

Henna Muzaffar, PhD, RD, FAND
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Education:

<u>Institution and Location</u>	<u>Degree</u>	<u>Emphasis</u>	<u>Year</u>
University of Illinois at Urbana-Champaign	Ph.D.	Nutrition Science	2009-2012
Loyola University Chicago, Chicago IL	Internship	Dietetics	2006-2007
University of Cincinnati, Cincinnati OH	M.S.	Nutrition Science	2003-2005
University of Cincinnati, Cincinnati OH	B.S.	Nutrition Science	2002-2003

Professional Registration and Licensure:

- Registered Dietitian (RD) since January, 2008: 993790
- Licensed Dietitian (LD) since January, 2008: 164004862

Professional Experience:

Academic Positions:

<u>Title</u>	<u>Location</u>	<u>Date</u>
Assistant Professor & EDOC Facilitator	School of Health Studies, Nutrition Dietetics & Wellness, Northern Illinois University	Aug, 2019 to Present
Visiting Assistant Professor	School of Interdisciplinary Health Professions, Northern Illinois University, DeKalb, IL	Aug, 2018 to May, 2019
Visiting Research Coordinator	Department of Food Science and Human Nutrition, University of Illinois, Urbana, (UIUC).	Jan, 2015 to May, 2018
Postdoctoral Research Associate	Department of Human and Community Development, University of Illinois, Urbana, (UIUC).	Aug, 2013 to Dec, 2014
Visiting Instructor	College of Agriculture, Consumer, Environmental Sciences, University of Illinois, Urbana, (UIUC).	Fall, 2012

Other Professional Employment:

<u>Title</u>	<u>Location</u>	<u>Date</u>
Research Assistant	University of Illinois at Urbana-Champaign (UIUC)	2009-2012
Dietetic Technician	Loyola University Chicago, Chicago, IL	2006
Research Assistant	University of Cincinnati, Cincinnati, OH	2003-2005
Internship	Wild Flavors Inc., Erlanger, KY	Summer 2003
Medical Assistant	Allama Iqbal Medical College Lahore, Pakistan	2000-2001

Teaching Experience:

Instructor - Nutritional Factors in Obesity and Related Eating Disorders
Spring 2020, 2021, 2022

NUTR 616

- Managed and taught an online course focused on exploration of the etiology, complications, prognosis, and treatment protocols for obesity and eating disorders
- Worked with students for the first half of the semester to plan and conduct National Eating Disorder Awareness Week (NEDAW) event at Northern Illinois University for all university students
- Conducted four synchronous online sessions during the semester to share presentations and stimulate discussion between students
- Managed the discussion board for the course by regularly responding to the discussion prompts and posts by the students
- Consistently provided meaningful feedback to the students by grading the assignments on time and offering guidance to the students as needed

Instructor – Issues in Eating Disorders and Obesity
Fall 2019, 2020, 2021

NUTR 602

- Managed and taught an online course focused on issues in eating disorders and obesity management
- Communicated with the guest instructors for the course regarding their course modules and grading timeframes
- Managed the discussion board for the course by regularly responding to the discussion prompts and posts by the students
- Consistently provided meaningful feedback to the students by grading the assignments on time and offering guidance to the students as needed
- Scheduled individual meetings with the students to discuss their progress with this course as well as make a tentative schedule with them for completing the Eating Disorders and Obesity Certificate requirements

*Instructor – Seminar: Health Promotion Program Planning & Evaluation Fall 2019, 2020, 2021
HLTH 600*

- Taught lectures weekly to students focused on health promotion program planning, needs assessment, theories of behavior change, grant proposal writing and program evaluation
- Lectures incorporated PowerPoint presentations and interactive activities for students to apply acquired knowledge
- Objectively evaluated student progress and consistently provided meaningful feedback for individual and group reports and presentations.
- Provided guidance and shared sample project reports with students to assist them in collecting and analyzing data, interpreting and presenting their findings, planning and implementing a short program, and evaluating an existing program.

*Course Development – Health Disparities Research Methods Spring 2019
HSCI 660*

- Developed a course shell for the School of Interdisciplinary Health Professions at the Northern Illinois University
- Adapted the face to face content developed for my course at the University of Illinois at Urbana-Champaign to an online format for online course delivery at the Northern Illinois University
- Developed 16 modules for the course, which include module objectives, video lectures, required and additional readings, and assignments.
- Developed assignment directions, rubrics, and discussion posts details for successful online delivery of the course

*Instructor – Seminar: Food and Nutrition Policy Spring 2019, 2020, 2021, 2022
HLTH 600*

- Taught 12 graduate students' lectures focused on current topics in various aspects of food and nutrition policy and evidence-based practice
- Lectures incorporated PowerPoint presentations and interactive activities for students to apply acquired knowledge
- Objectively evaluated student progress and consistently provided meaningful feedback
- Established contact with guest speakers and took care of the logistics for guest speakers' presentations in class
- Provided instructions and feedback to students as they prepared public policy proposal, PowerPoint slides, and oral presentations

*Instructor – Research in Health and Human Sciences Spring 2019
HSCI 460*

- Taught course content to undergraduate students via bimonthly online synchronous meetings
- Graded assignments and provided qualitative student evaluations on Blackboard

- Managed course content and updated the content as needed
- Scheduled face-to-face meetings with students to provide guidance for developing research proposals

Instructor – Working with Diverse Populations in Health and Human Sciences *Fall 2018*
HSCI 430

- Taught lectures to a class of 40 undergraduate students
- Applied flipped class and active learning instruction strategies for in-class discussion and knowledge application activities.
- Graded assignments and provided timely feedback to students via Blackboard
- Managed the course content by revising or adding new instructional materials to the weekly folders on Blackboard

Co-Instructor – Knowledge Integration in Health Sciences *Fall 2018*
UHHS 760

- Taught course content to doctoral students via synchronous weekly online meetings
- Developed learning objectives and course content for the last six weeks of the semester
- Revised assignment guidelines and developed rubrics for assignments due in the last five weeks of the semester
- Graded assignments and managed the course content and student evaluations on Blackboard
- Collaborated with my co-instructor, via frequent meetings, to ensure effective and consistent delivery of the course content

