

Courtney Tiemann Luecking, PhD, MPH, RDN, LD
Assistant Professor, Dietetics and Human Nutrition
Extension Title Series

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Professional Licensure Registered Dietitian Nutritionist, 962884
Licensed Dietitian, Kentucky, 260989

EDUCATION

- Dec. 2019 **PhD**, Nutrition
Gillings School of Global Public Health, Department of Nutrition
University of North Carolina, Chapel Hill, NC
Dissertation: *Implementation of a Child Care + Home Intervention to Improve Children's Nutrition and Physical Activity: Assessment of Fidelity, Parent Engagement, and Enhanced Implementation*
Certificate of Interdisciplinary Health Communication
- May 2009 **MPH, MS**, Nutrition and Dietetics
School of Public Health and Doisy College of Health Sciences, Department of Nutrition
Saint Louis University, St. Louis, MO
Thesis: *A Picture of Relationships Between Food Accessibility, Availability, and Family Meals in a Rural County in Missouri*
Certificate in University Teaching Skills
- May 2006 **BS**, Human Environmental Sciences, Coordinated Program in Dietetics
University of Missouri, Columbia, MO
Summa cum laude

PROFESSIONAL EXPERIENCES

- Sept. 2019 *Assistant Professor/Extension Specialist*, Martin-Gatton College of Agriculture, Food and Environment, Department of Dietetics and Human Nutrition, University of Kentucky, Lexington, KY
- 2014 - 2019 *Graduate Research Assistant*, Gillings School of Global Public Health, Department of Nutrition, University of North Carolina, Chapel Hill, NC
- 2014 *Adjunct Faculty*, Doisy College of Health Sciences, Department of Allied Health Sciences, Saint Louis University, St. Louis, MO
- 2014 *Consultant*, Aspire Bariatrics, King of Prussia, PA
- 2009 - 2014 *Research Dietitian/Nutritionist*, Center for Human Nutrition, Washington University in Saint Louis, St. Louis, MO
- 2008 - 2009 *Clinical dietitian per diem*, Christian Hospital, St. Louis, MO
- 2007 - 2009 *Graduate Teaching Assistant*, Doisy College of Health Sciences, Department of Nutrition, Saint Louis University, St. Louis, MO

2006 - 2007 *Registered Dietitian and WIC Nutritionist*, Saint Louis County Department of Health, St. Louis, MO

2005 - 2006 *Nutrition Curriculum Developer*, University of Missouri Extension, Columbia, MO

Other Relevant Experiences

2020 - *Preceptor*, University of Kentucky Supervised Practice Program, Lexington, KY

2011 - 2014 *Dietetics Intern Mentor*, Saint Louis University Dietetic Internship Program, St. Louis, MO

2009 - 2014 *Preceptor*, Saint Louis University Dietetic Internship Program, St. Louis, MO

PEER-REVIEWED MANUSCRIPTS

20. Speirs K, Friedman A, **Luecking CT**, Brown K. Cooperative Extension programming for early care and education professional during the first year of the COVID-19 pandemic: Evidence from a national survey of Extension systems. *Journal of Human Sciences and Extension*, 11(3), 6. doi: <https://doi.org/10.55533/2325-5226.1442>
19. Neshteruk C, Burkart S, Flanagan EW, Melnick E, **Luecking CT**, Kracht CL. Policy, systems, and environmental interventions addressing physical activity in early childhood education settings: A systematic review. *Prev Med*. 2023;173:107606. doi:10.1016/j.ypmed.2023.107606
18. Kracht CL, Burkart S, Flanagan EW, Melnick E, **Luecking CT**, Neshteruk C. Policy, system, and environmental interventions addressing obesity and diet-related outcomes in early childhood education settings: A systematic review. *Obesity Reviews*. 2023;24(4):e13547. doi:10.1111/obr.13547
17. McHugh S, Presseau J, **Luecking CT**, Powell B. Examining the complementarity between the ERIC compilation of implementation strategies and the behaviour change technique taxonomy: a qualitative analysis. *Implementation Science*. 2022;17(1):56. Published 2022 Aug 19. doi:10.1186/s13012-022-01227-2
16. **Luecking CT**[#], Neshteruk C, Mazzucca S, Ward DS. Efficacy of an enhanced implementation strategy to increase parent engagement with a health promotion program in childcare. *International Journal of Environmental Research and Public Health*. 2022; 19(1):106. Published 2021 Dec 23. <https://doi.org/10.3390/ijerph19010106>.
15. Barr ML, Martin C*, **Luecking CT**, Cardarelli K. Losses, gains, and changes to the food environment in a rural Kentucky county during the COVID-19 pandemic. *Nutrients*. 2021;13(11):3929. Published 2021 Nov 3. <https://doi.org/10.3390/nu13113929>.
14. Neshteruk C, Tripicchio G, Loubaugh S, Vaughn A, Mazzucca S, **Luecking CT**, Ward DS. Screen time parenting practices and associations with preschool children's TV viewing and weight-related outcomes. *International Journal of Environmental Research and Public Health*. 2021;18(14):7359. Published 2021 Jul 9. doi:10.3390/ijerph18147359.

13. **Luecking CT**, Combs L, Norman-Burgdolf H. Alternative community nutrition experiential learning opportunities for dietetic interns during COVID-19. *NACTA Journal*. 2021;65(COVID Special Issue).
12. **Luecking CT**, Vaughn A, Burney R, Hennink-Kaminski H, Hales D, Ward DS. Fidelity and factors influencing implementation of Healthy Me, Healthy: Process evaluation of a social marketing campaign for diet and physical activity behaviors of children in childcare. *Translational Behavioral Medicine*. 2021 Apr 7;11(3):733-744. doi: 10.1093/tbm/ibab001. PMID: PMC8034246.
11. Vaughn AE, Hennink-Kaminski H, Moore R, Burney R, Chittams JL, Parker P, **Luecking CT**, Hales D, Ward DS. Evaluating a child care-based social marketing approach for improving children's diet and physical activity: Results from the Healthy Me, Healthy We cluster-randomized controlled trial. *Translational Behavioral Medicine*. 2021 Apr 7;11(3):775-784. doi: 10.1093/tbm/ibaa113. PMID: PMC8033596.
10. **Luecking CT**, Dobson P, Ward DS. Barriers and facilitators of parent engagement with health promotion in child care: A mixed methods evaluation. *Health Education & Behavior*. 2020;47(6):914-926. doi: 10.1177/1090198120952040.
9. **Luecking CT**, Mazzuca S, Vaughn A, Ward DS. Contributions of early care and education to 3- to 4-year old children's diet quality in central North Carolina. *Journal of the Academy of Nutrition and Dietetics*. 2020; 120(3): 386-394. doi: 10.1016/j.jand.2019.09.018. PMID: PMC7062230.
8. Vaughn A, Bartlett R, **Luecking CT**, Hennink-Kaminski H, Ward DS. Using a social marketing approach to develop Healthy Me, Healthy We: A nutrition and physical activity intervention in early care and education. *Translational Behavioral Medicine*. 2019 Jul 16;9(4):669-681. doi: 10.1093/tbm/iby082. PMID: PMC6629844.
7. Hennink-Kaminski H, Vaughn AE, Hales D, Moore RH, **Luecking CT**, Ward DS. Parent and child care provider partnerships: Protocol for the Healthy Me, Healthy We (HMHW) cluster randomized control trial. *Contemporary Clinical Trials*. 2018 Jan;64: 49-57. doi: 10.1016/j.cct.2017.11.007.
6. **Luecking CT**, Hennink-Kaminski H, Ihekweazu C, Vaughn A, Mazzucca S, Ward DS. Social marketing approaches to nutrition and physical activity interventions in early care and education centres: a systematic review. *Obes Rev*. 2017 Dec;18(12):1425-1438. doi: 10.1111/obr.12596. PMID: PMC5702552.
5. **Luecking CT**, Noar SM, Dooley RM, Gizlice Z, Ammerman AS. Impact of *Weight of the Nation* community screenings on obesity-related beliefs. *American Journal of Preventive Medicine*. 2017; 52(3 Suppl 3):S315-S321. doi: 10.1016/j.amepre.2016.08.037. PMID: PMC5505775.
4. Magkos F, Fraterrigo G, Yoshino J, **Luecking C**, Kirbach K, Kelly SC, de las Fuentes L, He S, Okunade AL, Patterson BW, Klein S. Effects of moderate and subsequent progressive weight loss on metabolic function and adipose tissue biology in humans with obesity. *Cell Metabolism*. 2016; 23(4):591-601. Doi: 10.1016/j.cmet.2016.02.005. PMID: PMC4833627.
3. Fabbrini E, **Luecking CT**, Love-Gregory L, Okunade AL, Yoshino M, Fraterrigo G, Patterson BW, Klein S. Physiological mechanisms of weight gain – induced steatosis in people with obesity.

Gastroenterology. 2016;150:79-81.e2. doi: 10.1053/j.gastro.2015.09.003. PMID: PMC4691551.

2. Fabbrini E, Yoshino J, Yoshino M, Magkos F, **Luecking CT**, Samovski D, Fraterrigo G, Okunade AL, Patterson BW & Klein S. Metabolically normal obese people are protected from adverse effects following weight gain. *Journal of Clinical Investigation*. 2015, 125(2):787-795. doi: 10.1172/JCI78425. PMID: PMC4319438.
1. Pepino MY, **Tiemann CD**, Patterson BW, Wice BM, Klein S. Sucralose affects glycemic and hormonal responses to an oral glucose load. *Diabetes Care*. 2013 Sep; 36(9): 2530-2535. doi: 10.2337/dc12-2221. PMID: PMC3747933.

Engaged Scholarship

1. **Luecking CT**, Mazzuca S, Vaughn A, Ward DS. Considerations for Selecting Appropriate Measures of Dietary Intake in Early Childhood. *Weight Management Matters*. Weight Management Dietetics Practice Group of the Academy of Nutrition and Dietetics. Spring 2019.

Manuscripts Under Review

3. Norman-Burgdolf H, DeWitt E, Combs L, **Luecking C**, West H. Implementation and evaluation of a virtual statewide book club to address nutrition misinformation. *Journal of Nutrition Education and Behavior*. Revise and resubmit.
I contributed to program implementation and provided extensive revisions to each draft of the manuscript.
2. **Luecking CT**[#], Kracht CL, Ferrante MJ, Moding KJ, Kielb E, Rolke, LJ, Wagner BE, Colella J, Speirs KE, Robinson C, Keinsley J, Neshteruk CD. Scoping Review of Policy, Systems, Environment Changes to Prevent Obesity in the First 1,000 Days. *Journal Submission: Pediatrics*. Submitted: November 2023.
1. Kracht CL, Neshteruk CD, Moding KJ, Rolke, LJ, Wagner BE, Kielb E, Ferrante MJ, Robinson C, Keinsley J, Colella J, Speirs KE, & **Luecking CT**[#]. Community-based diet and obesity-related policy, system, and environmental interventions for obesity prevention during the first 1,000 days: A scoping review. *Journal Submission: Obesity Reviews*. Submitted: November 2023.

