

## Curriculum Vitae of Andrew Dandridge Frugé

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### Education

- R.D. Individualized Supervised Practice Pathway, Iowa State University, 2015  
Dietetic Internship
- Ph.D. Food Science, Nutrition and Health Promotion, Mississippi State University, 2014  
Nutrition concentration
- M.S. Finance, Auburn University, 2008  
Minor in Community Planning
- M.B.A. Business Administration, Mississippi State University, 2007
- B.B.A. Management, Harding University, 2006

### Work Experience

#### **Postdoctoral Fellow, R25 Cancer Prevention and Control Training Program, University of Alabama at Birmingham (UAB) (09/01/2015-present)**

Primary Mentor: Wendy Demark-Wahnefried, PhD, RD

Secondary Mentor: Casey Morrow, PhD

Serve as project manager completing recruitment, delivery of intervention, data collection for:

- Palliative Research Enhancement Project Award funded, *Increasing cruciferous and green leafy vegetable intake in head and neck cancer survivors to optimize disease outcomes and supportive care: a pilot/feasibility intervention study* (PI: Anna Arthur, PhD, MPH, RD).

Contribute to data collection and/or analysis of the research protocols listed as part of UAB postdoctoral fellowship below.

#### **Postdoctoral Fellow, Department of Nutrition Sciences, UAB (03/19/2015-present)**

Coordinate and manage operations in the following research protocols under the direction of Wendy Demark-Wahnefried, PhD, RD:

- NCI-funded R21, *Vegetable Gardening Study in Older Cancer Survivors*, examining the feasibility of the Harvest for Health gardening intervention in older cancer survivors: data collection, management, and analysis.
- Women's Breast Health Fund-funded, *Harvest for Health*, building upon pilot data to further explore possible benefits of a gardening intervention in breast cancer survivors: data collection, management, and analysis.
- NCI-funded R21, *Effects of Weight Loss on Early Stage Breast Cancer or Ductal Carcinoma In Situ*, a presurgical diet and exercise intervention; recruitment, diet and weight loss counseling, data collection, management, and analysis.
- NCI-funded R21, *Exploring the Impact of Negative Energy Balance in Men With Prostate Cancer* (completed), a presurgical diet and exercise intervention; data management and analysis, manuscript preparation.

#### **Dietetic Intern, Individualized Supervised Practice Pathway (ISPP), Iowa State University (10/27/14-03/13/2015)**

Engaged in supervised practice in food service and healthcare settings; provided in-service presentations to kitchen staff; evaluated procurement and productivity of hospital foodservice facility; utilized the nutrition care process in inpatient and outpatient settings and made recommendations for nutrition interventions.

**Research Fellow, Mississippi Agricultural & Forestry Experiment Station, Department of Food Science, Nutrition and Health Promotion, Mississippi State University (01/01/11-03/31/2015)**

Responsible for collecting, maintaining and analyzing data in a multidisciplinary research projects; Provided support in purchasing and management of teaching, research, and food laboratory accounts; Assisted with analysis and revision of DP curriculum and ACEND Accreditation; Prepared and delivered lectures; Proctored exams, assisted in classroom management of large enrollment classes, and aided in food laboratory preparation and support.

- Mississippi Agriculture and Forestry Experiment Station funded *Diet, lifestyle and metabolic syndrome in United States adults: 2007-2010 National Health and Nutrition Examination Survey* (dissertation); project design, implementation, data management and analysis, manuscript preparation.
- Delta Health Alliance (DHA) and U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA) funded *Project 16-Improving Health in the Mississippi Delta through Coordinated School Health Program* (completed); data analysis and manuscript preparation.
- Mississippi Agriculture and Forestry Experiment Station funded *Sustainable Model for Home Food Production Garden*; project design, implementation, data collection, management and analysis, manuscript preparation.

