

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

EDUCATION AND TRAINING

University of Vermont <i>Food Systems Doctoral Student</i>	Burlington, VT September 2024- Present
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	August 2022- Current Burlington, VT
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Courses taught:

NFS 1073: Farm to Table	Fall 2023
NFS 2143: Nutrition in the Lifecycle	Spring 2023/Summer 2023/ Fall 2024
HSCI 2990: Eating Disorders: Public Health Emergency	Summer 2024/ Summer 2025
NFS 2991/3991: Internships	Summer 2023/Summer 2024/Summer 2025
NFS 3250: Food Service Systems	Spring 2023/ Spring 2024
NFS 3323: Nutrition Education and Counseling	Fall 2024
NFS 3890: Community Practicum	Fall 2022- Summer 2025
NFS 3990: Eating Disorders	Spring 2025
NFS 4260: Clinical Nutrition 1	Fall 2022/Fall 2023/ Fall 2024
NFS 4261: Clinical Nutrition 2	Spring 2023/ Spring 2024/Spring 2025

Guest Lectures:

UVM Student Health: Eating Disorders	Spring 2025
NFS 2044: Survey the Field	Fall 2022/ Fall 2023/ Fall 2024
VCHIP CHAMP Network	Fall 2024
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

Advising:

26 undergraduate dietetic students	2024-2025
17 undergraduate dietetic students	2023-2024
5 undergraduate dietetic students	2022-202

Research Advising:

1 MSD capstone project	2023-2024
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1 AMP Committee	2023
3 DUR Committees	2023- 2025

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Service:

NFS Dietetics Concentration Committee	2022-Current
Faculty Club Advisor: Feel Good	2024-2025
Faculty Club Advisor: UVM Club Pickleball	2024-2025
NFS Faculty Search Committee	2024-2025
Academic Program Review Committee	2023-2024
NFS Faculty Search Committee	2023-2024
NFS Assistant Professor Search Committee	2022-2023
FSRC Fellowship Application Committee	2023

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.

ADDITIONAL PROFESSIONAL TRAINING

Community Engaged Learning Faculty Fellow

Spring 2024

LEADERSHIP and SERVICE

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| ● Osher Center, University of Vermont | Current |
| ● Vermont Eating Disorder Task Force | Current |
| ● 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, <i>Council Member</i> | March 2020- March 2021 |
| ● Strategic Training Initiative for the Prevention of Eating Disorders | August 2019-August 2020 |
| ● Racial Equity and Justice Council, <i>Council Member</i> | September 2020-August 2021 |
| ● Association for Size Diversity and Health, <i>Education Committee Member</i> | June 2018- June 2020 |
| ● Academy of Nutrition and Dietetics, <i>Dietetic Practice Group Student Liaison</i> | June 2018- August 2019 |
| ○ Awarded Food and Nutrition Conference and Expo Travel Scholarship | |

PEER-REVIEWED PUBLICATIONS

Published/In press:

1. Pope, L., & **Rose, K. L.** (2024). "It's All Just F* cking Impossible:" The influence of Taylor Swift on fans' body image, disordered eating, and rejection of diet culture. *Social Science & Medicine*, 355, 117100.
2. Gordon, A. R., Roberts, S., Silverstein, S., **Rose, K. L.**, Lopez, E., & Calzo, J. P. (2024). What is needed for eating disorder prevention for transgender and gender diverse young adults? Findings from asynchronous online focus groups. *Body Image*, 48, 101667.
3. Jhe, G. B., Recto, M., Vitagliano, J. A., **Rose, K. L.**, Richmond, T., Freizinger, M., & Lin, J. (2024). Growing up in a larger body: youth-and parent-reported triggers for illness and barriers to recovery from anorexia nervosa. *Journal of Eating Disorders*, 12(1), 192.
4. 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.
5. **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.
6. Schmid, J., **Rose, K. L.**, 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.
7. **Rose, K.L.** Evans, W., Sonnevile, K.R., Richmond, T. (2021). The Set Point: Weight destiny established prior to adulthood. *Current Opinions in Pediatrics*.
8. Hahn, S. L., Linxwiler, A. N., Huynh, T., Rose, **K. L.**, Bauer, K. W., & Sonnevile, K. R. (2021). Impacts of dietary self-monitoring via MyFitnessPal to undergraduate women: A qualitative study. *Body Image*, 39, 221-226.
9. Sonnevile KR, **Rose K.L.**, Lambrecht NJ, Barry MR, Weeks HM, Leung CW. (2020). Weight bias among public health trainees. *Public Health Nutrition*; 1-4.
10. Ambwani, S., Sellinger, G., **Rose, K. L.**, Richmond, T. K., & Sonnevile, K. R. (2020). "It's healthy because it's natural." Perceptions of "clean" eating among US adolescents and emerging adults. *Nutrients*, 12(6), 1708.
11. **Rose, K.L.** Leonard, K.C. Chang, T., Sonnevile, KR. (2020). "Obese": Definitions, Associations and Assumptions made by Adolescents and Emerging Adults. *Stigma and Health*. 5(3), 335-341.
12. 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.

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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, Sonnevile, 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.

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.