

Lizzy Pope, PhD, RDN
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CURRENT POSITION

University of Vermont (UVM), Burlington, VT

Associate Professor and Director of the Didactic Program in Dietetics, 2020-present
Department of Nutrition and Food Sciences

PREVIOUS POSITION

University of Vermont (UVM), Burlington, VT

Assistant Professor and Director of the Didactic Program in Dietetics, 2014-2020
Department of Nutrition and Food Sciences

EDUCATION AND TRAINING

Cornell University, Ithaca, NY

Post-Doctoral Research Associate, 2013-2014

Food and Brand Lab & Center for Behavioral Economics in Child Nutrition Programs

The University of Vermont, Burlington, VT

Doctor of Philosophy in Animal, Nutrition, and Food Sciences, 2013

Teachers College Columbia University, New York, NY

Master of Science in Nutrition and Applied Physiology and Dietetic Internship, May 2008

Registered Dietitian Credential, February 2009

Dartmouth College, Hanover, NH

Bachelor of Arts in Psychological and Brain Sciences, summa cum laude, June 2005

Member of Phi Beta Kappa Honor Society, top 20 in class

RESEARCH INTERESTS

Current

- Exploring weight-inclusive approaches to nutrition education
- Understanding manifestations of diet culture in social media and popular culture
- Engaging in the scholarship of teaching and learning by studying the impact of new assessment systems as well as teaching pedagogy across a variety of classes

TEACHING EXPERIENCE

Associate/Assistant Professor, University of Vermont

- Professor for “Fundamentals of Nutrition,” the introductory nutrition class at UVM. The class introduces students to foundational concepts in the nutrition field. Use Keynote, iclickers, Final Cut Pro X, demonstrations, reflections, and interactive/creative class assignments. Manage graduate and undergraduate TAs to assist with assessment and student learning experiences (Average Enrollment= 275).
- Professor for “Dietetics Senior Seminar,” the culminating course for dietetics majors. This class focuses on helping students determine their future direction and facilitates professional skill development (Average Enrollment = 25).

CONSULTING WORK

Cengage, Weight-inclusive content expert - 2023

- Served as a content editor for weight-inclusivity for a new edition of Nutrition Now

- Wrote chapters/sections on diet culture, anti-fat bias, weight-inclusivity/weight-normativity
- Worked with main author on integrating weight-inclusive language and content throughout the book
- Reviewed Nutrition Concepts & Controversies for content that may be stigmatizing to those in larger bodies.

Vermont Education Health Initiative, Intuitive Eating Course - 2021

- Developed a 12-unit online intuitive eating course for Vermont educators
- Course material focused on the 10 principles of intuitive eating including rejecting diet culture, listening to hunger/fullness cues, and redefining health

Green Mountain Higher Education Consortium, Intuitive Eating Course -2021

- Delivered 4-session synchronous remote course on intuitive eating to adults
- Designed course focused on permission, attunement, discernment, and integration

PEER-REVIEWED PUBLICATIONS

Pope, L., Anacker, A.M.J., Brouwer Burg, M., Dion, L., Plouffe, R.R.B., Vivanco, L.A., Buckland Parker, H., Garrett-Ostermiller, J. (in press). Undergraduate student reaction to choice-based assessment: increase engagement, decreased stress, and enhanced self-efficacy. *Journal on Excellence in College Teaching*.

Schlepphorst, K., Clark, B., **Pope, L.**, Donahue, R., Belarmino, E. (2023). Perceptions and knowledge of protein in dairy and plant-based alternatives among stakeholders in the US marketplace. *Nutrition Bulletin*. 48(3). 343-352. <https://doi.org/10.1111/nbu.12628>.

Clark, B., **Pope, L.**, Belarmino, E. (2022). Personal bias in nutrition advice: A survey of health professionals' recommendations regarding dairy and plant-based dairy alternatives. *PEC Innovation*. 1. 100005. <https://doi.org/10.1016/j.pecinn.2021.100005>.

Minadeo, M., **Pope, L.** (2022). Weight-normative messaging predominates on TikTok – A qualitative content analysis. *PLOS ONE*. 17(11): e0267997. <https://doi.org/10.1371/journal.pone.0267997>.

Ultsch, S., **Pope, L.**, Buckland Parker, H. (2022). From training to transformation: Using a transformational learning model for faculty development to deepen critical conversations. *The Journal of Faculty Development*. 36(3). 58-63.

