

KRISTEN HICKS, PHD, RD, LD

EDUCATION

Texas A&M University, College Station, TX

Ph.D. Nutrition

Aug '17

Dissertation: "Physician Nutrition Education Program (PNEP): Survey and Continuing Medical Education (CME) Development to Increase Nutrition Knowledge"

Texas A&M University Kingsville, Kingsville, TX

M.S. Human Sciences & Dietetic Internship

Aug '13

Research Project: "The Use of Omega-3 Fatty Acids to Alter the Mechanisms of the Cardiovascular System: A Review of Literature"

University of Arizona, Tucson, AZ

B.S. Nutrition & Microbiology

May '12

Minor: Chemistry

TEACHING EXPERIENCE

University of North Florida, Jacksonville, FL

Faculty- Tenure Track Assistant Professor

Aug '17- current

Courses: Undergraduate Research, Intro to Nutrition, Master's Projects

Blinn Community College, Bryan, TX

Faculty- Instructor

Aug '16- May '17

Course: Nutrition and Diet Therapy (BIOL1322)

Developed course curriculum materials (e.g. syllabus, assignments, and exams). Administered project assignments, exams and evaluations, analyzed student performance. Fostered a classroom environment conducive to active learning. Integration of technology in the classroom and relevant case studies/published media to demonstrate learning outcomes in real-life settings.

Texas A&M University, College Station, TX

Teaching Assistant

Jan '15- May '17

Courses: Nutrition and Disease (NUTR405), Community Nutrition (NUTR430), Fundamentals of Human Nutrition (NUTR202), Nutrition for Health and Health Care (NUTR222)

Assist professor with design, proctor and grading of examinations and assignments. Facilitated learning through positive reinforcement, mentorship and 1on1 education. Prepare and deliver lectures to 15-340 students.

WORK EXPERIENCE

Family Food LLC., Dallas/Grapevine/San Antonio/Houston, TX

Corporate Dietitian

Jun '13 – May '17

Provide expert nutrition advice, aid in nutrition counseling, monitor monthly goal progress of corporate business employees.

Rock Prairie Behavioral Health College Station, TX*Lead Clinical Dietitian*

Jun '14 – May '17

Assess, evaluate and educate patients for dietary recommendations. Construct and update assessment and education materials. Train and mentor dietitians & aides.

Preventative Nutrition Specialists*Private Consulting Dietitian*

Jun '16 – April '17

Provide individualized nutrition consulting for patients for weight management, type 2 diabetes and chronic kidney disease. Facilitates and assists with scheduling, consulting, billing and practice management.

Texas A&M University- Nutrition & Food Sciences Department, College Station, TX*Graduate Research Assistant*

'13- '15

Perform experiments and run assays on tissues and serum from human and animal studies to determine the effect of dietary interventions on regulatory functions in the gastrointestinal tract.

PUBLICATIONS

Hicks, K.K., Howard, M.B., Murano., P.S., "Physician Delivered Nutrition and Lifestyle Counseling: A Gap in the United States Healthcare System" *Academic Medicine* (2017) (Submitted)

Hicks, K.K., Murano, P.S. "Online Nutrition Continuing Medical Education (CME) Focused on Diabetes Prevention and Management Launched at State-Level Medical Association" *Advances in Medical Education and Practice* (2017):8, 1-6.

Hicks, K. "Growing the Dietetics Profession via a Mentorship Program between Dietitians and Dietetics Students" *Nutrition Today* (2017) (Accepted-Pending Revisions)

Hicks, K. Murano, P. "Physician perspectives on nutrition counseling and nutrition focused continuing medical education in Texas" *Social Medicine* (2016): 10(3), 1-7

Hicks, K. Murano, P. "Viewpoint regarding the limited nutrition education opportunities for physicians worldwide". *Education for Primary Care* (2016):1-4 [Epub] DOI: [10.1080/14739879.2016.1197048](https://doi.org/10.1080/14739879.2016.1197048)

PUBLISHED MEDIA

Hicks, K. "Learning the Early Steps to Take in Academia". Office of Graduate and Professional Studies. (2017) <http://ogaps.tamu.edu/Blog/Blog/February-2017/Learning-the-Early-Steps-to-take-in-Academia>

