

Cody Hanick, M.S.
Ph.D. Student
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RESEARCH INTERESTS

Nutrient-dense and plant-based foods, food groups, and dietary patterns; type 2 diabetes and diabetes remission; cardiovascular disease and coronary artery disease reversal; obesity and body composition; chronic kidney disease; and controlled-feeding studies

EDUCATION

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| Ph.D. in Nutrition Sciences (<i>in progress</i>) | 2018-Present |
| University of Alabama at Birmingham, Birmingham, AL | |
| • Mentor: Dr. Courtney Peterson | |
| Master of Science in Nutrition—Research Track | 2017-2018 |
| Loma Linda University, Loma Linda, CA | |
| • Mentor: Dr. Ella Haddad | |
| Bachelor of Science in Dietetics | 2011-2015 |
| University of Wisconsin-Stevens Point, Stevens Point, WI | |
| • <i>Magna Cum Laude</i> | |

ACADEMIC AWARDS & HONORS

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| NORC T32 UAB PreDoctoral Training Program , University of Alabama at Birmingham | 2019-Present |
| Blazer Graduate Research Fellowship , University of Alabama at Birmingham | 2018 |
| Hulda Crooks Award , Loma Linda University: for the display of personal & professional commitment to health | 2018 |
| Dean's Scholar , University of Wisconsin-Stevens Point (all 7 semesters) | 2011-2015 |
| Highest Honors , University of Wisconsin-Stevens Point (all 7 semesters) | 2011-2015 |
| Northwestern Mutual Scholar , Northwestern Mutual: for excellence in academia, volunteer, & leadership | 2014 |
| Phi Kappa Phi , University of Wisconsin-Stevens Point | 2013 |

RESEARCH & LABORATORY EXPERIENCE

Effect of an Intensive Lifestyle Intervention on Type 2 Diabetes in the Republic of the Marshall Islands: A Randomized Controlled Trial **2021-Present**

- This is data collected from the first randomized controlled trial to evaluate whether an intensive lifestyle intervention program can treat T2D in the Marshall Islands.
- Will be a co-author on 2 manuscripts from this study
 - 1) one on the primary findings (plan to submit Spring 2021)
 - 2) one on the crossover data (plan to submit Summer 2022)

Effect of Time-Restricted Feeding on 24-hour Glycemic Control, Blood Pressure, and Cardiovascular Disease Risk Factors in Adults with Prediabetes **July 2019-Present**

- Assist as needed with video monitoring solutions for this controlled-feeding trial

Effects of Whole Fruit on Glycemic Control in Adults with Type 2 Diabetes **2018-Present**

- First clinical trial to determine the effects of increasing whole fruit (as a food group) on glycemic control, fat distribution, and cardiovascular health in overweight adults with type 2 diabetes
- Responsible for conducting nearly all aspects of this 12-week, controlled feeding, single-arm pilot study, including contributing input to the study design; drafting the HSP, consent form, and recruitment materials; developing SOPs; building and coding the REDCap database; assisting with menu design; recruitment; consenting; screening; data collection; statistical analyses; etc.
- Will be the first author on at least 2 of 4 manuscripts from this study
 - 1) one outlining the study protocol and menu design (submitted as first author to *Nutrients* Spring 2022)
 - 2) one on the primary findings (plan to submit Spring 2023)
 - 3) one on the secondary findings (plan to submit Spring 2023)
 - 4) one on the 1-year follow-up data (anticipated Spring 2024—after graduation)

Effect of Time-Restricted Feeding on Fat Loss and Cardiometabolic Risk Factors in Overweight Adults **2018-Present**

- Phone screened participants
- Screened and consented participants
- Lead most team meetings
- Helped manage remote food photography data
- Will be a co-author on at least 3 manuscripts
 - 1) one on the primary findings (submitted to *JAMA Internal Medicine* Spring

2022)

- 2) two on secondary findings (plan to submit both Summer 2022)
 - Effects of eTRE on Food Intake, Appetite, and Eating Behavior
 - Per-protocol Analysis

Walnuts And Healthy Aging (WAHA) Study: **2017-2018**

- Effects of 1-year walnut supplementation on plasma and urine antioxidant capacity, polyphenols, and oxidative stress
- Master's thesis—defended April 2018
- Determined plasma antioxidant capacity, urinary total polyphenol concentration, and urinary F₂-isoprostanes in older adults consuming walnuts in this RCT
- Acquired various biochemical assay techniques (e.g., ELISA, solid-phase extraction)
- Learned how to use laboratory equipment (e.g., spectrophotomotor)

Effects of post-workout nutritional interventions during resistance training **2015**

- Undergraduate research
- 3-arm RCT testing the effects of 1) whole food, 2) whey protein, and 3) placebo post-workout smoothies on performance and body composition
- Assisted with recruitment, participant training, smoothie preparation, adherence monitoring, data collection, statistical analysis, and poster development

PUBLICATIONS

1. Humaira Jamshed; Felicia L. Steger; David R. Bryan; Joshua S. Richman; Amy H. Warriner; **Cody J. Hanick**; Corby K. Martin; Sarah-Jeanne Salvy; Courtney M. Peterson. Effectiveness of Early Time-Restricted Eating for Weight Loss, Fat Loss, and Cardiometabolic Health in Adults with Obesity: A Randomized Clinical Trial *JAMA Internal Medicine*. May 2022.