Clark, B., **Pope, L.**, Belarmino, E. (2022). Perspectives from healthcare professionals on the nutritional adequacy of plant-based dairy alternatives: results of a mixed methods inquiry. *BMC Nutrition*. 8(46). <https://doi.org/10.1186/s40795-022-00542-7>.

Clark, B., **Pope, L.**, Belarmino, E. (2022). Personal bias in nutrition advice: A survey of health professionals' recommendations regarding dairy and plant-based dairy alternatives. *PEC Innovation*. 1: 100005. <https://doi.org/10.1016/j.pecinn.2021.100005>.

Pope, L., Alpaugh, M., Trubek, A., Skelly, J., Harvey, J. (2021). Beyond Ramen: Investigating methods to improve food agency among college students. *Nutrients*. 13: 1674. <https://doi.org/10.3390/nu13051674>.

Brinkman, J., Garnett, B., Kolodinsky, J., Wang, W., **Pope, L.** (2021). The buffering effect of intra-and interpersonal factors on the relationship between food insecurity among middle school students. *Journal of School Health*. 91(2): 102-110. <https://doi.org/10.1111/josh.12982>.

- Alpaugh, M., Pope, L., Trubek, A., Skelly, J., Harvey, J. (2020). Cooking as a Health Behavior: Examining the Role of Cooking Classes in a Weight Loss Intervention. *Nutrients*. 12: 3669. doi:10.3390/nu12123669.
- Bullock, K., Lahne, J., **Pope, L.** (2020). Investigating the role of health halos and reactance in ice cream choice. *Food Quality and Preference*. 80. <https://doi.org/10.1016/j.foodqual.2019.103826>
- Pope, L.**, Ultsch, S., Parker, H. (2019). Assessment of Specifications Grading in an Undergraduate Dietetics Course. *Journal of Nutrition Education and Behavior*. 52: 439-446. <https://doi.org/10.1016/j.jneb.2019.07.017>.
- Pope, L.**, Roche, E., Morgan, C., Kolodinsky, J. (2018). Sampling tomorrow's lunch today: Examining the effect of sampling a vegetable-focused entrée on school lunch participation, a pilot study. *Preventive Medicine Reports*. 12: 152-157. doi: [10.1016/j.pmedr.2018.09.010](https://doi.org/10.1016/j.pmedr.2018.09.010).
- Bevet, S., Niles, M.T., **Pope, L.** (2018). You can't "nudge" nuggets: An investigation of college late-night dining with behavioral economics interventions. *PLOS ONE*. 13(5): doi: <https://doi.org/10.1371/journal.pone.0198162>.
- Pope, L.**, Garnett, B., Dibble, M. (2018). Lessons learned through the implementation^[1] of an eHealth physical activity gaming intervention with high school youth. *Games for Health*. 7(2): doi: [10.1089/g4h.2017.0164](https://doi.org/10.1089/g4h.2017.0164).
- Pope, L.**, Garnett, B., Dibble, M. (2017). Engaging adolescents in inform the development of a mobile gaming app to incentivize physical activity. *JMIR Research Protocols*. 6(8): doi: [10.2196/resprot.8113](https://doi.org/10.2196/resprot.8113).
- Pope, L.**, Hansen, D., Harvey, J. (2016). Examining the weight trajectory of college students. *Journal of Nutrition Education and Behavior*. 49(2). 137-141.e1. doi:10.1016/j.jneb.2016.10.014.
- Wansink, B., Latimer, L., **Pope, L.** (2016). "Don't Eat So Much:" How parent comments relate to female weight satisfaction. *Eating and Weight Disorders – Studies on Anorexia, Bulimia, and Obesity*. In-Press. doi:10.1007/s40519-016-0292-6.
- Latimer, L., **Pope, L.**, Wansink, B. (2015). Food Neophiles: Profiling the adventurous eater. *Obesity*. 23(8): 1577-81. doi: 10.1002/oby.21154.
- Pope, L.**, Latimer, L., Wansink, B. (2015). Viewers vs. Doers: The relationship between watching food television and BMI. *Appetite*, 90. 131-135. doi:10.1016/j.appet.2015.02.035
- Wansink, B., **Pope, L.** (2015). When do gain-framed health messages work better than fear appeals? *Nutrition Reviews*. 73(1). 4-11. doi: h10.1093/nutrit/nuu010.
- Pope, L.**, Harvey, J. (2015). The impact of incentives on intrinsic and extrinsic motives for fitness-center attendance in college first-year students. *American Journal of Health Promotion*, 29(3). 192-9. doi: 10.4278/ajhp.140408-QUAN-135.
- Pope, L.**, Hanks, A.S., Just, D., Wansink, B. (2014). New Year's Res-Illusions: Food shopping in the New Year competes with healthy intentions. *PLOS ONE*. 9(2). doi: 10.1371/journal.pone.0110561.

