

CURRICULUM VITAE

Amy Cameron Ellis, PhD, RD, LD

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Department of Human Nutrition and Hospitality Management
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EDUCATION:

- 2007-2012 **University of Alabama at Birmingham**, Birmingham, AL
PhD in Nutrition Science
- 1998-2000 **University of North Carolina**, Chapel Hill, NC
MPH in Nutrition
- 1993-1997 **University of Illinois**, Champaign-Urbana, IL
BS in Biology

BOARD CERTIFICATION:

- 2000-Present **Commission on Dietetic Registration**
2008-Present **Alabama Board of Dietetics/Nutrition**
2005-2009 **National Board for Nutrition Support Certification**
2000-2008 **North Carolina Board of Dietetics/Nutrition**

PROFESSIONAL EXPERIENCE:

- 2012-Present **Assistant Professor**
Department of Human Nutrition, University of Alabama, Tuscaloosa, AL
- 2007-2012 **Research Fellow**
Department of Nutrition Sciences, University of Alabama at Birmingham,
Birmingham, AL
- 2001-2007 **Clinical Dietitian**, Carolinas Medical Center, Charlotte, NC
- 2000-2001 **Clinical Dietitian**, Cleveland Regional Medical Center, Shelby, NC
Community Nutritionist, Health & Sport Works, Inc., Charlotte, NC

PROFESSIONAL MEMBERSHIPS:

- 2015-Present **Editorial Board for the Journal of Nutrition in Gerontology and Geriatrics**
2015-Present **Gerontological Society of America**
2014-Present **Faculty Associate, Alabama Research Institute on Aging**
2005-Present **American Society for Parenteral and Enteral Nutrition**
2008-Present **American Society for Nutrition**
2012-Present **Tuscaloosa Dietetic Association**
Alabama Dietetic Association
2000-Present **Academy of Nutrition and Dietetics**
Dietetic Practice Groups:
 Healthy Aging DPG
 Research DPG
2008-2013 **Birmingham District Dietetic Association** - Board member 2011-2013
2000-2008 **North Carolina Dietetic Association**
Charlotte District Dietetic Association - Board member 2004-2005

HONORS AND AWARDS:

- 2015 "Margaret Simko Memorial Award for Excellence at a Clinical Poster Session"
First Runner-up from the American Dietetic Association Foundation
2014 "Outstanding Dietetics Educator in a Coordinated Program" from the Academy of
Nutrition and Dietetics
2014 "Outstanding Dietetic Educator Award" from the Alabama Dietetic Association
2012 "Outstanding Content Expert" from the University of Alabama College of
Continuing Studies
2012 "Dean's Award for Leadership" from the University of Alabama at Birmingham
2011 "Howarde E. Sauberlich Endowed Award for Excellence in Nutrition Science
Research" from the University of Alabama at Birmingham (UAB)
2010 UAB Center for Aging "Research in Aging Scholarship"
2010 First place abstract award at the UAB Center for Aging Annual Meeting
2007 Charlotte Dietetic Association "Recognized Young Dietitian of the Year"
2004 Amyotrophic Lateral Sclerosis Association "Hilda Glassman Award for
Clinical Management Research"
2003 Morrison, Inc. "STAR Dietitian Award"

TEACHING EXPERIENCE:

University of Alabama, Tuscaloosa, AL

- 2012-Present NHM 568 (Nutrition for the Older Adult), NHM 363 (Applied Nutrition), and
NHM 365 (Medical Nutrition Therapy I), NHM 361 (Nutritional Biochemistry)

University of Alabama at Birmingham, Birmingham, AL

- 2008-2012 Guest Lecturer, Nutrition 604 (Principles and Practices in Nutrition
Support) and Nutrition 601(Advanced Medical Nutrition)

Queens University, Charlotte, NC

- 2006-2007 Adjunct Instructor, Biology
2000-2002 Adjunct Instructor, Biology and Nutrition

PEER-REVIEWED PUBLICATIONS:

A. ORIGINAL RESEARCH (Student mentees underlined)

Ellis A, Patterson M, Dudenbostel T, Calhoun D, Gower B. Six-month supplementation with beta-hydroxy-beta-methylbutyrate, glutamine, and arginine improves vascular endothelial function of older adults. *The European Journal for Clinical Nutrition*. (2015) In Press.

Booi A, Menendez J, Norton J, Anderson W, **Ellis A**. Validation of a Screening Tool to Identify Undernutrition in Ambulatory Patients with Liver Cirrhosis. *Nutrition in Clinical Practice*. Vol. 30, No.5, 683-689 (2015).

