

Catharine (Katie) Couch, MS, RD
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EDUCATION

PhD in Nutrition Sciences (2018 – anticipated completion December 2022)
University of Alabama at Birmingham, Birmingham, AL

Master of Science in Nutrition (2015 – 2016)
Auburn University, Auburn, AL

Bachelor of Science in Nutrition Science (2011 – 2015)
Auburn University, Auburn AL

PROFESSIONAL EXPERIENCE

Nutrition Support Medicine Dietitian (2017 – 2018)
University of Virginia Health System, Charlottesville, VA

Dietetic Intern (2016 – 2017)
University of Virginia Health System, Charlottesville, VA

RESEARCH EXPERIENCE

Graduate Student Trainee (August 2019 – present)
University of Alabama at Birmingham, Department of Nutrition Sciences
Mentors: Drs. Barbara Gower, Jose Fernandez, Suzanne Judd, Kevin Fontaine, Pankaj Arora

Intervention Contributor (2020)
University of Alabama at Birmingham, Department of Nutrition Sciences
Adapting MultiPLe behavior Interventions that eEffectively Improve (AMPLIFI) Cancer Survivor Health;
P01CA22997 (Demark-Wahnefried) NIH/NCI

Graduate Teaching Assistant (August 2015 – July 2016)
Auburn University, Department of Nutrition Sciences
Mentor: Dr. Patricia Marincic

Laboratory Methods/Equipment Utilized
MRI Level I certified, hormone assays, indirect calorimetry (Parvo Medics Metabolic Cart), Bioelectrical Impedance Analysis

Software
SPSS, SAS, and R Studio

AWARDS AND HONORS

SISG Scholarship Recipient (July 2022)
University of Washington, Summer Institute in Statistical Genetics

Top Abstract Winner in PhD Student Category (March 2022)
UAB School of Health Professions Alpha-Eta Research Day

Blazer Research Fellow (2018 – 2019)
University of Alabama at Birmingham, Birmingham, AL

Honors Scholar (2011 – 2015)

Auburn University, Auburn, AL

Academic Heritage Scholarship Recipient (2011 – 2015)
Auburn University, Auburn, AL

PROFESSIONAL AFFILIATIONS

Academy of Nutrition and Dietetics
Academy of Nutrition and Dietetics Research Dietetics Practice Group
The Obesity Society
American Diabetes Association
American Heart Association

CERTIFICATIONS

Registered Dietitian (2017 – present)
Academy of Nutrition and Dietetics

FUNDING

NIH T32, Pre-doctoral Training in Obesity-Related Research (2019 – present)
Grant Number T32HL105349 from the National Heart, Lung, and Blood Institute
University of Alabama at Birmingham, Birmingham, AL

MENTORSHIP

Kiu Chui, Pre-doctoral Student, Department of Nutrition Sciences
University of Alabama at Birmingham, Birmingham, AL

Marian Yurchishin, Pre-doctoral Student, Department of Nutrition Sciences
University of Alabama at Birmingham, Birmingham, AL

TEACHING

UAB Dietetic Internship Preceptor: Nutrition Research Rotation (2021)
University of Alabama at Birmingham, Birmingham, AL

Graduate Teaching Assistant for Nutritional Biochemistry (2020)
University of Alabama at Birmingham, Birmingham, AL

UAB Dietetic Internship Preceptor: Nutrition Support Rotation (2020)
University of Alabama at Birmingham, Birmingham, AL

UVAHS Dietetic Internship Preceptor: Nutrition Support Medicine Rotation (2017 – 2018)
University of Virginia Health System, Charlottesville, VA

Graduate Teaching Assistant for Medical Nutrition I and II (2015 – 2016)
Auburn University, Auburn, AL

Undergraduate Teaching Assistant for Organismal Biology Lab (2015)
Auburn University, Auburn, AL

SERVICE

University of Alabama at Birmingham, Department of Nutrition Sciences, Student Engagement Committee
(2021 – present)

University of Alabama at Birmingham, Department of Nutrition Sciences Open House Co-Host (2020)

WORKSHOPS AND OTHER TRAINING

1. University of Washington Summer Institute in Statistical Genetics. Gene Expression Profiling, Genetic Epidemiology, and Association Mapping: GWAS and Sequencing Data. July 2022.
2. Intro to Python for Data Analysis, University of Alabama at Birmingham, Birmingham, AL. October 2021.
3. Columbia University SHARP Training Program, “Epigenetics Boot Camp: Planning and Analyzing DNA Methylation Studies.” June 14-15, 2021.

