

## **CURRICULUM VITAE**

### **KAREN ANN MORELAND**

February 15, 2010

#### **Education**

Master of Science	1981	Nutrition, Texas Woman's University, Houston, Texas
Dietetic Internship	1980	Veteran's Administration Medical Center, Houston, Texas
Bachelor of Science	1979	Home Economics/Food and Nutrition, Southwest Texas State University, San Marcos, Texas

#### **Professional Certification/Licensure**

Registered Dietitian, American Dietetic Association, R585646  
Licensed Dietitian, Texas State Board of Examiners of Dietitians, DT02271

#### **Employment**

Sept 2001 – Present: Associate Clinical Professor, Texas Woman's University, Houston, Texas

Sept 1992 - 2001: Assistant Clinical Professor for the TWU Dietetic Internship and Veteran's Affairs Dietetic Internship. Texas Woman's University, Houston, Texas

Sept 1986 - Sept 1992: Lecturer and Clinical Instructor for the TWU Dietetic Internship and Veteran's Affairs Dietetic Internship. Texas Woman's University, Houston, Texas

Jan 1981 - Aug 1986: Clinical Dietitian, Veteran's Administration Medical Center, Houston, Texas

#### TEACHING

##### **Courses Taught at TWU (Graduate)**

###### **Spring 1987 - Present**

NFS 5331 Seminar in Nutrition  
NFS 5472 Clinical Aspects of Human Nutrition  
NFS 5813 Internship Experience In Nutrition Care  
NFS 5343 Advanced Nutrition Care

###### **Fall 1986 – Present**

NFS 5813 Internship Experience in Nutrition Care  
NFS 5472 Clinical Aspects of Human Nutrition  
NFS 5363 Human Nutrition in Disease  
NFS 5801 Nutrition Counseling

**Summer 2007 - Present** NFS 5723 Nutrition Care Applications

**Summer 1987 - Present** NFS 5813 Internship Experience in Nutrition Care  
NFS 5472, 5471 Clinical Aspects of Human Nutrition

**Master's Theses**

**(Listing includes only students whose committees I chaired.)**

**2010** Dadabhoy, Hafza, The Impact of Switching to Lower Fat Milk as a Simple Dietary Modification in Adolescents

**2009** Matamoros, Rebeca, Acceptance of Modified Low Glycemic Index Diet Foods by Severely Obese Mexican or Mexican American Girls Ages 12-19

**2008** Buzek, Bonnie. Knowledge, Attitudes, and Perceptions about Risk of Type 2 Diabetes of Parents and Children with Family History of Type 2 Diabetes

Merritt, Alicia, Knowledge and Self-Efficacy of Medical Professionals working with Patients on Home Enteral Nutrition

Vega (Wong), Molly, Food Cost Analysis Associated with Fruit and Vegetable Intake

Crum, Amy, Food Costs Associated with Consuming Fruits and Vegetables

Fithian, Ashley, Quality of Dietary Intake at School Lunch of Middle School Students Based on Socioeconomic Status

McBeth, Erica, The Relationship between the Implementation of the Texas Public School Nutrition Policy and Trans Fat Intakes of Texas Middle School Students

Reid, Melissa, Adolescents' Knowledge and Application of the United States Department of Agriculture's Food Guide: MyPyramid

**2007** Spoede, Elizabeth. Comparison of Weekend vs. Weekday Consumption in Adolescents

Merritt, Alicia. Knowledge and Self-Efficacy of Medical Professionals Working with Patients on Home Enteral Nutrition

McBride, Shelley. An Evaluation of Obesity Recognition and Dietitian Referral among Adolescents

**2006**

Burditt, Jessica. Gender and the difference in Snack Choices

Love, Kristen. The Relationship between the Healthy Eating Index and Hemoglobin A1C in Youth with Type 2 Diabetes

McBride, Shelley. An Evaluation of Obesity Recognition and Dietitian Referral among Adolescents

Panzer, Sara. An Evaluation of Interventions to Promote Weight Loss among Obese Adolescents

Reeves, Tiffany. The Relationship between Socioeconomic Status, Children's Eating Patterns, and Meals Consumed away from Home

**2005**

Riano, Rachel. Needs Assessment for Weight Control Nutrition Education for Female Students