Pope, L., Harvey, J. (2014). The efficacy of incentives to motivate continued fitness-center attendance in college first-year students: A randomized controlled trial. *Journal of American College Health* 62(2), 81-90. doi: 10.1080/07448481.2013.847840.

Pope, L., Harvey-Berino, J. (2013). Burn and Earn: A randomized controlled trial incentivizing exercise during fall semester for college first-year students. *Preventive Medicine*, 56(3-4), 197-201. doi: 10.1016/j.ypmed.2012.12.020.

Dunn-Carver, M., **Pope, L.,** Dana, G., Dorwaldt, A., Flynn, B., Bunn, J., & Harvey-Berino, J. (2013). Evaluation of a teacher-led physical activity curriculum to increase preschooler physical activity. *Open Journal of Preventive Medicine*, 3(1), 141-147. doi: 10.4236/ojpm.2013.31018.

Harvey-Berino, J., **Pope, L.,** Casey Gold, B., Leonard, H., & Belliveau, C. (2012). Undergrad and overweight: an online behavioral weight management program for college students. *Journal of Nutrition Education and Behavior*, 44(6), 604-608. doi: 10.1016/j.jneb.2012.04.016.

Pope, L., & Wolf, R. (2012). The influence of labeling the vegetable content of snack food on children's taste preferences: A pilot study. *Journal of Nutrition Education and Behavior*, 44(2), 178-182. doi: 10.1016/j.jneb.2010.02.006.

Pope, L., Harvey-Berino, J., Savage, P., Bunn, J., Ludlow, M., Oldridge, N., & Ades, P. (2011). The impact of high-calorie-expenditure exercise on quality of life in older adults with Coronary Heart Disease. *Journal of Aging and Physical Activity*, 19(2), 99-116. doi: 10.1123/japa.19.2.99.

BOOK CHAPTERS

Pope, L., Higgins, S., Epstein, L. (2017). "Behavioral Economics and Obesity," in *Eating Disorders and Obesity*. Ed. Brownell, K., and Walsh, T. The Guilford Press. New York, NY.

PEER-REVIEWED ABSTRACTS

Pope, L., Ultsch, S., Parker, H. (Fall 2019). Qualitative Inquiry Into the Use of Specifications Grading: Decentering Boundaries of Power and Control in the Classroom Through Teacher Transparency. International Society for the Scholarship of Teaching and Learning. Atlanta, GA.

Brinkman, J., Garnett, B., Kolodinsky, J., Wang, W., **Pope, L.** The buffering effect of intra-and interpersonal factors on the relationship between food insecurity among middle school students. *Journal of the Academy of Nutrition and Dietetics*.

Bevet, S., Niles, M.T., **Pope, L.** (2018). Behavioral Economics in College Late Night Dining. *Journal of the Academy of Nutrition and Dietetics*. 118(9): A83.

Pope, L., Ultsch, S., Parker, H. (2018). From Book Group to Research Group: Shared Grading Concerns Lead to Experiments with Specifications Grading. *2018 Symposium on Scholarship of Teaching and Learning*. Banff Canada.

Pope, L., Ultsch, S., Parker, H. (2017). Specifications Grading Case Study: Promoting Deeper Student Learning that Matters. *POD Network Conference*.

Pope, L., Hansen, D., Mower, L., Harvey, J. (2015). Fatter After Four Years: Examining the Weight Trajectory of College Students. *Obesity 2015, 33rd Annual Scientific Meeting*

Wansink, B., Smith, L.E., **Pope, L.** (2015). Which Health Messages Work Best? Experts Prefer Fear –or Loss-Related Messages, but the Public Follows Positive, Gain-Related Messages. *Journal of Nutrition Education and Behavior*. 47(4): S93.

Pope, L., Hanks, A.S., Just, D., Wansink, B. (2014). New Year’s Res-Illusions: Food shopping in the New Year competes with healthy intentions. *Experimental Biology*.

