

## CURRICULUM VITAE

**Amy Cameron Ellis, PhD, MPH, RDN, LD, CPT**

The University of Alabama  
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

### LICENSURE & CERTIFICATION:

- 2017-Present **Certified Phlebotomy Technician (CPT) - National Healthcareer Association**
- 2000-Present **Registered Dietitian Nutritionist (RDN) - Commission on Dietetic Registration**
- 2008-Present **Licensed Dietitian/Nutritionist (LD) - Alabama Board of Dietetics/Nutrition**
- 2005-2009 **Certified Nutrition Support Clinician (CNSC) - National Board for Nutrition Support Certification**
- 2000-2008 **Licensed Dietitian/Nutritionist - North Carolina Board of Dietetics/Nutrition**

### PROFESSIONAL EXPERIENCE:

- 2018-Present - **Associate Professor**  
Department of Human Nutrition, University of Alabama, Tuscaloosa, AL
- 2012-2018 **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 & SERVICE ACTIVITIES:**

- 2018-Present **International Society of Nutrigenetics and Nutrigenomics**  
2015-Present **Editorial Board for the Journal of Nutrition in Gerontology and Geriatrics**  
2015-Present **Gerontological Society of America** – Health Science Section Liaison (2018-2020)  
2014-Present **Alabama Research Institute on Aging** –Executive Committee Member (2019 – Present), Faculty Associate (2014-2019)  
2008-Present **American Society for Nutrition**  
2012-Present **Tuscaloosa Dietetic Association**  
**Alabama Dietetic Association**  
2000-Present **Academy of Nutrition and Dietetics** – Evidence Analysis Library Systematic Review Workgroup Member for Nutritional Genomics (2018-2019)  
2008-2013 **Birmingham District Dietetic Association** - Board Member 2011-2013  
2000-2008 **Charlotte District Dietetic Association** - Board Member 2004-2005

## **SELECT HONORS AND AWARDS:**

- 2015 Academy of Nutrition and Dietetics Foundation - “Margaret Simko Memorial Award for Excellence at a Clinical Poster Session”  
2014 Academy of Nutrition and Dietetics - “Outstanding Dietetics Educator in a Coordinated Program”  
2014 Alabama Dietetic Association - “Outstanding Dietetic Educator Award”  
2012 University of Alabama College of Continuing Studies - “Outstanding Content Expert”  
2012 University of Alabama at Birmingham - “Dean’s Award for Leadership”  
2011 University of Alabama at Birmingham - “Howarde E. Sauberlich Endowed Award for Excellence in Nutrition Science Research”  
2010 University of Alabama at Birmingham Center for Aging - “Research in Aging Scholarship”  
2007 Charlotte Dietetic Association - “Recognized Young Dietitian of the Year”

## **TEACHING EXPERIENCE:**

### **A. PRIMARY INSTRUCTOR**

#### **University of Alabama, Tuscaloosa, AL**

2012-Present NHM 601 (Contemporary Research in Translational Nutrition Science), NHM 568 (Nutrition for the Older Adult), NHM 567 (Nutrition Support for the Critically Ill), NHM 467 (Supervised Practice in Long-Term Care), NHM 365 (Medical Nutrition Therapy I), NHM 363 (Applied Nutrition), 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

## B. COURSES DEVELOPED FOR ONLINE DELIVERY

- Certificate of Training in Nutrigenomics for the Academy of Nutrition and Dietetics: Module 1 - Introduction to Nutritional Genomics (Co-developent 2021)
- NHM 568: Nutrition for the Older Adult (Redevelopment 2019; Co-development 2015)
- NHM 363: Applied Nutrition (Redevelopment 2018 and 2014)
- NHM 365: Medical Nutrition Therapy I (Redevelopment 2021, 2017 and 2014)
- NHM 558: Nutrition in the Prevention & Treatment of Chronic Disease (Co-development 2016)
- NHM 361: Nutritional Biochemistry (Redevelopment 2012)

## PUBLICATIONS:

### A. PEER-REVIEWED JOURNAL ARTICLES (Student mentees underlined>

**Ellis A**, Mehta T, Nagabooshanam V, Dudenbostel T, Locher J, Crowe-White K. Daily 100% watermelon juice consumption and vascular function among postmenopausal women: a randomized controlled trial. *Nutrition, Metabolism and Cardiovascular Diseases*. In Press (2021).