Instructor – Health Disparities Research (FSHN 595) *Spring 2018*

- Developed a brand new graduate-level course for the Department of Food Science and Human Nutrition at the University of Illinois at Urbana-Champaign. The course will also be offered to the students in the Department of Human and Community Development, Department of Kinesiology and Community Health, College of Medicine, and the Master's in Public Health students
- Prepared and taught lectures on different aspects of conducting research with different racial/ethnic groups to achieve health equity
- Arranged for five guest speaker presentations for the class, to introduce different clinics and agencies to the students that do work for reducing health disparities in the area
- Developed student assignments, final project guidelines, and rubrics for grading
- Managed the Compass 2g website for the course by posting announcements, lecture slides, and required readings
- Evaluated student progress objectively and posted grades on Compass 2g in a timely manner

Co-Instructor – Community Nutrition (FSHN 428) *Fall 2012, 2014, 2016, & 2107*

- Taught lectures as needed to class of 60-80 junior, senior, and graduate students

- Lectures incorporated PowerPoint presentations and interactive activities for students to apply acquired knowledge
- Objectively evaluated student progress and consistently provided meaningful feedback
- Graded exams and managed grade book

*Co-Instructor - Family Resiliency Center Undergraduate Research Course: Food and Family Transdisciplinary Research in the Social and Behavioral Sciences (HDFS 494)
Fall 2013 & Spring 2014*

- Collaborated with co-instructors to design course syllabus and projects
- Managed course website: facilitated discussion on the discussion board, created and evaluated assignments, posted lecture materials and exam review sheets in a timely manner, managed grade book, and posted course announcements.
- Established contact with guest speakers and took care of handling the logistics for guest speakers' presentations
- Provided instruction and feedback to students as they prepared scientific abstracts, papers, posters, and presentations for research projects completed across different disciplines in the College of ACES

Honors:

- Recipient, Fisher Award for Excellence in Service, College of Health and Human Sciences, Northern Illinois University, May 2022
- Recipient, University Faculty Alliance (UFA) award for faculty development and scholarly activity, fall cycle 2021
- Nutrition Education for Public Award of Excellence, Nutrition Education for Public Dietetic Practice Group of the Academy of Nutrition and Dietetics, June 2021
- Inducted to Alpha Eta Honor Society, April 2021
- Recipient, University Faculty Alliance (UFA) award for faculty development and scholarly activity, spring cycle 2021
- Recipient, United Faculty Alliance (UFA) award for faculty development and scholarly activity, fall cycle 2020
- Fellow of the Academy of Nutrition and Dietetics (FAND) title, Academy of Nutrition and Dietetics, April 2020
- Early Career Award, Nutrition Education & Behavioral Science Research Interest Section, American Society for Nutrition, June 2019
- Outstanding Leadership Award, Friends of Champaign County Food Pantry, March 2018
- Graduate Student Research Award, American Society for Nutrition, 2010
- Margin of Excellence Travel Award, Division of Nutritional Sciences, UIUC, 2010
- USDA National Needs Fellowship, 2009-2011
- Full Scholarship for graduate school, University of Cincinnati, 2003 - 2005
- Bowman's Scholarship, University of Cincinnati, 2002 - 2003
- Gold Medal in Physiology, Allama Iqbal Medical College, 1999 - 2000
- Bronze Medal in Biochemistry, Allama Iqbal Medical College, 1999 - 2000

Professional Memberships:

- Academy of the Nutrition and Dietetics, 2003-Present
- American Society of Nutrition, 2009-Present
- The Obesity Society, 2014-Present
- Society for Nutrition Education and Behavior, 2014-Present
- International Society for Behavioral Nutrition and Physical Activity, 2017-Present
- West Suburban Academy of Nutrition & Dietetics, 2018-Present
- Omicron Nu Honor Society, University of Cincinnati, 2002
- Golden Key International Honor Society, University of Cincinnati, 2003

Non-Affiliated Professional Working Groups:

- Member, DeKalb County Food Security Council 2021-Present
- Member, Illinois Public Health Association 2021-present
- Member, International Skin Carotenoid Assessment Working Group 2020-Present

Review Panels & Professional Services:

Ad hoc reviewer for professional journals

- Journal of Nutrition Education and Behavior 2012-Present
- Journal of the Academy of Nutrition and Dietetics 2012-Present
- Appetite Journal 2014-Present
- Health Education Research Journal 2016-Present
- Advances in Nutrition Journal 2018-Present
- Hispanic Health Care International Journal 2020-Present
- American Journal of Health Behavior 2020-present
- Nutrients Journal 2020-present

Professional Services

American Society for Nutrition

Nutrition Education and Behavioral Science Research Interest Section

- Student Representative, American Society for Nutrition 2010-2011
- Communications Coordinator, American Society for Nutrition 2011-2012
- Postdoctoral Representative, American Society for Nutrition 2014-2015
- Awards Committee, American Society for Nutrition 2015-2016
- Chair, Awards Committee, American Society for Nutrition 2016-2017

- Chair-elect/Chair/Past Chair, American Society for Nutrition 2017-2020
- Member, Awards Committee, American Society for Nutrition 2020-2021
- Chair, Awards Committee, American Society for Nutrition 2021-2023
- Abstract Reviewer, American Society for Nutrition 2013-present
- Chair, Nutrition Education & Behavior Change Minisymposium, Experimental Biology 2015, Boston, MA
- Chair, Qualitative Data Collection and Analysis Workshop, Experimental Biology 2015, Boston, MA
- Co-Chair, Nutrition Education & Behavior Change Minisymposium, Experimental Biology 2016, San Diego, CA
- Co-Chair, Assessment of Nutrition Education & Behavior Change Minisymposium, Experimental Biology 2017, Chicago, IL
- Judge, Emerging Leaders Poster Competition, Experimental Biology 2017, Chicago, IL
- Co-Chair, School, Out of School, and Community Childhood Nutrition Education and Behavioral Interventions and Innovations/Tech, Nutrition Conference 2018, Boston, MA
- Judge, Emerging Leaders Poster Competition, Nutrition Conference 2018, Boston, MA
- Co-Chair, Business Meeting and Awards Presentation, Nutrition Conference 2018, Boston, MA
- Lead Judge, Emerging Leaders Poster Competition, Nutrition Conference 2019, Baltimore, MD
- Chair, Business Meeting and Awards Presentation, Nutrition Conference 2019, Baltimore, MD
- Chair, Innovative Nutrition Education Programs or Evaluation Measures Minisymposium, Nutrition Conference 2019, Baltimore, MD
- Co-Chair, Virtual Business Meeting and Awards Presentation, Nutrition Conference 2020 (COVID19 Pandemic)
- Poster Judge, Emerging Leaders Poster Competition, Virtual Nutrition Conference 2020
- Chair, Oral Session – Nutrition Education & Behavioral Science, Virtual Nutrition Conference 2021
- Secured funding from Abbott Nutrition for supporting the yearly academic awards, 2018-2022
- Chair, Oral Session – Nutrition Education & Behavioral Science, Virtual Nutrition Conference 2022

