.
10. Winter, V. R., O'Neill, E. A., Cook, M., **Rose, K. L.**, & Hood, A. (2020). Sexual function in hook-up culture: The role of body image. *Body Image, 34*, 135-144.

PRESENTATIONS

Oral:

Rose, KL. (2021, June) Youth's perceptions of barriers to eating disorder treatment. Virtual International Conference of Eating Disorders Conference.

Rose, KL, Richmond, T, Jhe, G. (2021, May). Promoting Healthy Eating and Body Image. Post-graduate course in Adolescent Medicine, Boston Children's Hospital.

Rose, KL. (2021, February). Youth's Perceptions of stigma around eating disorders compared to other mental health diagnoses. MCHB Leadership Education in Adolescent Health Annual Conference.

Rose, KL. (2021, March). Sociocultural Influences on Body Size Ideals: Mitigating the Effects of weight bias in Nutrition and Public Health. Tufts Research and Data Symposium for Food and Nutrition.

Rose, KL. (2021, March). The role of a dietitian in eating disorder care. [Vermont Psychological Association: Eating Disorders Assessment and Treatment Webinar.](#)

Barry, M, **Rose, KL**, Thurston, I, Richmond, T, Chang, T, Sonneville, KR. (2020, June). Contemporary Body Ideals Among Adolescents and Young Adults: A Qualitative Analysis. ICED Conference.

Ambwani, S, **Rose, KL**, Vitagliano, J. (2020, May) With Great #Instafame Comes Great Responsibility: Youth Impressions of "Influencer"-based Advertising for Weight Loss Supplements. STRIPED Virtual Showcase.

Rose, KL. (2018, March). Rethinking Weight In Public Health. Victors for Michigan Campaign Finale Celebration, Michigan.

Poster:

Howie, W.C., **Rose, KL**, Porter, D.V., Chapman, L., & Thurston, I.B. (2022, August). "We always have this joke that it feels like hairdressers are therapists": Exploring Hairdressers and Barbers reception to discussing mental health. Poster to be presented at the American Psychological Association annual convention Minneapolis, MN.

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Hahn, S, Borton, K, **Rose, KL**, Barry, M and Sonnevile, KR. (2019, June) Helpful or harmful? A qualitative analysis of the impact of the social media body positivity movement on young adults. Weight Stigma Conference, London, Ontario.

Rose, KL, Leonard, K, C. et al. (2018, June). "Obese" Attributions made by Adolescent and Young Adults. Appearance Matters Conference, Bath, United Kingdom.