Hicks, K. Irion, M. "Innovation in Education for Cardiovascular Risk Patients: Heart Healthy Diet and Lifestyle" [Webinar] (2017) Texas Medical Association Education Center. Accessed from: <https://texmed.inreachce.com/Details?groupId=d3da423c-e5ec-42e0-b317-34a6c61f7d24>

Hicks, K. Irion, M. Murano, P. "Innovation in Education for Cardiovascular Risk Patients: Heart Healthy Diet and Lifestyle" [Publication] (2017) Texas Medical Association Education Center. Accessed from: <https://texmed.inreachce.com/Details/Information/f2e87ed3-ec14-4928-b63f-51d4360d2c43>

Hicks, K. "That Furry Special Someone". Office of Graduate and Professional Studies. (2017)
<http://ogaps.tamu.edu/Blog/Blog/March-2017/That-Furry-Special-Someone>

Hicks, K. "Dinner Options for the Busy Graduate Student". Office of Graduate and Professional Studies. (2017)
<http://ogaps.tamu.edu/Blog/Blog/February-2017/Dinner-Options-for-the-Busy-Graduate-Student>

Hicks, K. "Joining the Big Event". Office of Graduate and Professional Studies. (2017)
<http://ogaps.tamu.edu/Blog/Blog/February-2017/Joining-the-Big-Event>

Hicks, K., Irion, M. "Stimulating Nutrition and Lifestyle Focused Counseling to the Overweight Patient" [Webinar] (2016) Texas Medical Association Education Center. Accessed from:
<https://texmed.inreachce.com/Details/Information/75e46483-127d-4a2c-8fbf-d3c74fabfc5e>

Hicks, K., Irion, M, Murano, P. "Stimulating Nutrition and Lifestyle Focused Counseling to the Overweight Patient" [Publication] (2016) Texas Medical Association Education Center. Accessed from:
<https://texmed.inreachce.com/Details/Information/d1de98a6-0051-4af8-a127-36befd534cae>

Hicks, K., "Collaborative Healthcare: Doctors and Dietitians Working Together to Improve Your Health". Family Food. (2016) Accessed from: <http://familyfoodllc.com/blog/collaborative-healthcare-doctors-and-dietitians-working-together-to-improve-your-health/>

Hicks, K. "Living a Healthy Graduate Life". Office of Graduate and Professional Studies. (2016)
<http://ogaps.tamu.edu/Blog/Blog/December-2016/Living-a-Healthy-Graduate-Life>

Hicks, K. "The Journey to the Aggie Ring". Office of Graduate and Professional Studies. (2016)
<http://ogaps.tamu.edu/Blog/Blog/December-2016/The-Journey-to-the-Aggie-Ring>

Hicks, K. "Knowing Alternative Paths". Office of Graduate and Professional Studies. (2016)
<http://ogaps.tamu.edu/Blog/Blog/November-2016/Knowing-Alternative-Paths>

Hicks, K. "Uniting Graduate and Professionals". Office of Graduate and Professional Studies. (2016)
<http://ogaps.tamu.edu/Blog/Blog/November-2016/Uniting-Graduate-and-Professionals>

Hicks, K., Irion, M. "Frontiers in Type 2 Diabetes: The Role of Nutrition in Health [Webinar]" (2016) Oregon Medical Association Education Center. Accessed from:
<https://theoma.inreachce.com/Details?resultsPage=1&sortBy=&q=nutrition&searchType=1&groupId=bbff3366-26b9-4727-9c49-ac69ec48e673>

Hicks, K., Irion, M. "Frontiers in Type 2 Diabetes: The Role of Nutrition in Health [Webinar]" (2016) South Carolina Medical Association Education Center. Accessed from:
<https://scmedical.inreachce.com/Details/Information/1A8950D6-6F4D-4817-AE1A-115D61B1875B>

Hicks, K., Irion, M. "Frontiers in Type 2 Diabetes: The Role of Nutrition in Health [Webinar]" (2016) Texas Medical Association Education Center. Accessed from:
<https://texmed.inreachce.com/Details/Information/8b634673-2a83-4e30-b2ad-9c891f0ba7fc>