**Asset Based Lending Specialist**, BancorpSouth, Tupelo, MS (07/01/09-12/31/10)

**Personal Trainer**, Gold's Gym, Auburn, AL (08/01/08 -07/01/09)

**Graduate Assistant**, College of Business, Auburn University (08/15/07 – 12/17/08)

**Tiger Tutor**, Athletic Department, Auburn University (08/15/07 – 05/16/08)

**Graduate Assistant**, College of Business and Industry, MSU (06/01/06-06/01/07)

### Journal Articles

1. **Frugé, A.D.**, Ptacek, T., Tsuruta, Y., Morrow, C.D., Azrad, M., Desmond, R., Hunter, G.R., Rais-Bahrami, S., Demark-Wahnefried, W. Dietary changes impact the gut microbe composition in overweight and obese men with prostate cancer undergoing radical prostatectomy. *Journal of the Academy of Nutrition and Dietetics* (In Press)
2. Tsuruta Y., Rogers L.Q., Krontiras H., Grizzle W.E., **Frugé A.D.**, Oster R.A., Umphrey H.R., Jones L.W., Azrad M., Demark-Wahnefried W. (2016) Exploring effects of presurgical weight loss among women with stage 0–II breast cancer: protocol for a randomised controlled feasibility trial *BMJ Open* 6 doi: 10.1136/bmjopen-2016-012320
3. Cases M.G., **Frugé A.D.**, De Los Santos J.F., Locher J.L., Cantor A.B., Smith K.P., Glover T.A., Cohen H.J., Daniel M., Morrow C.D., Demark-Wahnefried W. Detailed methods of two home-based vegetable gardening intervention trials to improve diet, physical activity, and quality of life in two different populations of cancer survivors. *Contemp Clin Trials*. 2016 Aug 23;50:201-212. doi: 10.1016/j.cct.2016.08.014. [Epub ahead of print] PubMed PMID: 27565830.
4. **Frugé A.D.**, Cases M.G., Schildkraut J.M., Demark-Wahnefried W. Associations between Obesity, Body Fat Distribution, Weight Loss and Weight Cycling on Serum Pesticide Concentrations. *J Food Nutr Disord*. 2016;5(3). doi: 10.4172/2324-9323.1000198.
5. Demark-Wahnefried, W., Nix, J.W., Hunter, G.R., Rais-Bahrami, S., Desmond, R.A., Chacko, B., Morrow, C.D., Azrad, M., Tsuruta, Y., **Frugé, A.D.**, Ptacek, T., Tully, S.A., Segal, R. and Grizzle, W.E. (2015). Methods and Feasibility Outcomes of a Presurgical Randomized Controlled Trial Exploring the Impact of Caloric Restriction and Increased Physical Activity on Tumor Characteristics and Circulating Biomarkers in Men Electing Prostatectomy for Prostate Cancer. *BMC Cancer* 2016;16:61. DOI: 10.1186/s12885-016-2075-x
6. Cases, M. G., **Frugé, A.D.**, Daniel, M. (2015) Head and neck cancer adherence to dietary recommendations using theory-based tools: Future research directions. *Journal of Food & Nutritional Disorders*, 4:5. doi: 10.4172/2324-9323.1000182.
7. Gray, V.B., Byrd, S.H., Chromiak, J.A., Fountain, B.J., Rader, N.E. & **Frugé, A.D.** (2015). Childhood nutrition in the Mississippi Delta: Challenges and opportunities. *Health Promotion International* doi: 10.1093/heapro/dav072

8. **Frugé, A.D.**, Byrd, S.H., Cossman, J.S., Fountain, B.J., Schilling, M.W., Gerard, P.M.. (2015) Increased physical activity may be more protective for metabolic syndrome than reduced caloric intake. An analysis of estimated energy balance in U.S. adults: 2007-2010 NHANES. *Journal of Nutrition, Metabolism and Cardiovascular Diseases* 25, 535-540. doi:10.1016/j.numecd.2015.03.006
9. Rader, N.E., Byrd, S.H., Fountain, B.J., Bounds, C.W., Gray, V.B., & **Frugé, A.D.** (2014) We Never See Children Playing Outside: A Qualitative Examination of the Role of Safety Concerns on Physical Activity among Children in the Mississippi Delta. *Journal of Physical Activity and Health* doi: 10.1123/jpah.2014-0053
10. **Frugé, A.D.**, Byrd, S.H., Cossman, J.S., Fountain, B.J., Schilling, M.W., Gerard, P.M. (2014) Race and gender disparities in nutrient intake are not related to metabolic syndrome in 20-59 year old U.S. adults. *Metabolic Syndrome and Related Disorders*. 2014;12(8): 430-436. doi:10.1089/met.2014.0069
11. **Frugé, A.D.**, Melby, P., Byrd, S.H., & Nagel, D. (2014) The economic and nutritive value of the raised bed home vegetable garden: a model for the southeastern United States. *Food Studies: An Interdisciplinary Journal*. 2014;3(2):1-9.

