

# JULIANNE GRACE CLINA

1675 University Blvd, Suite 630, Birmingham AL 35294

Phone: (205) 873-8241 • Email: jclina@uab.edu

## Research Interests

Health promotion for people with disabilities; lean mass preservation; intervention studies; physical activity; program adaptations; weight management

## Education

### Doctor of Philosophy in Nutrition Sciences

August 2019 - Present

University of Alabama at Birmingham, Birmingham AL

### Master of Science in Nutrition Sciences - Research Track

August 2019 - May 2021

University of Alabama at Birmingham, Birmingham AL

### Bachelor of Science in Health Science Allied Health Pre-Professional - *Magna Cum Laude*

Lee University, Cleveland TN

August 2016 - May 2019

## Research Experience

### State of Slim Everybody: An Adapted Weight Loss Program for People with Physical Disabilities

Department of Nutrition Sciences, University of Alabama at Birmingham

Fall 2021 – Present

*PI: Julianne G. Clina*

Responsible for adapting a weight loss program to be inclusive of people with physical disabilities using a framework created by the National Center on Health, Physical Activity, and Disability. Also responsible for coordinating and conducting the pilot test of the program and leading the weight loss class coaching sessions. Completed study visits consisting of body composition testing, blood analyses using a Cholestech analyzer, functional testing, and exit interviews.

### Mindfulness, Exercise, and Nutrition to Optimize Resilience (MENTOR)

UAB/Lakeshore Research Collaborative

Fall 2021 – Present

*PI: James Rimmer, PhD*

Served as a health coach to participants into program, leading weekly discussions and having one-on-one sessions with participants on as as-needed basis. Program serves people with recently diagnosed disabilities including stroke, Parkinson's, spinal cord injury, multiple sclerosis, paralysis, traumatic brain injury and more. Provides weekly exercise, mindfulness, and nutrition classes for an 8-week period. Assisted with research on nutrition knowledge and behavior change resulting from the program. Responsible for questionnaire scoring, data cleaning, assisting with data analysis, and assisting with manuscript preparation.

### International Weight Control Registry

Department of Nutrition Sciences, University of Alabama at Birmingham

Fall 2021 - Present

*PI: James O. Hill, PhD*

Developed idea to adapt the International Weight Control Registry to be inclusive of people with disabilities. Organized expert panels to review the questionnaire and made adaptations to the questionnaire as needed. The adapted questionnaire was then used to recruit people with disabilities into the registry to explore differences between those with and without disabilities regarding factors contributing to weight loss and weight loss maintenance.

### Comparing High and Normal Protein Diets for the Remission of Type 2 Diabetes

August 2019 - Present

Department of Nutrition Sciences, University of Alabama at Birmingham

*PI: James O. Hill, PhD. R. Drew Sayer, PhD*

Investigated the effect of various diets on obesity and diabetes status during a 52-week behavioral weight loss intervention. Responsible for calibrating and performing DXA scans, RMR tests, physical activity tests, collecting anthropometric measures, accelerometer programming, recruitment, phone screening, and consenting of participants, preparing IRB amendments, performing data entry and quality assurance checks, creating surveys on REDCap, and being an assistant coach at the weekly weight loss classes.

### **Effects of Dietary Protein Intake and Resistance Training on Retention of Fat Free Mass during Weight Loss in Adults over 50 with Obesity**

Department of Nutrition Sciences, University of Alabama at Birmingham

April 2021 - February 2022

PI: R. Drew Sayer, PhD

Investigated the effect of protein and resistance training on obesity status and body composition during a 52-week behavioral weight loss Sequential Multiple Assignment Randomized Trial (SMART). Responsible for assisting with data collection including performing DXA scans, InBody S10 body composition analyses, physical activity tests, collecting anthropometric measures, and administering oral glucose tolerance tests.

### **The anti-bacterial and antibiofilm properties of lipids against *Pseudomonas aeruginosa* and *Staphylococcus aureus*: Bacteria and Cystic Fibrosis**

Department of Natural Sciences, Lee University

January 2019 - May 2019

Investigated the effect of various lipids on the bacterial properties, both individually and co-cultured, of bacteria commonly infecting individuals with cystic fibrosis. Responsible for preparing various growth media, preparing bacterial cultures, performing the “Microtiter Dish Biofilm Formation Assay” (created by George A. O’Toole) and performing plate readings using EMax Plus Microplate Reader.