PEER-REVIEWED COOPERATIVE EXTENSION PUBLICATIONS

7. Kostelic AF, Jones N, Baldauff A[^], Workman L[^], Giles K[^], Congleton S[^], **Luecking CT**⁺. Pathways to Wellness Where We Live, Work, and Play. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment. Pub # FCS 3-638; pp 3 (Peer Reviewed, Original Content)
6. **Luecking CT**, Kostelic AF, Jones N, Baldauff A[^], Congleton S[^], Giles K[^], Workman L[^]. Pathways to Wellness with Family and Friends. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment. Pub # FCS 3-639; pp 4 (Peer Reviewed, Original Content)
5. Jones N, Kostelic AF, Baldauff A[^], Congleton S[^], Giles K[^], Workman L[^], **Luecking CT**⁺. Pathways to Wellness in the World Around Us. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment. Pub # FCS 3-640; pp 5 (Peer Reviewed, Original Content)

Denotes *Student; ^Extension Agent; +Senior Author; #Corresponding Author

4. **Luecking CT**, Jones N, Kostelic AF, Workman L[^], Baldauff A[^], Congleton S[^], Giles K[^]. Pathways to Wellness through Champions for Community Health. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment. Pub # FCS 3-641; pp 4 (Peer Reviewed, Original Content)
3. **Luecking CT**, DeWitt E. Tips for managing stress eating. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment, Pub # FCS 3-637; pp 4 (Peer Reviewed, Original Content)
2. DeWitt E, **Luecking CT**⁺. Savoring the eating experience: The art of eating mindfully. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment, Pub #FCS 3-636; pp 4 (Peer Reviewed, Original Content)
1. **Luecking CT**, Mullins J, Walters J, Valdez L*. 2020 – 2025 U.S. Dietary Guidelines for Americans. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment, Pub #FCS 3-361; pp. 7. (Peer Reviewed, Original Content)

Publications In Press

1. Speirs K, Aldrich C, Brown K, Friedman AR* **Luecking CT**, Nerren J, Rider A, Werth L, Wilson H. National Inventory of Extension Programming for the Early Care and Education Workforce. (Peer Reviewed, Original Content)

Publications Under Review

1. Fellows C[^], **Luecking CT**⁺. Inspiring Grandchildren to Become Grand Cooks. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture Food and Environment, Pub #FCS XXX; pp X (Peer Reviewed, Original Content)

PEER-REVIEWED PRESENTATIONS

Oral Presentations

16. MacMillan A, **Luecking CT**, Stage VC, Baker SB, Dev D, Sigman-Grant M. Enhancing nutrition education engagement among parents of young children from low-income households. 2024 SNEB International Conference. July 29 – August 1, 2024. Knoxville, TN.
15. **Luecking CT**. Nutrition-focused policy, system, and environmental strategies to support healthy weight practices during the first 1,000 days: A scoping review. Healthy Eating Research 2024 Annual Grantee Meeting. March 7, 2024, Denver, CO.
14. Neshteruk CD, Kracht CL, Tripicchio GL, **Luecking CT**, Fowler L, Manasse S, Scherr K, Armstrong SC, Skinner AC. A Review of the Evidence: Time to Start Considering Real World Implications for Using Pharmacotherapy to Treat Adolescent Obesity in Priority Populations. Pharmacotherapy for Obesity in Children and Adolescents: State of the Science, Research Gaps, and Opportunities workshop, National Institute of Diabetes and Digestive and Kidney Diseases. November 28, 2023, Bethesda, MD.
13. Cardarelli KM, Mayfield C, Swanson M, **Luecking C**, Slone S, Barr-Porter ML. Laurel HARVEST: Helping Appalachia Restore a Vibrant Food Environment for Self Sufficiency Together. American Public Health Association Annual Conference. November 2023, Atlanta, GA.

Denotes *Student; [^]Extension Agent; ⁺Senior Author; #Corresponding Author

12. Barr-Porter ML, Mayfield C, Swanson M, **Luecking C**, Slone S, Cardarelli KM. Laurel HARVEST: Helping Appalachia Restore a Vibrant Food Environment for Self Sufficiency Together. Appalachian Translational Research Network (ATRN) Conference. October 5, 2023, Morgantown, WV.
11. Workman L[^], Baldauff A[^], Congleton S[^], Giles K[^], Jury K, Kostelic A, McCulley M, **Luecking C⁺**. *Creating Pathways to Wellness: Facilitating Local Conversations about Social Determinants of Health*. 2023 NEAFCS Annual Session. Providence, Rhode Island. September 14, 2023.
10. Neshteruk C, Burkart S, Flanagan EW, **Luecking CT**, Melnick E, Kracht CL. Policy, system, and environmental interventions addressing physical activity in early childhood education settings: A systematic review. International Society of Behavioral Nutrition and Physical Activity 2023. Uppsala, Sweden. June 15, 2023.
9. Goodman A*, OoNorasak K, **Luecking C**. *A Community Partnership to Upcycle Textiles into Reusable Bags to Deliver Meals Prepared from Recovered Foods*. National Conferences on Undergraduate Research. University of Wisconsin-Eau Claire. April 13-15, 2023.
8. **Luecking C**. *Strategies for translating the evidence-base into practice*. 2023. Weight Management Dietetics Practice Group Symposium. Virtual. March 2, 2023.
7. Goodman A*, Frank A*, OoNorasak K, **Luecking C**. *Strengthening communities: Evaluation of food aid and nutrition resources for families experiencing food insecurity*. 12th Annual Appalachian Translational Research Network. Lexington, KY. November 14, 2022.
6. Speirs K, Aldrich C, Brown K, Friedman A, **Luecking C**, Rider A, Shrier C, Werth LaDonna, Wilson H. *Results from the national inventory of Extension programming for the early care and education workforce and how to use them to improve your Extension programming*. 2022 NEAFCS Annual Session. Raleigh, NC. September 14, 2022.
5. Speirs K, Aldrich C, Shrier C, **Luecking C**, Rider A, Sullivan K, Nerren J. *Cognitive interviews: A valuable tool for writing effective survey questions and understanding your participants and community stakeholders*. 2021 NEAFCS Annual Session. Virtual (due to COVID-19 pandemic). November 3, 2021.
4. **Luecking CT**, Vaughn A, Burney R, Hennink-Kaminiski H, Hales D, Ward DS. *Evaluation of intervention and implementation fidelity of Healthy Me, Healthy We*. 13th Annual Conference on the Science of Dissemination and Implementation. Virtual Conference (due to COVID-19 pandemic). December 15, 2020.
3. **Luecking CT**. *Partnering with families to promote healthy eating and activity habits*. National Head Start Association's 2018 Parent and Family Engagement Conference. Orlando, FL, December 17-21, 2018.
2. **Luecking CT**, Powell B, Ward DS. *When implementation strategies don't go as planned: How do community organizations make adaptations?* 11th Annual Conference on the Science of Dissemination and Implementation. Washington, DC, December 5, 2018.

1. **Luecking CT**, Ihekweazu C, Mazzucca S, Vaughn AE, Ward DS, Hennink-Kaminski H. *Buzzword or best practice? A systematic review of the use of social marketing principles in nutrition and physical activity interventions in childcare centers*. University of South Florida Social Marketing Conference. Clearwater, FL, June 17 – 18, 2016.

Posters

18. Neshteruk C, **Luecking CT**, Burkart S, Kracht CL, Melnick E, Lane H. Implementation strategies used in policy, system and environmental interventions addressing obesity, diet, and physical activity outcomes in early childhood education settings: a systematic review. 16th Annual Conference on the Science of Dissemination and Implementation. Washington, DC, December 11-14, 2022
17. Cardarelli K, Mayfield C, Mullins J, Swanson M, **Luecking C**, Sloane S, Barr M. Laurel HARVEST: Helping Appalachia Restore a Vibrant Food Environment for Self-sufficiency together. Society for Nutrition Education and Behavior 2023 Annual Meeting. Washington, DC. July 23, 2023.
16. Goodman A*, OoNorasak K, **Luecking CT**. Upcycling Textiles into Reusable Grocery Bags to Enhance Sustainability of Food Recovery Projects. 2023 Public Health Showcase. University of Kentucky. Lexington, KY. April 10, 2023.
15. Walton B*, Barr M, Mayfield C, Mullins J, **Luecking C**, Sloane S, Swanson M, Cardarelli K. Helping Appalachia Restore a Vibrant Food Environment for Self-sufficiency. 2023 CCTS Spring Conference. Lexington, KY. March 27, 2023.
14. Cochran G*, Lewis R, Dlugonski D, Adatorwovor R, Ingram R, Rous B, Williams C, Luecking C. Who participates? Representation in Kentucky childcare programs in evaluation of new health promotion regulations. 2023 CCTS Spring Conference. Lexington, KY. March 27, 2023.
13. **Luecking CT**, Hales D, Studts T, Burney R, Ammerman A, Ward D. Development and refinement of a measure of context in childcare settings. 15th Annual Conference on the Science of Dissemination and Implementation. Washington, DC, December 11-14, 2022.
12. **Luecking C**, OoNorasak K, Frank A*, Goodman A*. *Lessons learned from a community-academic partnership to address food insecurity and food waste*. 12th Annual Appalachian Translational Research Network. Lexington, KY. November 14, 2022.
11. Doepker A*, **Luecking CT**. *“Meet them where they are”*: Skills and resources nutrition educators need when working with low-income families. Annual Nutrition Conference and Expo. Kentucky Academy of Nutrition and Dietetics. Covington, KY. March 2022.
10. Frank A*, OoNorasak K, **Luecking CT**. *Addressing food waste and child food insecurity through a university-community partnership*. Universities Fighting World Hunger 2022 Summit. Virtual format (due to COVID-19 pandemic). March 2022.
9. Combs L, **Luecking CT**, Norman-Burgdolf N. *Impact of alternate community nutrition experiences for dietetic interns during COVID-19*. 2021 Food & Nutrition Conference & Expo. Virtual format (due to COVID-19 pandemic). October 2021.