One first author manuscript under review. Two first author manuscripts in preparation.

### Other Publications

Melby, P., Byrd, S.H., Nagel, D. & **Frugé, A.D.**, (2013) The edible home landscape: nutritious, sustainable, aesthetic, feasible. *ATINER Conference Paper Series* No: AGR2013-0771.

### Abstracts/Presentations

**Frugé AD**, Cases MG, Morrow CD, Tsuruta Y, Demark-Wahnefried W (2016) Decreased fecal microbiome diversity is associated with elevated Interleukin-6 in older cancer survivors. Poster presentation at American Institute of Cancer Research Conference, Bethesda, MD

**Frugé, A.D.**, Dasher, J.A., Bryan, D., Rais-Bahrami, S., Demark-Wahnefried, W., Hunter, G.H. (2016, Sep) Physiological effort in submaximal fitness tests predicts weight loss in overweight and obese men with prostate cancer in a presurgical weight loss trial. Poster presentation at UAB Center for Exercise Medicine 4<sup>th</sup> Annual Symposium, Birmingham, AL

Cases, M.G., **Frugé, A.D.**, Locher, J.L., Smith, K.P., Glover, T.A., Cohen, H.J., Cantor, A.B., De Los Santos, J.F., & Demark-Wahnefried, W. (2016, Jun). Gardening intervention improves sleep quality in older adult cancer survivors. Poster presented at the American Cancer Society Biennial Cancer Survivorship Research Conference, Washington, DC.

Demark-Wahnefried, W., Locher, J.L., Cases, M.G., **Frugé, A.D.**, Smith, K.P., Glover, T., Cohen, H.J., & De Los Santos, J.F. (2016, Jun). Randomized controlled trial of the Harvest4Health home-based vegetable gardening intervention among older cancer survivors: Feasibility, participant satisfaction, and impact on health behavior and physical function. Abstract submitted to the American Cancer Society Biennial Cancer Survivorship Research Conference, Washington, DC.

**Frugé AD**, Ptacek TS, Morrow CD, Rais-Bahrami S, Tsuruta Y, Desmond RA, Hunter GR, Demark-Wahnefried W. (2016) Dietary changes impact the gut microbe composition in overweight and obese men with prostate cancer. Oral Presentation at the Meeting of the American Society of Preventive Oncology, Columbus, OH.

Cases, M.G., **Frugé, A.D.**, Locher, J.L., Smith, K.P., Glover, T.A., Cohen, H.J., Cantor, A.B., De Los Santos, J.F., & Demark-Wahnefried, W. (2016, Mar). Gardening intervention decreases sleep medication dependence in senior adult cancer survivors. Poster presented at the Meeting of the American Society of Preventive Oncology, Columbus, OH.

**Frugé, A.D.**, Byrd, S.H., (2015) Adiposity measures are associated with macronutrient and food group consumption in U.S. adolescents. *Journal of American Dietetic Association* 2015;115(9, Supplement):A88. doi: 10.1016/j.jand.2015.06.318. Poster Presentation

**Frugé, A.D.**, Byrd, S.H., (2014) Energy Balance and Metabolic Syndrome in U.S. Adults. 2014 Annual Meeting, World Congress on Exercise is Medicine, and World Congress on the Role of Inflammation in Exercise, Health and Disease of the American College of Sports Medicine. Poster Presentation

Melby, P., Byrd, S.H., **Frugé, A.D.**, & Nagel, D. (2013) Microeconomics and Micronutrients: Quantifying the Value of the Raised Bed Home Garden. Food Studies Conference 2013. Online Presentation

Melby, P., Byrd, S.H., **Frugé, A.D.**, & Nagel, D. (2012) A Sustainable Model for Producing the Yearly Vegetable and Fruit Needs for a Family in their Home Landscapes. *Annual International Symposium on Agriculture*, Athens, Greece. Oral Presentation

Byrd, S.H., Melby, P., Nagel, D. & **Frugé, A.D.** (2012) Sustainable Model for Home Food Production Garden. *Journal of American Dietetic Association*, (112:9), Supplement A-91. Poster Presentation