American Society for Nutrition

Community and Public Health Nutrition Research Interest Section

- Member, Communications Committee, American Society for Nutrition 2016-2017
- Co-Chair, Food Security & Its Connections to Nutrition & Health Minisymposium, Experimental Biology 2017, Chicago, IL
- Co-Chair, Business Meeting and Awards Presentation, Experimental Biology 2017, Chicago, IL

Academy of Nutrition and Dietetics

Nutrition Education for Public Dietetic Practice Group (NEP DPG)

- Chair-elect/Chair/Past-chair, NEP DPG 2019-2022
- Attended a two day workshop for NEP DPG Executive Committee, June 27-29, 2019 in Atlanta, GA
- Attended a half-day NEP DPG Executive Committee Meeting at the Food and Nutrition Conference & Expo, October 25, 2019 in Philadelphia, PA
- Chaired a two day virtual NEP DPG Executive Committee Spring Retreat, June 27-28, 2020 (COVID19 Pandemic)
- Chaired business meeting for NEP DPG members at the virtual Food and Nutrition Conference & Expo, October 2020
- Co-Chaired NEP DPG member showcase at the virtual Food and Nutrition Conference & Expo, October 2020
- Participate in monthly conference calls to discuss the yearly education activities of the NEP DPG
- Recipient of Membership Outreach Grant (\$1000) to fund a webinar for the NEP DPG members, May 2021
- Participated in one day virtual NEP DPG Executive Committee Spring Retreat, July 17, 2021 (COVID19 Pandemic)
- Co-chaired NEP DPG member showcase at the virtual Food and Nutrition Conference & Expo, October 2021.
- Chair, Communications Committee, NEP DPG 2022-2023

Academy of Nutrition and Dietetics

Research Dietetic Practice Group (RDPG)

- Nominating Committee member 2022-2024

Eastern Illinois Dietetic Association

Nominating Chair

2015-2016

West-suburban Academy of Nutrition and Dietetics

Program Committee member

2021-2023

- Attend quarterly meetings, held at Benedictine University in Lisle, IL
- Assist with seeking guest speakers and identifying priority topics for continuing education opportunities.

Northern Illinois University

Member, Curriculum Committee

2018-2019

- Revised course syllabi for the School of Interdisciplinary Health Professions.
- Prepared course proposals for new courses for the School of Interdisciplinary Health Professions.
- Reviewed Health Sciences Certificate course requirements.

Member, Faculty Awards Committee 2018-2019

- Identified faculty members who would be good candidates for the department award categories.
- Sought student and faculty recommendations for the selected faculty members.
- Evaluated faculty recommendations and achievements to select award winners.

Member, Northern Illinois Center for Community Sustainability (NICCS)
Spring 2020-present

- Attend meetings and communicate with the committee members

Member, Committee for Academic Equity and Inclusive Excellence (CAEIE)
August 2020 – present

- Attend monthly meetings to discuss diversity and equity instruction and how to create opportunities for students and faculty of color.

Eating Disorders & Obesity Certificate Facilitator Fall 2019-present

- Reviewed student applications for admission into the program
- Conducted online advising sessions with students to assist with meeting prerequisites and the course requirements for certificate completion

Member, School of Interdisciplinary Health Professions PhD Evaluation Committee
Fall 2019-present

- Attend meetings to review annual assessment program update and discuss opportunities to expand faculty and student engagement.
- Review student application for internal grant opportunities and doctoral student awards.

Research Faculty Representative, Northern Illinois Food Bank January 2020 – present

- Attend weekly conference calls
- Supervise and mentor student research projects with the Northern Illinois Food Bank
- Assist with NIFB Nutrition education program development
- Assist with IRB applications for research interventions

Reviewer, grant proposals

- University of Utah- Washington University pilot grants October, 2017
- Reviewed a Discovery & Innovation Grant for the University of Wisconsin-Milwaukee titled “Youth Chef Academy: Determining Effectiveness of an 8-Week Culinary and Nutrition Literacy Intervention”, December 2019.
- Member, Washington Department of Health (DOH) SNAP-ED Review Committee. Reviewed six grants for Washington DOH SNAP-ED Request for Proposals (RFA), May 2020.

Community Service

September 2019 – present

- Serve as a CATCH (Coordinated Approach to Child Health) liaison in Genoa Elementary School, which entails going to the elementary school one day a month to coordinate and deliver CATCH lessons to children in the school.
- Volunteer every month at the Elmhurst-Yorkfield Food Pantry to help the clients' grocery shop at the food pantry.
- Serve on the Board of Directors for the Elmhurst-Yorkfield Food Pantry (EYFP) and attend monthly board meetings.
- Assisted EYFP host a 'Pop the Trunk' food drive on Sunday, November 29th, 2020.
- Member, Pandemic Awareness Committee, Butler Middle School, District #53.

Publications (14 articles; 2 under review; one under preparation):

Articles:

Muzaffar H, Nickols-Richardson S. (2021). Process evaluation results of a cluster randomized controlled healthy lifestyle intervention with adolescents: the PAWS Club study. *Nutrients*, 13(11):3901. <https://doi.org/10.3390/nu13113901>.

Tomayko E, Muzaffar H, Murphy MP, Hingle MD, Going SB, Hubbs L, Fitzgerald N, Tovar A. (2021). Parental/caretaker involvement in dietary or physical activity interventions to prevent childhood obesity: an umbrella review. *Nutrients*, 13, 3227-3254. <https://doi.org/10.3390/nu13093227>.

Muzaffar H, Nikolaus CJ, Nickols-Richardson S. (2020). Qualitative evaluation of graduate students' experience with the PAWS (Peer-education About Weight Steadiness) Club Program. *Pedagogy in Health Promotion Journal*, doi:[10.1177/2373379920960647](https://doi.org/10.1177/2373379920960647)

Muzaffar H, Nikolas CJ, Nickols-Richardson S. (2019). Promoting Cooking, Nutrition and Physical Activity in Afterschool Settings. *American Journal of Health Behavior*, 43(6), 1050-1063.

Muzaffar H, Raffaelli M, Teran-Garcia M, Wiley A, Hannon B, Gonzalez M. (2019). A Community Based Participatory Assessment of the Health Status and Obesity Risks in Children from Rural Farmworker Families in the Midwest. *Hispanic Health Care International Journal*, <https://doi.org/10.1177%2F1540415319843078>.

