

CURRICULUM VITAE

KAREN ANN MORELAND

October 13, 2009

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 5903 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.)

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"

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

2003

Pointer, Colleen. The Effect of Team Support on Wellness at a Worksite Based Intervention

Brooks, Brandi. The Association of Calcium and Dairy Products in Young Adults with Obesity

2002

Fiske, Amy. Selection of Low-Fat Snacks Based on Availability and Promotional Materials in Vending Machines Located in Elementary and Middle School Teachers' Lounges

Baranko, Kari, "Knowledge and Practices of Resistance Trainers and Endurance Trainers Regarding Protein Intake"

Iglesias, Anna, "Energy Intake in Adult Cystic Fibrosis Patients"

Stevens, Suzanne, "The Correlation Between BMI, Dietary Intake, and Television Viewing in 7th and 8th Grade African American and Hispanic Adolescents"

Master's Professional Papers

(Listing includes students whose committees I chaired.)

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.

WRITING PROJECTS:

2003

Baggett, Pamela. Barriers to Compliance in the Dialysis Population: A Multi-Disciplinary View

Clark, Allyson. Development of a Diet Instruction Manual

Burk, Meredith. Heart Disease Prevention Strategies for Women

Hynds, Heather. Infant Formula Concentration and Modular Nutrients

Rogers, Kristy. Nutrition in Pre-End Stage Renal Disease

Toppass, Melissa. Diabetes and Stress

Wenzlau, Suzanne. High Protein Diets as a Risk Factor for the Development of Osteoporosis

Wojnarowicz, Claudia. Methods Used in the Treatment of Anorexia Nervosa

2002

Cassandra Dimmick. Worksite Health Promotion Programs (development of a brochure and power point presentation)

Meredith Lemmon. Parental Influence on the Development of Childhood Eating Behaviors (literature review and article, "Eat Your Peas! Please?" submitted to Parents Magazine)

Kaysie Matula. The Dietitian's Role in the Treatment of Eating Disorders in the Multidisciplinary Team

Tracy Davis. Nutrition in Adolescent Pregnancy

Maguire, Delores. Anorexia Nervosa and Pregnancy with Multiple Fetuses: A Case Study

Other Scholarly Teaching, Mentoring and Curricular Achievements

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

Development and teaching of NFS 5903, Nutrition Care Applications.

Adapted NFS 5363, Human Nutrition in Disease, as an online course.

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*, (in print), pp. 2-1 – 2-24.

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

Woodard, J., and Moreland, K. Nutrition Care Process. *TDA Medical Nutrition Therapy Manual*, (in print), 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 7th and 8th 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 7th and 8th Grade African American and Hispanic Adolescents. Submitted to ADA and TDA.

Honors and Awards

2009 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
TWU – 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, 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