Chandler-Laney P, Morrison S, Goree L, **Ellis A**, Casazza K, Desmond R, Gower B. Return of hunger following a relatively high carbohydrate breakfast is associated with earlier recorded glucose peak and nadir. *Appetite*. Vol. 80, 236-41 (2014).

Ellis A, Alvarez J, Gower B, Hunter G. Cardiorespiratory fitness in older adult women: relationships with serum 25-hydroxyvitamin D. *Endocrine*. Vol. 47, No.3, 839-44 (2014).

Locher J, Bales C, **Ellis A**, Lawrence J, Newton L, Ritchie C, Roth D, Buys D, Vickers K. A randomized controlled trial of a theoretically-based behavioral nutrition intervention for community elders: lessons learned from the Behavioral Nutrition Intervention for Community Elders Study. *Journal of the Academy of Nutrition and Dietetics*. Vol. 113, No.12, 1675-82 (2013).

Goss A, Goree L, **Ellis A**, Chandler-Laney P, Casazza K, Lockhart M, Gower B. Effects of diet macronutrient composition on body composition and fat distribution during weight maintenance and weight loss. *Obesity*. Vol. 6, 1139-1142 (2013).

Ellis A, Casazza K, Chandler-Laney P, Gower B. Higher postprandial serum ghrelin among African American females before puberty. *Journal of Pediatric Endocrinology and Metabolism*. Vol. 25, No.7-8, 691-696 (2012).

Ellis A, Chandler-Laney P, Casazza K, Goree L, Gower B. Effects of habitual diet on ethnic differences in serum total ghrelin. *Endocrine*. Vol 42, No. 2, 359-365 (2012).

Ellis A, Chandler-Laney P, Casazza K, Goree L, McGwin G, Gower B. Circulating ghrelin and GLP-1 are not affected by habitual diet. *Regulatory Peptides*. Vol. 176, No. 1-3, 1-5 (2012).

Ellis A, Alvarez J, Granger W, Ovalle F, Gower B. Ethnic differences in glucose disposal, hepatic insulin sensitivity, and endogenous glucose production among African American and European American women. *Metabolism*. Vol. 61, No. 5, 634-640 (2012).

Fisher G, Alvarez J, **Ellis A**, Granger W, Ovalle F, Dalla Man C, Cobelli C, Gower B. Race differences in the associations of oxidative stress and insulin sensitivity. *Obesity*. Vol. 20, No. 5, 972-977 (2012).

Gower B, Goree L, Chandler-Laney P, **Ellis A**, Casazza K, Granger W. A higher-carbohydrate, lower-fat diet reduces fasting glucose concentration and improves β -cell function in individuals with impaired fasting glucose. *Metabolism*. Vol. 61, No. 3, 358-365 (2012).

Ellis A, Rosenfeld, J. Which equation best predicts energy expenditure in Amyotrophic Lateral Sclerosis (ALS)? *Journal of the American Dietetic Association*. Vol. 111, No. 11, 1680-1687 (2011).

Locher J, Bales C, **Ellis A**, Lawrence J, Newton L, Ritchie C, Roth D, Vickers K. A theoretically based behavioral nutrition intervention for community elders at high risk: the B-NICE randomized controlled clinical trial. *Journal of Nutrition in Gerontology and Geriatrics*. Vol. 30, No. 4, 384-402 (2011).

Goree L, Chandler-Laney P, **Ellis A**, Casazza K, Granger W, Gower B. Dietary macronutrient composition affects β -cell responsiveness but not insulin sensitivity. *American Journal of Clinical Nutrition*. Vol. 94, No. 1, 120-127 (2011).

Ellis A, Hyatt T, Hunter G, Gower B. Respiratory quotient predicts fat mass gain in premenopausal women. *Obesity*. Vol. 18, No 12, 2255-2259 (2010).

B. INVITED REVIEWS

Ellis A, Crowe K, Lawrence J. Obesity-related inflammation: implications for older adults. *Journal of Nutrition in Gerontology and Geriatrics*. Vol. 32, No. 4, 263-290 (2013).

Rosenfeld J, **Ellis A**. Nutrition and dietary supplements in motor neuron disease. *Physical Medicine and Rehabilitation Clinics of North America*. Vol. 19, No. 3, 573-589 (2008).

Ellis A, Rosenfeld J. The potential role of creatine in the management of Amyotrophic Lateral Sclerosis. *CNS Drugs*. Vol. 18, No. 14, 967-980 (2004).

Cameron A, Rosenfeld, J. Nutritional issues and supplements in Amyotrophic Lateral Sclerosis and other neurodegenerative disorders. *Current Opinion in Clinical Nutrition and Metabolic Care*. Vol. 5, 631-643 (2002).