Tykal-McKenna, Barb. Patterns of Weight Gain in Patients with Restrictive Eating Disorders Admitted to an Inpatient Adolescent Medicine Unit

Ferguson, Adrienne. Differences in BMI between School Breakfast and Non-Breakfast

Buel, Karen. Metabolic Control in Youth with Type 2 Diabetes Influence of Summer vs. School Year Patterns

Endris, Holly. Comparing Three Methods of Measurement of Dietary Intake Among Adolescents

Reed, Lisa. Evaluating the Effectiveness of Parenteral Nutrition Education for Physicians in a Tertiary Care Hospital

Utech, Anne. Child Ethnicity and Gender Influences on Parental Feeding Interactions and Styles

**2004**

Dempsey, Elizabeth. Prevalence of Disordered Eating, Amenorrhea, and Bone Disorders in Female College Athletes and Non-Athletes at a Division I University

Ludwig, Kristina. Athletic Scholarship and Sports Competition Anxiety as Predictors of Nutritional Ergogenic Aid Use in Athletes

Reagan, Dena. Effectiveness of a Christian Faith-Based Program for Weight Loss

Riano, Rachel. Needs Assessment for Weight Control Nutrition Education for Female Students

Hawthorne, Keli. Understanding of Food Labels by Middle School Children

Holmes, Dorothy "Ann". Prediction of serum Vitamin A & E Levels in Cystic Fibrosis Patients

McDonald, Heather. Meals Eaten Away From Home and Metabolic Control Among Type 2 Diabetic Youth

Newsome, Rebecca. The Association Between Fruit, Vegetable, and Fat Practices of Youth with Type 2 Diabetes and the Practices of Their Parents and Youth Metabolic Control

Zapien, Rita. Type 2 Diabetes Knowledge Among 18-44 Year Old Mexican Americans in Houston, Texas

### **Master's Professional Papers**

**(Listing includes students whose committees I chaired.)**

**2010** Schwartz, Katie. Number of Weight Loss Education Sessions and Outcomes in Veteran *MOVE!* Program Participants

Feinberg, Adrienne. Perceived and Actual Nutrition Knowledge of Café Beverages

**2009** Trejo, Melissa. A Discussion of Diabetes Mellitus and Methods for Monitoring Control

**2008** Schendel, Kalli. Association of Obstructive Sleep Apnea and Markers of Obesity.

Gause, Melissa. A New Era of Diabetes Management: Incretin Mimetics and Dipeptidyl Peptidase-4 Inhibitors and the Emerging Role of Gut Hormones in Glycemic Control

McCullough, Colleen. Nutrition Management of Liver Diseases and Transplantation: A Study Module

Smith, Sarah, Pediatric Nutrition Module

Rivera, Alyssa, Nutrition Therapy for Lower Gastrointestinal Disorders: A Self-Instructional Module

**2007**

Olague, Sara. Effective Treatments in Adolescent Overweight: A Self-Instructional Module

Woodard, Janelle. Nutrition Screening and Documentation in the Medical Chart

**2006**

Hokama, Jodi. Estimating Energy Needs in Specific Patient Populations: The Accuracy of Predictive Equations.

Moody, Whitney. Nutrition and Physical Medicine and Rehabilitation: An Individual Learning Module.

Olague, Sara. Effective Treatments in Adolescent Overweight: A Self-Instructional Module.

**2005**

Calvin, Stephanie. Nutritional Care of the Elderly: A Self-Instructional Module.

Kuras, Desiree. Cardiovascular Disease: A Study Module

Whitehead, Haley. Nutrition Assessment and Management During Renal Failure: An Individual Learning Module

Aimes, Cassie. Diabetes and Related Eating Behaviors in Children and Adolescents.

Kelley, Lauren. Advantages and Disadvantages of Various Methods for Determining Energy Expenditure.

Yang, Lydia. Computer-Assisted Learning Module on Nutritional Management of Cancer Patients.

**Other Scholarly Teaching, Mentoring and Curricular Achievements**

Revised internship curriculum to meet ADA's 2009 Standards of Education

Revised and developed various handbooks and materials used by the TWU and MEDVAMC dietetic interns.