RESEARCH POSTER PRESENTATIONS

1. **Hanick, C.**; Peterson, C.M.; Davis, B.; Sabate, J.; Kelly, J. Effects of a Plant-Based Intensive Lifestyle Intervention in Adults with Type 2 Diabetes: A Randomized Controlled Trial. Poster Presentation. June 2022. American Diabetes Association.
2. **Hanick, C.**; Jamshed, H.; Bryan, D.; Steger, F.L.; Richman, J; Warriner, A.; Willett, W.; Peterson, C.M. Effects of Time-Restricted Eating on Appetite, Eating Behaviors, and Physical Activity in Adults. Obesity Society Meeting (virtual), November, 2020.
3. **Hanick CJ.** Efficacy of whole-food, plant-based diets and treatment of lesser-researched chronic diseases. A review. 7th International Congress on Vegetarian

Nutrition, Loma Linda University, February 2018.

- Published abstract
- 4. **Hanick CJ**, Sabaté J. Attitudes of Loma Linda University master's nutrition students on vegetarianism before and after a required course on vegetarian diets. 7th International Congress on Vegetarian Nutrition, Loma Linda University, February 2018.
 - Published abstract
- 5. Breit M, **Hanick CJ**, Richmond J, Wetter T, Wetter A. Effects of post-workout nutritional interventions during resistance training. Wisconsin Science and Technology Symposium, July 2015.
- 6. Breit M, **Hanick CJ**, Richmond J, Wetter T, Wetter A. Effects of post-workout nutritional interventions during resistance training. University of Wisconsin-System Symposium, May 2015.
 - Published abstract
- 7. Breit M, **Hanick CJ**, Richmond J, Wetter T, Wetter A. Effects of post-workout nutritional interventions during resistance training. Wisconsin Academy of Nutrition and Dietetics, April 2015.

OTHER RESEARCH TRAINING

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| Level 1 MRI Safety Training , Civitan International Neuroimaging Laboratory
University of Alabama at Birmingham | 2018 |
| Research Assistant (4 months before PhD program), Dr. Courtney Peterson
Department of Nutrition Sciences, University of Alabama at Birmingham | 2018 |
| Research Assistant (2 months), Dr. Joan Sabaté and Dr. Ella Haddad
Center for Nutrition, Lifestyle, & Disease Prevention, Loma Linda University | 2018 |
| <ul style="list-style-type: none">• Effect of Fermented Soy Food Product on Serum Lipids, Inflammatory Biomarkers, and Epigenetic Methylation<ul style="list-style-type: none">○ Assisted with study method considerations (e.g., how to instruct patients to consume soy food product), conducted soy food product sensory analysis test, edited and submitted protocol, and developed recruitment materials) | |
| Research Assistant (2 months), Dr. Ella Haddad
School of Public Health, Loma Linda University | 2017 |
| <ul style="list-style-type: none">• Adventist Multi-Ethnic Nutrition (AMEN) Study<ul style="list-style-type: none">○ Performed enzymatic assays to measure serum total, LDL, and HDL | |

cholesterols; triglycerides; IL-6; and CRP of 74 participants

TEACHING EXPERIENCE

Guest Lecturer , Nutrition, Mindfulness, and Wellness – Intermittent Fasting and Time-Restricted Feeding	2020
Graduate Teaching Assistant , Graduate Advanced Nutrition I: Carbohydrates & Lipids, Loma Linda University	2018
Graduate Teaching Assistant , Graduate Nutritional Biochemistry & Metabolism, Loma Linda University	2018
Long-term Substitute HS Chemistry Teacher , AP Chemistry, Honors Chemistry, Chemistry (x3), and Biology, Kettle Moraine Lutheran High School	2016
Long-term Substitute Kindergarten Special Education Teacher , Milwaukee Public Schools	2015-2016
Undergraduate Teaching Assistant , Contemporary Nutrition, University of Wisconsin-Stevens Point	2015
Undergraduate Teaching Assistant , Independently taught 1-credit course, World Regional Geography: Reading in the Disciplines, University of Wisconsin-Stevens Point	2013

ATTENDED WORKSHOPS

- **Inaugural Interactive Workshop on Hypertension**, UAB 2018
 - *trained in how to measure blood pressure for research studies*
- **Motivational Interviewing Workshop**, UAB Medicine 2018
- **PubMed Literature Searching Webinar I**, NutritionFacts.org 2017
- **PubMed Literature Searching Webinar II**, NutritionFacts.org 2017

COMMUNITY ENGAGEMENT & VOLUNTEERING

- **NutritionFacts.org Health Support Volunteer** 2016-Present
- **NutritionFacts.org Research Article Retriever** 2016-Present
- **Hosted “How Not to Die” Screening Presentation**, Birmingham, AL 2020
- **Hosted “How Not to Die” Screening Presentation**, Birmingham, AL 2019
- **Loma Linda University Medical Student Plant-based Culinary Experience** (twice), Loma Linda University 2017