

JADA L. WILLIS, PhD, RDN, LD, FAND

Updated August 2025

Associate Professor

Department of Kinesiology, Westmont College
955 La Paz Road Santa Barbara, CA 93108
jwillis@westmont.edu

RESEARCH INTERESTS

Body Composition; Culinary Medicine; Interprofessional Education; Metabolism; Sports
Nutrition & Performance; and Women's Health

SPECILIZATIONS & SKILLS

Clinical Research; Hunger & Satiety; Nutrition and Metabolism; Obesity; and Sports Nutrition

EDUCATION

Ph.D. Nutritional Sciences, Texas Tech University, Lubbock, TX (2015)

M.S. Nutritional Sciences, Texas Tech University, Lubbock, TX (2011)

B.S. Nutrition, Texas A&M University, College Station, TX (2008)

FORMAL CONTINUING EDUCATION ASSOCIATED WITH PROFESSIONAL DEVELOPMENT

A minimum of 75 hours of continuing education (approved by the Academy of Nutrition and Dietetics) is required every five years to maintain status as a Registered Dietitian Nutritionist (RDN). Hours have been acquired through attendance at meetings of local, state, and national professional organizations, presentations at local, state, and national professional organizations, and publication of articles in referred journals.

73 CPEU Recorded Under Current Plan, (6/01/2021-5/31/2026 Five-Year Cycle)

200 CPEU Recorded & Approved (6/01/2016-5/31/2021 Five-Year Cycle)

375 CPEU Recorded & Approved (7/26/2010-5/31/2016 Five-Year Cycle)

PROFESSIONAL CERTIFICATIONS

Registered Dietitian Nutritionist: # 1059568, since 2011

Licensed Dietitian in the State of Texas: # DT 84173, since 2011

ACADEMIC POSITIONS

Associate Professor, Department of Kinesiology, Westmont College, Santa Barbara, CA (2024-Present)

Associate Professor, Department of Medical Education, Anne Burnett Marion School of Medicine at Texas Christian University (TCU), Fort Worth, TX (2021-Present)

Associate Professor, Tenured, Department of Nutritional Sciences, TCU, Fort Worth, TX (2021-2024)

Assistant Professor, Department of Medical Education, Anne Burnett Marion School of Medicine at TCU, Fort Worth, TX (2019-2020)

Assistant Professor, Department of Nutritional Sciences, TCU, Fort Worth, TX (2015-2020)

ADMINISTRATIVE POSITIONS

Director, NTDT Graduate Program, Department of Nutritional Sciences, TCU, Fort Worth, TX (2021-2023)

Director, Interprofessional Education, College of Science & Engineering, TCU, Fort Worth, TX (2017-2020)

Chair, Summer NTDT Department Chair (two weeks in July 2021; three weeks in July and one week in August 2019; one week in May, two weeks in July, and one week in August 2018; one week in June and three weeks in July 2017; two weeks in June and two weeks in July 2016)

PROFESSIONAL EXPERIENCE

Laboratory Manager, Human Nutrition Laboratory, Department of Nutritional Sciences, Texas Tech University (TTU), Lubbock, TX (2011-2015)

PRN Clinical Dietitian, Grace Medical Center, Lubbock, TX (2012-2014)

Clinical Dietitian, Lea Regional Medical Center, Hobbs, NM (2012-2013)

Graduate Assistant, Department of Nutritional Sciences, TTU, Lubbock, TX (2011-2012)

Graduate Research Assistant, Department of Nutritional Sciences, TTU, Lubbock, TX (2010-2011)

Staff Assistant, Congressman Lamar Smith, U.S. House of Representatives, Washington, D.C. (2008-2009)

TEACHING EXPERIENCE

2024-Present Department of Kinesiology, Westmont College, Santa Barbara, CA

Human Nutrition: KNS/BIO 040, 4 credits

Jada L. Willis
Curriculum Vitae

Nutrition for Health Care Professionals: KNS 122, 2 credits

Research: KNS 198, 2 credits

2015-2024 Department of Nutritional Sciences (NTDT), Texas Christian University, (TCU), Fort Worth, TX

Biochemical, Physiological, & Molecular Aspects of Human Nutrition: NTDT 50403, 3 credits

Research Methods in Nutrition: NTDT 40403, 3 credits

Nutrition throughout the Life Cycle: NTDT 30123, 3 credits

Communications & Education in Food Nutrition, and Dietetics: NTDT 30303, 3 credits