Development and teaching of NFS 5723, Nutrition Care Applications; submission of proposal to TWU Curriculum Committee and was approved as regular course.

Totally adapted NFS 5363, Human Nutrition in Disease and NFS 5343, Advanced Nutritional Care as online courses.

### SCHOLARLY/CREATIVE ACHIEVEMENTS

#### **Refereed Publications or Other Creative Achievements**

##### ARTICLES:

Hawthorne, K.M., Moreland, K.A, Griffin, I.J., and Abrams, S.A., An Educational Program Enhances Food Label Understanding by Young Adolescents. *The Journal of the American Dietetic Association*, 2006.

Jackson, A., Wright, D., Moreno, A., Cashman, L. and Moreland, K., Weight Control Brochures for Five Target Audiences of Women Ages 25 to 40. *Journal of Nutrition Education and Behavior*, 2002.

Dugan, K., Wright, D., Hernandez, L., Cashman, L., and Moreland, K. An Educational Tool to Help Mexican-Americans Identify Food Label Information. Submitted to the *Journal of Nutrition Education*.

Brown, B., Moreland, K., Cashman, L., and Bush, R., Marketing for the Millennium and Beyond, *Today's Dietitian*, January, 2001.

Lovrien-Moore, A., and Moreland, K., Nutrition and Stroke. *Gerontological Nutritionists*, May, 2001.

Riggs, A., Wright, D., Cashman, L. and Moreland, K. Weight Control Brochures for Five Target Populations of Women Ages 25-40. Submitted for publication to the *Journal of Nutrition Education*, May 2001.

Crosby-Aguirre, C., Wright, D., Mullens, D., Bush, R., and Moreland, K. Fifth Graders' Knowledge of the Concepts of the Food Guide Pyramid, Submitted for publication to the *Journal of Nutrition Education*, May 2001.

##### CHAPTERS:

Woodard, J., and Moreland, K. Nutrition Screening. *TDA Medical Nutrition Therapy Manual*, (2008), pp. 2-1 – 2-24.

Woodard, J., and Moreland, K. Guidelines for Medical Record and Documentation. *TDA Medical Nutrition Therapy Manual*, (2008), 2-25 – 2-28.

Woodard, J., and Moreland, K. Nutrition Care Process. *TDA Medical Nutrition Therapy Manual*, (2008), 2-29 – 2-31.

Moreland, K., Nutrition Screening. *TDA Medical Nutrition Therapy Manual*, 2003, pp. 2-1 – 2-24.

Moreland, K., Guidelines for Medical Record and Documentation. *TDA Medical Nutrition Therapy Manual*, 2003, 2-25 – 2-27.

#### OTHER COMPLETED WORKS:

Hawthorne, K., Moreland, K. Griffin, I., and Abrams, S.A. (2006, July 31) An Educational Program Enhances Food Label Understanding of Young Adolescents. *U-Mail: Everyday Solutions You Can Use, National Cattlemen's Beef Association Newsletter*. <http://www.beefnutrition.org/>.

Wong, S. and Moreland, K. Adolescent Obesity: The Rising Epidemic. Submitted to "Up-to-Date", an on-line site for physicians, May 2001.

#### **Presentations at Professional Meetings**

Spoede, E., Moreland, K., Cullen, K., and Calabro, K. (2008) Comparison of Weekend Versus Weekday Consumption in Adolescents. Poster Session at the American Dietetic Association Annual Meeting.

Vega, M., Moreland, K., Cullen, K., and Bush, R. (2008) Food Cost Analysis Associated With Fruit and Vegetable Consumption. Poster Session at the American Dietetic Association Annual Meeting.

Merritt, A., Velez, M., Moreland, K., Nelson, C., and Bush, R. (2008) Knowledge and Self-Efficacy of Medical Professionals Working with Patients on Home Enteral Nutrition. Poster Session at the Texas Dietetic Association Annual Meeting.

Buel, K., Cullen, K.W., and Moreland, K. (2005) Metabolic Control in Youth with Type 2 Diabetes Summer vs. School Year Patterns. Poster Session at the American Dietetic Association Annual Meeting.