C. WEB-BASED PEER-REVIEWED PUBLICATIONS

Gulledge E, Doyl A, Lo A, **Ellis A**, Alexander J. "Challenges in the diagnosis and management of depression in the older patient: an introductory case study". *The Deep South CME Network, UAB Geriatric Education Center, UAB Division of CME*. http://www.alabamacme.uab.edu/courses/Geriatric/Depression_in_the_Older_Patient/EM-13438.asp. (December 2013).

Ellis A. “Dietary supplement use in older adults.” *The Deep South CME Network, UAB Geriatric Education Center, UAB Division of CME.*
http://www.alabamacme.uab.edu/courses/Geriatric/Dietary_Supplement/ID0517.asp.
(April 2013).

D. ABSTRACTS

Ellis A, Crowe-White K. Dietary acidity/alkalinity and its relationship with bone health among older adults. *Journal of the Academy of Nutrition and Dietetics.* Vol. 115, No. 9: A-25 (2015). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Nashville, TN (2015).

Ellis A, Gower B. Supplementation with arginine, glutamine, and beta-hydroxy-beta-methylbutyrate increases lean body mass and IGF-1 in healthy older adults. *The Endocrine Society’s Research Summaries Book for ENDO 2013.* Poster presentation and press release at the Endocrine Society’s 95th Annual Meeting & Expo, San Francisco, CA (2013).

Ellis A, Gower B. Effects of supplemental arginine, glutamine, and beta-hydroxy-beta-methylbutyrate on lean mass and strength in older adults. *Journal of the Academy of Nutrition and Dietetics.* Vol. 112, No. 9 (Suppl 3), A-32 (2012). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Philadelphia, PA (2012).

Ellis A, Rosenfeld J. Resting energy expenditure in Amyotrophic Lateral Sclerosis. *Journal of the American Dietetic Association.* Vol. 109, No. 9 (Suppl 3), A-23 (2009). Poster presentation at the American Dietetic Association Food & Nutrition Conference & Expo, Denver, CO (2009).

ORAL PRESENTATIONS AT SYMPOSIA AND CONFERENCES:

A. National

2015 **Amino Acids and Aging Muscle: A Diet Intervention to Combat Sarcopenia.** Alabama Research Institute on Aging (ARIA) Scientific Seminar Series, Tuscaloosa, AL

2014 **Eating well for successful aging.** University of Alabama Aging Successfully Conference, Tuscaloosa, AL

2014 **Let thy food be thy medicine and thy medicine be thy food.** UAB Geriatric Education Center 5th Annual Interprofessional Conference, Birmingham, AL

2012 **Nutrition for the older adult.** UAB Geriatric Education Center 3rd Annual Interprofessional Conference, Birmingham, AL

- 2011 **Supporting nutrition in the older adult.** UAB Geriatric Education Center 2nd Annual Interprofessional Conference, Birmingham, AL
- 2010 **The influence of body fat on hepatic and peripheral insulin sensitivity differs with ethnicity and age.** UAB Center for Aging Annual Meeting, Birmingham, AL
- 2005 **Managing patients with Amyotrophic Lateral Sclerosis.** The Amyotrophic Lateral Sclerosis Association (ALSA) Clinical Management Conference, Los Angeles, CA

B. International

- 2007 **Evaluating risks and benefits of unproven treatments.** 18th International Symposium on ALS/MND, Toronto, Canada
- 2006 **Complementary and alternative medicine in ALS/MND.** 17th International Symposium on ALS/MND, Yokohama, Japan

RESEARCH SUPPORT

- 2015 – Present **Acute Effects of Watermelon on Vascular Function and Serum Lycopene** (Ellis, PI), Academy of Nutrition and Dietetics' Foundation
- 2014 – Present **Bioactive Compounds in Watermelon Modulating Oxidative Stress and Inflammation in Elders: The MOXIE Study** (Ellis, co-PI), The University of Alabama System Collaborative Research Grant
- 2013 – 2015 **Weight Loss by Total Meal Replacement: Effects on Chronic Disease Risk Factors and Body Composition** (Ellis, PI), The University of Alabama College of Human Environmental Sciences and Research Grants Committee
- 2014 **Effects of Amino Acid Supplementation on Markers of Oxidative Stress in Healthy Older Adults** (Ellis, PI), Mary A. Crenshaw Endowed Research Fund of the College of Human Environmental Sciences
- 2009-2011 **Dietary Supplements and Aging Muscle: Specific Amino Acids to Combat Sarcopenia** (F31AT005384; Ellis, PI), National Center for Complementary and Alternative Medicine at the National Institutes of Health
- 2003-2007 **Modifying Nutritional Therapy in ALS Patients with Changes in Respiratory Status** (Ellis, co-PI), Amyotrophic Lateral Sclerosis Association