

Catharine Couch, MS, RD

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Education

- 2018 – present** **Ph.D. in Nutrition Sciences**
University of Alabama at Birmingham, Birmingham AL
- 2015-2016** **Master of Science in Nutrition**
Auburn University, Auburn, AL
- 2011-2015** **Bachelor of Science (Major: Nutrition Science)**
Auburn University, Auburn AL

Current Licenses

- 2017 – present** **Registered Dietitian | #86082758**

Clinical Training

- 2016 – 2017** **Dietetic Internship | University of Virginia Health System, Charlottesville, VA**
1200+ hours of experience working in clinical nutrition, foodservice management, and community nutrition with an emphasis in clinical nutrition. Rotations included nutrition support, critical care, pediatrics, outpatient diabetes care, outpatient dialysis.

Clinical Experience

- July 2017 – July 2018** **Nutrition Support Medicine Dietitian | University of Virginia Health System, Charlottesville, VA**
One of four full-time Nutrition Support dietitians providing enteral and parenteral nutrition recommendations for critically-ill, medically complex adults in the Medical Intensive Care Units. Responsibilities included daily rounds with the medical team, education to dietetic interns, and point-person for nutrition support consults.

Awards and Honors

- 2019 – present** NIH T32 Predoctoral Fellow | University of Alabama at Birmingham Nutrition Obesity Research Center
- 2018 – 2019** Blazer Research Fellow | University of Alabama at Birmingham
- 2015 – 2016** Graduate Assistantship | Auburn University
- 2015** Honors Scholar | Auburn University
- 2011 – 2015** Academic Heritage Scholarship Recipient | Auburn University

Teaching Experience

- 2020** Virtual preceptor for 5-10 dietetic interns in the UAB Dietetic Internship; University of Alabama at Birmingham, Birmingham, AL
- 2017 – 2018** Preceptor for Nutrition Support Medicine rotation in UVAHS Dietetic Internship; University of Virginia Health System, Charlottesville, VA
- 2015 – 2016** Graduate teaching assistant for Medical Nutrition I and II classes. Duties included grading case studies, quizzes, and other assignments; Auburn University, Auburn AL
- 2015** Undergraduate teaching assistant for Organismal Biology Lab; Auburn University, Auburn, AL

Service

Professional

2020

University of Alabama at Birmingham Dietetic Internship Preceptor

2017

University of Virginia Health System Dietetic Internship Preceptor

Scientific/Research

2020

1P01CA22997 (Demark-Wahnefried) NIH/NCI; **Adapting MultiPLe behavior Interventions that effectively Improve (AMPLIFI) Cancer Survivor Health.** The overarching aims in AMPLIFI are to learn how to: 1) improve health behaviors in cancer survivors who practice multiple suboptimal health behaviors; and 2) adapt efficacious interventions to optimize their reach by the use of technology among cancer survivors, while also collecting data to inform the future dissemination and implementation (D&I) potential of these interventions. AMPLIFI will involve 3 highly interrelated research projects supported by 4 highly integrated cores, enlist the efforts of 652 survivors of a broad array of obesity-related cancers (a proportion of whom will be older, rural and minority).

Role: Intervention contributor

Scholarly Abstracts and Poster Presentations

1. **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.
2. **Couch CA**, Brooks MS, Shikany JM, Howard VJ, Howard G, Long L, 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.
3. **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.

Professional Membership

Academy of Nutrition and Dietetics member

Academy of Nutrition and Dietetics Research Dietetics Practice Group member

Skills

MRI Level I Certified

REE Experience

SPSS and SAS Experience