Hicks, K., Irion, M, Murano, P. "Frontiers in Type 2 Diabetes: The Role of Nutrition in Health [Publication]" (2016) Texas Medical Association Education Center. Accessed from:
<https://texmed.inreachce.com/Details/Information/2bf48e2b-5fc4-408f-a8d8-ed377c5b8a82>

Hicks, K. "Presenting Your Research". Office of Graduate and Professional Studies. (2016)
<http://ogaps.tamu.edu/Blog/Blog/October-2016/Presenting-Your-Research>

Hicks, K. "Texas A&M Offers Opportunity". Office of Graduate and Professional Studies. (2016)
<http://ogaps.tamu.edu/Blog/Blog/September-2016/Texas-A-M-Offers-Opportunity>

Hicks, K. "Aggie Football-Be Part of the Tradition". Office of Graduate and Professional Studies. (2016)
<http://ogaps.tamu.edu/Blog/Blog/September-2016/Aggie-Football-Be-Part-of-the-Tradition>

CONFERENCE PRESENTATIONS

Food and Nutrition Conference, Chicago, IL, *Poster Presentation (3 posters)* Oct '17

- **Hicks, K.K.** (2017) Integration of Registered Dietitians (RD) into Corporate Wellness Programs to Improve Nutrition and Lifestyle Behaviors
- **Hicks, K.K., Beathard, K.** (2017) Dietitian-Led Project Based Mentoring Program for Undergraduate DPD Students
- **Hicks, K.K., Murano, P.S.** (2017) Using Online CME to Educate Physicians on Collaborative Healthcare: How To Incorporate a Dietitian in Practice

TexMed, Houston, TX, *Oral Presentation (60min)* May '17

- **Hicks, K.K.,** Irion, M., (2017) "Frontiers in Type 2 Diabetes: The Role of Nutrition in Health"

Experimental Biology, Chicago, IL, *Poster Presentation (2 posters)* Apr '17

- **Hicks, K.K.,** Murano, P.S. Incorporation of Online Nutrition CME Courses in State-Level Education Libraries Aid to Improve Physician Knowledge" *FASEB J*, 31(1):957.38 (2017)
- **Hicks, K.K.,** Black, K.S., Yoder Latortue, K.R. "Corporate Wellness Inclusion of Registered Dietitian Nutritionists: Providing Personalized Nutrition Counseling to Improve Nutrition and Lifestyle Factors" *FASEB J*, 31(1):963.1 (2017)

College of Medicine Research Symposium, College Station, TX, *Poster Presentation* Apr '17

- **Hicks, K.K.,** Murano, P.S. (2017) Incorporation of Online Nutrition CME Courses in State-Level Education Libraries Aid to Improve Physician Knowledge"

Nutrition Research Symposium, College Station, TX, *Poster Presentation (2 posters)* Apr '17

- **Hicks, K.K.,** Murano, P.S. (2017) Incorporation of Online Nutrition CME Courses in State-Level Education Libraries Aid to Improve Physician Knowledge"
- **Hicks, K.K.,** Black, K.S., Yoder Latortue, K.R. "Corporate Wellness Inclusion of Registered Dietitian Nutritionists: Providing Personalized Nutrition Counseling to Improve Nutrition and Lifestyle Factors"

Society for Public Health Education, Denver, CO, *Ignite Oral Presentation (7min)* Mar '17

- **Hicks, K.K.,** Murano, P.S. (2017) "Online CME Accredited Nutrition Education Course Used to Facilitate Learning by Practicing Physicians".

