

# Harleen Kaur, MS

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832-316-9470

## EDUCATION:

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- Aug. 2020 – Present      **University of Alabama at Birmingham**  
PhD Student: Nutrition Sciences
- Aug. 2019 – Aug. 2021      **University of Alabama at Birmingham**  
Master of Science in Nutrition Sciences
- Aug. 2017– May 2019      **University of Texas at Austin**  
Bachelor of Science in Nutrition Sciences
- Aug. 2015 – Aug. 2017      **University of Texas at Austin**  
Bachelor of Science and Arts in Chemistry  
Certificate in Pre-Health Professions

## RESEARCH INTERESTS:

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Cancer survivorship and rural health disparities: To develop practical web and community-based behavioral lifestyle approaches among rural cancer survivors. I am interested in exploring the integral role of diet and physical activity on biomarkers related to cancer survivorship and obesity among rural cancer survivors. I wish to understand mediators and moderators of lifestyle interventions and implement web and community-based interventions focused on nutrition, physical activity, and weight management to enhance nutrition and behavioral modifications in underserved communities with lower socioeconomic backgrounds.

## RESEARCH EXPERIENCE:

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- Aug. 2019 – Present      **Graduate Trainee, Harvest for Health**  
Department of Nutrition Sciences, University of Alabama at Birmingham  
Principal Investigator: Wendy Demark-Wahnefried, PhD, RD.
- Recruitment and enrollment.
  - Organizing, scheduling, mailing, and packaging participant visits.
  - Training and performing data entry and analysis using REDcap and Access database.
  - Performing community and virtual assessments and data processing.
- Aug. 2015 – Aug '19      **Undergraduate Research Assistant, Tx Sprouts**  
Department of Nutrition Sciences, University of Texas at Austin  
Principal Investigator: Jaimie Davis, PhD, RD.
- Generated and organized data entries for pre-and post-intervention groups by using the redcap database system, Population Research Center (PRC).
  - Organized and managed the garden build ups every year with the garden build up coordinator at elementary schools in Austin to start the intervention process.
  - Obtained dietary recalls through the dietary recalls using NDSR research database for two consecutive years.
- Aug. 2019 – May '20      **Undergraduate Student Trainee, Mother and Infant Nutrition Study (MINT):**  
Department of Nutrition Sciences, University of Texas at Austin  
Principal Investigator: Elizabeth Widen, PhD, RD.
- Trained in recruitment and REDcap categorization.
  - Prepared standard operating procedures for study protocols.
  - The training ranges from certifying in measuring and analyzing anthropometric and biochemical measures followed by MRI certifications for mothers and babies.

Aug. 2019 – May '20 **Undergraduate Student Trainee, Mothers and careGIVERS Investing in CHILD (MAGIC)**

Department of Nutrition Sciences, University of Texas at Austin  
Principal Investigator: Deborah Jacobvitz, PhD

- Training in data management and collection.
- Prepared standard operating procedures for study protocols.
- Recruitment and anthropometric training for mothers and babies.

## **PUBLICATIONS:**

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**Kaur H**, Parrish K, Hoenemeyer T, Demark-Wahnefried W. Supplement Intake Among Older Cancer Survivors: Socio-Demographic Associations, Supplement Types, Reasons for Use, and Cost. *Nutrients* 2022. (In preparation)

Bail JR, Blair CK, Smith KP, Oster RA, **Kaur H**, Locher JL, Frugé AD, Rocque GB, Rocque GB, Cohen HJ, Demark-Wahnefried W. Harvest for Health, a Randomized Controlled Trial testing a Home-Based, Vegetable Gardening Intervention among Older Cancer Survivors across Alabama: An Analysis of Accrual and Modifications made in Intervention Delivery and Assessment during COVID-19 [published online ahead of print, 2022 May 6]. *J Acad Nutr Diet.* 2022;S2212-2672(22)00268-4. doi:10.1016/j.jand.2022.05.005

**Kaur H**, Fernández JR, Locher JL, Demark-Wahnefried W. Rural and Urban Differences in Vegetable and Fruit Consumption Among Older Cancer Survivors in the Deep South: An Exploratory Cross-Sectional Study [published online ahead of print, 2022 Jan 10]. *J Acad Nutr Diet.* 2022;S2212-2672(22)00006-5. doi:10.1016/j.jand.2022.01.003.