Axt, L., Radcliffe, J.D., Bush, R., Moreland, K., and Imrhan, V. (2005) Comparison of the Effect of Using Cottonseed Oil (CSO) to Replace Soybean Oil (SBO) on the Acceptability of Baked Products. Poster Session at the Texas Dietetic Association Annual Meeting.

Hawthorne, K., Moreland, K.A., Griffin, I.J., and Abrams, S.A. (2005) An Educational Program Enhances Understanding of Food Labels Among Young Adolescents. Poster Session at the Texas Dietetic Association Annual Meeting.

Reagan, D.M., Wiemann, C.M., Anding, R., and Moreland, K.A. (2005) Effectiveness of a Christian Faith-Based Intervention for Weight Loss. Poster Session at the Texas Dietetic Association Annual Meeting.

Dempsey, E.K., Wiemann, C.M., Moreland, K.A., and Anding, R.H. (2004) Prevalence of Disordered Eating, Amenorrhea, and Bone Disorders in Female College Athletes and Non-Athletes at a Division I University. Poster Session at the American Dietetic Association (ADA) Annual Meeting.

Wohlford, L., Wright, D., Moreland, K., Cashman, L. and Bush, R. (2003) Weight Status of 3 to 5-year-olds and the Relationship to Maternal Perception, Concern, and Efficacy to Change Child Weight Status. Accepted for poster presentation at ADA Annual Meeting, 2003.

Brooks, B., Yang, S., Nicklas, T., Moreland, K., Wright, D., and Bush, R. (2003) Milk and Dairy Product Consumption in Overweight and Obese Young Adults: The Bogalusa Heart Study. Accepted for Original Contribution at ADA Annual Meeting, 2003.

Brooks, B., Yang, S., Nicklas, T., Moreland, K., Wright, D., and Bush, R. (2003) Calcium Intakes in Overweight and Obese Young Adults: The Bogalusa Heart Study. Accepted for poster presentation at ADA Annual Meeting, 2003.

Byrne, C., Cashman, L., Anding, R., Moreland, K., and Wright, D. (2002) Knowledge and Intake of Folic Acid/Folate in Adolescent Females. Submitted to ADA.

Fiske, A., Cullen, K., Moreland, K., Cashman, L. and Bush, R. (2002) Selection of Low-Fat Snacks Based on Availability and Promotional Materials in Vending Machines Located in Elementary and Middle School Teachers' Lounges. Submitted to ADA.

Hodge, B., Wright, D., Cashman, L. and Moreland, K. (2002) The Differences in Reported and Measured Weight, Height and Body Mass Index in Women Aged 20-45 Years. Accepted for poster session at TDA, 2003.

Iglesias, A., Moreland, K., Wright, D. and Cashman, L. (2002) Energy Intake in Adult Cystic Fibrosis Patients. Submitted to ADA.

Meyer, S., Cullen, K., Moreland, K., Bush, R., and Radcliffe, J. (2002) The Effect of Sugar-Sweetened Beverage Consumption on Body Mass Index in 7<sup>th</sup> and 8<sup>th</sup> Grade Hispanic and African American Students. Accepted for presentation at TDA Annual Meeting, 2003.

Stevens, S., Cullen, K., Moreland, K., Bush, R., and Cashman, L. (2002) The Correlation Between BMI, Dietary Intake, and Television Viewing in 7<sup>th</sup> and 8<sup>th</sup> Grade African American and Hispanic Adolescents. Submitted to ADA and TDA.

## **Honors and Awards**

**2010** American Dietetic Association, Dietetic Educators of Practitioners Area IV  
Outstanding Dietetics Educator

**2010** Texas Dietetic Association, Outstanding Dietetics Educator

**2010** Houston Area Dietetic Association, Outstanding Dietetics Educator

**2007** American Dietetic Association, Dietetic Educators of Practitioners Area IV  
Outstanding Dietetics Educator

**2007** Texas Dietetic Association, Outstanding Dietetics Educator

**2007** Houston Area Dietetic Association, Outstanding Dietetics Educator

**2007** Who's Who Among Teachers and Educators

**2007** TWU's Faculty Recognition Day

**2007** Who's Who in Health Sciences Higher Education

**2006** TWU Institute of Health Sciences Service and Retirement Recognition  
Recognized for 20 years of service.

## **Grants and Fellowships**

**2005 Awarded** \$600.00 from the Travel Assistance Fund to support travel to the 2005 American Dietetic Association Food and Nutrition Conference in St. Louis, Missouri for presentation of poster session.