8. Dlugonski D, DuBose KD, **Luecking C**. *Maternal and paternal correlates of family physical activity co-participation with young children*. Annual Meeting and Scientific Sessions of the Society for Behavioral Medicine. Virtual format (due to COVID-19 pandemic). April 2021.
7. **Luecking CT** & Ward DS. *Efficacy of an enhanced implementation strategy to increase parent engagement with a health promotion program in child care*. 2020 Food & Nutrition Conference & Expo. Virtual format (due to COVID-19 pandemic). October 2020.
6. McHugh S, Presseau J, **Luecking C**, & Powell B. *Active ingredients of implementation: Examining the overlap between behaviour change techniques and implementation strategies*. 2019 Biennial Conference, Society for Implementation Research Collaboration, Seattle, WA, September 12 – 14, 2019.
5. Blanchard C & **Luecking CT**. *Enhancing implementation science capacity through an interdisciplinary student learning network*. 11th Annual Conference on the Science of Dissemination and Implementation. Washington, DC, December 3 – 5, 2018.
4. **Luecking CT**, Vaughn A, Gurjar M, Ward DS. *Assessing 24-hour dietary intakes of 3-4-year-old children who attend childcare and providing meaningful feedback to parents*. Food & Nutrition Conference & Expo. Boston, MA, October 2016.
3. **Luecking CT**, Ihekweazu C, Mazzucca S, Vaughn AE, Ward DS, Hennink-Kaminski H. *Buzzword or best practice? A systematic review of the use of social marketing principles in nutrition and physical activity interventions in childcare centers*. University of South Florida Social Marketing Conference. Clearwater, FL, June 17 – 18, 2016.
2. **Luecking CT**, Vaughn AE, Ihekweazu C, Ward DS. *Joining forces to create a healthy lifestyle social marketing intervention for preschool children*. Annual Meeting and Scientific Sessions of the Society for Behavioral Medicine. Washington, DC, April 2016.
1. **Luecking CT**, Fabbrini E, Klein S. *Different response to moderate weight gain in metabolically normal and metabolically abnormal obese humans*. 6th Annual Public Health Conference at Washington University. Saint Louis, MO, October 2013.

REGISTRATIONS

2. Robinson C, Luecking C, Keinsley J, Moding K, Neshteruk C, Kracht C, Ferrante MJ. Nutrition-focused policy, system, and environmental strategies to support healthy weight during the first 1,000 days: A scoping review protocol. 2022, Nov 9. OSF. Doi: 10.17605/OSF.IO/BQCK5.
1. Robinson C, Keinsley J, Luecking, C. (2023) 'Policy, Systems, and Environmental Interventions, Nutrition, and Weight.', searchRxiv. CABI International. doi: 10.1079/searchRxiv.2023.00165.

GRANT ACTIVITY

Current Support

Extramural

1. Cardarelli K (PI), Barr M, **Luecking CT**, Brewer D, Swanson M, Mullins J. 03/01/2022 - 2/28/2026. *Laurel HARVEST: Helping Appalachia Restore a Vibrant food Environment for Self Sufficiency Together*. United States Department of Agriculture/National Institute of Food and Agriculture, 2022-68015-336947. \$969,720 (Nationally competitive).

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This project aims to improve food security and nutritional health outcomes by enhancing healthy eating in a rural Kentucky community, thereby supporting a pathway to self-sufficiency and reducing obesity. Our team will employ a community-based participatory approach to identify and adapt evidence-based healthy eating interventions at multiple levels of the socioecologic model, assuring seamless integration with Cooperative Extension programming.

- Role: Co-Investigator (5% FTE) – Direct process evaluation throughout planning and implementation. Responsible for \$TBD.

Submitted

External

2. **Luecking CT**. 07/01/2024 - 09/30/2025. *Early Care and Education*. Kentucky Cabinet for Health and Family Services, Department of Public Health. Contract for Center for Disease Control and Prevention State Physical Activity and Nutrition Program. \$888,000 (Nationally competitive). This scope project aims to implement evidence-based policy, system, and environmental changes for obesity prevention within early care and education programs in Kentucky. Go NAPSACC is one of the evidence-based interventions used.
 - Role: Consultant (10% FTE) – Facilitate contract with Go NAPSACC, support recruitment and work of Go NAPSACC consultants, support learning collaboratives, support dissemination efforts to early care and education programs, analyze and report data regarding adoption and implementation. Responsible for \$113,000.
1. Wright S(PI), Lyons J, Ballard J, Nall M, Davis A, Gustafson A, **Luecking CT**, Bumgardner C. Submitted January 2023. Health Equity: Appalachian Lifestyles for Trust and Hope (HEALTH). National Science Foundation. \$1,498,880 (Nationally competitive).
 - Role: Co-Investigator (10% FTE)

Past Support

Extramural

7. Neshteruk C (PI), Kracht C, Lane H, **Luecking CT**. 11/01/2022 - 5/31/2023. *Implementation strategies used in policy, system and environmental interventions addressing obesity-related outcomes in early childhood education settings: a systematic review*. Robert Wood Johnson Foundation, Healthy Eating Research. \$8,000 (Nationally competitive). The purpose of this systematic review is to examine the implementation strategies used to support implementation of policy, system, and environmental interventions in the early childhood education setting and describe how the level of implementation support is related to the effectiveness of these interventions.
 - Role: Co-Investigator. Screen articles for inclusion, extract data, contribute to data analysis and manuscript development. Responsible for \$0.
6. **Luecking CT** (PI), Ferrante M, Kracht C, Moding K, Neshteruk C. 11/01/2022 - 5/31/2023. *Policy, system, and environmental strategies to support healthy weight practices during the first 1,000 days: A scoping review*. Robert Wood Johnson, Healthy Eating Research. \$6,000 (Nationally competitive). The purpose of this scoping review is to characterize the use of policy, system, and environmental interventions to promote healthy weight practices during the first 1,000 days (conception to child aged 24 months) and identify knowledge gaps regarding the application and effectiveness of these interventions to promote healthy weight practices for groups experiencing weight-related health disparities.
 - Role: Principal Investigator. Oversee financial, administrative, and scientific conduct of projects. Responsible for \$6,000.

5. White C (PI), Gustafson A, **Luecking CT**. 07/01/2020 - 09/30/2023. *Food Service Guidelines and Early Care and Education*. Kentucky Cabinet for Health and Family Services, Department of Public Health. Contract for Center for Disease Control and Prevention State Physical Activity and Nutrition Program. \$5,000,000 (Nationally competitive).
This scope project aims to implement evidence-based policy, system, and environmental changes for obesity prevention within early care and education programs in Kentucky. Go NAPSACC is one of the evidence-based interventions used.
 - Role: Consultant (10% FTE) – Facilitate contract with Go NAPSACC, support recruitment and work of Go NAPSACC consultants, support dissemination efforts to early care and education programs, analyze and report data regarding adoption and implementation. Responsible for \$73,950.
4. Ward DS (PI), Vaughn AE, Ammerman AS, Hales D, Curran GM, Studts CR, Powell BJ, Trogon JG, Willis E, **Luecking CT**. 08/15/2018 - 07/31/2023. *A hybrid effectiveness-implementation trial of Go NAPSACC: a childcare-based obesity prevention program*. Subaward of National Institute of Health/National Heart, Lung, and Blood Institute through the University of North Carolina at Chapel Hill, 5R01HL137929. \$2,988,647 (Nationally competitive).
This type 3 hybrid-effectiveness design with a randomized controlled trial is evaluating the impact of Go NAPSACC on child care centers' practices as well as the reach, adoption, implementation, and maintenance achieved with Go NAPSACC when using basic vs. enhanced implementation strategies. The primary outcome is centers' implementation of nutrition and physical activity best practices as measured by the Environment and Policy Assessment and Observation.
 - Role: Co-Investigator, Site Lead (15% FTE). Oversee financial, administrative, and scientific conduct of the study at the University of Kentucky. Responsible for \$637,965.
3. Ward DS (PI), Vaughn AE, Hennink-Kaminski H, Hales D, & Moore RH. 07/15/2014 - 8/31/2019. *Our Year of Healthy Living: A Social Marketing Intervention for Child Care & Home*. National Institute of Health/National Heart, Lung, and Blood Institute, HR01HL120969.
This study was a two-arm, cluster randomized controlled trial evaluating the effectiveness of a social marketing campaign to support partnership between early care and education providers and parents that promote healthier eating and physical activity habits for of 3-4-year-old children. Primary outcomes included changes in children's diet quality and minutes in non-sedentary activities.
 - Role: Graduate research assistant
2. **Luecking, CT** (PI). 08/15/2018 - 05/15/2019. *Implementation of a Child Care + Home Intervention to Improve Children's Nutrition and Physical Activity: Assessment of Fidelity, Parent Engagement, and Enhanced Implementation*. Graduate School at the University of North Carolina.
This project evaluated the fidelity of implementation of a social marketing intervention promoting healthier habits in young children, identified barriers to implementation, and piloted an enhanced implementation strategy to increase parent engagement with the intervention.
 - Role: Principal Investigator
1. Mayer-Davis B (PI), Beck (Co-PI). 08/15/2016 - 08/14/2017. *Ruth L. Kirschstein National Research Service Award, Institutional Research Nutrition Training Grant*. National Institutes of Health/National Institute of Diabetes and Digestive and Kidney Diseases through the University of North Carolina at Chapel Hill, T32 DK07686.

This institutional T32 award aimed to develop a future leader in applied nutrition science through training, education, and research regarding implementation science and development and evaluation of obesity prevention interventions.

- Role: Pre-doctoral trainee

Internal

4. **Luecking CT** (PI). 2/01/2023 - 08/31/2023. *Supporting healthy, happy eaters in early childhood.* College of Agriculture, Food and Environment Extension Innovation Award, University of Kentucky. \$10,000.
Funding supported resources to build an early child nutrition toolkit for Family & Consumer Sciences agents, pilot a preschool curriculum to support exposure and tasting of fruit and vegetables, and to support educational materials for a Food As Medicine grocery 'prescription' pilot project for pregnant people who have gestational or type 2 diabetes mellitus or hypertension.
3. **Luecking CT** (PI). 11/15/2021 - 06/30/2022. *Undergraduate research experiences in the SNACK Lab.* College of Agriculture, Food and Environment Research Activity Award, University of Kentucky. \$2,400.
Funding for two undergraduate research experiences with the SNACK (Supporting Nutritious and Active Children in Kentucky) Lab. One experience will support formative work with community partners across Kentucky to inform development of a new program to support nutrition for expecting families and primary caregivers of infants and toddlers who have limited resources. The other experience will support recruitment and data collection for an ongoing pilot study to establish a cohort of child care centers and children across Kentucky to evaluate the equity and impact of new regulations regarding nutrition, physical activity, and screen in child care.
2. **Luecking CT** (PI). 06/01/2021 – 06/30/2023. *Formative work for health promotion in early childhood in Kentucky.* College of Agriculture, Food and Environment Research Activity Award, University of Kentucky. \$30,000.
Funding to support a time-sensitive project is to collect critical baseline data to support an extramural grant application to fund prospective evaluation of the equity of implementation and impact of new health and safety regulations for child care in Kentucky and to support formative work to inform development of a new program to support nutrition for expecting families and primary caregivers of infants and toddlers who have limited resources.
 - Role: Principal Investigator. Oversee financial, administrative, and scientific conduct of projects. Responsible for \$30,000.
1. **Luecking CT** (PI), Rous B, Williams C, Dlugonski D, Adatorwovor R, Ingram R, Ward DS. 06/01/2021 - 05/31/2022. *Evaluating the impact and equity of translating new state-level policies into obesity prevention practices in child care centers in Kentucky.* Center for Health Equity Transformation, University of Kentucky. \$25,000 (Internally competitive).
The objective of this time-sensitive project is to collect critical baseline data to support an extramural grant application to fund prospective evaluation of the equity of implementation and impact of new health and safety regulations for child care in Kentucky. Our longer-term goal to identify unintended consequences of new regulations and strategies to support equitable translation of obesity prevention policies for children into practice.
 - Role: Principal Investigator. Oversee financial, administrative, and scientific conduct of projects. Responsible for \$25,000.