PUBLISHED MANUSCRIPTS

1. **Couch CA**, Brooks MS, Shikany JM, Howard VJ, Howard G, Long DL, McClure LA, Manly JJ, Cushman M, Zakai NA, Pearson KE, Levitan EB, Judd SE. Correlates of a southern diet pattern in a national cohort study of blacks and whites: the REGARDS study. *Br J Nutr.* 2021 Feb 26;1-24. doi: 10.1017/S0007114521000696. Epub ahead of print. PMID: 33632366.

MANUSCRIPTS SUBMITTED OR IN PREPARATION

1. **Couch CA**, Piccinini F, Fowler LA, Garvey WT, Gower BA. Proinsulin as a marker of beta-cell function. *Submitted.*
2. **Couch CA**, Fowler LA, Goss AM, Gower BA. Associations of renal sinus fat with ectopic fat and blood pressure in a diverse cohort of healthy adults. *In preparation.*
3. **Couch CA**, Yurchishin M, Goss AM, Gower BA. Race, ectopic fat, and insulin. *In preparation.*
4. Chui TK, Brooks MS, **Couch CA**, Shikany JM, Levitan EB, Judd SE. Association of dietary inflammation score with 10-year weight and waist circumference change in the REGARDS study. *In preparation.*
5. **Couch CA**, Fowler LA, Parcha V, Arora P, Gower BA. Racial differences in atrial natriuretic peptide and insulin. *In preparation.*

ORAL PRESENTATIONS/SELECTED TALKS

1. **Couch CA**, Fowler LA, Goss AM, Gower BA. (2022). Associations of Renal Sinus Fat with Ectopic Fat and Blood Pressure in a Diverse Cohort of Healthy Adults. UAB School of Health Professions Alpha-Eta Research Day. Birmingham, AL. *Top abstract winner in PhD Student category.*

SCHOLARLY ABSTRACTS/POSTER PRESENTATIONS

1. Fowler LA, Parcha V, **Couch CA**, Garvey WT, Gower BA. (2022). Prediction of Clamp-Derived Insulin Sensitivity in African Americans from Clinical Risk Factors. American Diabetes Association’s 82nd Scientific Sessions. New Orleans, LA.
2. **Couch CA**, Fowler LA, Parcha V, Arora P, Gower BA. (2022). Racial Differences in Atrial Natriuretic Peptide and Insulin. American Heart Association, Epidemiology, Prevention, Lifestyle & Cardiometabolic Health Scientific Sessions. Chicago, IL.
3. **Couch CA**, Fowler LA, Goss AM, Gower BA. (2022). Associations of Renal Sinus Fat with Ectopic Fat and Blood Pressure in a Diverse Cohort of Healthy Adults. UAB School of Health Professions Alpha-Eta Research Day. Birmingham, AL. *Top abstract winner in PhD Student category.*
4. Chui TK, Brooks MS, **Couch CA**, Shikany JM, Levitan EB, Judd SE. (2021). Association of Dietary Inflammation Score with 10-year Weight and Waist Circumference Change in the REGARDS Study. The Obesity Society ObesityWeek Poster Presentations. Online.
5. Fowler LA, **Couch CA**, Gower BA. (2021). Genetic Risk Score for Insulin Resistance Interacts with Diet. The Obesity Society, ObesityWeek Poster Presentations. Online.
6. **Couch CA**, Piccinini F, Gower BA. (2021). Proinsulin as a Biomarker for Beta-cell Function in a Diverse Cohort. American Diabetes Association’s Virtual 81st Scientific Sessions. Online.
7. **Couch CA**, Bush NS, Dudenbostel T, Gower BA. (2020). Racial Differences in Endothelial Function, Insulin Sensitivity, and Proinsulin. The Obesity Society, ObesityWeek Poster Presentations. Online.

8. **Couch CA**, Bush NS, Dudenbostel T, Gower BA. (2020). Racial Differences in Endothelial Function and Insulin Sensitivity. American Heart Association, Epidemiology, Prevention, Lifestyle & Cardiometabolic Health Scientific Sessions. Phoenix, AZ.
9. **Couch CA**, Brooks MS, Shikany JM, Howard VJ, Howard G, Long DL, McClure LA, Manly JJ, Cushman M, Zakai NA, Pearson KE, Levitan EB, Judd, SE. (2019). Predictors of a Southern Diet Pattern (Factor 4) in REGARDS Study. UAB School of Public Health Poster Session, Birmingham, AL.
10. **Couch CA**, Hasemann A. (2017). Poor Training and Weight Bias: The Challenges in Obesity Recognition and Referral Practices in Primary Care. University of Virginia Health System, Charlottesville, VA.