Warnock AC, **Kaur H**, Buckman JR, Hoenemeyer T, Demark-Wahnefried W. A comparison of two mail-based strategies to recruit older cancer survivors into a randomized controlled trial of a lifestyle intervention [published online ahead of print, 2021 Aug 3]. *J Cancer Surviv.* 2021; doi:10.1007/s11764-021-01091-x.

## **POSTER PRESENTATIONS:**

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**Kaur H**, Parrish K, Hoenemeyer T, Demark-Wahnefried W. "Supplement Intake Among Older Cancer Survivors: Socio-Demographic Associations, Supplement Types, Reasons for Use, and Cost". American Society for Nutrition Live Online 2022. June 2022 (*accepted*).

**Kaur H**, Fernandez JR, Locher JL, Demark-Wahnefried W. "Rural and Urban Differences in Vegetable and Fruit Consumption among Older Cancer Survivors in the Deep South". School of Health Professions, Research Day 2022, In-Person Poster Presentation. February 2022.

**Kaur H**, Fernandez JR, Locher JL, Demark-Wahnefried W. "Rural and Urban Differences in Vegetable and Fruit Consumption among Older Cancer Survivors in the Deep South". Food & Nutrition Conference & Expo (FNCE) 2021, Virtual Poster Presentation. October 2021.

## **WORKSHOPS:**

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National Institute of Health (NIH) – Pathways to Prevention Program, Nutrition as Prevention for Improved Cancer Health Outcomes. July 2022

University of Connecticut (UCONN) – 6th Annual Virtual Conference: Telehealth and Remote Care in a Post-Pandemic World. May 2022

National Institute of Health (NIH) – Pathways to Prevention Program, Improving Rural Health Through Telehealth-Guided Provider-to-Provider Communication. October 2021

## **AWARDS AND SCHOLARSHIPS:**

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Fall 2020 – Fall 2021 Blazer Graduate Research Fellowship  
University of Alabama at Birmingham  
Fall 2021 – Fall 2022 Cecile Clardy Satterfield Award for  
Humanism in Health Care.

## **TEACHING EXPERIENCE:**

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Fall 2021- Present Teaching Assistant, Principles and Practice of Nutrition  
Support, Department of Nutrition Sciences, UAB  
Spring 2022- Present Teaching Assistant, Community Interventions for Healthy Lifestyles,  
Department of Nutrition Sciences, UAB  
Summer 2022-Present Course Developer, Health and Wellness in the Information Age,  
Department of Nutrition Sciences, UAB

## **CERTIFICATION:**

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Fall 2021- Present CIRTL Associate in Teaching, UAB (In process)

## **AFFILIATIONS:**

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01/2019 – present Student Member of Academy of Nutrition and Dietetics  
01/2021 – present PhD Student Engagement Team

## **LABORATORY & INSTRUMENTATION:**

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Nutrition Data System for Research (NDSR)  
The Automated Self-Administered 24-hour (ASA24)  
Research Electronic Data Capture (REDCap)  
Microsoft Access Database  
ActiLife  
IBM SPSS & SAS/STAT

## **CERTIFICATIONS:**

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Responsible Conduct of Research Basic Course, CITI Program  
Human Research IRB Training – Biomedical 1 – Basic Course, CITI Program  
Good Clinical Practice 1 – Basic Course, CITI Program  
HIPPA Training, University of Alabama at Birmingham  
Level 1 MRI Training, Biomedical Imaging Center.