Bragg A, Crowe-White K, **Ellis A**, Studer M, Phillips F, Samsel S, Parton J, Locher J, Ard J. Changes in cardiometabolic risk among older adults with obesity: an ancillary analysis of a randomized controlled trial investigating exercise plus weight maintenance and exercise plus intentional weight loss by caloric restriction. *Journal of the Academy of Nutrition and Dietetics*. In Press (2021).

Ferguson C, Knol L, **Ellis A**. Visceral adiposity index and its association with dietary approaches to stop hypertension (DASH) diet scores among older adults: National Health and Nutrition Examination Surveys 2011-2014. *Clinical Nutrition*. In Press (2021).

**Ellis A**, Rozga M, Braakhuis A, Monnard C, Robinson K, Sinley R, Wanner A, Vargas A. Effect of incorporating genetic testing results into nutrition counseling and care on health outcomes: an Evidence Analysis Center systematic review. *Journal of the Academy of Nutrition and Dietetics*. Vol.121, No. 3, 582-605 (2021).

Robinson K, Rozga M, Braakhuis A, **Ellis A**, Monnard C, Sinley R, Wanner A, Vargas A. Effect of incorporating genetic testing results into nutrition counseling and care on dietary intake: an Evidence Analysis Center systematic review. *Journal of the Academy of Nutrition and Dietetics*. Vol.121, No. 3, 553-581 (2021).

Braakhuis A, Monnard C, **Ellis A**, Rozga M. Incorporating genetic testing into nutrition care: Academy of Nutrition and Dietetics consensus report. *Journal of the Academy of Nutrition and Dietetics*. Vol.121, No. 3, 545-552 (2021).

Douglas J, Jung SE, Noh H, **Ellis A**, Ferguson C. If they don't like you, they are not going to eat for you': Individual and interpersonal factors affecting Certified Nursing Assistants' ability to provide mealtime assistance to residents with dementia. *The Gerontologist*. Vol. 61, No. 4, 552-562 (2021).

Park H and **Ellis A**. Antioxidants and Parkinson disease. *Antioxidants*. Vol. 9, No. 7, 1-23 (2020).

Douglas J, Jung SE, Noh H, **Ellis A**, Ferguson C. Organizational and health care policy barriers to providing mealtime assistance to nursing home residents with dementia. *Seniors Housing & Care Journal*. Vol. 28, No. 1, 3-11 (2020).

Crowe-White K, Voruganti V, Talevi V, Dudenbostel T, Locher J, **Ellis A**. Variation of serum lycopene in response to 100% watermelon juice: an exploratory analysis of genetic variants in a randomized controlled crossover study. *Current Developments in Nutrition*. Vol. 4, No. 7, 1-7 (2020).

Jung S, Noh H, Crowe-White K, **Ellis A**. Dietetic students' perceived facilitators, barriers and perceptions of working with older adults: implications for curriculum development. *Journal of Nutrition in Gerontology and Geriatrics*. Vol. 39, No. 2, 143-153 (2020).

Douglas J, Lawrence J, Turner L, Knol L, **Ellis A**. Nutrition provider isolation is related to increased preference for enteral nutrition support in patients with advanced dementia. *Nutrition in Clinical Practice*. Vol. 35, No. 4, 675-679 (2020).

Douglas J, Lawrence J, Turner L, Knol L, **Ellis A**. Practitioner knowledge, personal values, and work setting influence registered dietitians' feeding tube recommendations for patients with advanced dementia. *Nutrition in Clinical Practice*. Vol. 35, No. 4, 634-641 (2020).