Muzaffar H, Nickols-Richardson S. (2019). Modification, feasibility and reliability testing of a social cognitive theory based questionnaire regarding food related behaviors with adolescents. *Health Behavior & Policy Review*, 6(3), 286-297.

Muzaffar H, Fiese B, Jarick J. (2018). Narrative review of culinary interventions to promote healthy eating: Directions for future research and practice. *Current Developments in Nutrition Journal*, 2(6), 1-10.

Dr. Henna Muzaffar, Curriculum Vitae, March, 2022

Ferguson GM, Muzaffar H, Iturbide M, Chu Hui, Gardner JM. (2017). Feel American, Watch American, Eat American? Remote acculturation, TV, and nutrition among Jamaican adolescent-mother dyads. *Child Development*, DOI: 10.1111/cdev.12808.

Nikolaus CJ, Muzaffar H, Nickols-Richardson S. (2016). Grocery store (or supermarket) tours as an effective nutrition education medium: A systematic review. *Journal of Nutrition Education and Behavior*, 48(8), 544-554.

Diaz K, Muzaffar H, Meline B, Chapman-Novakofski. (2016). Talk, Heart, Hands: A culturally sensitive approach to nutrition education for Latinos with young children. *Journal of Nutrition Education and Behavior*, 48(6), 425-429.e1.

Muzaffar H, Chapman-Novakofski K, Castelli D, Scherer J. (2016). Qualitative evaluation of interactive features in HOT (Healthy Outcomes for Teens) Project website. *Journal of Web-Based Learning and Teaching Technologies*, 11(3), 17-27.

Muzaffar H, Castelli D, Scherer J, Chapman-Novakofski K. (2014). The impact of web-based HOT (Healthy Outcomes for Teens) Project on risk for Type 2 diabetes: A randomized controlled trial. *Diabetes Technology & Therapeutics*, 16(12), 1-7. [2 citations]

Muzaffar H, Castelli D, Scherer J, Chapman-Novakofski K. (2013). The HOT (Healthy Outcome for Teens) Project: Using a web-based medium to influence attitude, subjective norm, perceived behavioral control and intention for obesity and Type 2 diabetes prevention. *Appetite*, 72, 82-89. [7 citations]

Muzaffar H, Castelli D, Goss D, Scherer J, Chapman-Novakofski K. (2011). Middle school students want more than games for health education on the internet. *Creative Education*, 2, 393-397. [6 citations]

Muzaffar H, Lamps K. Qualitative Research Evaluation of NIU Students' Experience Delivering the CATCH Program. Manuscript under review by the Canadian Journal of Dietetics Practice and Research.

DiFilipo K, Muzaffar H, Fitzgerald N, Tidwell DK, Idris R, Kurzynske J, Chapman-Novakofski K. A systematic Review of Interventions to Improve Diet Quality of Children that Included Parents versus those without Parental Involvement. Manuscript under review by the Journal of Child and family studies.

Muzaffar H, Tyllisz H, Nickols-Richardson. Healthy Lifestyle Program for Parents Improves their Psychosocial Mediators for Healthy Eating. Finalizing the manuscript for submission to the Journal of Nutrition Education and Behavior.

Newsletter Articles:

Braun J, Ganther M, Herrick E, Muzaffar H. (2020). Trends in Nutrition & Dietetics: Sustainable Food Systems. Nutrition Education for Public Dietetic Practice Group Newsletter, 2019-2020 Issue 2, 8-9.

Oral and Poster presentations (33 presentations):

Muzaffar H, Castelli D, Goss D, Scherer J, Chapman-Novakofski K. Middle schoolers want more than games for health education on the internet. *FASEB J*, 24:322.3, 2010. Oral presentation at the Experimental Biology, April 2010, Los Angeles, CA.

Muzaffar H, Castelli D, Goss D, Scherer J, Chapman-Novakofski K. Healthy Outcomes for Teens (HOT) Project: Change in Social Cognitive Theory (SCT) constructs in a randomized control trial. *FASEB J*, 2011. Poster presentation at the Experimental Biology, April 2011, Washington, DC.

Muzaffar H, Chapman-Novakofski K, Castelli D, Scherer J. Qualitative evaluation of interactive features in HOT (Healthy Outcomes for Teens) Project website. *FASEB J*, 2014. Oral presentation at the Experimental Biology, April 2014, San Diego, CA.

Ajie W, Muzaffar H, Chapman-Novakofski K. Learning through online videos in a nutrition education intervention in middle school students. Poster presentation at the Society of Nutrition Education & Behavior, June 2014, Milwaukee, WI.

Muzaffar H, Fiese B, Jarick J. Systematic review of culinary interventions to promote healthy eating: Directions for future research and practice. Poster presentation at the Society of Nutrition Education & Behavior, June 2014, Milwaukee, WI.

Muzaffar H. Content Analysis. Oral presentations at the ‘Qualitative Data Collection and Analysis workshop’ at the Experimental Biology, March 2015, Boston, MA.

Jarick J, Muzaffar H, McCaffrey J. Qualitative evaluation of a summer cooking program for children. Poster presentation at the Society of Nutrition Education & Behavior, July 2015, Pittsburgh, PA.

Nikolaus C, Nickols-Richardson SM, Muzaffar H. Do Grocery store tours prepare consumers to adopt healthy purchasing behaviors? A Systematic review of evidence. Poster presentation at the Society of Nutrition Education & Behavior, July 2015, Pittsburgh, PA.

Nikolaus CJ, Oakley A, Winslow A, Graziose MM, Muzaffar H, Nickols-Richardson SM. Supermarket tours for parent-adolescent pairs: Lessons learned and future directions. Poster presentation at the Food and Nutrition Conference and Expo, September 2015, Nashville, TN.

Muzaffar H, Raffaelli M, Teran-Garcia M, Wiley A. Nutrition and physical activity assessment of Latino children in rural Illinois. Poster presentation at the Obesity Week, November 2015, Los Angeles, CA.

Muzaffar H, Nickols-Richardson S. PAWS Club – Peer-education About Weight Steadiness: Rationale, design, and protocol for a randomized controlled design. Poster presentation at the Experimental Biology, April 2016, San Diego, CA.

Ferguson GM, Chu H, Muzaffar H et al. Feel American, Eat American? Remote acculturation to U.S. culture predicts unhealthy eating for adolescent and mothers in Jamaica. Oral presentation at the Biennial Meeting, Society for Research on Adolescence, March 2016, Baltimore, MD.

