

Katherine Ellison, MS, RDN, LDN

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Research Interests

Translating factorial designs to community based participatory research for disease prevention and management. Implementation science as a framework for translating quality research into effective practice.

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	2014-2017

Professional Experience

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

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

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

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

Fellowships and Awards

Albert Schweitzer Fellowship January 2020-present
Albert Schweitzer Fellowship, Alabama Chapter

Herbalife Nutrition Scholarship April 2020-present
American Society for Nutrition

Non-Scientific Publications

Editorials

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

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

Mentorship

Graduate Students

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

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

Service to the Dietetics Profession

Advocacy

Proclamations requested and received by Alabama Governor, Kay Ivey

Recognition of March as National Nutrition Month

Recognition of March 11th as National Registered Dietitian Nutritionist Day

Leadership

Alabama State Coordinator

July 2018-present

Vegetarian Nutrition Dietetic Practice Group, Birmingham, AL

Service to the Community

Blazer Kitchen Advisory Committee Member

January 2020-present

University of Alabama at Birmingham, Birmingham, AL

Volunteer

Eat South Farm, Montgomery, AL

May-August 2019

Glean Team Leader

Food Forward, Los Angeles, CA

May 2015- August 2017

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)

Clinical

Dual-energy X-ray absorptiometry (DEXA)

Resting Metabolic Rate with Ventilated Hood (RMR)

Time Up and Go Test

6 Minute Walk Test

Office

IBM SPSS/SAS 9.4

Professional Affiliations

Academy of Nutrition and Dietetics

Vegetarian Nutrition Dietetic Practice Group

American Society for Nutrition

Blazer Kitchen Advisory Committee

East Lake Coalition