

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 |
| 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 Time-Restricted Feeding on 24-hour Glycemic Control, Blood Pressure, and Cardiovascular Disease Risk Factors in Adults with Prediabetes

Starting July 2019

- Responsibilities TBD

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 1 of 4 manuscripts from this study
 - 1) one outlining the study protocol and menu design (anticipated 2019)
 - 2) one on the primary findings (anticipated 2020)
 - 3) one on the secondary findings (anticipated 2020)
 - 4) one on the 1-year follow-up data (anticipated 2021)

Effects of Whole Fruit on Glycemic Control in Adults with and without T2D: A systematic review and meta-analysis

2018-Present

- Constructed the search queries for the systematic review
- Developed proficiency in performing advanced search queries using PubMed, Embase, Scopus, and Cochrane
- Will be the first author on the manuscript (anticipated 2020)

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 one manuscript (anticipated 2019)

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

RESEARCH POSTER PRESENTATIONS

1. **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
2. **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
3. 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.
4. 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
5. 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

- Level 1 MRI Safety Training**, Civitan International Neuroimaging Laboratory 2018
University of Alabama at Birmingham
- Research Assistant** (4 months before PhD program), Dr. Courtney Peterson 2018
Department of Nutrition Sciences, University of Alabama at Birmingham
- Research Assistant** (2 months), Dr. Joan Sabaté and Dr. Ella Haddad 2018
Center for Nutrition, Lifestyle, & Disease Prevention, Loma Linda University
- Effect of Fermented Soy Food Product on Serum Lipids, Inflammatory Biomarkers, and Epigenetic Methylation
 - 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 2017
School of Public Health, Loma Linda University
- Adventist Multi-Ethnic Nutrition (AMEN) Study
 - Performed enzymatic assays to measure serum total, LDL, and HDL cholesterol; triglycerides; IL-6; and CRP of 74 participants

TEACHING EXPERIENCE

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

Undergraduate Teaching Assistant, Independently taught 1-credit course, 2013
World Regional Geography: Reading in the Disciplines, University of
Wisconsin-Stevens Point

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