Muzaffar H, Nickols-Richardson S. PAWS (Peer-education About Weight Steadiness) Club: Comparing peer vs. adult delivery of a healthy lifestyle program with middle schoolers. Poster presentation at the Food and Nutrition Conference and Expo, October 2016, Boston, MA.

Muzaffar H, Nickols-Richardson S, Slayton A. Revision and validation of a social cognitive theory-based survey assessing healthy eating and physical activity with adolescents. Poster presentation at the International Society for Behavioral Nutrition & Physical Activity Conference, June 2017, Victoria, Canada.

Muzaffar H. Innovative and comprehensive nutrition education programs in schools. Oral presentation at the Food and Nutrition Conference and Expo, October 2017, Chicago, IL.

Muzaffar H, Nikolaus C, Nickols-Richardson S. Qualitative evaluation of graduate students' experience with the PAWS (Peer-education About Weight Steadiness) Club Program. Poster presentation at the American Society for Nutrition Conference, June 2018, Boston, MA.

Muzaffar H. Health promotion research with Latino children and parents. Oral presentation at the Food and Nutrition Conference and Expo, October 2018, Washington, D.C.

Muzaffar H, Raffaelli M, Teran-Garcia M, Wiley A. Nutrition and physical activity assessments of Latino children in rural Illinois. Poster presentation at the 2nd Annual event of the Coalition for Immigrant Mental Health titled "Chicago Communities and Universities United: A Convening on Immigrant Mental Health", November 2018, Chicago, IL.

Muzaffar H. Innovative and comprehensive nutrition education programs in Schools. Oral presentation at the Pediatric Clinical Nutrition Conference at Ann & Robert H Lurie Children's Hospital of Chicago, in April 2018, Chicago, IL.

Muzaffar H, Nikolaus C, Nickols-Richardson S. Parental participation in a healthy lifestyle program for middle schoolers improves their family meal patterns and social support and self-regulation for healthy eating. Poster presentation at the American Society for Nutrition Conference, June 2019, Baltimore, MD.

Muzaffar H. Comprehensive and multi-component obesity prevention programs in schools. Oral presentation at the quarterly meeting of the West Suburban Academy of Nutrition and Dietetics (WSAND), September 2019, Lisle, IL.

Muzaffar H. Nickols-Richardson S. Using process evaluation to compare the delivery of PAWS (Peer-education About Weight Steadiness) Club by adult and peer leaders. Poster presentation at the Food and Nutrition Conference and Expo, October 2019, Philadelphia, PA.

Dr. Henna Muzaffar, Curriculum Vitae, March, 2022

Muzaffar H, Fitzgerald N, Tidwell DK, Idris R, Kurzynske J, Chapman-Novakofski K. A Systematic Review of Interventions to Improve Diet Quality of Children that Included Parents Versus Those Without Parental Involvement. Virtual Poster Presentation at the American Society for Nutrition Online Conference, June 2020. (COVID19 Pandemic)

Webinar for the Military Families Learning Network (MFLN), University of Illinois at Urbana-Champaign, June 2020. “Cultural Sensitivity and Cultural Competence” lecture for nutrition professionals. <https://militaryfamilieslearningnetwork.org/event/64660/>

Tylisz H, Jarnell K, Brasseur K, Muzaffar H. The Northern Illinois Food Bank promotes healthy eating in afterschool environments. Virtual Poster Presentation at the Food and Nutrition Conference and Expo, October 2020. (COVID19 Pandemic)

Zoom Presentation: Promoting Healthy Food Choices - Adapting Nutrition Education Sessions to Meet the Needs of the Target Population; FSHN 597 seminar; University of Illinois at Urbana-Champaign; November 2020.

Lamps K, Muzaffar H, Prange N, Patterson JA, Hein A. Qualitative Evaluation of University Students’ Experience Delivering the Coordinated Approach to Child Health (CATCH) Program. Virtual Poster Presentation at the American Society for Nutrition Online Conference, June 2021. (COVID19 Pandemic)

Karecka P, Muzaffar H, Hughes C, Duffrin M, Kalota F, Borre K. Evaluation of the Coordinated Approach to Child Health (CATCH) Program in Third Through Fifth Graders in Northern Illinois. Virtual Poster Presentation at the American Society for Nutrition Online Conference, June 2021. (COVID19 Pandemic)

Regan M, Prange N, Muzaffar H, Furr K, Mesic J, Brynteson K, Roseno A, Berry C, & Duffrin M. (2021). FoodMASTER Small Bites: Creating videos to introduce food and nutrition science lessons. Virtual Poster Presentation at the Food and Nutrition Conference and Expo, October 2021. (COVID19 Pandemic)

Muzaffar H, Guenther E, Duffrin M, Barrett S, Nii-Aponsah H. Evaluation of the Impact of Cooking and Gardening Programs on Fruit and Vegetable Intake in Elementary Schools: A Systematic Review. Poster Presentation at the International Society for Behavioral Nutrition and Physical Activity, May 2022, Phoenix, AZ.

Werner A, Bosse O, Brasseur K, Muzaffar H. Determining the Effectiveness and Appeal of Delivering the Whole Body Approach (WBA) Program via text messages to Northern Illinois Food Bank My Pantry Express (MPX) Clients. Oral presentation at the International Society for Behavioral Nutrition and Physical Activity, May 2022, Phoenix, AZ.

Muzaffar H, Check S, Barrett S, Smith T, Njue JR. The Impact of Acquiring Childhood Cooking Skills on Adults’ Dietary Behaviors. Virtual Poster Presentation at the American Society for Nutrition Online Conference, June 2022.

Dr. Henna Muzaffar, Curriculum Vitae, March, 2022

Perian M, Cooke M, Muzaffar H. Implementation of a Coordinated Approach to Child Health Program at a Rural Elementary School During the COVID-19 Pandemic. Virtual Poster Presentation at the American Society for Nutrition Online Conference, June 2022.

Invited Scientific Presentations (12 presentations):

Lecture at the STEAM Studio by Next Generation School, Champaign, Illinois, October 2014. “Healthy Eating” lecture and activities for elementary school students on October 10, 2015.

Oral Presentation at the Eastern Illinois Dietetic Association Forum, University of Illinois at Urbana-Champaign, February 2015. “Cooking Programs with Children” at a monthly meeting on February 25, 2015.

Oral Presentation at the Health Transitions in Immigrant Families Initiative: Immigrant Health Transitions Meeting, University of Illinois at Urbana-Champaign, November 2014. “Using Community-Based Participatory Research to Identify the Needs of Latinos Served by the Multicultural Community Center” at a quarterly meeting on March 12, 2015.