Supervised Practice in General Dietetics: NTDT 30306, 6 credits

Special Problems: NTDT 40970, 1 credit

Supervised Practice in Research: NTDT 40411, 1 credit

Supervised Practice in Research: NTDT 40421, 1 credit

Supervised Practice in Research: NTDT 40431, 1 credit

Honors Seminar: NTDT 30001, 1 credit

Senior Honors Research: NTDT 40001, 1 credit

Research Seminar: Skills & Techniques: HCHS 60260, 3 credits

Special Topics in Health Science: HCHS 80100, 3 credits

Culinary Medicine, Health Meets Food by the American College of Culinary Medicine

2012-2015 Department of Nutritional Sciences (NS), Texas Tech University (TTU), Lubbock, TX

Instructor of Record, Nutritional Biochemistry: NS 4320, 3 credits (2014-2015)

Graduate Teaching Assistant, Nutritional Biochemistry: NS 4320, 3 credits (2013-2014)

Instructor of Record, Nutrition: NS 2420, 3 credits (2012-2013)

EXTRAMURAL SUPPORT

Received

Dr. Gina Hill, Dr. Elisa Morales-Marroquin, and Dr. Jada L. Willis, TCU Dean's Opportunity Fund, \$300,000, Spring 2024.

Jada L. Willis
Curriculum Vitae

The transgenerational effects of diet on gene expression, microbiome, and prevention of Alzheimer's disease. TCU Invests in Scholarship (TCU IS), PIs: Dr. Michael Chumley, Dr. Gary Boehm, Dr. Jada L. Willis, Dr. Matthew Hale, and Dr. Michael Allen, \$20,000, Spring 2022.

Impact of COVID-19 on eating behaviors and physical activity. Andrews Institute of Mathematics & Science Education Research Grants Program, PI: Dr. Jada L. Willis, \$1,940, Spring 2021.

Prevalence and perceptions of nutrition, caffeine use, supplement use, and recovery and sleep strategies in endurance athletes. Science and Engineering Research Center (SERC) Award for Graduate Research Grant (GR 200410), PI: Dr. Jada L. Willis, \$1,000, Fall 2020.

A pilot study: The metabolic effects of capsaicin on college-aged men. SERC Undergraduate Research Grant, PI: Dr. Jada L. Willis, \$1,500, Spring 2019.

A pilot study: Actual versus perceived health status of college students. SERC Undergraduate Research Grant, PI: Dr. Jada L. Willis, \$1,500, Spring 2019.

The use of a culinary medicine course to improve nutrition knowledge, attitudes, and behaviors of teachers in the K-12 setting. Andrews Institute of Mathematics & Science Education Research Grants program, Co-PIs: Dr. Jada L. Willis and Dr. Anne VanBeber, \$2,200, Fall 2018.

Junior Faculty Summer Research Program, College of Science & Engineering, PI: Dr. Jada L. Willis, \$6,000, Summer 2018.

Hunger and satiety responses to high-fat meals of varying fatty acid composition. College of Science & Engineering Research and Creative Activity Fund, PI: Dr. Jada L. Willis, \$4,500, Spring 2018.

Does knowledge of dietary fats alter blood lipid levels? SERC Undergraduate Research Grant, PI: Dr. Jada L. Willis, \$857, Spring 2018.

Developing a best practices model for implementing a Food Recovery Network at the university level. Honors Thesis, SERC Undergraduate Research Grant, PI: Dr. Jada L. Willis, \$314, Spring 2017.

Building your meal: What makes children choose what they eat. Alma and Robert D. Moreton Research Award, Co-PIs: Gina Alexander, Dr. Jada L. Willis, Drs. Carol Howe, \$3,500, Fall 2016.

Junior Faculty Summer Research Program, PI: Dr. Jada L. Willis, \$6,000, Summer 2016.

Using behavior change modification therapy to promote weight loss and prevent weight regain in college-age, overweight females. TCU Research and Creative Activity Fund, \$3,889, PI: Dr. Jada L. Willis, Spring 2016.

Jada L. Willis
Curriculum Vitae

Certificate of Training in Adult Weight Management Program. TCU Instructional Development Grant, \$2,073, Spring 2016.

Hunger, satiety, & metabolic responses to high-fat meals of varying fatty acid composition. SERC Student Undergraduate Research Grant, PI: Dr. Jada L. Willis, \$1,500, Fall 2015.