Experimental Biology, San Diego, CA, *Poster Presentation* Apr '16

- **Hicks, K.K.**, Irion, M., Murano, P.S. "Physician Nutrition Education Program: Adding Value to Patient Care by Increasing Physician Expertise in Nutrition" *FASEB J*, 30:896.3 (2016)

Texas Academy of Nutrition and Dietetics, Arlington, TX, Poster Presentation (2 posters) Apr '16

- **Hicks, K.**, Murano, P. (2016). "Texas Physician Perspectives on Nutrition Focused Continuing Medical Education"
- **Hicks, K.K.**, Walzem, R.L., Turner, N.D. (2016). "Sumac Sorghum Cereal Consumption Beneficially Alters Cardiovascular Risk Biomarkers in Humans"

Nutrition Research Symposium, College Station, TX, Poster Presentation Mar '16

- **Hicks, K.** Murano, P. (2015). "Physician Nutrition Education Program (PNEP): "Physician Opinion Survey"

Pathways Symposium, Corpus Christi, TX, Poster Presentation Oct '15

- **Hicks, K.** Murano, P. (2015). "Physician Nutrition Education Program (PNEP): "Physician Opinion Survey"

Experimental Biology, Boston, MA, Poster Presentation Mar '15

- **Hicks, K.**, et al. "A polyphenol rich sumac sorghum cereal alters lipoprotein subfractions resulting in a more cardioprotective lipoprotein profile." *The FASEB Journal* 29.1 Supplement (2015): 923-1.

Nutrition Research Symposium, College Station, TX, Poster Presentation Mar '15

- **Hicks, K.**, Turner, N. "A polyphenol rich sumac sorghum cereal alters lipoprotein subfractions resulting in a more cardioprotective lipoprotein profile"

Food and Nutrition Conference, Atlanta, GA, Poster Presentation Oct '14

- **Hicks, K.**, Coccia, C. "The Use of Omega-3 Fatty Acids to Alter Blood Flow: A Systematic Review of Literature." *Journal of the Academy of Nutrition and Dietetics* 114.9 (2014): A32.

Nutrition Research Symposium, College Station, TX, Poster Presentation Apr '14

- **Hicks, K.**, Turner, N. "Alteration of colonic microbial populations by polyphenol-enriched diets in both healthy and disease states"

Pathways Symposium, Kingsville, TX, Poster Presentation Nov '13

- **Hicks, K.**, Turner, N. "Alteration of colonic microbial populations by polyphenol-enriched diets in both healthy and disease states"

ABSTRACTS

Seidel, D.V., **Hicks, K.K.**, Taddeo, S.S., Azcarate-Peril, M.A., Carroll, R.J., Turner, N.D. (2015). "Dried Plums Modify Fecal Short Chain Fatty Acid Concentrations and Gene Expression in a Rat Model of Colon Carcinogenesis" *FASEB J*, 30:147.3 (2016)

Lloyd, S.K., Ritchie, L.E., **Hicks, K.K.**, Azcarate-Peril, A., Turner, N.D. (2015). "Modulation of Colonic Microbiota Populations by Polyphenolic Containing Sorghum Brans May Protect Against Development of Metabolic Disease" *FASEB J*, 30:683.4 (2016)

Lloyd, S.K., **Hicks, K.K.**, Walzem, R.L., Carroll, R.J., Haub, M.D., Turner, N.D. (2015). "Sorghum Alters Lipoprotein Subfractions Supporting the Cardioprotective Role of Sorghum in the Diet"

Seidel, D., **Hicks, K.** et al. "Dried Plums Modify Colon Microbiota Composition and Spatial Distribution, and Protect Against Chemically-Induced Carcinogenesis." *The FASEB Journal* 29.1 Supplement (2015): 394-7.

Turner, N., Ritchie, L. Seidel, D., **Hicks, K.**, Azcarate-Peril, A., Walter, J., Jayaraman, A. (2014). "Improving Colon and Systemic Health through Dietary Bioactives That Target Colon Microbiota"