Unfunded

Denotes *Student; ^Extension Agent; +Senior Author; #Corresponding Author

Extramural

5. **Luecking CT** (PI), Rous B, Williams C, Dlugonski D, Adatorwovor R, Ingram R, Ward DS. Submitted July 2021. *Evaluating the impact and equity of translating new state-level policies into obesity prevention practices in child care centers in Kentucky*. Robert Wood Johnson Foundation. \$1,810,771 (Nationally competitive).
 - Role: Principal Investigator (30% FTE)
4. **Luecking CT** (PI), Rous B, Williams C, Dlugonski D, Adatorwovor R, Ingram R, Ward DS. Submitted June 2021. *Evaluating the impact and equity of translating new state-level policies into obesity prevention practices in child care centers in Kentucky*. National Institutes of Health/National Institute of Diabetes, Digestive, and Kidney Diseases. \$2,308,683 (Nationally competitive).
 - Role: Principal Investigator (30% FTE)
 - Scored – 57
3. Norman-Burgdorf H (PI) & **Luecking CT**. Submitted March 2021. *Plate It Up! Kentucky Proud: Promoting Kentucky Proud Palates from Birth*. Kentucky Department of Agriculture, U.S. Department of Agriculture Specialty Crop Block Grant Program. \$44,276 (Regionally competitive)
 - Role: Co-Principal Investigator (2% FTE)
2. **Luecking CT** (PI) & OoNorasak K. Submitted December 2020. *Increasing food security among young children and families engaged with Head Start in South Central Kentucky*. No Kid Hungry. \$25,000 (Nationally competitive).
 - Role: Principal Investigator (2% FTE)
1. Cardarelli K (PI), Barr M, **Luecking CT**, Brewer D, Swanson M, Mullins J. Submitted March 2020. *Laurel HARVEST: Helping Appalachia Restore a Vibrant food Environment for Self Sufficiency Together*. United States Department of Agriculture/National Institute of Food and Agriculture. \$969,720 (Nationally competitive).
 - Role: Co-Investigator (5% FTE)
 - Scored – High priority

Internal

1. Dlugonski D, **Luecking CT**, Erwin HE, & Hoch MC. Submitted August 2020. *Our Family Moves: A pilot study to inform the design of a scalable family physical activity intervention*. University of Kentucky Center for Clinical and Translational Sciences. \$25,000 (Internally competitive).
 - Role: Co-Investigator

OTHER COOPERATIVE EXTENSION ACTIVITY

Curricula (New Curriculum: 1; Adapted: 1)

2. **Luecking CT**⁺, Bauldauff A[^], Jones N, Kostelic A, Workman L[^], Giles K[^], Congleton S[^], McCulley M, Jury K. (2022). *Pathways to Wellness*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment. [Program Overview, Marketing and Media Package, Four-session curriculum: Facilitator Guides, Slide Decks, Publications, Participant Handouts, Activities, Evaluations, Goalify program for at-home activities] (Peer Reviewed, Original Content)
 - This program was created to address agent-expressed need for programming about the multiple levels of influence on health. It aims to increase knowledge about social determinants of health and increase beliefs that individuals and communities can take action to change factors in the environment that promote health for all people.

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1. **Luecking CT & Jones N. (2022).** Extension Health and Wellness Ambassador. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment. [Agent training, Agent Implementation Guide, Marketing and Media Package, 40-hour Ambassador Training Package: 25 Slide Decks, Participant Handouts, Activities, Evaluations] Adapted for use in Kentucky from University of Tennessee Extension.
 - This program is a ‘master’ volunteer program to increase capacity of Extension to deliver health programming and implement policy, system, environmental changes.

County Agent In-Service Trainings

Family and Consumer Sciences Extension heavily utilizes the train-the-trainer model for program delivery to maximize program offerings and clientele reached. Trainings were delivered virtually and face to face in multiple locations to serve all areas of the state. All in-service trainings have an evaluation instrument. The mean results reported in Table 3 are for trainings that used a common evaluation instrument. Evaluation results for in-service training programs are positive.

Table 3. Mean Results Agent In-Service Trainings (Measured on a 5.0 Scale, n=230)

Measure	Mean Score
...was relevant to my county needs	4.37
...was based on credible, up-to-date information	4.61
...was well organized	4.52
...was an adequate treatment of the topic	4.47
...was easy to understand	4.40
...were well prepared	4.58
...used teaching methods appropriate for the content/audience	4.62
...were knowledgeable of the subject matter	4.67
...engaged the participants in learning	4.51
...related program content to practical situations	4.54

9. **Luecking CT.** *FCS Quarterly Nutrition Update: Challenging the ‘eat less, move more’ story about obesity.* Zoom, April 18, 2023. One-hour session presented as part of a new quarterly nutrition series for FCS Agents. The in-service discussed challenges of talking about obesity, acknowledged barriers of measuring obesity, identified changes in energy balance and fat tissue related to obesity, explored factors that contribute to obesity, and examined the range of interventions to prevent and treat obesity. Reach 30 county extension agents.
8. **Luecking CT,** Norman-Burgdolf H, Mullins J, Bastin S. *On Trend: Evidence-based Program of Work for Emerging Food and Nutrition Trends.* Multiple locations, February 2023. Three-hour session presented as part of the FCS Agent Training Week. In-service unpacked food and nutrition trends over time, provided guidance for distinguishing nutrition fact from fiction, and mapped current FCS evidence-based and evidence-informed Extension programs with upcoming food and nutrition trends. Reach 96 county extension agents.
7. **Luecking CT,** Baldauff A[^], McCulley M, Workman L[^], Kostelic A, Jury K, Congleton S[^], Giles K[^]. *Pathways to Wellness.* Three locations (Caldwell County, Morgan County, Scott County), September and October 2022. Six-hour session to orient FCS agents to Pathways to Wellness, new health programming. Reach 48 FCS agents.

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6. **Luecking CT**, Starr A, Johnson M. *Go NAPSACC in Kentucky*. Zoom, August 3 & 12, 2022. Two-hour session to orient Go NAPSACC consultants to new tools, resources, and procedures for supporting implementation among child care programs across Kentucky. Reach 34 participants, 17 FCS agents.
5. **Luecking CT**, Jones N. *Extension Health & Wellness Ambassador training for FCS agents*. Zoom, May 10-11,13, 2021. Six-hour session to orient FCS agents to a new, health-focused volunteer program. This group will pilot and support continued adaptation of the Extension Health & Wellness Ambassador program for Kentucky. Reach 12 FCS agents.
4. Jones N, **Luecking CT**, & Norman-Burgdorf H. *PSE problem solving: Finding financial support*. Zoom, November 10, 2020. One-hour session presented and facilitated as part of ongoing technical assistance to support FCS agents who attended training in February 2020. In-service focused on finding financial support for making PSE changes. Reach 19 county extension agents.
3. Jones N, **Luecking CT**, & Norman-Burgdorf H. *PSE problem solving: Building active communities*. Zoom, August 4, 2020. One-hour session presented and facilitated as part of ongoing technical assistance to support FCS agents who attended training in February 2020. In-service focused on strategies for Active Living by Design. Reach 36 county extension agents.
2. Jones N, **Luecking CT**, & Norman-Burgdorf H. *PSE problem solving: Keys to strong and productive partnerships*. Zoom, May 5, 2020. One-hour session presented and facilitated as part of ongoing technical assistance to support FCS agents who attended training in February 2020. In-service focused on a creating a roadmap for effective partnerships, identifying challenges of partnerships, and brainstorming strategies to overcome. Reach 87 county extension agents.
1. Jones N, **Luecking CT**, & Norman-Burgdorf H. *PSE: Making change stick*. Multiple locations, February 2020. Three-hour session presented as part of the FCS Agent Training Week. In-service focused on providing background about policy, systems, environment interventions and facilitating development of an action plan tailored to local counties. Reach 42 county extension agents.

County/Multi-County Educational Programs

8. **Luecking CT**. *A Community Partnership to Upcycle Textiles into Reusable Bags to Deliver Meals from Recovered Foods*. Kentucky Extension Homemaker Quilt Guilds. Counties: Scott. June 20, 2023. 30 participants.
7. **Luecking CT**. *Nutrition for the Best Start: What and how to feed kids from birth to two*. Best Start (Counties: Hickman, Ballard, Carlisle, Fulton), virtual. April 27, 2023. 6 participants.
6. **Luecking CT**. *Go NAPSACC Orientation*. Zoom, August 3, 2022. A 45-minute session to orient FCS agents to an evidence-based program to support policy, system, and environmental changes in early care and education settings. Go NAPSACC is approved for the SNAP-Ed toolkit and will count towards SNAP-Ed hours. Reach 22 FCS agents.
5. **Luecking CT**. *Nutrition for the Best Start: What and how to feed kids from birth to five*. Best Start (Counties: Marshall, Ballard, Carlisle, Fulton), virtual. May 5, 2022. 8 participants.

4. **Luecking CT**, Jones N. *Extension Health & Wellness Refresher*. Zoom, April 18, 2022. One-hour session to re-orient FCS agents participating in a pilot of implementing the Extension Health & Wellness Ambassador program in Kentucky. Reach 5 FCS agents.
3. **Luecking CT**. *Introduction to Go NAPSACC*. Zoom, September 17, 2021. One-hour session to orient FCS agents to an evidence-based program to support policy, system, and environmental changes in early care and education settings. Go NAPSACC is approved for the SNAP-Ed toolkit and will count towards SNAP-Ed hours. Reach 10 FCS agents.
2. **Luecking CT**. *Program updates: 2020-2025 Dietary Guidelines for Americans and child nutrition*. Zoom, March 23, 2021. One-hour session to update FCS agents on newly released Dietary Guidelines and solicit input for forthcoming child nutrition programming. Reach 70 county extension agents and associates.
1. **Luecking CT & Strube B**. *Bright by Text with KET*. Webinar, April 16, 2020. Forty-five-minute session presented as part of the FCS @ Home series. Reach 73 county extension agents and associates. Session focused on providing background about the Bright by Text program and the opportunity to locally advertise Extension events with subscribers of the text program.