**2004 Awarded** \$600.00 from the Travel Assistance Fund to support travel to the 2004 American Dietetic Association Food and Nutrition Conference in Anaheim, California for presentation of poster session.

**2001** "Diabetes management Education in Rural Texas Using Distance Technology," grant submitted to St. Luke's Episcopal Charities, July, 2001

**2000 Awarded** \$3000 from Human Nutrition Funds in order to develop a web based module for medical students, interns, and residents—Nutrition and Alternative Medicine—Fact or Fallacy?

**1999 Awarded** travel money from Human Nutrition Funds to present two poster sessions at the American Dietetic Association's Annual Meeting in Atlanta, GA., October 1999.

**1999 Awarded** release time from teaching NFS 5343 to develop an Internet based component for the TWU clinical course, NFS 5813.

**1998 Awarded** Travel Funds from Human Nutrition Funds to attend and present abstract at the American Society for Parenteral and Enteral Nutrition Annual Meeting.

**1998 Awarded** release time from teaching NFS 5343 in the Spring, 1999, to develop Internet components of NFS 5813, Internship Experience in Nutrition Care

## PROFESSIONAL SERVICE

### **Service Activities for the University, College, Component**

#### Departmental:

Nutrition Graduate Student Association, Faculty Advisor  
NFS Self-Study of M.S. in Nutrition Committee, Member  
NFS-Houston Graduate Admissions Committee, Chair  
Veteran's Affairs/TWU Joint Administrative Committee, Co-Chair  
Veteran's Affairs Medical Center Academic Partnership Council, Member  
Veteran's Affairs Medical Center Academic Partnership Council, Communications Committee, Member  
NFS Scholarship Committee, Member  
TWU Dietetic Intern Selection Committee, Member  
MEDVAMC Dietetic Intern Selection Committee, Member  
NFS-Houston Course and Scheduling Committee, Member  
NFS Professional Development Committee, Chair  
NFS – Houston Faculty Search Committee, Member

#### College:

NFS Chair Search Committee, Member

#### University:

Institute of Health Sciences-Houston SECC Committee  
TWU Safety Committee  
Institute of Health Sciences Houston Health Fair Committee

### **Service to the Profession**

#### Membership

The American Dietetic Association, Member, 1980-Present  
The Texas Dietetic Association, Member, 1980-Present  
The Houston Texas Dietetic Association (HADA), Member, 1980-Present  
HADA Executive Board, Member, Nominating Committee, 2001-2002  
HADA Executive Board, Chair, By-laws, 1995-1996.  
HADA Executive Board, Chair, Nominating Committee, 1994-1995.  
HADA Executive Board, Chair, Job Placement, 1993-1994  
STDA Executive Board, Chair, Speaker's Bureau, 1992-1993  
STDA Executive Board, Treasurer, 1990-1992  
Dietetic Educators of Practitioners, Member, 1986-Present

## Guest Speaking

TWU-Houston Open House, February, 2010  
Student Nutrition Association Dietetic Internship Fair at the University of Houston, October, 2010  
DEP Student Forum for recruitment at the ADA FNCE, November, 2010  
DEP Student Forum for recruitment at the ADA FNCE, October, 2009  
Recruitment at the Houston Area Dietetic Association Monthly meeting, February, 2009  
TWU-Houston Open House, February, 2009  
Recruitment at the Houston Area Dietetic Association Monthly meeting, November, 2008  
Student Recruitment Fair, ADA Food & Nutrition Conference & Expo, October, 2008  
TWU-Houston Open House, February, 2008  
Graduation Address, MEDVAMC Dietetic Intern graduation ceremony, August 31, 2007.  
TWU-Houston Open House, November, 2007  
Overview of TWU M.S. in Nutrition/Dietetic Internship Program at Texas Southern University, February 2, 2007  
Graduation Address, MEDVAMC Dietetic Intern graduation ceremony, September 1, 2006  
TWU-Houston Open House, November 4, 2006