Yahiro A, Wingo B, Kunwor S, Parton J, **Ellis A**. Classification of obesity, cardiometabolic risk, and metabolic syndrome in adults with spinal cord injury. *The Journal of Spinal Cord Medicine*. Vol. 43, No.4, 485-496 (2020).

Jung S, Shin Y, Im J, Hermann J, **Ellis A**, Crowe-White K. Understanding low-income older adults' intention to consume fruits and vegetables. *Journal of Hunger and Environmental Nutrition*. 1-16 (2019).

Ferguson C, Knol L, Halli-Tierney A, **Ellis A**. Dietary supplement use is high among individuals with Parkinson's Disease. *Southern Medical Journal*. Vol. 112, No. 12, 621-625 (2019).

Crowe-White K, Phillips T, **Ellis, A**. Lycopene and Cognitive Function. *Journal of Nutritional Science*. Vol.8, No.e20, 1-8 (2019).

**Ellis A**, Dudenbostel T, Crowe-White K. Watermelon juice: a novel functional food to increase circulating lycopene in older adult women. *Plant Foods for Human Nutrition*. Vol. 74, No. 2, 200-203 (2019).

Crowe-White K, **Ellis A**, Mehta T, Locher J, Ard J. Dietary quality assessed by the HEI-2010 and biomarkers of cardiometabolic disease: an exploratory analysis. *Journal of the American College of Nutrition*. Vol. 38, No.7, 640-647 (2019).

Douglas J, Turner L, Knol L, **Ellis A**, Godfrey A, Lawrence J. The attitudes toward tube-feeding in advanced dementia (ATT-FAD) questionnaire: a valid and reliable tool. *Journal of Nutrition in Gerontology and Geriatrics*. Vol. 37, No. 3-4, 183-203 (2019).

Wingo B, Garr V, **Ellis A**, Gower B. Comparison of segmental body composition estimated by bioelectrical impedance analysis and dual-energy X-ray absorptiometry. *Clinical Nutrition*. Vol. 28, 141-147 (2018).

**Ellis A**, Hunter G, Goss A, Gower B. Effects of oral supplementation with beta-hydroxy-beta-methylbutyrate, arginine, and glutamine on lean body mass of healthy older adults. *Journal of Dietary Supplements*. Vol. 19, 1-13 (2018).

Jung S, **Ellis A**, Crowe-White K. Theory of Planned Behavior predicts older adult women's intention to consume 100% watermelon juice for vascular health. *Journal of Nutrition in Gerontology and Geriatrics*. Vol. 37, No.2, 1-13 (2018).

**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*. Vol. 70, No.34, 269-273 (2016).

**Ellis A**, Dudenbostel T, Locher J, Crowe-White K. Modulating oxidative stress and inflammation in elders: The MOXIE Study. *Journal of Nutrition in Gerontology and Geriatrics*. Vol. 35, No. 4, 219-242 (2016).

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).

**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).

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  $\beta$ -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  $\beta$ -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).

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).

## B. WEB-BASED PUBLICATIONS

Vargas A, Braakhuis A, **Ellis A**, Monnard C, Robinson K, Rozga M, Sinley R. “Nutritional genomics”. *Academy of Nutrition and Dietetics Evidence Analysis Library*.  
<https://www.andeal.org/topic.cfm?menu=5916#:~:targetText=Nutritional%20genomics%20is%20an%20umbrella,to%20a%20specific%20dietary%20interventions> (2019).

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](http://www.alabamacme.uab.edu/courses/Geriatric/Depression_in_the_Older_Patient/EM-13438.asp) (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](http://www.alabamacme.uab.edu/courses/Geriatric/Dietary_Supplement/ID0517.asp) (2013).