Oral Presentations

23. **Luecking CT**. *Pathways to Wellness: Navigating the people, places and spaces that influence health*. Kentucky Volunteer Forum, Lexington, KY. February 23, 2024.
22. **Luecking CT**. *Pathways to Wellness: A program development story*. Work in Progress, Department of Dietetics and Human Nutrition, University of Kentucky, Lexington, KY. November 1, 2023. 23 participants.
21. **Luecking CT**. *It starts with prevention: Diet for weight control*. John F. Gilmore Symposium on Nutrition and Small Bowel Disorders, University of Chicago, Chicago, IL. September 22, 2023. 200 participants.
20. Kneale L* & **Luecking CT**. *Supporting feeding infants and young children during emergencies*. FCS Agent Sewing Camp, Scott County, KY. July 25, 2023. 30 participants.
19. **Luecking CT**, Baldauff A[^], Workman L. *Pathways to Wellness: Navigating the people, places and spaces that influence health*. Kentucky Extension Homemaker Association State Meeting, Louisville, KY. May 10, 2023. 35 participants.
18. **Luecking CT**, Mullins J. *Healthy eating around the world*. Kentucky Extension Homemaker Association State Meeting, Owensboro, KY. May 11, 2022. 19 participants.
17. **Luecking CT**, DeWitt E, Hopkins E*. *Tricks of the trade: Mindful eating and other strategies to manage stress and savor each eating experience*. Kentucky Extension Homemaker Association State Meeting, Owensboro, KY. May 10, 2022. 26 participants.
16. **Luecking CT**. *Getting connected with Go NAPSACC*. Salt River Region of Child Care Aware, virtual. April 14, 2022. 14 participants.

15. Gebauer L* & **Luecking CT**. *Preliminary results of a content analysis of obesity- & weight-related continuing professional education*. Healthy Weight Taskforce, Weight Management Dietetics Practice Group of the Academy of Nutrition and Dietetics, virtual. March 21, 2022. 6 participants.
14. **Luecking CT**. *Adoption of Go NAPSACC in Kentucky*. Partnership for Fit Kentucky: Early Childhood Education Group, virtual. March 8, 2022. 19 participants.
13. **Luecking CT**. *Go NAPSACC in Kentucky*. Northern Kentucky Community Early Childhood Council, virtual. February 23, 2022. 26 participants.
12. **Luecking CT** & Norman-Burgdorf H. *Make every bite count throughout the lifespan: Dietary Guidelines 2020-2025 for older adults*. Donovan Forum Series, University of Kentucky Office of Lifelong Learning, virtual (due to COVID-19 pandemic). December 2, 2021. 63 participants.
11. **Luecking CT**. *Strategies for mindful eating and stress eating during pregnancy and postpartum*. PATHways Program, Lexington, KY, telehealth (due to COVID-19 pandemic). September 22, 2021. 7 participants.
10. **Luecking CT**. *It's all fun and games: Inspiring healthier eating and activity habits with grandkids*. National Volunteer Outreach Conference, Owensboro, KY. July 22, 2021. 10 participants.
9. **Luecking CT**. *It's all fun and games: Inspiring healthier eating and activity habits with grandkids*. Kentucky Extension Homemaker Association State Meeting, Bowling Green, KY. June 22, 2021. 35 participants.
8. **Luecking CT**. *Census data for food security*. U.S. Census Bureau 2021 Data Summit Series, virtual. June 8, 2021. 200 participants.
7. **Luecking CT**. *Go NAPSACC overview*. Infant Toddler Network, Kentucky Division of Child Care, virtual. April 23, 2021. 13 participants.
6. **Luecking CT**. *Finding & working with a mentor*. DHN Professional Development Series, University of Kentucky. April 15, 2021. 5 participants.
5. Combs L & **Luecking CT**. *Creating engaged community scholarship through alternate experiential learning*. Ohio Nutrition and Dietetic Educators and Preceptors, virtual. November 20, 2020. 39 participants.
4. **Luecking CT** & Rohde C. *Encourage children to play with their food: Things you can do to support healthy eating habits in early childhood*. Fayette County Public Schools Early Childhood Summit, virtual (due to COVID-19 pandemic). September 26, 2020. 32 participants.
3. **Luecking CT** & Dlugonski D. *Bridging the silos: A conversation around the virtual table, holistic approaches to health behaviors for families, clients, and patients*. Bluegrass Academy of Nutrition and Dietetics, virtual (due to COVID-19 pandemic). September 17, 2020. 43 participants.
2. **Luecking CT**. *Building healthy eating and physical activity habits in early childhood*. Ohio Valley Educational Cooperative. Webinar, July 22, 2020. 15 participants.

1. **Luecking CT**. *Building healthy eating and physical activity habits in early childhood*. KY Governor's Office of Early Childhood. [Webinar](#), June 23, 2020. Live participants: 28. Additional views: 38 (as of March 21, 2022).

Posters

7. OoNorasak K, Frank A*, **Luecking CT**. *Mobile Food Market: Community-academic partnership to address food insecurity and food waste during the COVID-19 pandemic*. Showcase of 2023 UK Sustainability Showcase. Lexington, KY. September 2023.
6. Goodman A*, OoNorasak K, Kingsland L, Badgett J, **Luecking CT**. *Upcycling textiles into grocery bags to deliver meals prepared from recovered food*. UK Sustainability Research Showcase, University of Kentucky. Lexington, KY. October 18, 2022.
5. Frank A*, OoNorasak K, **Luecking CT**. *Addressing food waste and child food insecurity through a university-community partnership*. Showcase of Undergraduate Scholars, University of Kentucky. Lexington, KY. April 26, 2022.
4. Doepker A* & **Luecking CT**. *"Get rid of the territory": Barriers and facilitators faced by nutrition educators when working with low-income families*. Showcase of Undergraduate Scholars, University of Kentucky. Lexington, KY. April 26, 2022.
3. Cochran G* & **Luecking CT**. *Understanding characteristics and representativeness of Kentucky childcare centers that choose to participate in a research study*. Showcase of Undergraduate Scholars, University of Kentucky. Lexington, KY. April 26, 2022.
2. Gebauer L* & **Luecking CT**. *Preliminary results of a content analysis of obesity-related continuing professional education for registered dietitians*. Showcase of Undergraduate Scholars, University of Kentucky. Lexington, KY. April 26, 2022.
1. Frank A*, OoNorasak K, **Luecking CT**. *Turning recovered produce into healthy food assistance bags for families with limited resources: Evaluation of the impact of collective action*. UK Sustainability Research Showcase, University of Kentucky. Lexington, KY. October 5, 2021.

Extension Homemaker Leader Lessons

Within FCS Extension at the University of Kentucky, a train-the-trainer model is used for program dissemination. Extension leader lessons are developed by state-level specialists for county agents, county homemaker groups, and other Extension partner organizations. Extensions Specialists are highly encouraged to develop one new Extension Homemaker Leader Lesson each year. These lessons are peer-reviewed and pilot-tested prior to county use.

3. **Luecking CT**, Mullins J. (2023). *Healthy eating around the world*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment. [Extension Leader Lesson Facilitator Guide, Slide Deck, Publication, Participant Handouts, Activities, Evaluation] (Peer Reviewed, Original Content)
2. **Luecking CT**, DeWitt E. (2022). *Tips for managing stress eating*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment. [Extension Leader Lesson Facilitator Guide, Slide Deck, Publication, Participant Handouts, Activities, Evaluation] (Peer Reviewed, Original Content)

1. DeWitt E, **Luecking CT**. *Savoring the eating experience: The art of eating mindfully*. (2022). Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment. [Extension Leader Lesson Facilitator Guide, Slide Deck, Publication, Participant Handouts, Activities, Evaluation] (Peer Reviewed, Original Content)

Initial COVID-19 Response (Total: 11)

During the early phase of the COVID-19 pandemic, (March 2020 – April 2021), state-level specialists developed and delivered programming to support Cooperative Extension agents and constituents of the Commonwealth. During that time, I developed and/or delivered the following:

Live, online program delivery

These 30 – 45-minute standalone programs were designed to offer continuity in delivery of evidence-based information and programming from Cooperative Extension. Sessions were offered live through Zoom and Facebook Live. Family and Consumer Science agents could advertise and host virtual watch parties for their community members. Programs were recorded and archived on the public facing Family and Consumer Science Facebook and YouTube pages. Additional resources, including information releases and activities, were provided to accompany support live programming.

11. **Luecking CT**, Bastin S, Mullins J, Norris A. *Self-care and Nutrition*. Zoom and Facebook Live, April 29, 2021. 45-minute session. Live reach: 1,554. Program covered tips for nourishing oneself with food during times of stress and grief. This was part of the FCS Living with Loss: Playing the Hand you are Dealt series.
10. Badgett J, Huff N, Kostelic A, **Luecking CT**, McCulley M, Yount M. *Picture This: Holiday Memorable Moments*. Zoom and Facebook Live, December 3, 2020. 60-minute session. Live reach: 1,951. Program offered new twists for holiday traditions to safely navigate holidays during the COVID-19 pandemic. This was part of the FCS Holidays at Home Series.
9. Bastin S, **Luecking CT** & Norman-Burgdolf H. *All About that Baste: Creating a Picture-Perfect Turkey*. Zoom and Facebook Live, November 12, 2020. 45-minute session. Live reach: 1,688. Program presented basic tips for safely purchasing, preparing, and storing turkey. This was part of the FCS Holidays at Home Series.
8. **Luecking CT** & Norman-Burgdolf H. *Beyond Ramen: Basics of Nutrition and Cooking with Kitchen Staples*. Zoom and Youtube Live, July 22, 2020. 60-minute session. Live reach: 152. This session was part of the University of Kentucky's Adulthood 101 series for high school students across the state. Program cleared up confusion about media presentation of nutrition, tips for evaluating the credibility of nutrition information, the basics of a healthy eating pattern, and a 5-step process to pull together a meal without a recipe.
7. **Luecking CT** & Norman-Burgdolf H. *Summer Melt*. Zoom and Facebook Live, July 16, 2020. 45-minute session. Live reach: 2,813. Program presented tips for keeping physically and mentally cool while preparing meals with and for families.
6. **Luecking CT**, Jones N, & Weisenhorn D. *Kickin' Up Summer Fun*. Zoom and Facebook Live, June 18, 2020. 45-minute session. Live reach: 3,356. Program presented summer safety tips (sunscreen, water safety, preventing spread of COVID), ideas for summer fun for families, and healthy and hydrating snack and beverage ideas.

5. **Luecking CT** & Jones N. *Sorting Fact from Fiction in a Time of Information Overload*. Zoom and Facebook Live, May 28, 2020. 45-minute session. Live reach: 2,464. Program presented tips for finding reliable health information and identifying sources of misinformation.
4. **Luecking CT** & Strube B. *Bright by Text with KET*. Zoom and Facebook Live, May 18, 2020. 30-minute session. Live reach: 2,949. Program introduced the Bright by Text program, guided people through signing up, and sharing additional education and support resources from Kentucky Educational Television for caregivers to do or use with young children.
3. **Luecking CT** & Norman-Burgdolf H. *Managing Stress Eating During Stressful Times*. Zoom and Facebook Live, April 10, 2020. 45-minute session. Live reach: 1,674. Program focused on what is going on in our body during stressful times that drives us to seek comfort foods, tips for managing stress eating, and a mindful eating activity.
2. **Luecking CT**, Norman-Burgdolf H, & Kostelic A. *Supporting Your Immune System with Pantry Staples*. Zoom and Facebook Live, April 6, 2020. 45-minute session. Live reach: 5,108. Program focused on tips for supporting the immune system and healthy lifestyle behaviors at home.
1. **Luecking CT** & Norman-Burgdolf H. *Involving Little Ones in the Kitchen*. Zoom and Facebook Live, March 19, 2020. 30-minute session. Live reach: 4,268. Program focused on benefits and addressing concerns of getting little ones involved in the kitchen, age-appropriate ways to involve them, and tips and ideas for healthy snacks.