Effects of a dietary supplement on erythrocyte levels and maximal aerobic capacity. Biomedical Research Laboratories, Role: Assisted in grant writing for PI, \$21,500, Fall 2012.

Not Received

Smartphone/mobile body composition technologies and racial/ethnic disparities. Mississippi Center for Clinical and Translational Research (MCCTR), Role: *Mentor and Co-PI*, \$200,000, Fall 2021.

The effect of a ketogenic and high-carbohydrate diet on measures of appetite in highly-trained male and female cyclists. The American College of Sports Medicine (ACSM) Doctoral Grant, Role: *Mentor and Co-PI*, \$4,980, Spring 2020.

Pediatric mobile health partnership to promote pediatric minority health and healthy behaviors. U.S. Department of Health and Human Services (HHS) Office of Minority Health (OMH) grant submission (MP-CPI-17-004), Role: *Co-PI*, \$1,100,000, August 2017.

International Union of Nutritional Sciences 21st International Congress of Nutrition, Texas Christian University Instructional Development Grant, PI: Dr. Jada L. Willis, \$3,970, Spring 2017.

THESES AND DISSERTATIONS DIRECTED

Graduate Student Theses and Dissertations, * denotes graduate student:

2021-2024 Paige Braden*, Doctoral student. *Effects of plant-based diet on inflammation and amyloid beta in Alzheimer's Disease in C57/BL6 mice.* Neurobiology of Aging Collaborative Laboratory, Department of Psychology and Biology. Role: Dissertation Committee Member.

2021-2022 Samantha Finkenstaedt*, *Medical school student, Diet, supplementation, and nutrition counseling during pregnancy*, Burnett School of Medicine at TCU. Role: Scholarly Pursuit and Thesis Mentor.

2020-2021 Siri Tummala*, *Medical school student, College students' changes in eating and physical activity related to the Covid-19 pandemic*, TCU and UNTHSC School of Medicine. Role: Scholarly Pursuit and Thesis Mentor.

2019-2021 Austin J. Graybeal*, Doctoral candidate. *The role of diet composition and fat-free mass on appetite regulation*, Department of Kinesiology. Role: Co-advisor and Co-chair.

Paige Braden*, Master's student. *Effects of plant-based diet on inflammation and amyloid beta in Alzheimer's Disease in C57/BL6.* Neurobiology of Aging

Jada L. Willis
Curriculum Vitae

- Collaborative Laboratory, Department of Psychology and Biology. Role: Thesis Committee Member.
- 2019-2020 Petra Rack*, Master's student. *The effect of diet composition on performance, energy expenditure, and blood lipids in highly trained cyclists*, Department of Kinesiology. Role: Thesis Committee Member.
- 2017-2019 Randi Proffitt Leyva*, Doctoral candidate. *Examining the impact of childhood environmental unpredictability on ghrelin dysregulation*, Department of Psychology. Role: Doctoral Committee Member.
- 2016-2017 Sarah Bailey*. *The effect of an acute bout of exercise on high-sugar meal induced endothelial dysfunction*, Department of Kinesiology. Role: Thesis Committee Member.

Undergraduate Student Honors Theses, ** denotes undergraduate student:

- 2022-2023 Luke Hamilton**. *Identifying Novel Mutants with Increased Susceptibility to H₂O₂ and Reduced Virulence in Bacillus anthracis Sterne*. Department of Biology. Role: Honors Thesis Committee Member.
- 2020-2022 Katie Couris** and Daphne Thomas**. *Enhanced Recovery™ supplementation on omega-3 index of NCAA DI track & field and cross-country athletes*, Department of Nutritional Sciences. Role: Faculty Chair.
- 2020-2021 Mady Whitcher**. *The use of a culinary medicine course to improve nutrition knowledge, attitudes, and behaviors of teachers in the K-12 setting*, Department of Nutritional Sciences. Role: Honors Thesis Committee Member.
- 2019-2021 Olivia Spears** and Elena Hurd**. *Registered Dietitians' recommendations for nutrition education and interprofessional education in medical school curriculum*, Department of Nutritional Sciences. Role: Faculty Chair for Olivia Spears; Honors Thesis Committee Member for Elena Hurd.
- 2018-2020 Jessica Mertes**, Anna Graves**, Isabella Marzan**, and Lydia Natalia Andonie Meermann**. *A pilot study: The metabolic effects of capsaicin on college-aged men*, Department of Nutritional Sciences. Role: Faculty Chair.
- Carter Clatterbuck** and Jena Littlefield**. *Overall health status and actual versus perceived health status of the TCU student population aged 18-24*, Department of Nutritional Sciences. Role: Faculty Chair.
- 2017-2019 Lexi Endicott**. *A model for developing a food recovery network chapter at the university level*, Department of Nutritional Sciences. Role: Faculty Chair.
- Amber Deckard** and Cassidy Shabay**. *Does knowledge of dietary fats alter blood lipid levels?*, Department of Nutritional Sciences. Role: Faculty Chair.