Staff Training at the Multicultural Community Center, Rantoul, IL, May 2015. “Sanitation, Healthy Eating, Menu Planning and Mealtime with Children” for the center staff and teachers on May 29, 2015.

Panel discussion at the Family Resiliency Center, University of Illinois at Urbana-Champaign, February 2016. “Conducting Research with Latino/a Populations” in US Latino/a Families class (HDFS/LLS 422) on February 11, 2016.

Lecture at the Islamic Center for Naperville Al-Falah Academy Muslim Professionals Day, November 2018. “Healthy Eating and Active Living” lecture for elementary and middle school students on November 10, 2018.

Facilitator for a case study discussion at an Interdisciplinary Event at the Northern Illinois University, February 2019. “Interdisciplinary Case Study – Collaboration Between Multiple Health Disciplines to Discuss A Tongue Squamous Cell Carcinoma Case” on February 15, 2019.

Oral presentation at the College of Health and Human Sciences, Northern Illinois University, Spring meeting, January 2020. “Improving Student Learning Outcomes and Teaching Efficiency – Course Alignment Tables on Monday, January 6, 2020.

Oral presentation at the PhD student forum, College of Health and Human Sciences, Northern Illinois University, fall 2020. “Navigating Publishing as an Individual or a Team” on Thursday, September 10, 2020.

Oral presentation for the University of Arizona Student Nutrition Club, September 2021. “Childhood Obesity Prevention and Treatment” on Friday, September 17, 2021.

Dr. Henna Muzaffar, Curriculum Vitae, March, 2022

Oral presentation for the Nutrition Education for Public Dietetic Practice Group (Academy of Nutrition and Dietetics), March 2022. “Interprofessional Collaboration and Teamwork” on Wednesday, March 23, 2022.

Oral presentation for Nutrition Education for Public Dietetic Practice Group, May 2022. “Choose Your Own Adventure: The Many Paths for Graduates in Nutrition” on Friday, May 6, 2022.

Oral presentation for the Research Dietetic Practice Group (Academy of Nutrition and Dietetics), June 2022. “Promoting Healthy Food Choices: Adapting Nutrition Education Sessions to Meet the Needs of Elementary and Middle School Children” on Wednesday, June 8, 2022.

Grants:

Active Research:

Northwestern Medicine Henna Muzaffar (PI) 02/22 – 06/23
NIU and Community Partners Present CATCH to K-Grade 8 Children in Northern Illinois Schools. This specific grant request is an effort to ensure sustainability of the CATCH program in elementary and middle schools in Northern Illinois by assigning two Nutrition graduate students as graduate assistants to the principal investigator for assistance with implementing the program in the region. One graduate assistant will be the coordinator for delivering the CATCH program in elementary schools and the second graduate assistant will be the coordinator for delivering the program in middle schools. The principal investigator will oversee the program in both the elementary and middle schools. Pending funding approval in June 2022. (Award Amount: \$33,000)

Northern Illinois Food Bank Henna Muzaffar (PI) 02/22
Physical Activity lessons of CATCH Program in DeKalb County Middle Schools. The grant funds have been used to purchase physical activity supplies for delivering the CATCH physical activity lessons in middle schools in Northern Illinois. Lamb Weston grant funded by Northern Illinois Food Bank. (Award amount: \$2,000)

DeKalb County Community Foundation Henna Muzaffar (PI) 01/22 – 12/22
Northern Illinois University presents the CATCH Program in DeKalb County Middle Schools. The objective of this research is to adapt the CATCH Middle School Curriculum for implementation in middle schools in Northern Illinois. A second objective of this research is to evaluate the effectiveness of CATCH Middle School Program in improving adolescents nutrition knowledge, eating behavior, and physical activity. The grant funds will be used to purchase the CATCH curriculum, buy the supplies for pilot testing this program in one middle school, and purchase more supplies to scaling the program to six more schools in Northern Illinois. Community Needs grant funded by the DeKalb County Community Foundation. (Award amount: \$4,510)

Northern Illinois University Henna Muzaffar (PI) 06/21-06/22
Developing and Pilot Testing Cooking and Gardening Sessions for Upper Elementary School Children. The objective of this research is to develop and pilot test six gardening and

six cooking sessions with upper elementary school children and to assess the appeal and acceptability of the sessions and their potential to increase fruit and vegetable intake of the children using qualitative and quantitative measures respectively. My role is develop the six cooking and six gardening sessions; recruit, and train graduate students for delivering the program in an elementary school; and assist with data collection, analysis, and writing of the manuscript. Research and Artistry grant funded by the Division of Research and Innovation Partnerships at the Northern Illinois University. (Award amount: \$15,000)

Northern Illinois Food Bank Henna Muzaffar (PI) 01/20 – 8/22
Research and Outreach at the Northern Illinois Food Bank. The objective of this program is that NIU will provide consultation to the Northern Illinois Food Bank related to research and nutrition education program implementations. My role as the principal investigator is to consult with the Northern Illinois Food Bank for optimal study design and implementation, supervise graduate assistant who will work on nutrition education program, supervise graduate student who will work on diabetes prevention program, and supervise and modify IRB applications for nutrition education and diabetes education programs. Funded by the Northern Illinois Food Bank under award number G5A64280. (Award Amount: \$20,000/year x 3 = \$60,000)

USDA Multistate W3005 Chapman-Novakofski (PI) 10/17-9/22
Developing Synergistic Approaches to Healthy Weight in Childhood Through Positive Relationships, Diet Quality and Physical Activity. The objectives of this program are to: 1. Identify evidence-informed programs for healthy weight in childhood that focus on positive parent/caregiver-child relationships, nutrition, and/or physical activity. 2. Evaluate quality of existing programs. 3. Integrate programs on positive parent/caregiver-child relationships, nutrition, and physical activity to produce one or more synergistic programs for promoting healthy weight in childhood. My role as a member of the research team is to contribute to literature review, conduct meta-analysis, prepare manuscripts, and present research findings at national conferences. Funded by the National Institute of Food and Agriculture, United States Department of Agriculture.
Role: Working Group Member

Completed Research:

University of Illinois at Urbana-Champaign Chapman-Novakofski (PI) 01/09 – 04/12
The HOT (Healthy Outcome for Teens) Project: An Innovative Online Intervention Promoting Healthy Diet and Physical Activity for Prevention and Treatment of Obesity and Type 2 Diabetes. The primary purpose of the HOT project was to determine if web-based modules would increase awareness about obesity and diabetes prevention, behavior, and psychosocial variables, through active online learning (AOL) more than passive online learning (POL) with the same content framed within a behavioral theory. My role was to develop the intervention, recruit subjects, implement intervention, collect data, analyze data and report results, and prepare manuscripts. Funded by American Dietetic Association, National Soybean Laboratory, University of Illinois Extension, Illinois AMVETs.
Role: Co-Investigator. (Award Amount: \$50,000)

University of Illinois at Urbana-Champaign Ferguson (PI) 03/14 – 03/15

Americanization, Health Habits, and Family Life in Jamaica. The objective of this project was to launch a pilot study using an innovative new line of multidisciplinary international research exploring Americanization as a potential risk factor for adolescent obesity in Jamaica. My role was to participate in the development of the nutrition and physical activity components of the survey to be used for the pilot study. I was also involved with data analysis and manuscript preparation in Fall/Spring 2015. Funded by the International Seed Grant by the College of Agricultural, Consumer and Environmental Sciences (ACES) at the University of Illinois at Urbana-Champaign (UIUC).

