

Katie Ellison, MS, RDN, LDN

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Research Interests

Implementation and dissemination sciences to translate comparative effectiveness research to evidence-based practice. Late-stage translational research utilizing adaptive experimental designs to enhance obesity treatment programs and services. Community-based participatory research for disease prevention and management.

Education

PhD.	Nutrition Sciences	University of Alabama at Birmingham	2019-Present
M.S.	Nutrition Sciences	University of Alabama at Birmingham	2017-2018
B.S.	Food and Nutrition	University of Alabama	2013-2017

Professional Experience

Registered Dietitian, Cooking Well, Inc. March 2020- December 2021
501(c)(3) organization, Birmingham, AL

Wellness Dietitian Nutritionist October 2019-May 2020
University of Alabama at Birmingham Recreation Center, Birmingham, AL

Graduate Dietetic Intern August 2017- August 2018
University of Alabama at Birmingham, Montgomery, AL

Undergraduate Nutrition Trainee January-May 2017
Sustainable Economic Enterprises of Los Angeles (SEE-LA), Los Angeles, CA

Undergraduate Nutrition Trainee January-March 2017
Los Robles Regional Medical Center, Thousand Oaks, CA

Fellowships, Honors and Awards

Emerging Leaders in Nutrition Science Abstract Recognition Award April 2021
Protocols Topical Area; American Society for Nutrition

ALDA Leadership Scholarship March 2021
Alabama Dietetic Association

Cyndi Reeser State Coordinator of the Year Award September 2020
Vegetarian Nutrition Dietetic Practice Group

Herbalife Nutrition Scholarship April 2020
American Society for Nutrition

Albert Schweitzer Fellowship January 2020
Albert Schweitzer Fellowship, Alabama Chapter

Research Experience

Effects of Dietary Protein Intake and Resistance Training on Retention of Fat Free Mass during Weight Loss in Adults Over 50 with Obesity 2021-Present

UAB Department of Nutrition Sciences

Recruitment and retention; coordinate and conduct study visits; head coach for dietary intervention; collect, analyze, and interpret data; manuscript preparation (first author).

Using the Sequential Multiple Assignment Randomized Trial Experimental Approach to Develop an Adaptive Lifestyle Program in Family Medicine Clinics 2019-Present

UAB Department of Nutrition Sciences

Recruitment and retention; coordinate and conduct study visits; menu development for dietary protocol, collect, analyze, and interpret data; manuscript preparation (first author).

Development of an Adaptive Treatment Strategy for Weight Loss in People with Prediabetes Using a Sequential Multiple Assignment Randomized Trial 2021-Present

UAB Department of Nutrition Sciences; General Mills, Inc.

Recruitment and retention; coordinate and conduct study visits; interventionist for dietary protocol, collect, analyze, and interpret data; manuscript preparation.

Nutrition Education, hands-on cooking experiences, and financial incentives to change purchasing behaviors in a socioeconomically disadvantaged population 2020-Present

UAB Department of Nutrition Sciences

Principle Investigator: design, conduct and reporting of all research protocol.

Comparing High and Normal Protein Diets for the Dietary Remission of Type 2 Diabetes 2019-2021

UAB Department of Nutrition Sciences

Recruitment; assist with study visits.

Grants and Funding Support

Academy of Nutrition and Dietetics May 2022

Inclusion, Diversity, Equity and Access (IDEA) Mini-Grant

Vegetarian Nutrition Dietetic Practice Group

Culture Kitchen

Awarded \$1000 to implement cooking demonstration program of global cuisines and expert speakers

Graduate Research Assistant 2020-Present

University of Alabama at Birmingham, Department of Nutrition Sciences

Committee Members: Drew Sayer, PhD; Holly Wyatt, MD; Barbara Gower, PhD; Tapan Mehta, PhD; Gareth Dutton, PhD

Major Projects

Lifestyle Wellness initiative; UAB Department of Nutrition Sciences 2021-Present

Develop a comprehensive assessment for generating a 'wellness score' comprised of physical, metabolic, and subjective assessments to be implemented for education, clinical, community, and research settings.

Well-being Wednesdays; UAB Recreation Center

2019-2020

Developed and implemented a seminar series, lunch & learns, cooking demonstrations, and social media campaigns.

Cooking Well Next Steps; Cooking Well Inc.