INVITED PRESENTATIONS

"Nutrition 101", Bryan Collegiate High School, <i>Guest Speaker</i>	May '17
"The Use of Online Nutrition Education Courses to Increase Physician Knowledge", Nutrition Graduate Seminar Series, <i>Guest Speaker</i>	Feb '17
"Digestion and Absorption", Fundamentals in Nutrition, <i>Guest Lecturer</i>	Feb '17
"Energy Balance and Obesity", Fundamentals in Nutrition, <i>Guest Lecturer</i>	Oct '16
"Energy Balance and Obesity", Fundamentals in Nutrition, <i>Guest Lecturer</i>	July '16
"Gardening with Dr. Gatson", Texas A&M Garden Club, <i>Guest Speaker</i>	May '16
"Annual Wellness Lunch: Making Smart Changes", College of Veterinary Medicine-Texas A&M University, <i>Guest Speaker</i>	Apr '16
"Collaboration among Medical Disciplines: Building the Bridge Between RD's and MD's", Austin Academy Nutrition and Dietetics, <i>Guest Speaker</i>	Mar '16
Texas A&M Nutrition Dietetics Association, <i>Guest Speaker</i>	Feb '16
"Improving Everyday Choices for a Healthy Life", Edward Jones, <i>Guest Speaker</i>	Feb '16
"Energy Balance and Obesity", Fundamentals in Nutrition, <i>Guest Lecturer</i>	Oct '15
"The Impact of Nutrition on Fetal Development", Fetal Physiology, <i>Guest Lecturer</i>	Apr '15
Texas A&M Nutrition Dietetics Association, <i>Guest Speaker</i>	Mar '15
"Nutrition and Cancer", Nutrition and Disease, <i>Guest Lecturer</i>	Mar '15

AWARDS

<u>Montgomery Award, Texas A&M University</u>	<u>Apr '17</u>
<ul style="list-style-type: none"> • Student leader who demonstrates making major contributions to academic and quality of life of fellow graduate students by leadership, scholarship and service 	
<u>U.S. Senator Phil Gramm Doctoral Fellowship, Texas A&M University</u>	<u>Mar '17</u>
<ul style="list-style-type: none"> • Prestigious recognition of scholarly excellence on basis of teaching, research and service of whom exemplify the meaning of a scholar/mentor in the highest sense in their respective field 	
<u>OGAPS Mini Grant- AGPCC Mentorship Program, Texas A&M University</u>	<u>Jan '17</u>
<ul style="list-style-type: none"> • \$1,400 grant to support the AGPCC mentorship program for 2017 	
<u>NFSC Outstanding Graduate Student Award, Texas A&M University</u>	<u>Apr '16</u>
<ul style="list-style-type: none"> • Excellence in the department, recognized due to efforts within research, teaching and service to the department 	
<u>Recognized Young Dietitian of the Year, Texas Academy of Nutrition and Dietetics</u>	<u>Feb '16</u>
<ul style="list-style-type: none"> • Recognized for competence and activities of young dietitians contributions to the nutrition profession across Texas and nationwide 	
<u>NFSC Outstanding Graduate Teaching Award, Texas A&M University</u>	<u>Apr '15</u>
<ul style="list-style-type: none"> • Awardee for excellence as a teaching assistant by exceeding expectations both in and outside the classroom assisting students for success 	
<u>Pathways to Doctorate Fellowship, Texas A&M University</u>	<u>Aug '13 – Aug '15</u>

- Fellowship designed to honor one student annually to support a doctorate student to ultimately increase the pool of future faculty for Texas Higher Education institutions

SCHOLARSHIPS/RECOGNITION

Nutrition Research Symposium Poster Competition, 3 rd place	Apr '17
World's Largest Chili Chef (4,800#), Guinness Book of World Records	Mar '17
Dietitian of the Month, Family Food LLC	Feb '17
GPSC Research Student Spotlight, Texas A&M University	Nov '16
Class of '61 Aggie Leader Scholarship, Texas A&M University	Oct '16
Class of '77 Aggie Ring Scholarship, Texas A&M University	May '16
Association of Former Students Scholarship, Texas A&M University	May '16
Nutrition Research Symposium Poster Competition, 3 rd place	Mar '16
Jane Elizabeth Watkins Cohen Nutrition Education Endowed Scholarship	Mar '16
Distinguished Poster Presentation, Pathways Symposium, 2 nd place	Oct '15
Doctoral Life Sciences Poster, Pathways Symposium, 1 st place	Oct '15
Dr. Kate Adele Hill Texas A&M Academic Excellence Award Scholarship	Apr '15
Dept. Nutrition and Food Science Travel Award, Texas A&M University	Mar '15
Nutrition Research Symposium Poster Competition, 1 st place	Mar '15
OGAPS Graduate Presentation & Travel Grant, Texas A&M University	Mar '15
Jane Elizabeth Watkins Cohen Nutrition Education Endowed Scholarship	Feb '15
Helen Lane Nutrition Research Endowed Scholarship	Feb '15
Lillian L. Reyes Gates Continuing Education Endowed Scholarship	Feb '15