Role: Co-PI. (Award amount: \$25,000)

University of Illinois at Urbana-Champaign Muzaffar (PI) 08/14 – 04-15
Using Community-Based Participatory Research to Identify the Needs of Latinos Served by the Multicultural Community Center. The objective of this project was to use Community Based Participatory Research to establish a mutually beneficial relationship between the members of the University community and the Multicultural Community Center and identify critical health needs that can be addressed in future research and programming to enhance the lives of Latino families in rural Illinois. My role was to make weekly visits to the Multicultural Community Center in Rantoul to establish relationship with the staff and conduct nutrition and health evaluations of the Latino children at the center. Funded by the Health Transitions in Immigrant Families Initiative Grant by the College of ACES at UIUC. (Award Amount: \$25,000)

USDA/NIFA Nichols-Richardson (PI) 01/15-06/17
Peer-Education about Weight Steadiness (PAWS). The objective of this program was to evaluate the effects of an evidence-based extension education program, grounded in Stages of Change Learning Theory and guided by Social Cognitive Theory (SCT), with and without a peer-education mode of delivery on balancing calories to manage body weight (BW), reducing certain foods and food components, increasing selected foods and nutrients, and building healthy eating patterns. My role was to serve as the project coordinator and be involved with revising the lesson plans, hiring and training personnel, establishing contact with schools, overseeing every step of the program implementation, data collection and data analysis, and preparing manuscripts. PAWS (Peer-education About Weight Steadiness) Club is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2012-68001-22032

Role: Project Coordinator. (Award Amount: \$250,000)

Mentored Projects:

Nutrition Note:

ASN Quarterly Newsletter, Student Nutrition Note, Fall 2010.

ASN Quarterly Newsletter, Qualitative Data Collection and Analysis Workshop, Spring, 2015

Thesis:

Combined effects of diet and exercise intervention on self-reported knee pain associated with osteoarthritis. Thesis for M.S. degree completed at the University of Cincinnati, 2005 (Ohio Link ETD).

Dissertation:

The HOT Project (Healthy Outcome for Teens): An Innovative Online Intervention for Prevention and Treatment of Obesity and Type 2 Diabetes. Dissertation completed for doctorate at the University of Illinois at Urbana-Champaign, 2012.

Book Reviews:

Title: "5 Easy Steps to Healthy Cooking". Saulsbury, C., Robert Rose Inc., 120 Eglinton Ave E, Suite 800, Toronto, Ontario, Canada, Softcover book, pp. 544, \$24.95, 2012, ISBN: 978-0-7788-0296-9.

Website:

Participated in the development of web-based program for middle school adolescents to teach them about obesity and Type 2 Diabetes prevention. www.urbanext.illinois.edu/hot.

Professional Development:

- College of ACES fall teaching symposium, University of Illinois at Urbana-Champaign, August 2012.
- College of ACES teaching enhancement seminar, University of Illinois at Urbana-Champaign, November 2012.
- Center for Innovation in Teaching & Learning (CITL) symposium, University of Illinois at Urbana-Champaign, September 2014. "Collaborative Learning Spaces Symposium: Re-imagining the Classroom".
- Career Center at Illinois seminar, University of Illinois at Urbana-Champaign, September 2014. "Professional Branding and Etiquette Symposium and Dinner".
- College of ACES teaching seminar, University of Illinois at Urbana-Champaign, April 2017. "Using Compass2g doesn't have to hurt: Using Compass to Help your Students Learn More and Make your Life Easier".
- College of ACES Academy of Teaching Excellence symposium, University of Illinois at Urbana-Champaign, August 2017. "What is good teaching? How do we do good teaching? How do we know it is good teaching? And Rewarding Teaching".
- Center for Innovation in Teaching & Learning (CITL), University of Illinois at Urbana-Champaign, September and October, 2017. Six-weekly sessions: "Fall 2017, Jr. Faculty Seminar Series".
- Faculty Development and Instructional Design Center, Northern Illinois University, November 2018. "Applying the Quality Matters Rubric Workshop".
- Faculty Development and Instructional Design Center, Northern Illinois University, January 2019. Four weekly online modules: "Online Course Design Academy".
- Principal Investigator Academy Professional Development Series Session, Northern Illinois University, October 4, 2019. "Preparing Junior PIs: Build a track record with the National Science Foundation".

- Grants Administration and Management Series (GAMS) session, Northern Illinois University, October 9, 2019. “Budgets – Everything You Need to Know”.
- Sponsored Programs Administration, Northern Illinois University, December 6, 2019. “Grant Writing Workshop – All Day Writing Intensive”.
- Faculty Development and Instructional Design Center, Northern Illinois University, March 2020. Online session: “Keep Teaching – Holding Class Online with Blackboard Collaborate”.
- Faculty Development and Instructional Design Center, Northern Illinois University, March 2020. Online session: “Creating Recorded Presentations with Voice Thread Workshop”.
- Faculty Development and Instructional Design Center, Northern Illinois University. Attended a two day virtual training session for online teaching; ‘Fall 2020 Teaching Effectiveness Institute’ on August 13 & 14, 2020.
- Faculty Development and Instructional Design Center, Northern Illinois University. Attended a virtual training session titled ‘Teaching face-to-face with Physical Distancing and Remote Students’ on August 20, 2020.
- Media Training; Institutional Communications, Division of Marketing and Communications, Northern Illinois University. October 15, 2021.
- “Closing the loop” Assessment Workshop; Office of Institutional Effectiveness, Northern Illinois University. November 17, 2021.
- Center for Innovative Teaching and Learning, Northern Illinois University. Attended a virtual training session titled ‘Engaging Students with Online Breakout Group Activities on March 10, 2022.
- Center for Innovative Teaching and Learning, Northern Illinois University. Attended a virtual training session titled ‘Motivating Students’ on March 31, 2022.