## **Awards and Fellowships**

### **PhD Student of the Year**

December 2021

University of Alabama at Birmingham, Department of Nutrition Sciences

### **National Center on Health, Physical Activity & Disability Student Fellowship**

August 2021 - Present

University of Alabama at Birmingham/Lakeshore Foundation Collaborative

### **Howerde E. Sauberlich Award for Excellence in Nutrition Science Research**

Spring 2021

University of Alabama at Birmingham, School of Health Professions

### **Blazer Graduate Research Fellowship**

August 2019 - December 2020

University of Alabama at Birmingham

### **Honors Scholarship**

August 2017 - May 2019

Lee University

### **Presidential Scholarship**

August 2016 - May 2018

Lee University

### **Outstanding Freshman English Award**

November 2016

Lee University

### **Sam Grad Memorial Award**

April 2016

Westford Academy Board of Trustees

## **Publications**

*Peer-Reviewed Manuscripts*

**Clina, J.G.,** Sayer, R.D., Cohen, C.W., Baidwan, N., Wyatt, H.R., Hill J.O., “Do Outcomes of a Behavioral Weight Loss Intervention Differ in Alabama vs. Colorado?” Published, 15 December 2021, *Obesity Science and Practice*. <https://doi.org/10.1002/osp4.583>

**Clina, J.G.,** Pan, Z., Hill, J.O, Wyatt, H.R., Peters, J.C., Sayer, R.D. “Secondary analysis of a university-based weight loss program in on-campus vs. off-campus employees” Published, 23 May 2022 *Obesity Science and Practice* <https://doi.org/10.1002/osp4.618>

### ***Book Chapters***

Ehrlicher, S.E., Chui, T-K., **Clina, J, G.,** Ellison, K., Sayer, R.D., Nutrition in the Practice of Medicine: A Practical Approach, an Issue of Medical Clinics of North America. Seres, D.S, editor. Chapter 1, The Data Behind Popular Diets for Weight Loss (*In Press*)

**Clina J.G.,** Sayer R.D., and Hill J.O. Handbook of Obesity, 5<sup>th</sup> Edition, Volume 1: Epidemiology, Etiology, and Pathophysiology. Bray GA, Bouchard C, Katzmarzyk P, Kirwan J, Redman L, and Schauer P, editors. CRC Press; 2022. Chapter 38, Leisure-Time Physical Activity and Obesity. (*In Press*).

## **Presentations**

### ***Poster Presentations***

**Clina, J.G.,** Ferguson, C.C., Rimmer, J. H., “Eight Week Telewellness Program Improves Nutrition Knowledge Among People with Physical Disabilities”  
American Congress of Rehabilitation Medicine 99<sup>th</sup> Annual Conference November 2022

**Clina, J.G.,** Sayer, R.D, Ferguson, C.C, Das, S.K., Roberts, S.B., Hill, J.O. “Protocol for Determining Appropriate Adaptations for the International Weight Control Registry to be Inclusive of People with Physical Disabilities”  
American Society for Nutrition Live Online 2022 June 2022

**Clina, J.G.,** Pan, Z., Hill, J.O, Wyatt, H.R., Peters, J.C., Sayer, R.D. “Work Proximity and Gym Usage During a Behavioral Weight Loss Trial”  
Alpha Eta-School of Health Professions Research Day, Birmingham AL February 2022

Ferguson, C.C., **Clina, J.G,** Abadie, A., Rimmer, J.H. “Telewellness Program Improves Diet Quality Among People with Physical Disabilities: Retrospective Evaluation of the Mindfulness, Exercise, and Nutrition to Optimize Resilience (MENTOR) Program”  
Alpha Eta-School of Health Professions Research Day, Birmingham AL February 2022

**Clina, J.G.,** Sayer, R.D., Cohen, C.W. Hill J.O., “Do Outcomes of a Behavioral Weight Loss Intervention Differ in Alabama v. Colorado?”  
American Society For Nutrition 2021 Live Online June 2021

**Clina, J.G.,** “The anti-bacterial and antibiofilm properties of lipids against *Pseudomonas aeruginosa* and *Staphylococcus aureus*: Bacteria and Cystic Fibrosis”  
Lee University Poster Symposium, Cleveland TN,  
April 2019

### ***Professional Presentations and Invited Lectures***

**Clina JG,** “How to Eat Healthy on a Budget: A Post-MENTOR Presentation”,  
*National Center on Health, Physical Activity & Disability,*  
Lakeshore Foundation, Birmingham AL February 2022