MEDIA OUTREACH

Television and Live Media Segments

22. **Luecking CT** & Shive K (Host). (2023, December 22). *Holiday Food Safety* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television. Estimated reach: 15,000
21. **Luecking CT** & Shive K (Host). (2023, December 14). *Navigating Holiday Sweets with Children* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television. Estimated reach: 15,000
20. **Luecking CT** & Shive K (Host). (2023, May 26). *Eating Over the Rainbow: Encouraging Children to Eat Fruit and Veggies* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television. Estimated reach: 15,000
19. **Luecking CT** & Shive K (Host). (2023, May 26). *Creating Safe Spaces to Explore Food* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television. Estimated reach: 15,000
18. **Luecking CT** & High D (Host). (2023, May 23). *Keeping Cool in the Kitchen* [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting. Estimated reach: 36,000
17. **Luecking CT** & Shive K (Host). (2023, May 18). *A Way with Words: Encouraging Children to Try New Foods* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television. Estimated reach: 15,000

16. **Luecking CT**, Bivens E (Anchor). (2022, September 2). *Building Mindfulness into Everyday Eating Experiences* [News Segment]. In ABC 36 Good Afternoon Kentucky at 3:00. Lexington, KY: WTVQ 36 Broadcasting. Estimated reach: 30,000
15. **Luecking CT** & Brown A (Anchor). (2022, August 23). *Breakfast for the Back-to-School Grind* [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting. Estimated reach: 36,000
14. **Luecking CT** & Shive K (Host). (2022, July 8). *Brain Food* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television. Estimated reach: 20,000
13. **Luecking CT** & Shive K (Host). (2022, July 7). *Keeping Cool in the Kitchen* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television. Estimated reach: 20,000
12. **Luecking CT** & Shive K (Host). (2022, June 30). *Summer Feeding Programs* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television. Estimated reach: 20,000
11. **Luecking CT** & Shive K (Host). (2022, February 9). *Dressing Kids for Winter Outdoor Play* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television. Estimated reach: 20,457
10. **Luecking CT** & Shive K (Host). (2022, February 4). *Tips for Promoting Healthy Smiles* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television. Estimated reach: 20,100
9. **Luecking CT**, Bivens E (Anchor), & Adams C (Anchor). (2021, November). *Healthy Eating During the Holidays* [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting. Estimated reach: 36,000
8. **Luecking CT** & Shive K (Host). (2021, February 5). *Tasty Treats for Snack Attacks* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television. Estimated reach: 20,000
7. **Luecking CT** & Shive K (Host). (2021, February 4). *Creating Goals that Help You Eat Better One Bite at a Time* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television. Estimated reach: 20,000
6. **Luecking CT** & Shive K (Host). (2020, October 21). *Nutrition Basics* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television. Estimated reach: 20,000
5. **Luecking CT** & Shive K (Host). (2020, September 30). *Food and Mood* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television. Estimated reach: 20,000
4. **Luecking CT** & Shive K (Host). (2020, September 16). *Family Meals* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television. Estimated reach: 20,000
3. **Luecking CT** & Shive K (Host). (2020, September 7). *Heathy Snacks* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television. Estimated reach: 20,000

2. **Luecking CT**, Bivens E (Anchor), & Adams C (Anchor). (2020, April). *Managing Stress Eating During Stressful Times*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting. Estimated reach: 36,000
1. Norman-Burgdolf H., **Luecking CT**, Adams C (Anchor) & Bivens E. (Anchor). (2019, October). *A Healthy and Happy Halloween*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting. Estimated reach: 36,000

Podcasts

The Talking FACS podcast, is an award-winning podcast produced by the University of Kentucky Family & Consumer Sciences Extension. It focuses on "what you need to know about family, food, finance, and fitness."

25. *Re-broadcast*. **Luecking CT**, McCulley M (Host) Dressing Kids for Outdoor Play [Audio blog post]. *Talking FACS*. 2023 December 26; Season 6, Episode 24
<https://open.spotify.com/episode/727dQGlidvHZVKUmAYnpQ6> Reach: TBD.
24. **Luecking CT**, McCulley M (Host) Navigating the Season of Sweets with Children [Audio blog post]. *Talking FACS*. 2023 December 12; Season 6, Episode 22
<https://open.spotify.com/episode/6nJHziAtD9VjKKJEvOe1aB> Reach: TBD.
23. **Luecking CT**, McCulley M (Host) Dressing Kids for Outdoor Play [Audio blog post]. *Talking FACS*. 2023 October 10; Season 6, Episode 13
<https://open.spotify.com/episode/7wXpOsgal0oNvELj8OvBfg> Reach: TBD.
22. **Luecking CT**, McCulley M (Host) Brain Food [Audio blog post]. *Talking FACS*. 2023 September 19; Season 6, Episode 10 <https://open.spotify.com/episode/6ZleYC00gBwCE7acE1b4kh> Reach: TBD.
21. **Luecking CT**, McCulley M (Host) Exploring New Foods with Children [Audio blog post]. *Talking FACS*. 2023 August 14; Season 6, Episode 6
<https://open.spotify.com/episode/3HPPrwcGN3ixdYJW06w5YYI?si=3b59a2ccf8874af9> Reach: TBD.
20. **Luecking CT**, McCulley M (Host) Eating Over the Rainbow [Audio blog post]. *Talking FACS*. 2023 August 7; Season 6, Episode 5
<https://open.spotify.com/episode/3HPPrwcGN3ixdYJW06w5YYI?si=3b59a2ccf8874af9> Reach: TBD.
19. **Luecking CT**, McCulley M (Host) Feeding toddlers [Audio blog post]. *Talking FACS*. 2023 July 17; Season 6, Episode 2 <https://open.spotify.com/episode/03O407yNwiwRVjX4QhZpnw> Reach: TBD.
18. **Luecking CT**, McCulley M (Host) Eat your words: Phrases that encourage children to try new foods [Audio blog post]. *Talking FACS*. 2023 May 23; Season 5, Episode 37.
<https://www.podbean.com/ew/pb-ien85-1417464> Reach as of June 30, 2023: 1,910.
17. **Luecking CT**, Turner C (Host) Dr. Courtney Luecking [Audio blog post]. *DoGood Radio*. 2023 Mar 20; Episode 27. Blue Grass Community Foundation.
<https://open.spotify.com/show/04zcnVqWsBe7TO8vfWXNly> Reach as of June 30, 2023: 2,000.

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16. **Luecking CT**, McCulley M (Host) Strategies for lower stress family meals [Audio blog post]. *Talking FACS*. 2023 Feb 13; Season 5, Episode 25 <https://ukfcsext.podbean.com/e/strategies-for-lower-stress-family-mealtime/?fbclid=IwAR29GEIgKxfnbDoLsmYcMx3Bdzvi7pTRpaAasX9axKAFqUttiQD9dhQk0YM> Reach as of June 30, 2023: 3,489.
15. *Re-broadcast*. **Luecking CT**, Hunter JL (Host) Supporting childhood immunity with nutrition [Audio blog post]. *Talking FACS*. 2022 Dec 26; Season 3, Episode 34 <https://ukfcsext.podbean.com/e/supporting-childhood-immunity-with-nutrition/?token=9acb80c8c1daa2558c7e062ead1c159d> Reach as of June 30, 2023: 83.
14. **Luecking CT**, McCulley M (Host) Creating safe spaces to explore foods [Audio blog post]. *Talking FACS*. 2022 Aug 29; Season 5, Episode 7 <https://ukfcsext.podbean.com/e/creating-safe-spaces-to-try-explore-foods/> Reach as of June 30, 2023: 2,389.
13. **Luecking CT**, McCulley M (Host) How to respond when your child says, "I don't like it!" [Audio blog post]. *Talking FACS*. 2022 Aug 8; Season 5, Episode 4 ukfcs.net/TalkingFACS5-4 Reach as of June 30, 2023: 3,896.
12. **Luecking CT**, McCulley M (Host) Why are comfort foods so comforting? [Audio blog post]. *Talking FACS*. 2022 Mar 14; Season 4, Episode 24 <https://ukfcsext.podbean.com/e/why-are-comfort-foods-so-comforting/> Reach as of December 15, 2022: 2,093.
11. **Luecking CT**, McCulley M (Host) To eat or not to eat: How to know when you are hungry [Audio blog post]. *Talking FACS*. 2021 Dec 20; Season 4, Episode 18. <https://ukfcsext.podbean.com/e/to-eat-or-not-to-eat-how-to-know-when-you-are-hungry/> Reach as of December 15, 2022: 765.
10. **Luecking CT**, McCulley M (Host) New Twists on Traditional Holiday Meals [Audio blog post]. *Talking FACS*. 2021 Nov 15; Season 4, Episode 14. <https://ukfcsext.podbean.com/e/new-twists-on-traditional-holiday-meals/> Reach as of December 15, 2022: 1,294.
9. **Luecking CT**, McCulley M (Host) World Breastfeeding Week 2021 [Audio blog post]. *Talking FACS*. 2021 Jul 26; Season 4, Episode 2. <https://ukfcsext.podbean.com/e/world-breastfeeding-week-2021/> Reach as of December 15, 2022: 1,041.
8. **Luecking CT**, McCulley M (Host) Introducing solid foods to infants [Audio blog post]. *Talking FACS*. 2021 Jun 28; Season 3, Episode 50. <https://ukfcsext.podbean.com/e/introducing-solid-food-to-infants/> Reach as of December 15, 2022: 2,093.
7. **Luecking CT**, Hunter JL (Host) Let's get excited about the DGA 2020-2025! [Audio blog post]. *Talking FACS*. 2021 Apr 6; Season 3, Episode 40. <https://ukfcsext.podbean.com/e/lets-get-excited-about-the-dga-2020-2025/> Reach as of December 15, 2022: 1,600.
6. **Luecking CT**, Hunter JL (Host) Supporting childhood immunity with nutrition [Audio blog post]. *Talking FACS*. 2021 Mar 1; Season 3, Episode 34. <https://ukfcsext.podbean.com/e/supporting-childhood-immunity-with-nutrition/?token=9acb80c8c1daa2558c7e062ead1c159d> Reach as of December 15, 2022: 1,318.