Pope, L., Latimer, L., Wansink, B. (2014). Viewers vs. doers: how watching food television and cooking frequency relate to BMI. *Experimental Biology*.

Latimer, L., **Pope, L.**, Wansink, B. (2014). “Don’t Eat So Much:” How parental comments about a girl’s weight influence her as an adult. *Experimental Biology*.

Pope, L., Harvey-Berino, J. (2013). The efficacy of incentives to motivate continued fitness-center attendance in college first-year students: A randomized controlled trial. *Obesity 2013, 31st Annual Scientific Meeting*.

Pope, L., Harvey-Berino, J. (2013). Incentive provision and motives for exercise in college first-year students: A randomized controlled trial. *Obesity 2013, 31st Annual Scientific Meeting*.

Pope, L., Harvey-Berino, J. (2012). Burn and Earn: Incentivizing exercise in first-year college students. *Obesity 2012 30th Annual Scientific Meeting*.

Pope, L., Harvey-Berino, J. (2012). The association between delay discounting and exercise goal achievement in first-year college students. *International Society of Behavioral Nutrition and Physical Activity*.

Pope, L., Harvey-Berino, J., Savage, P., Bunn, J., Ludlow, M., Oldridge, N., & Ades, P. (2010). The impact of high-calorie-expenditure exercise and behavioral weight loss on quality of life and exercise enjoyment in older adults with Coronary Heart Disease. *International Society of Behavioral Nutrition and Physical Activity*.

Pope, EF, Wolf, RL. (2008). The effect of labeling the vegetable content of snack foods on children's taste preferences. *J Am Diet Assoc*. 108(suppl):A117.

PEER-REVIEWED PAPERS PRESENTED

Pope, L., Ultsch, S., Parker, H. (Fall 2019). Qualitative Inquiry Into the Use of Specifications Grading: Decentering Boundaries of Power and Control in the Classroom Through Teacher Transparency. *International Society for the Scholarship of Teaching and Learning*. Atlanta, GA.

Pope, L., Ultsch, S., Parker, H. (2018). From Book Group to Research Group: Shared Grading Concerns Lead to Experiments with Specifications Grading. *2018 Symposium on Scholarship of Teaching and Learning*. Banff Canada.

Pope, L., Ultsch, S., Parker, H. (2017). Specifications Grading Case Study: Promoting Deeper Student Learning that Matters. *POD Network Conference*. Montreal.

Pope, L., Garnett, B., Dibble, M. (2016, November). Harnessing youth-voice to develop a mobile gaming app to incentivize physical activity among high school students utilizing principles of behavioral economics. Presented at the American Public Health Association’s Annual Meeting, Denver, CO.

Pope, L., Harvey-Berino, J., Savage, P., Bunn, J., Ludlow, M., Oldridge, N., & Ades, P. (2010, June). The Impact of High-Calorie-Expenditure Exercise and Behavioral Weight Loss on Quality of Life and Exercise Enjoyment in Older Adults with Coronary Heart Disease. Poster presented at the International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Minneapolis, MN.

GRANTS

Co-PI: USDA Food Systems Research Center. Funding for Post-doctoral position focusing on Weight Inclusive Nutrition Education. 2024-2026. \$299,681.

Co-PI: USDA Hatch Act Funds. Examining Weight Inclusivity in High School Nutrition Education Curriculum and Policies in Vermont. 2022-2025. \$44,959.

Co-PI: USDA Hatch Act Funds. Examining Cooking as a Health Behavior. 2018-2022. \$107,976.

PI: Hannaford Charitable Foundation. Motivating Healthy Behavior for Adolescents. 2017-2018. \$25,000.

PI: UNC-DUKE USDA BECR Center. Innovatively Using eCommerce to Promote Healthy Grocery Purchases. August 2017-July 2019. \$46,875.

Co-PI: USDA Hatch Act Funds. Incentivizing Physical Activity Using Gamification, A Pilot Study. 2015-2018. \$60,000.

PI: UVM Venture Funds. Incentivizing Physical Activity Using Gamification, A Pilot Study. 2016. \$45,000.

Co-PI: Cornell BEN Center Small Grants Program. Sampling Tomorrow's Lunch Entrée Today. 2015-2016. \$31,173

Co-Investigator: USDA Hatch Act Funds. Burn and Earn: Incentivizing Physical Activity in College Freshmen. 2010-2012. \$34,900.