- Jade Frederickson** and Ginny Ho**. *Student athlete compliance to Eat2Win: A study regarding behaviors to sports nutrition knowledge delivered via mobile application*, Department of Nutritional Sciences. Role: Co-mentor and Honors Thesis Committee Member.
- 2016-2018 Sarah Schad**. *When the label lies: The impact of child socioeconomic environment on restrictive eating and energy consumption in adulthood*, Department of Psychology. Role: Honors Thesis Committee Member.
- Laura Panzone**. *Control of transglottal airflow in vowels and connected speech of speakers with Parkinson's Disease*, Department of Speech Pathology. Role: Honors Thesis Committee Member.
- 2015-2017 Nichole Benedict**, Chandler Bourff**, and Maria Martinez**. *Effects of vegan ingredient substitution on ice cream sensory test*, Department of Nutritional Sciences. Role: Honors Thesis Committee Member.
- Leigh Mattson** and Katie Shamoon**. *Determining why college students follow fad diets*, Department of Nutritional Sciences. Role: Honors Thesis Committee Member.
- Jaci Clay**, Grace Niestrom**, Erin Owen**, and Melissa Simons**. *Examination of portion sizes of regular cheese pizzas from a variety of casual restaurants in Fort Worth, TX*, Department of Nutritional Sciences. Role: Honors Thesis Committee Member.
- Anna Schwartz**, Molly Knudsen**. *Female menstrual cycle and chocolate cravings in college-aged health professions women*, Department of Nutritional Sciences. Role: Honors Thesis Committee Member.
- Miguel Lopez** and Danielle Rivera**. *Hunger, satiety, & metabolic responses to high-fat meals of varying fatty acid composition*, Department of Nutritional Sciences, Department of Nutritional Sciences. Role: Honors Thesis Committee Member.
- 2015-2016 Morgan DeCuir**. *Quality of life experiences in families and significant others of survivors of head and neck cancer*, Department of Nursing Studies and Scholarship. Role: Honors Thesis Committee Member.

PRESENTATION OF SCHOLARLY AND CREATIVE ACTIVITIES

Peer-Reviewed Journal Publications (* indicates mentored student author)

Gassen, J.*, Proffit, R.P.*, Mengelkoch, S.*, Short, V.M.*, Willis, J.L., & Hill, S.E. (2025). Early-life stress predicts dysregulation of postprandial and anticipatory GLP-1 response. *Appetite*. Status: Under Peer Review.

Braun-Trocchio, R., Harrison, K., Williams, A., Kreutzer, A., Graybeal, A.J., Rack, P., Renteria, J., Moss, K., Augsburg, G.R., Willis, J.L., & Shah, M. (2025). The effects of a ketogenic diet on perceived exertion and mood in highly-trained cyclists and triathletes: A comparison with high and habitual carbohydrate diets. *Journal of Functional Morphology and Kinesiology*. Status: Under Peer Review.

Braden-Kuhle, P. N.*, Lacy, V.N., ... Willis, J.L., Boehm, G.W., & Chumley, M. (2025). A Mediterranean-style diet protects against cognitive and behavioral deficits, adiposity, and Alzheimer's disease-related markers, compared to a macronutrient-matched typical American diet in C57BL/6J mice. *Journal of Alzheimer's Disease*. 104(3):678-697. <https://doi.org/10.1177/13872877251319467>.

Graybeal, A.J., Kreutzer, A., Rack, P., Augsburg, G., Braun-Trocchio, R., Willis, J.L., & Shah, M. (2023). Chronic and postprandial metabolic responses to a ketogenic diet compared to a high-carbohydrate and habitual diets in trained competitive cyclists and triathletes: A randomized crossover trial. *International Journal Environmental Research and Public Health*. 20(1110):1-14. <https://doi.org/10.3390/ijerph20021110>.