5. **Luecking CT**, Hunter JL (Host) Navigating food jags [Audio blog post]. *Talking FACS*. 2021 Feb 2; Season 3, Episode 31. <https://ukfcsext.podbean.com/e/navigating-food-jags/> Reach as of December 15, 2022: 1,772.
4. **Luecking CT**, Jones N, Hunter JL (Host) Fact or fiction: Finding reliable health information [Audio blog post]. *Talking FACS*. 2021 Jan 11; Season 3, Episode 28. <https://ukfcsext.podbean.com/e/fact-or-fiction-finding-reliable-health-information/> Reach as of J December 15, 2022: 1,767.
3. **Luecking CT**, Hunter JL (Host) Food allergies and you [Audio blog post]. *Talking FACS*. 2020 Aug 17; Season 3, Episode 8. <https://ukfcsext.podbean.com/e/food-allergies-and-you/> Reach as of December 15, 2022: 3,727.
2. **Luecking CT**, Hunter JL (Host) Grab and go the healthier way [Audio blog post]. *Talking FACS*. 2020 Feb 24; Season 2, Episode 36. <https://ukfcsext.podbean.com/e/grab-and-go-the-healthier-way/> Reach as of July 1, 2021: 211.
1. **Luecking CT**, Hunter JL (Host) I'm thirsty! Choosing healthy drinks for the zero to five crowd [Audio blog post]. *Talking FACS*. 2020 Jan 13; Season 2, Episode 30. <https://ukfcsext.podbean.com/e/im-thirsty-choosing-healthy-drinks-for-the-zero-to-five-crowd-1578919117/> Reach as of July 1, 2021: 265.

Print Media

International Media

1. McHugh S, Presseau J, **Luecking C**, Powell B. Better together: Integrating taxonomies to describe implementation strategies. *Implementation in Action Bulletin*. Center for Implementation. 2021 Sep 21. <https://thecenterforimplementation.com/implementation-in-action-bulletin/sep-2021>

Regional and National Media

1. Zimlich R. Pediatricians urged to help guide better nutritional choices. *Contemporary Pediatrics*. 2020 Sep 7. <https://www.contemporarypediatrics.com/view/pediatricians-urged-to-help-others-guide-better-nutritional-choices>

Local Media

4. Carney C. University of Kentucky students serve health, balanced meals to community through Meals on Wings. *Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky*. 2023 Nov 16. <https://news.ca.uky.edu/article/university-kentucky-students-serve-healthy-balanced-meals-community-through-meals-wings>
3. Simpkins H. From rags to bags: Upcycling research tackles textile and food waste. *University of Kentucky College of Agriculture, Food and Environment*. 2022 Nov 18. <https://news.ca.uky.edu/article/rags-bags-upcycling-research-tackles-textile-and-food-waste>
2. Flener DT. Education abroad program immerses students in Hawaiian culture. *UKNOW University of Kentucky News*. 2022 Apr 4. http://uknow.uky.edu/student-news/education-abroad-program-immerses-students-hawaiian-culture?j=483188&sfmc_sub=164036658&l=22384_HTML&u=14572302&mid=10966798&jb=0

1. First 5 Lex Partner Spotlight on the University of Kentucky Department of Dietetics and Human Nutrition. *First 5 Lex*. 2020 Dec 7. <https://www.first5lex.com/single-post/first-5-lex-partner-spotlight-uk-dietetics>

University of Cooperative Extension Agent Exclusives

The Agricultural Communications Services Unit provides Agent Exclusives to all county agents. These exclusives are timely newspaper articles written in conjunction with Extension Specialists and can be reprinted locally.

11. **Luecking CT** & Strickler J. (2022, March). Children's menus: Are they really for children?
10. **Luecking CT** & Strickler J. (2021, November). A healthy future begins with a healthy childhood.
9. **Luecking CT** & Pratt K. (2021, August). New digital tool helps young children get off to a healthy start.
8. **Luecking CT** & Pratt K. (2021, March). Nutrition Facts labels get an update.
7. **Luecking CT** & Pratt K. (2021, January). New dietary guidelines encourage healthy eating throughout life.
6. Norman-Burgdolf H, **Luecking CT** & Pratt K. (2020, October). Tips for healthier snacking.
5. **Luecking CT** & Pratt K. (2020, July). Breaking down new nutritional recommendations for infants and toddlers.
4. **Luecking CT**, Bastin S, & Pratt K. (2020, May). Create healthy eating environments for children.
3. **Luecking CT**, Weisenhorn D, & Pratt K. (2020, January). Resources for childhood development milestones available online.
2. **Luecking CT** & Pratt K. (2019, November). Develop healthy beverage habits early.
1. Brewer D, **Luecking CT**, & Pratt K. (2019, October). Diet changes can reduce your exposure to environmental pollutants.

Family and Consumer Sciences Information Releases (Total: 62)

Information releases are written by Extension Specialists for use by Cooperative Extension agents to publish in newsletters, newspapers, fact cards, and/or websites. Information releases are provided to Extension agents on a quarterly basis. These are archived on an internal resource webpage at the University of Kentucky.

Social Media

4. McCulley & **Luecking CT**. Eating Over the Rainbow: Fruit and Vegetable Challenge. *University of Kentucky Family Consumer Sciences Extension*. August 2022.
3. Cochran G* & **Luecking CT**. Toddler Feeding Series (4 topics). *University of Kentucky Family Consumer Sciences Extension*. March 2022.

2. **Luecking CT.** Use Less, Spend Wise by Ditching Disposables and Packing a Lunch. *University of Kentucky Family Consumer Sciences Extension*. 2020, November 18.
1. **Luecking CT.** Healthy Hydration Tips. [YouTube video]. *UK Active Women's Health Initiative*. 2020, June 23. <https://www.youtube.com/watch?v=IWMKHaYYq0A&feature=youtu.be>

TEACHING ACTIVITY

Courses Taught at University of Kentucky

DHN-591 Special Problems in Dietetics and Human Nutrition	
Semester Format	Student Enrollment <i>Special Notes</i>
Fall 2020	1 undergraduate student
Fall 2021	3 undergraduate students
Spring 2022	1 undergraduate student
Spring 2024	1 undergraduate student

DHN-597: Obesity and Food Insecurity Paradigm: From Cell to Society	
Semester Format	Student Enrollment <i>Special Notes</i>
Spring 2020 Synchronous	6 dietetics and human nutrition students (5 undergraduate, 1 graduate) <i>The COVID-19 pandemic transitioned in-person to distance learning.</i>
Summer 2020 Distance Learning, Asynchronous	16 students (3 undergraduate, 13 graduate) representing dietetics and human nutrition, public health, science translation and outreach, and kinesiology
Spring 2021 Distance Learning, Asynchronous	13 students (8 undergraduate, 4 graduate) representing dietetics and human nutrition, public health, culinary medicine, 1 audit
Fall 2021 Distance Learning, Asynchronous	16 students (7 undergraduate, 9 graduate) representing dietetics and human nutrition, public health, culinary medicine, health and human sciences, science translation and outreach
Summer 2022 Distance Learning, Asynchronous	9 students (2 undergraduate, 1 post-bacc, 6 graduate) representing dietetics and human nutrition, social work, business, health and human sciences, science translation and outreach <i>Co-taught with Dr. Annie Koempel</i>
Fall 2022 Distance Learning, Asynchronous	11 students (9 undergraduate, 2 graduate) representing dietetics and human nutrition, public health, communication, information communication technology <i>Co-taught with Drs. Annie Koempel and Tammy Stephenson</i>

DHN-603: Advanced Community Program Development	
Semester Format	Student Enrollment <i>Special Notes</i>
Fall 2023	21 graduate students representing dietetics and human nutrition, public health, kinesiology, science translation and outreach

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Distance Learning, Asynchronous	
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DHN-782: Special Problems	
Semester Format	Student Enrollment <i>Special Notes</i>
Spring 2022	1 Master student
Summer 2022	1 Master student
Fall 2022	1 PhD student

Courses Taught Elsewhere

- Fall 2015 NUTR 240: Introduction to Human Nutrition, University of North Carolina Discussion Section Leader. Enrolled: 20 undergraduate nutrition students
- Spring 2014 HSCI 490: Fundamentals of Healthy Living, Saint Louis University Instructor. Enrolled: 24 pre-professional, undergraduate allied health students

Course Evaluations

Tables provide a summary of standardized student evaluations conducted each semester.

Table 4. Overall Quality of Course (Measured on a 5.0 Scale, College Mean = 4.4*)

	Sp 20	Su 20	Sp 21	Fa 21	Su 22	Fa 22
DHN-597	4.0	5.0	4.3	4.7	4.7	4.1
	Fa 23					
DHN-603	4.3					

* Mean score from College of Agriculture, Food and Environment Fall 2023 semester

Table 5. Overall Quality of Teaching (Measured on a 5.0 Scale, College Mean = 4.5*)

	Sp 20	Su 20	Sp 21	Fa 21	Su 22	Fa 22
DHN-597	4.4	4.9	4.6	4.9	4.7	4.6
	Fa 23					
DHN-603	4.7					

* Mean score from College of Agriculture, Food and Environment Fall 2023 semester

Experiential Learning

- Winter 2021 *DHN 300: The Spirit of Aloha: A Lived Practice of Mind, Heart, and Health in Hawai'i*, Co-Director. Enrolled: 14 undergraduate students representing dietetics and human nutrition, public health, health and human sciences, and biology. 12-day study away tour.
- May 2020 *Virtually Impacting Every Kentuckian*, Preceptor. Enrolled: 19 DHN Supervised Practice Dietetic Interns. Remote experiences to develop new programming for use by Family & Consumer Science Agents regarding the role of nutrition in the prevention/management of the most prevalent chronic diseases affecting Kentuckians.