2020-present

Design, develop, and implement new program series.

Editorial Publications

Ellison, K., *Interview with Dr. Neal Bernard, MD, FACC*. Vegetarian Nutrition Update. Volume 31, 18-19, 2020.

Chapters and reviews in non-peer reviewed journals

Sarah E. Ehrlicher, PhD, RD, Tsz-Kiu Chui, MS, RD, Julianne G. Clina, MS, **Katie Ellison, MS, RD**, R. Drew Sayer, PhD. 2022. *The Data Behind Popular Diets for Weight Loss*. Elsevier's Medical Clinics of North America on Nutritional Aspects of Medical Care.

Presentations

Oral Presentations

Ellison, K. *Weight Loss 101*. University Recreation at the University of Alabama at Birmingham. March 2020.

Ellison, K. *Culture Kitchen: Canton*. University Recreation at the University of Alabama at Birmingham. February 2020.

Ellison, K. *Stop the Freshman 15*. University Recreation at the University of Alabama at Birmingham. February 2020.

Ellison, K. *Sports Nutrition 101*. University Recreation at the University of Alabama at Birmingham. February 2020.

Ellison, K. *Culture Kitchen: Indian Culture*. University Recreation at the University of Alabama at Birmingham. January 2020.

Ellison, K. *Navigating Campus Dining*. University Recreation at the University of Alabama at Birmingham. January 2020.

Invited Speaking

Ellison, K. *Nutrition Fact or Fiction*. University of Alabama at Birmingham, School of Optometry Health and Nutrition Club. August 2021.

Ellison, K., Hingle, M. *Using the Multiphase Optimization Strategy (MOST) Framework for Optimizing Lifestyle Interventions; The Role of the RDN in Sustaining Positive Lifestyle*. Nutrition Education for the Public Dietetic Practice Group, Academy of Nutrition and Dietetics. February 2021.

Ellison, K. *The Live HealthSmart, Village Market, and Cooking Well Collaborative*. Systems Team of the Live HealthSmart initiative as part of the UAB Grand Challenge. July 2020.

Ellison, K; Crayton, E. *Nutrition and Wellness for the Blue-Collar Sector*. Dow Corning Lunch and Learn. August 2018.

Abstract Submissions

Ellison, K.; El Zein, Aseel; Sayer, R. Drew. *Comparison of Fat Mass Measured by DXA and BIA in Supine, Standing, and Seated Postures*. The Obesity Society; Obesity Week 2022.

Ellison, K.; Sayer, R. Drew. *Pretreatment Metabolic Status on Weight Loss Success in Interventions Applying Carbohydrate Control, Exercise, and Time Restricted Eating: A Scoping Review*. American Society for Nutrition, Nutrition 2022 National Conference.

Ellison, K; Hill, J; Fouad, M; Vann, J; Sayer, R. Drew. *Nutrition Education, Hands-on Cooking, and Financial Incentives to Change Purchasing Behaviors in a Low Socioeconomic Status Population: A Community-Based Study Protocol*. American Society for Nutrition, Nutrition 2021 National Conference; Award Finalist.

Ellison, K; Sayer R. Drew *Personalized Weight Loss Strategies for Preventing Type 2 Diabetes: A Sequential Multiple Assignment Randomized Trial*. National Institutes of Health Precision Nutrition Workshop. January 2021.

Poster Presentations

Ellison, K; Sayer R. Drew. *Personalized Weight Loss Strategies for Preventing Type 2 Diabetes: A Sequential Multiple Assignment Randomized Trial*. School of Health Professions; Research Day. February 2022.

Ellison, K; Sayer R. *Personalized Weight Loss Strategies for Preventing Type 2 Diabetes: A Sequential Multiple Assignment Randomized Trial*. National Institutes of Health Precision Nutrition Workshop. January 2021.

Ellison, K; Mehta, T; Dutton G; Motl R; Cohen C; DeLaney E; Asif I; Hill J; Sayer R. Factorial Study Design for Translational Obesity Research. *UAB School of Health Professions Nutrition Obesity Research Center Annual Symposium*. July 2020.

Ellison, K; Hill, J; Fouad, M; Vann, J; Sayer, R. *Nutrition Education, Hands-on Cooking, and Financial Incentives to Change Purchasing Behaviors in a Low Socioeconomic Status Population: A Community-Based Study Protocol*. American Society for Nutrition, Nutrition 2021 National Conference.