Mentoring Students:

Name	Degree	Period of Training
Maria Stella	Bachelor in Science	Spring, 2011
Maria Rasche (Data Collection in schools)	Master in Science	2010-2011
Allison N Ganko	Bachelor in Science	2013-2014
Rachel Anne Romer	Bachelor in Science	2013-2014
Melissa Raney	Bachelor in Science	2013-2014
Kelsey Mariel Galicia	Bachelor in Science	2013-2014
Eva Doyle	Bachelor in Science	2013-2014
Tanis Klingler (Training for SPROUTS Research Project, Data Entry, Data Analysis and Poster Presentations)	Bachelor in Science	2013-2014
Jessica Jarick (IRB Training, Focus Groups, and Systematic Review)	Doctoral Candidate	2013-2014

Cassandra J. Nikolaus (Focus groups, Systematic Review and PAWS Club Program Delivery)	Doctoral Candidate	2015-2018
Hortencia Arizpe (Rapport Building, Data Collection, and Data Entry)	Master in Science	2014-2015
Whitney Gregor	Master in Science	2015-2016
Gizem Pervin Gezer	PhD in Nutrition Science	2015-2016
Madhav Katragadda	PhD in Nutrition Science	2015-2016
Dana Colla	Bachelor in Science	2015-2016
Aleli Alcaide	Master in Science	2015-2016
Elizabeth Marie Sloffer	PhD in Nutrition Science	2015-2016
Nichole Giardina	Master in Science	2015-2016
Chidori Lively	Master in Science	2015-2016
Louisa Xue Eileen	Master in Science	2015-2016
Angie Hwang	PhD in Nutrition Science	2016-2017
Jennifer Lin	Master in Science	2016-2017
Brianna Sommer	Bachelor in Science	2016-2017
Amanda Falk	Bachelor in Science	2016-2017
Laritza Aleman	Bachelor in Science	2016-2017
Samantha Gerry	Bachelor in Science	2015-2017
Starrretiece Gibson	Bachelor in Science	2016-2017
Kristen DiFilippo	Masters in Science	2016-2017
Julia Kim (Training for PAWS Club Program Delivery, Data Entry, Observation, and Coordination)	Masters in Science	2016-2017
Paulina Karecka	Master in Science	2019-2021
Elizabeth Herrick	Master in Science	2019-2021
Megan Farris	Master in Science	2019-2021
Kaitland Woelky	Master in Science	2019-2021
Celeste Hendricks	PhD in Health Sciences	2019-present
Katherine Lamps	Master in Science	2020-2021
Shannon O'Shea	Master in Science	2020-2021
Darlene Landowski	Master in Science	2020-2021
Madeline Ganther	Master in Science	2020-2021
Katherine Kreischer	Master in Science	2020-2021
Darlene Lewandowski	Master in Science	2020-2021
Rebekah Johnson	Master in Science	2020-2021
Melissa Perian	Doctorate in Nursing	2020-2022
Reethu James	Bachelor in Science	2020-present
Suzanne Check	Master in Science	2021-2022
Eve Guenther	Master in Science	2021-2022
Erika Mayer	Master in Science	2021-2022
Harold Nii-Aponsah	Master in Public Health	2021-present
Ashley Werner	Master in Science	2021-present
Olivia Bosse	Master in Science	2021-present

Kelly Furr	Master in Science	2021-present
Jasmina Mesic	Master in Science	2021-present
Elizabeth Tenison	PhD in Health Sciences	2021-present
Ashley Valinskas	Master in Science	2021-present
Jordan Mize	PhD in Health Sciences	2021-present
Roy Valenzuela	PhD in Health Sciences	2021-present
Francesca Marchifava	Master in Science	2022-present
Stacia Tietje	Master in Science	2022-present
Simi Joseph	PhD in Health Sciences	2022-present

Media:

- P.A.W.S. Club program in the Mahomet, IL Newspaper on September 15th, 2016:
<http://www.mcitizen.com/news/education/2016-09-14/program-msjh-aimed-healthy-lifestyles.html>
- HOT Project in the Illini Newspaper on September 26th, 2014:
http://news.illinois.edu/news/14/0926HOT_HennaMuzaffar_KarenChapmanNovakofski.html
- CATCH Rainbow Cooking and Gardening Program in April and May, 2022:
<https://www.shawlocal.com/daily-chronicle/news/local/2022/04/10/niu-assistant-professor-to-teach-gardening-classes-in-genoa-elementary-school/>
<https://www.shawlocal.com/midweek-news/news/local/2022/05/04/planting-a-seed-in-garden-of-knowledge/>

Volunteer Experience:

- Serve as a CATCH (Coordinated Approach to Child Health) liaison in Genoa School District, which entails going to the elementary school one day a month to coordinate and deliver CATCH lessons to children in the school.
- Serve on the Board of Directors for the Elmhurst-Yorkfield Food Pantry (EYFP) and attend monthly board meetings.
- Member, Pandemic Awareness Committee, Butler Middle School, District #53.
- Volunteer at a local food pantry (Elmhurst Yorkfield Food Pantry) in Elmhurst, Illinois to help food pantry customers shop at the food pantry and also help with fundraising efforts for the pantry. September 2019 – present.
- Volunteer as a board member for the Academy High School in Urbana-Champaign, Illinois to contribute to student recruitment, curriculum development, and yearly review of faculty and administrative staff. March 2017 – present.
- Volunteer at a local Food Pantry (Friends of Champaign County) in Champaign, Illinois to collect and distribute food packages to needy families on a weekly basis. January 2016 – present.
- Volunteer at the Multicultural Community Center in Rantoul, Illinois to assist the center director with nutrition related activities. September 2014 – present.

- Volunteer at the Avicenna Community Clinic in Champaign, Illinois to provide nutrition counseling to the uninsured population in the area. November 2012 – present.
- Reviewed Abstracts, American Society for Nutrition, Experimental Biology meeting, 2016.
- Reviewed abstracts, American Society for Nutrition, Experimental Biology meeting, 2012.
- Nutrition Symposium for the Department of Nutrition Sciences, University of Illinois at Urbana-Champaign (UIUC), 2012.
- Children Hospital Food Drive, Student Dietetic Association, University of Cincinnati 2002.
- Senior center, Northern Kentucky, 2003.
- Student Dietetic Association Fundraising, University of Cincinnati, 2002 -2005.