

*Curriculum Vitae*  
**Rachel Lomax, MS, RD, LD**

University of Alabama at Birmingham  
Department of Nutrition Sciences  
1720 Second Avenue South  
Birmingham, AL 35294

Phone: (251) 472-5538  
E-mail: rolomax@uab.edu

**EDUCATION**

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2017-present	Ph.D in Nutrition Sciences University of Alabama at Birmingham
2017	MS in Nutrition Sciences <i>combined with</i> Dietetic Internship University of Alabama at Birmingham
2016	B.A. in Human Environmental Sciences Major: Nutrition Sciences University of Alabama, Tuscaloosa

**PROFESSIONAL EXPERIENCE**

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2017 – present	Registered and Licensed Dietitian, UAB Health and Wellness Center <i>Nutrition Counseling, Student Health and Wellness, Student Mentoring, Collaborative Care</i>
2016-2017	Graduate Dietetic Intern- University of Alabama at Birmingham <i>Clinical – UAB Hospital Food Service – St. Vincents Hospital Community- UAB EatRight Services, Trussville City Schools,</i>

**HONORS AND AWARDS**

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2019	2019 Nutrigenetics, Nutrigenomics, & Precision Nutrition Workshop Scholarship
2017	Carol B. Craig Endowed Scholarship, Department of Nutrition Sciences
2017	Elizabeth Neige Todhunter Award, Dietetic Intern, Department of Nutrition Sciences

**RESEARCH INTEREST**

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I am interested in how life stress, diet, inflammation and the gut microbiome are involved in the development of dysmetabolism and obesity related disease.

**RESEARCH SUPPORT**

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Dougless R. Moellering, PhD  
Associate Professor, Department of Nutrition Sciences, UAB

Jose R. Fernandez, PhD  
Professor and Vice Chair for Education, Department of Nutrition Sciences, UAB

Yenni E. Cedillo, PhD  
Postdoctoral Fellow, Department of Nutrition Sciences, UAB

## **RESEARCH EXPERIENCE**

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### Graduate Research Assistant

The University of Alabama at Birmingham, Department of Nutrition Science

August 2017 - present

Mentors – Dr. Jose Fernandez and Dr. Douglass Moellering

### Project Involvement

HAPi (Health After Pregnancy) study : Body Composition and Survey Collection

UAB Sports Nutrition: Dietary Collection and Data Entry

## **TEACHING**

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### Guest lectures

NASM

Nutrition and Supplements

Campus Recreation Kitchen

Cooking Demonstrations and Nutrition Education

HealthyU Fitness/ Wellness Program

Heart Healthy Nutrition Education

### Teaching Assistant

NTR 222- Nutrition and Health

Curriculum Editor (Diabetes and Eating Disorders)

## **MENTORSHIP**

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2020	Anna English, Graduate Student and Dietetic Intern
2019	Darby Fisher, Graduate Student and Dietetic Intern
2019	Devin King, Undergraduate Nutrition Intern
2018	April Neafus, Graduate Student and Dietetic Intern
2018	Katrina Fotovich, Graduate Student and Dietetic Intern
2018	Makenzie Foster, Graduate Student and Dietetic Intern
2018	Katie Worthy, Graduate Student and Dietetic Intern

## **SERVICE**

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2019- present	UAB Dietetic Internship Preceptor
2018-2019	UAB Department of Nutrition Wellness Committee
2017-2018	Nutrition Speaker for Distinguished Young Women Scholarship Program

## **PROFESSIONAL DEVELOPMENT AND TRAINING COURSES**

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2018	Food and Nutrition Conference and Expo, Washington, DC
2018	Alabama Dietetics Association Conference and Expo, Birmingham, AL
2018	UAB Innovations in Wellness Conference

## **PROFESSIONAL AFFILIATIONS**

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2018 - present	Research Dietetic Practice Group
2017 - present	Birmingham District Dietetic Association (BDDA)
2016 - present	Academy of Nutrition and Dietetics (AND)

## **PUBLICATIONS AND PRESENTED ABSTRACTS PUBLISHED OR IN PREPARATION**

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- Cedillo YE, **Lomax RO**, Fernandez JR, Moellering DR. Physiological Significance of Discrimination on Stress Markers, Obesity, and LDL Oxidation among a European American and African American Cohort of Females. *Int.J. Behav. Med.* **27**, 213–224 (2020).
- Cedillo Y, **Lomax R**, Fernandez J, Moellering D. (2019). Physiological consequences of racial discrimination on stress biomarkers, LDL oxidation, and obesity among a multiethnic sample of females. Abstract submitted to 14<sup>th</sup> Annual UAB Health Disparities Research Symposium; Birmingham, AL.
- Baykal A, Martin SL, Bahorski JS, Callahan ML, Moon G, **Lomax RO**, Anger CM, Chandler-Laney PC. (2018). Effects of Intrauterine Programming on Cardiometabolic Health: a study in Mother-Child Dyads. Poster presented at the NIDDK Medical Student Summer Research Symposium; Vanderbilt University, Nashville, TN.
- Moon, G; Bahorski, JS; Callahan, ML; Martin, SL; Anger, CM; Baykal, AP; **Lomax, RO**; and Chandler-Laney, PC. (2018). Post-meal glucose, insulin, and C-peptide response in women with a history of gestational diabetes and their children.