**Frugé, A.D.**, Byrd, S.H., & Fountain, B.J. (2012) Summer Food Service Program Demonstration to Decrease Food Insecurity, Increase Healthy Behaviors in Children (Presentation). *Mississippi Academy of Sciences Seventy-Sixth Annual Meeting*, (57:1), p 100. Oral Presentation

### Research Support

R25 CA047888 Meneses/Demark-Wahnefried (MPI) 09/01/2015 - 08/31/2017

NIH/NCI - Cancer Prevention & Control Training Program

Major goals: To train graduate and postdoctoral trainees in the area of cancer prevention.

Role: Trainee

R21 CA178359 Demark- Wahnefried (PI) 03/19/2015 - 09/01/2015

NIH/NCI

Exploring Effects of Weight Loss on Ductal Carcinoma In Situ

This project will explore the feasibility of a weight loss intervention among 40 overweight and obese patients diagnosed with DCIS as a complementary treatment during the presurgical period, and will explore the intervention effect on serum biomarkers, tumor characteristics and clinical outcomes.

R21CA182508 Demark-Wahnefried (PI) 03/19/2015 - 09/01/2015

NIH/NCI

Vegetable garden feasibility trial to promote function in older cancer survivors

The primary aim of this vegetable gardening intervention among 46 cancer survivors in Cullman and Mobile counties in Alabama is to determine if a home-based gardening intervention is feasible, safe and provides promising preliminary data that can support a larger trial.

*Harvest for Health* Demark-Wahnefried (PI) 03/19/2015 - 09/01/2015

Women's Breast Health Fund

Building upon pilot data to further explore possible benefits of a gardening intervention in breast cancer survivors.

### Awards/Honors

New Investigator's Workshop, ASPO 2016

### Teaching Experience

#### Mississippi State University

**FNH 1001. First Year Experience Cooking Basics: Iron Chef Bully.** One-hour lecture/lab.

- Assisted with preparation Fall 2011; Spring 2011

**FHN 2293. Individual and Family Nutrition.** Three hours lecture.

- Assisted and guest lectured Fall 2011, 2014; Spring 2011, 2012; Maymester 2011, 2012.

- Instructor, Fall 2013, Spring 2014

**FNH 3723. Community Nutrition.** Three hours lecture.

- Guest Lecturer Spring 2014

#### University of Alabama at Birmingham

**NTR 724 Research Strategies for the Study of Diet, Energetics, and Cancer.** Two hours lecture.

- Teaching Assistant Summer 2015, Fall 2016

**Journal Referee**

Endocrine  
Journal of Health Care for the Poor and Underserved  
Food Studies: An International Journal (Associate Editor)

**Professional Societies**

American Society of Preventive Oncology  
Academy of Nutrition and Dietetics  
American Society for Nutrition  
The Obesity Society

**Certifications/Training**

NHA Certified Phlebotomy Technician, 2015  
CITI Biomedical Research Investigators and Key Personnel Refresher Course, 2015  
CITI Biomedical Responsible Conduct of Research Course, 2016  
ServSafe Food Protection Manager Certification, 2012 exp. 2017  
Financial Conflict of Interest Training, 2012  
Introduction to Laboratory Safety Training, 2012

**University Activities****Mississippi State University 2011-2014**

Preparing Future Faculty Program, Graduate Student Association; Student Dietetic Association.

**Auburn University 2007-2008**

Association for Graduate Business Students; Student Alumni Association; AU Rugby Football Club;  
USA Rugby Georgia All-Star team; Graduate-Undergraduate Partnership.

**Mississippi State University 2006-2007**

VP, Professional Relations, Masters in Business Administration Association; Financial Management Association; VP, MSU Rugby Football Club; USA Rugby Deep South All-Star team; Certified COPE instructor and volunteer, Pushmataha Area Council (BSA); intramural athletics.

**Harding University 2003-2006**

Treasurer, Society for Advancement of Management; VP, Pi Kappa Epsilon social club; Delta Mu Delta National Business Honor Society; American Studies Institute Honors Program; Alpha Chi National Honor Society; NCAA Division II football; Honduras mission trips; intramural athletics.

BSA Eagle Scout