**Clina JG,** “Nutritional Considerations for Individuals with Disabilities: Turning your Passion into a Project”,  
UAB Honors Seminar Series, Birmingham, AL November 2020

**Clina JG**, “Choosing Healthier Snacks”,  
Boys and Girls Club, Cleveland TN

April 2018

## Teaching Experience and Certificates

### **CIRTL Associate Program Certificate**

May 2021

Awarded to those who complete level 1 of the Center for Integration of Research, Teaching, and Learning Program with the University of Alabama at Birmingham

**Teaching Assistant**, Principles of Nutrition,  
Professor: Benjamin Christmann, PhD, Lee University

January 2018 - May 2018

**Tutor**, Microbiology  
Professor: Joseph Daft, PhD, Lee University

August 2017 - December 2017

## Professional Development

MENTOR Health Coach Training, NCHPAD

December 2021

Conducting and Publishing Systematic Reviews Course

Fall 2021

Inclusive Nutrition Training, NCHPAD

Fall 2021

The Obesity Society Conference, Online

November 2021

American Society for Nutrition Conference, Online

June 2021

The Obesity Society Conference, Online

November 2020

NIH Virtual Seminar on Program Funding and Grants Administration, Online

October 2020

American Society for Nutrition Conference, Online

June 2020

## Service

### *University Service*

**Student Affairs Committee**, Graduate Student Appointee

August 2021 - Present

*University of Alabama at Birmingham, School of Health Professions*

Assisted in formulating recommendations to the Dean concerning student activities, student services, co-curricular programming, student organizations, and non-academic policies and procedures

**Peer Mentor**, Department of Nutrition Sciences

August 2021 - Present

*University of Alabama at Birmingham, Birmingham, AL*

Founded Peer Mentor Team with the goal of mentoring incoming PhD students in the Department of Nutrition Sciences. Responsible for assigning new students appropriate mentors as well as mentoring incoming PhD students. Met with students on an as-needed basis in order to help navigate the program.

**Student Engagement Team**, Group Founder and Chair

August 2021 - Present

*University of Alabama at Birmingham, Department of Nutrition Sciences*

Founded the group in 2021 with the goal of promoting collaboration and community within the PhD student population. Responsible for leading team and organizing monthly student events, both social events and career development events.

**Collaboration Team**, Student Chair

February 2020 - Present

*University of Alabama at Birmingham, Department of Nutrition Sciences*

Participated in monthly meetings in order to Developed projects with faculty to increase departmental collaboration, organize annual department retreats, and communicated with faculty to increase student engagement

**Project Coordinator**, Lee University Environmental Club  
*Cleveland, TN*

August 2017 - May 2018

Participated in a committee which aimed to get recycling on campus as well as begin a gardening group which donated vegetables grown to a local food bank.

### ***Community Service***

**Student Assistant**, LUDIC Center

September 2018

*Cleveland, TN*

Supervised activities for children on the autism spectrum (ages 4-16).

**Tutor and Mentor**, YMCA Community Action Program

August 2016 - May 2017

*Cleveland, TN*

Tutored at-risk students (aged 7-14) in various school subjects and mentored students in a one-on-one setting in emotional control, understanding hardships, and the importance of education.

### **Mentored Students**

**Graduate Student Mentor for Amanda Finn**

Currently enrolled at the University of Alabama at Birmingham

Pursing PhD in Nutrition Sciences

**Graduate Student Mentor for Amelia Fouts**

Currently enrolled at the University of Alabama at Birmingham

Pursing PhD in Nutrition Sciences

**Graduate Student Mentor for Alanis Stansberry**

Currently enrolled at the University of Alabama at Birmingham

Pursing PhD in Nutrition Sciences

### **Professional Affiliations**

**The Obesity Society**, Member

2021 - Present

**American Society for Nutrition**, Member

2020 - Present

**Lee University Environmental Club**, Chaplain

2017 – 2019

### **Professional Experiences**

**Attendant Care Giver**, CHOICES

August 2018 - May 2019

*Cleveland, TN*

- Taught math, reading, penmanship, lifestyle skills, and piano to individual with autism
- Assisted individual (age 24) with autism complete daily tasks including, exercising, eating meals, facilitating social interaction, completing transactions at stores, filling out health forms

**Student Worker**, Lee University Department of Natural Sciences

August 2018 - May 2019

*Cleveland, TN*

- Graded student work including tests and papers
- Prepared lab media including bacteria cultures and growth media