Invited Lectures and Other Teaching

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- March 2022 *FAM 473 Family Life Education*, University of Kentucky, guest lecture: “Savoring the eating experience: The art of eating mindfully”
- Sept. 2021 *SPH-N 336 Public Health Nutrition*, Indiana University, guest lecture: “Evaluating the impact and equity of translating state-level policies into local obesity prevention practices”
- Nov. 2020 *CPH423 Health of Kentuckians*, guest lecture: “Role of Cooperative Extension in Obesity Prevention”
- Fall 2013 *Saint Louis University Dietetic Internship Program*, guest lecture: “Evidence-based weight management techniques for Registered Dietitian Nutritionists”
- Fall 2013 *Saint Louis University Dietetic Internship Program*, guest lecture: “Nutrition for bariatric surgery”

Graduate Research Mentoring (Chair: 1, Principal Advisor: 3, Member: 7)

Summary of Master Students

Student Name Program	Thesis/Special Project Distinctions	Role	Years
Christina Wilson, Millicent Gyasiwaa, <i>Dietetics and Human Nutrition Thesis</i>	TBD	Member	Spring 2024
Millicent Gyasiwaa, <i>Dietetics and Human Nutrition Thesis</i>	Nutrient profile assessment of a meal program on older adults diet quality and food insecurity status	Member	Fall 2023 -
Cathy Fellows, <i>Science Translation and Outreach in Agriculture, Food and Environment Capstone</i>	Inspiring grandchildren to be grand cooks	Principal Advisor	Spring 2023 – Fall 2023
Jenny Wells, <i>Dietetics and Human Nutrition Thesis</i>	Development of a community-based plan for an effective behavioral intervention to reduce childhood obesity in a rural Appalachian community	Member	Fall 2022 – Fall 2023
Adeyimika Desmennu, <i>Dietetics and Human Nutrition Thesis</i>	Predictors of compliance with the implementation process of the Go NAPSACC program in early childcare centers in Kentucky <i>2022-2023 College of Agriculture, Food and Environment Diversity Fellowship</i>	Chair	Fall 2022 -
Maddy Blaes, <i>Dietetics and Human Nutrition Thesis</i>	Farmers’ market incentive program as an intervention for improving behavior regarding fruit and vegetable consumption in children and adolescents	Member	Spring and Fall 2022

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Tina Mousa, <i>Dietetics and Human Nutrition Evidence-based Practice Project</i>	The effects of utilizing honey, flaxseed, or whole grain flour in baked goods on health outcomes in adult consumers	Member	Spring and Fall 2022
Kelly Burgess, <i>Science Translation and Outreach in Agriculture, Food and Environment Capstone</i>	Market your Market: Adding Value to the Farmers Market Experience through Non-Monetary Incentives	Member	Fall 2021 – Fall 2022
Leslie Workman, <i>Science Translation and Outreach in Agriculture, Food and Environment Capstone</i>	Impact of Pathways to Wellness on participant knowledge about social determinants of health and beliefs in ability to take action to change factors in the environment to promote health for all people	Principal Advisor	Spring 2021 – Fall 2022
Angela Baldauff, <i>Science Translation and Outreach in Agriculture, Food and Environment Capstone</i>	Examination of the acceptability, appropriateness, feasibility, and fidelity of implementation of <i>Pathways to Wellness</i> among Family and Consumer Sciences agents in Kentucky	Principal Advisor	Fall 2020 – Fall 2022
Gretchen Trumbo, <i>Dietetics and Human Nutrition Thesis</i>	Assessing self-perceived nutrition-related lifestyle behaviors and knowledge of university music students following a targeted presentation	Member	Fall 2020 – Spring 2021
Cora Teets, <i>Dietetics and Human Nutrition Special Project</i>	Understanding the experiences of nutrition educators working within substance use recovery settings	Member	Fall 2020 – Spring 2021

Directed Undergraduate Student Learning (Total: 11)

Student Name Program	Role	Project Distinctions	Timeframe
Jordan Colella <i>Dietetics and Human Nutrition</i>	Undergraduate research assistant	Policy, system, and environmental interventions for breastfeeding promotion during the first 1,000 days: A scoping review 3 rd place in the 5-Minute Fast Track Oral Research Competition	February 2023 - present
Alina Goodman <i>College of Public Health</i>	2022 University of Kentucky Undergraduate Sustainability Summer Research Fellowship	Upcycling textiles into grocery bags for mobile food market delivers to families experience food insecurity in Central Kentucky	March 2022 - May 2023
Lily Gebauer <i>Dietetics and Human Nutrition</i>	Undergraduate Research Assistant	Preliminary results of a content analysis of obesity- and weight-related continuing professional education	Jan – May 2022

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Alison Doepker <i>Dietetics and Human Nutrition</i>	Undergraduate Research Assistant	Gap analysis of community-based nutrition education programming targeting families of limited means with infants and toddlers	Aug 2021 – May 2022
Nolan Buland <i>Dietetics and Human Nutrition</i>	Undergraduate Research Assistant	Needs assessment for community-based nutrition education programming in low-income brackets who live in Kentucky	Aug – Dec 2021
Kangai Miriti <i>College of Public Health</i>	Undergraduate Research Assistant	SNACK Study	Aug – Dec 2021
Caroline Coffey <i>College of Public Health</i>	Undergraduate Research Assistant	SNACK Study	Jun – Oct 2021
Gabrielle Cochran <i>College of Public Health</i>	Undergraduate Research Assistant	SNACK Study, Contributions to a Pilot Study of Child Care Centers and Children Across Kentucky <i>ODK Maurice A. Clay Award</i>	June 2021 – May 2022
Meri Hayden Rushing <i>College of Public Health</i>	Undergraduate Research Assistant	SNACK Study	Jun – Nov 2021
Saugat Bohara <i>College of Arts & Sciences</i>	Undergraduate Research Assistant	SNACK Study	Jun – Aug 2021
Ashly Frank <i>Dietetics and Human Nutrition</i>	2021 University of Kentucky Undergraduate Sustainability Summer Research Fellowship	Turning recovered produce into healthy meal kits for families with limited resources: Evaluation of the impact of collective action	Jun 2021 – May 2022
Nolan Buland <i>Dietetics and Human Nutrition</i>	Mentee	Science communication for the public	Aug – Nov 2020
Haley Adams <i>Dietetics and Human Nutrition</i>	Mentee	Communication about nutrition and obesity among Registered Dietitian Nutritionists and individuals of child-bearing age	Mar – Dec 2020

SERVICE ACTIVITY

Service to the Profession

Treasurer, Kentucky Association of State Extension Professionals, 2023 – 2025

Treasurer, Weight Management Dietetics Practice Group, 2022 – 2024

Guest editor, International Journal of Environmental Research and Public Health, Special Issue on Developing Children’s Health Behaviors within the Family Context

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Ad hoc reviewer, American Journal of Health Promotion, BMC Public Health, BMJ Open, Child: Care, Health & Development Health Education & Behavior, Implementation Science Communications, Journal of the Academy of Nutrition and Dietetics, Weight Management Matters

Ad hoc reviewer, Kentucky State University Cooperative Extension, University of Nevada Cooperative Extension

Work group member, Healthy Weight Task Force, Weight Management Dietetics Practice Group, June 2020 – May 2022

Abstract Reviewer, Annual Meeting of the Society of Behavioral Medicine (Dissemination and Implementation track), 2018

Evidence Analysis Library Data Extract Team Research Analyst, Academy of Nutrition and Dietetics, 2017 - 2019

Awards and Honors Associate/Assistant Director, Weight Management Dietetics Practice Group, 2015 - 2019

State Policy Representative, North Carolina Academy of Nutrition and Dietetics, 2016 – 2018

Liaison, Second Century and Visioning Process, Research Dietetics Practice Group 2015 – 2018

Legislative Chair, Raleigh District Dietetics Association, 2015 - 2017

Public Policy Committee, Weight Management Dietetics Practice Group, 2015 - 2016

Newsletter Committee, Public Health and Community Nutrition Dietetics Practice Group, 2014 - 2015

Bylaws Committee Chair, Saint Louis Dietetics Association, 2013 - 2014

Nominating Committee, Saint Louis Dietetics Association, 2012 - 2014

Social Media Committee, Saint Louis Dietetics Association, 2012 – 2014

University

Outside Examiner, Final Doctoral Examination, 2023

Judge, Sustainability Research Poster Competition, 2022

Outreach

Work group member, Multi-state group of Cooperative Extension professionals working in early childhood, 2020 – 2023

Member, Partnership for Fit Kentucky, 2020 – present

Member, First 5 Lex, 2020 – present

Committee Service

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Extension Evaluation Advisory Committee, University of Kentucky Cooperative Extension Service, 2022 – present

Application Reviewer, Undergraduate Research Award Applications, University of Kentucky, 2019

Graduate Faculty Council, Department of Dietetics and Human Nutrition, University of Kentucky, 2019 – present

Work in Progress Organization Committee, Department of Nutrition, University of North Carolina, 2018

Leadership and Planning Committee, Implementation Science Student Group, University of North Carolina, 2016 - 2019

HONORS & AWARDS

- 2023 Outstanding New Extension Faculty, Kentucky Association State Extension Professionals
NEAFCS Western Region Winner, Program Excellence through Research, National Inventory of Extension Programming for the Early Care and Education Workforce
Co- Chair, Healthy Eating Research Early-Stage Investigator Work Group
- 2022 – 2023 Cohort Member, Healthy Eating Research Early-Stage Investigator Work Group
- 2021 NEAFCS National Winner and Southern Region Winner, Dean Don Felker Family Resource Management Award for Use Less, Spend Wise Challenge; NEAFCS 3rd place National Winner and 1st place Southern Region, Communications Television/Video Award for Use Less, Spend Wise Challenge; NEAFCS 3rd place National Winner and 2nd place Southern Region, Social Media Award for Use Less, Spend Wise Challenge
- 2020 - 2022 Wethington Award, University of Kentucky
- 2019 A. Hughes Bryan Outstanding Doctoral Student Award, University of North Carolina, Department of Nutrition
- 2018 - 2019 Dissertation Completion Fellowship, Graduate School at the University of North Carolina
- 2018 Susan T. Borra Fellowship in Nutrition Communication, Academy of Nutrition and Dietetics Foundation
- 2016 - 2017 NIH Ruth L. Kirschstein National Research Service Award, Institutional Research Nutrition Training Grant (T32 DK07686, Co-PI: Mayer-Davis, Beck), Predoctoral Traineeship, National Institutes of Health
- 2016 Emerging Dietetic Leader, North Carolina Dietetic Association
- 2015 Commission on Dietetic Registration Doctoral Scholarship, Academy of Nutrition and Dietetics Foundation
- 2015 Weight Management Dietetics Practice Group of the Academy of Nutrition and Dietetics, Public Policy Workshop Stipend
- 2014 - 2015 Gillings Merit Scholar, University of North Carolina, Gillings School of Global Public Health
- 2009 Outstanding Graduate Research Award, Saint Louis University, Department of Nutrition and Dietetics
- 2009 Alpha Eta National Honor Society
- 2007 - 2009 Saint Louis University, Department of Nutrition and Dietetics, Graduate Assistantship
- 2005 - 2006 Griffiths Leadership Society for Women, collegiate member, University of Missouri
- 2005 Mortar Board
- 2003 - 2006 College of Human Environmental Sciences Scholarship, University of Missouri
- 2002 - 2006 Dean's List, University of Missouri

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MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

- 2019 - 2023 Kentucky Extension Association of Family and Consumer Sciences
- 2019 - 2023 National Extension Association of Family and Consumer Sciences
- 2019-present Kentucky Association of State Extension Professionals
- 2018 - 2020 International Society for Behavioral Nutrition and Physical Activity
- 2017 - 2019 Society for Implementation Research Collaboration
- 2005-present Academy of Nutrition and Dietetics
- 2022-present Pediatric Nutrition Dietetics Practice Group (practice group affiliate)
- 2020-present Women's Health Dietetics Practice Group (practice group affiliate)
- 2018-present Public Health and Community Nutrition Dietetics Practice Group (practice group affiliate)
- 2010 - 2021 Research Dietetics Practice Group (practice group affiliate)
- 2009-present Weight Management Dietetics Practice Group (practice group affiliate)
- 2015 - 2019 North Carolina Academy of Nutrition and Dietetics (state affiliate)
- 2005 - 2014 Missouri Dietetics Association (state affiliate)
- 2015 - 2017 Raleigh District Dietetics Association (local affiliate)
- 2006 - 2014 Saint Louis Dietetics Association (local affiliate)