## C. BOOK CHAPTER

**Ellis A**. Nutrition and Healthy Aging. In: *Healthy Aging – A Complete Guide to Clinical Management*. Cham, Switzerland: Springer; (2019): 263-272. DOI 978-3-030-06200-2\_22.

## PRESENTATIONS AT SYMPOSIA AND CONFERENCES:

### A. Oral Presentations

- 2020 **Evidence and Practice for Building Expert Nutrigenomic Dietitians.** Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo (FNCE), Virtual Conference
- 2019 **Unlocking Precision Nutrition Care: Is Genetic Information the Key?** Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo (FNCE), Philadelphia, PA
- 2017 **Modulating Oxidative Stress and Inflammation in Elders.** University of Alabama at Birmingham’s Vascular Biology Seminar Series, Birmingham, AL
- 2015 **Amino Acids and Aging Muscle.** 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 **Aging, Metabolism, and Diabetes.** Uubberup Højskole Conference at the University of Alabama at Birmingham’s Nutrition and Obesity Research Center (NORC), Birmingham, AL

- 2014 **Let Thy Food Be Thy Medicine and Thy Medicine Be Thy Food.** University of Alabama at Birmingham's Geriatric Education Center 5<sup>th</sup> Annual Interprofessional Conference, Birmingham, AL
- 2012 **Nutrition for the Older Adult.** University of Alabama at Birmingham's Geriatric Education Center 3<sup>rd</sup> Annual Interprofessional Conference, Birmingham, AL
- 2011 **Supporting Nutrition in the Older Adult.** University of Alabama at Birmingham's Geriatric Education Center 2<sup>nd</sup> Annual Interprofessional Conference, Birmingham, AL
- 2010 **The Influence of Body Fat on Hepatic and Peripheral Insulin Sensitivity Differs with Ethnicity and Age.** University of Alabama at Birmingham's Center for Aging Annual Meeting, Birmingham, AL
- 2007 **Evaluating Risks and Benefits of Unproven Treatments.** 18<sup>th</sup> International Symposium on ALS/MND, Toronto, Canada
- 2006 **Complementary and Alternative Medicine in ALS/MND.** 17<sup>th</sup> International Symposium on ALS/MND, Yokohama, Japan
- 2005 **Managing Patients with Amyotrophic Lateral Sclerosis.** The Amyotrophic Lateral Sclerosis Association (ALSA) Clinical Management Conference, Los Angeles, CA

**B. Select Poster Presentations (Student mentees underlined)**

Ferguson C, Knol L, **Ellis A**. Visceral Adiposity Index and Adherence to the Dietary Approaches to Stop Hypertension (DASH) Diet among Older Adults: Results from National Health and Nutrition Examination Surveys 2011-2014. *Journal of the Academy of Nutrition and Dietetics*. Vol. 120, No. 9: A-33 (2020). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Virtual Conference (2020).

**Ellis A**, Bradford A, Nagabooshanam V, Crowe-White K. Associations between Cognitive Function and Bioactive Food Compounds in 100% Watermelon Juice. Poster presentation at the Gerontological Society of America Conference, Austin, TX (2019).

Ferguson C, Knol L, Halli A, **Ellis A**. Dietary Supplement Use among Individuals with Parkinson's Disease does not Differ by Geographic Region in the United States. *Journal of the Academy of Nutrition and Dietetics*. Vol. 119, No. 9: A-23 (2019). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Philadelphia, PA (2019).

Crowe-White K, **Ellis, A**. Associations between Dietary Intake and Vascular Resistance among Post-Menopausal Women. *Journal of the Academy of Nutrition and Dietetics*. Vol. 118, No. 9: A-92 (2018). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Washington, DC (2018).



**Ellis A, Burns T, Buzzard J, Dolan L, Register S, Crowe-White K.** Food insecurity among college students does not differ by affiliation in Greek life. *Journal of the Academy of Nutrition and Dietetics*. Vol. 117, No. 10: A-145 (2017). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Chicago, IL (2017).