JOURNAL REVIEWER

Nutrition Reviews

Health Education & Behavior

PLOS ONE

American Journal of Preventive Medicine

Public Health Nutrition

Translational Issues in Psychology

Annals of Behavioral Medicine

Journal of Dietetic Education

INVITED PRESENTATIONS

Vermont Department of Health School Health Liaisons Group. Virtual (May 2024). Weight-Inclusive Nutrition.

Colchester School District Community Night. Colchester, VT (May 2024). Weight-Inclusive Nutrition.

Society of Health and Physical Educators of Vermont Annual Conference. Killington, VT (March 2024). Weight-Inclusive Nutrition Curriculum for High School Health Classes.

Society of Health and Physical Educators of Vermont Annual Conference. Killington, VT (March 2023). Weight-Inclusive Nutrition Education.

Seventh Generation Employee Wellness Hour. Burlington, VT (April 2020). Just Eat.

Food Ethics Conference and Workshop. Burlington, VT (May 2019). Veganation: Is this thing on? Exploring Perceptions of Veganism.

UVM Center for Teaching and Learning. Burlington, VT (May 2018 and 2019). Specifications Grading.

Vermont Worksite Wellness Conference. Burlington, VT (March 2018). Gamifying Health Behaviors.

Vermont Department of Health. Burlington, VT (March 2018). Encouraging Healthier Decisions Using Behavioral Economics.

Gund Center Tea. Burlington, VT (March, 2017). Encouraging Healthier Decisions Using Behavioral Economics.

UVM Honors College Plenary. Burlington, VT (November, 2016 and 2017). Explaining Our Rational Irrationality with Behavioral Economics and Beyoncé.

Vermont Academy of Nutrition and Dietetics Annual Meeting. Essex, VT (April, 2016). Why Did I Eat the Whole Thing? Using Behavioral Economics to Help Explain and Shift Our Health Care Decisions.

Shelburne Bay Residence Lecture Series. Shelburne, VT (April, 2016). Understanding Our Irrationality to Improve Our Health Decisions.

UVM Foundation Ira Allen Lecture Series. New York, NY (March, 2016). Why Did I Eat the Whole Thing? Understanding Our Health Decisions Through Behavioral Economics.

Marathon Health. Winooski, VT (March, 2016). Behavioral Economics: The Science of Irrational Decision Making.

UVM Rubenstein School Spring Seminar Series on “Human Behavior and Sustainability.” Burlington, VT (April, 2015). No Thought For Food: Behavioral Economics and the Subconscious Influences On Our Health Decisions.

Burlington Healthcare Innovators Show & Tell Meetup, Burlington, VT (March, 2015). Using Technology for Nutrition and Physical Activity Research.

Vermont Center on Behavior and Health 2nd Annual Conference on Behavior Change, Health, and Health Disparities, Burlington, VT (October, 2014). Leveraging Choice Architecture in Promoting Healthy Food Choices.

Vermont Department of Health Grand Rounds, Burlington, VT (December, 2013). Behavioral Economics and Health Behaviors.

Ithaca College Staff Wellness Program, Ithaca, NY (December 2013). Mindlessly Eating Better.

Vermont School Boards Insurance Trust, Vermont Education Health Initiative Summer Conference, Stowe, VT (June, 2012). Willpower. What Is It? How Can I Get More?

Boston Hemophilia Center Fall Family Education Program, Boston, MA. (October, 2011). “Less Fat = Less Factor” Practical Tips for Healthier Eating.

Hemophilia Practitioners Region I Annual Meeting, Essex, VT (May 2011). Practical Approaches to Obesity in Patients with Hemophilia.

POPULAR PRESS COVERAGE

“Weight-normative messaging predominates on TikTok – A qualitative content analysis” was featured in Fortune Magazine, NYPost, People Magazine, and a variety of other publications in November 2022.

“Viewers vs. Doers. The relationship between watching food television and BMI” was featured on NPR, the Today Show, the Washington Post, Cooking Light, and a variety of other publications in March 2015.

“New Year’s Res-Illusions: Food shopping in the New Year competes with healthy intentions” was widely covered in many press outlets including the NYTimes, NPR Salt blog, the LA Times, VPR, Today, Yahoo Health, and Men’s Health Magazine in January 2015.

Burn and Earn was cited in the *New York Times Magazine* on January 19, 2014 in an article titled, “Shoring Up Those Fitness Resolutions” by Gretchen Reynolds.