CERTIFICATES

RD Mentorship Program Certificate	Dec '16, May '17
AGPCC Mentorship Program Certificate	May '16, '17
METAND Mentorship Program Certificate	May '16
Graduate Teaching Academy Certificate	Apr '15
Teaching Assistant Institute Completion Certificate	Jan '15
Power Writing Studio-Basic Completion Certificate	Mar '14
Academy of Nutrition and Dietetics Preceptor Certificate	Jan '14
First Aid & CPR Certificate	Jun '16- Jun'18

PROFESSIONAL DEVELOPMENT

Educating Every Aggie Workshop	Apr '17
Community of Scholars	Apr '17
Strategies for Success in Intrapersonal Relations	Feb '17
Strategies for Professional Success	Feb '17
Strategies for Balancing Work and Life	Feb '17
Active Learning: Making Connections	July '16
Mentoring Undergraduate Researchers Workshop	May '16
Expanding and Implementing Mentorship at Texas A&M	Apr '16
Community of Scholars	Apr '16
Publishing a Scholarly Article Workshop	Sept '15

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CIRTL Practitioner Fellow	Apr '15
Community of Scholars	Apr '15
Graduate Teaching Academy: Teaching Difficult Topics	Oct '14
Graduate Teaching Academy: Syllabus Workshop	Oct '14
Graduate Teaching Academy: Philosophy of Teaching Statement	Sept '14
Mentoring Undergraduate Researchers Workshop	Sept '14
Graduate Teaching Academy: Course Development	Sept '14
Graduate Teaching Academy: Effective Presentations	Sept '14

MENTORSHIP

Undergraduate Mentor- AGPCC Mentorship Program 2016-2017

- Jackie Parker (Currently: MS/DI, Texas Women's University)
- Jennifer Munguia
- Tai Silva (Currently: Food Corps volunteer)

Undergraduate Dietetics Mentor- RD Mentorship Program 2016-2017

- Cortney O'Rear
- Presley Ruland
- Cassie Camiscione
- Grace Whitmer (Currently: MS/DI, UT School of Public Health)
- Melody Howard (Currently: BS *in progress*, Texas A&M University)
- Christine Taylor (Currently: MS/DI, UT School of Public Health)
- Tess Clancy

SERVICE

OGAPS Blog Ambassador, Graduate Student Blogger Aug '16-current

RD Dietitian Mentorship Program, Program Founder/Coordinator Jan '16-May '17

- Organizes and manages program which had 17 RD/undergraduate students in year one and 43 RD/undergraduate students in year two.

AGPCC Mentorship Program, Program Founder/Co-Coordinator Jan '16-May '17

- This program had ~250 graduate/undergraduate students in year one and ~440 students in year two.

Aggie Graduate and Professional Community Club (AGPCC), Founder/President Apr '15-May '17

- Manages 9 graduate student leaders and an organization with over 1,700 students.

DPD Advisory Committee, Graduate Member Aug '15-May '17

- Contributes to improving and updating undergraduate DPD curriculum and other DPD focused extra-curricular activities.

Nutrition Science Graduate Association, President Jun '16- May '17

- Organizes monthly meetings, organizes and facilitates operations of the Nutrition Graduate Research Symposium (inviting speaker, organizing speaker trip, recruiting research presenters)

Nutrition Science Graduate Association, Treasurer Aug '15-May '16

Mid-East Texas Academy of Nutrition and Dietetics, Community Outreach Chair '15-May '16

Grad Camp, Counselor Aug '14, '15, '16

PROFESSIONAL SERVICE

Journal Reviewer

- Progress in Community Health Partnerships: Research, Education, and Action
- Journal of Medical Internet Research

PROFESSIONAL MEMBERSHIPS

Academy of Nutrition and Dietetics (AND)

Florida Academy of Nutrition and Dietetics (FAND)

American Society of Nutrition (ASN)

Thirty and Under Dietitians (TUND)

Young Professionals of Aggieland (YPA)

Alpha Phi Omega Alumni (APO)