Crowe-White K, **Ellis A, Burns T, Buzzard J, Dolan L, Register S.** Knowledge and intake of nutrient-dense dietary patterns are deficient among college students. *Journal of the Academy of Nutrition and Dietetics*. Vol. 117, No. 10: A-144 (2017). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Chicago, IL (2017).

Jung S, **Ellis A, Crowe-White K.** Older Adult Women's Intention to Consume 100% Watermelon Juice for Vascular Health. *Journal of the Academy of Nutrition and Dietetics*. Vol. 117, No. 10: A-60 (2017). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Chicago, IL (2017).

Crowe-White K, **Ellis A.** Relationships between cardiometabolic disease staging and serum antioxidant capacity in obese older adults. *Journal of the Academy of Nutrition and Dietetics*. Vol. 116, No. 9: A-93 (2016). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Boston, MA (2016).

**Gerald R, Ellis A.** How well does skinfold thickness predict percent body fat in healthy older adults? *Journal of the Academy of Nutrition and Dietetics*. Vol. 116, No. 9: A-82 (2016). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Boston, MA (2016).

**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).

**Eckhoff D, Ellis A.** Gastrostomy tube intervention in patients with Duchenne Muscular Dystrophy. *Journal of the Academy of Nutrition and Dietetics*. Vol. 115, No. 9: A-32 (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).

## RESEARCH SUPPORT

2020 – Present      **Lifestyle Factors Influencing SARS-CoV-2 Symptom Severity in Young Adults** (Ellis, co-PI), The University of Alabama

2019 – Present      **Dietitians Investigating Needs for Nutrition Education among Retirees (**DINNER Study**)** (Ellis, co-PI), Academy of Nutrition and Dietetics Foundation

- 2016 – 2018      **Bioactive Compounds in Watermelon Modulating Oxidative Stress and Inflammation in Elders: The MOXIE Study** (Ellis, co-PI), American Heart Association
- 2015 – 2017      **Acute Effects of Watermelon on Vascular Function and Serum Lycopene** (Ellis, PI), Academy of Nutrition and Dietetics Foundation
- 2014 – 2015      **Bioactive Compounds in Watermelon Modulating Oxidative Stress and Inflammation in Elders** (Ellis, co-PI), University of Alabama System Collaborative Research Grant
- 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
- 2013 – 2015      **Weight Loss by Total Meal Replacement: Effects on Chronic Disease Risk Factors and Body Composition** (Ellis, PI), University of Alabama College of Human Environmental Sciences and Research Grants Committee
- 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

## **STUDENT COMMITTEES**

- 2020 – present **Dissertation Committee Member**  
Oluwatobi Fijabi
- 2020 – present **Dissertation Committee Member**  
Jiayue Guo  
Differential Effects of Various Types of Resistant Starch on Glycemic Response and Gut Health
- 2020 - 2021 **Dissertation Committee Chair**  
Christine Ferguson  
Evaluating Nutritional Status of People Living with Parkinson Disease
- 2020              **Master's Thesis Committee Member**  
Genevieve Smith  
Phased Retirement, Financial Wealth, and Depressive Symptoms among Older Adults

- 2018      **Master's Thesis Committee Chair**  
Christine Ferguson  
Dietary Supplement Use by Individuals with Parkinson's Disease
- 2017      **Master's Thesis Committee Member**  
Alexis Willman  
Are Demographic Variables Predictors of Enteral Nutrition Initiation in Head-and-Neck Cancer Patients Receiving Radiotherapy?
- 2017      **Dissertation Committee Member**  
Joy Douglas  
Influencing Registered Dietitians' Recommendations for Feeding Tube Use among Older Adults with Advanced Dementia
- 2016      **Master's Thesis Committee Member**  
Christina Pierpaoli  
Body Mass Index and Its Associations with Pain, Depressive Symptoms, and Disability in Knee Osteoarthritis