The *Journal of Nutrition Education and Behavior* press released “The influence of labeling the vegetable content of snack food on children’s taste preferences: A pilot study” as “Should we play hide-and-go-seek with our children’s vegetables?” in March 2012. Received coverage by various news outlets and blogs including NPR, Jezebel, Medical News Today, and dailyRx.

ADDITIONAL PROFESSIONAL TRAINING

UVM Center for Teaching and Learning Faculty Fellow, 2020-2023

- Assisted UVM faculty members with course planning, troubleshooting, and assessment
- Worked with CTL staff to assist faculty with SoTL projects

Certified Intuitive Eating Counselor, Intuitive Eating Course, 2019

- Completed training to become a certified intuitive eating counselor.
- Attended 6-weeks of teleseminars, 3 group supervision sessions, passed 120 question exam

Groundwork: A Diversity & Social Justice Learning Series, University of Vermont, 2019-2020

- 7-course program from UVM’s Office of Professional Training and Development
- Training around diversity and social justice, as well as creating more inclusive spaces at UVM

Mental Health First Aid Certified, University of Vermont, 2021

- Participated in day-long training on mental health first aid
- Discussed how best to address the mental health needs of college students

Sustainability Faculty Fellow, University of Vermont, 2014-2015 cohort

- Chosen to be part of a faculty cohort discussing and operationalizing sustainability.
- Attended workshops and two-day institute discussing the meaning of sustainability and how the principles can be integrated into one’s classroom activities.

Post-Doctoral Leadership Program, Cornell University, 2013-present

- Chosen to participate in program aimed at developing leadership skills for academia.
- Program provided a forum to discuss and develop leadership skills related to team building, group dynamics, problem solving, cultural fluency, conflict resolution, facilitation of change, and understanding your personal leadership style.

Graduate Teaching Program, University of Vermont, 2009-2013

- Completed the Graduate Teaching Program developed by the Center for Teaching and Learning at UVM.
- Attended seminars on “best teaching practices” and current topics in education including flipped classrooms, Universal Design for Learning, engagement strategies, and technology in the classroom.
- Chosen to attend workshop on “Engaging Students in Large Enrollment Courses” at the Center for Teaching and Learning at UVM.
- Selected to speak about the Large Enrollment workshop and the Graduate Teaching Program as part of the Center for Teaching and Learning’s presentation to the UVM Board of Trustees, winter 2013.

SELECTED HONORS, AWARDS, AND FELLOWSHIPS

- **Recipient of the 2018 Kroepsch-Maurice Excellence in Teaching Award in the Assistant Professor category**
- **Recipient of the 2023 Prelock Online Teaching Award** in the synchronous category
- UVM Bored Annual Best of Awards 2021-2022 – Lizzy Pope, best professor, NFS 43: Fundamentals of Nutrition runner up for best class
- UVM Bored Annual Best of Awards 2020-2021 – NFS 43: Fundamentals of Nutrition, runner-up for best class, and Lizzy Pope runner-up for best professor
- Nominated for UVM’s Kroepsch-Maurice Excellence in Teaching Award in the Assistant Professor category for 2016, 2017, 2018, and 2019. – Can only win one time in career which was 2018.
- Recipient of the Vermont Women in Higher Education Peggy R. Williams Emerging Professional Award for 2015.
- Academy of Nutrition and Dietetics Foundation’s 2012 Lydia J. Roberts Memorial Scholarship in Public Health Nutrition, 2012
- Vermont Dietetic Association Outstanding Educator Award, May 2011
- American Dietetic Association Dietetic Educators of Practitioners Outstanding Educator Award for Area 7 (CT, ME, MA, NH, NJ, NY, RI, VT), April 2011
- American Dietetic Association Foundation’s scholarship, 2010
- Early inductee to Phi Beta Kappa honor society, top 20 in class, Dartmouth College, 2004

PROFESSIONAL AFFILIATIONS, UNIVERSITY SERVICE AND LEADERSHIP POSITIONS

- Registered Dietitian – Academy of Nutrition and Dietetics, 2009-present
- Faculty Senate Representative for Nutrition and Food Sciences – 2015-present
- Faculty in the Graduate College at UVM – 2015-present
- Food Systems Faculty at UVM – 2016-present
- Food Systems Curriculum Committee – 2017-present, chair – 2019-2021
- Member of Diversify Dietetics
- Member of the Association for Size Diversity and Health
- Member of the Society for Nutrition Education and Behavior