Mentorship and Preceptorship

Graduate Students

Lexi Covington, Dietetic Intern, Department of Nutrition Sciences, *University of Alabama at Birmingham*. August- October 2021

Morgan Peach, Dietetic Intern, Department of Nutrition Sciences, *University of Alabama at Birmingham*, June – August 2021

Taylor Brown, Dietetic Intern, Department of Nutrition and Dietetics, *Samford University*, March 2021

Morgan Acosta, Dietetic Intern, Department of Nutrition and Dietetics, *Samford University*, February 2021

Riley Eidson, Dietetic Intern, Department of Nutrition and Dietetics, *Samford University*, October 2020

Terri Brown, Dietetic Intern, Department of Nutrition and Dietetics, *University of Alabama*, September 2020

Eliza Petersen, Dietetic Intern, Department of Nutrition and Dietetics, *Samford University*, September 2020

Olamide Alakija, Master of Public Health Intern, Department of Public Health, *University of Alabama at Birmingham*, January-April 2020

Anna English, Dietetic Intern, Department of Nutrition Sciences, *University of Alabama at Birmingham*, March 2020

Teaching and Coaching

State of Slim Coach, Department of Nutrition Sciences, University of Alabama at Birmingham, October 2021
Present

Course Director, DENT -2225 Dental Nutrition, School of Dentistry, April 2021, *University of Alabama at Birmingham*

Teaching Assistant, DENT-2225 Dental Nutrition, School of Dentistry, May 2020, *University of Alabama at Birmingham*

Teaching Assistant, NTR 222 Nutrition and Health, Department of Nutrition Sciences, June 2020, *University of Alabama at Birmingham*

Guest lecturer, Protein and Vegetarian Diets, NTR 222 Nutrition and Health, Department of Nutrition Sciences, June 2020, *University of Alabama at Birmingham*

Leadership and Service

Alabama Schweitzer Fellowship Advisory Committee August 2021-*Present*
Alabama Chapter

State Coordinator Chair and Membership Chair June 2021 –*Present*
Vegetarian Nutrition Dietetic Practice Group, Academy of Nutrition and Dietetics

Proclamations requested and issued by Alabama Governor, Kay Ivey
Alabama state recognition of March as National Nutrition Month
Alabama state recognition of National Registered Dietitian Nutritionist Day

Alabama State Coordinator July 2018-June 2021
Vegetarian Nutrition Dietetic Practice Group, Academy of Nutrition and Dietetics

Blazer Kitchen Advisory Committee January 2020-*Present*
University of Alabama at Birmingham

Wellness Reimagined Committee August 2020- *Present*
Department of Nutrition Sciences, University of Alabama at Birmingham

Volunteer and Community Engagement

Volunteer May-August 2019
Eat South Farm, Montgomery, AL

Glean Team Leader May 2015- August 2017

Food Forward, Los Angeles, CA

Chef Assistant,

Project Angel Food, Los Angeles, CA

February 2015- August 2017

Certifications and Licensures

CPR, First Aid, AED | American Red Cross | October 2019

Licensed Dietitian Nutritionist | Alabama State Board of Examiners | April 2019

Registered Dietitian Nutritionist | Committee on Dietetic Registration | August 2018

Registered Yoga Teacher | The International Sivananda Yoga Vedanta Centre | May 2017

Certified Thai Yoga Practitioner | SomaVeda Traditional Therapies | September 2018

Professional Skills

Laboratory

Bacterial plating for colony forming units (CFU)

Cholestech device, lipid and glucose blood assay

Amron Hgb A1c blood assay

Clinical

Dual-energy X-ray absorptiometry (DEXA)

Resting Metabolic Rate with Ventilated Hood (RMR)

Time Up and Go Test

6 Minute Walk Test

InBody S10 Bioelectrical Impedance Analysis

3-Minute Step test

Handgrip strength

Jump height test

Accelerometry

Anthropometry

Office

IBM SPSS/SAS 9.4

Professional Affiliations

Academy of Nutrition and Dietetics

Alabama Dietetic Association

American Society for Nutrition

Blazer Kitchen Advisory Committee

East Lake Coalition

Obesity Society

Research Dietetic Practice Group

Vegetarian Nutrition Dietetic Practice Group

Weight Management Dietetic Practice Group