Razavi, A.C., Latoff, A., Dyer, A., Albin, J.L., ... Willis, J.L., & Harlan, T.S. (2023). Virtual teaching kitchen classes and cardiovascular disease prevention counseling among medical trainees. *BMJ Nutrition, Prevention & Health*. 6:e000477. <http://dx.doi.org/10.1136/bmjnp-2022-000477>.

Braun-Trocchio, R., Brandner, C., Willis, J.L., & Graybeal, A.J. (2022). Quantifying body image through smartphone-based artificial intelligence: A new methodological approach. *A Supplement to the Journal of the Academy of Nutrition and Dietetics*. Supp1 1 – Abstracts 122(9):A-44. <https://doi.org/10.1016/j.jand.2022.06.161>.

Graybeal, A.J.*, Brandner, C., & Willis, J.L. (2022). The use of smartphone-based artificial intelligence to predict waist and hip circumference: A physical circumference comparison. *A Supplement to the Journal of the Academy of Nutrition and Dietetics*. Supp1 1 – Abstracts 122(9):A-46. <https://doi.org/10.1016/j.jand.2022.06.226>.

Graybeal, A.J.*, Willis, J.L., Morales-Marroquin, E., Tinsley, G.M., Messiah, S.E., & Shah, M. (2022). Emerging evidence of the relationship between fat-free mass and ghrelin, glucagon-like-peptide-1, and peptide-YY. *Nutrition*. 103-104:111815. <https://doi.org/10.1016/j.nut.2022.111815>.

Graybeal, A.J.*, Kreutzer, A.*, Willis, J.L., Braun-Trocchio, R., Moss, K.*, & Shah, M. (2022). The impact of dieting culture is different between sexes in endurance athletes: a cross-sectional analysis. *BMC Sports Science, Medicine and Rehabilitation*. 14:157. <https://doi.org/10.1186/s13102-022-00549-4>.

Graybeal A.J.*, Kreutzer, A.*, Willis, J.L., Moss, K.*, Braun-Trocchio, R., & Shah, M. (2022). Age drives the differences in dietary supplement use in endurance athletes: A cross-sectional analysis of cyclists, runners, and triathletes. *Journal of Dietary Supplements*. 1-19. <https://doi.org/10.1080/19390211.2022.2056670>.

Graybeal, A.J.*, Helms, B., Couris, K.**, Thomas, D.**, Johnston, T.**, Dahan, V.*, Escobedo, N.*, & Willis, J.L. (2022). Improved physiological markers of omega-3 status and compliance with omega-3 supplementation in division I track and field and cross-country athletes: A randomized controlled crossover trial. *International Journal of Sport Nutrition and Exercise Metabolism*. 32(4):246-255. <https://doi.org/10.1123/ijsnem.2021-0253>.

Shah, M., Gloeckner, A.*, Bailey, S.*, Adams-Huet, B.*, Kreutzer, A.*, Cheek, D. J., Willis, J.L., & Mitchell, J. (2022). Effect of a late afternoon/early evening bout of aerobic exercise on postprandial lipid and lipoprotein particle responses to a high-sugar meal breakfast the following day in postmenopausal women: A randomized cross-over study. *Journal of Sports Sciences*. 40(2):175-184. <https://doi.org/10.1080/02640414.2021.1982497>.

Fisher, K., Watson, J., Willis, J.L., Hawley, D.A., Jackson, D.L., Severance, J.J. & Carroll, T.B. (2022). Collective perceptions of aging and older persons held by students from eight healthcare professions. *Journal of Applied Gerontology*. <https://doi.org/10.1177/07334648211061734>.

Kreutzer, A.*, Graybeal, A.J.*, Rack, P.*, Moss, K.*, Augsburg, G.R.*, Willis, J.L., Braun-Trocchio, R., & Shah, M. (2021). Ketogenic and high-carbohydrate diets in cyclists and triathletes: Performance indicators and methodological considerations from a pilot study. *SportRXiv*. <https://doi.org/10.51224/SRXIV.19>.

Willis, J.L., Hawley, D.A., Watson, J., Jackson, D.L., Severance, J.J., Carroll, T.B. & Knebl, J.A. (2021). Impact of interprofessional geriatric teamwork on students' perceptions of older persons and collaborative practice. *Gerontology & Geriatrics Education*. <https://doi.org/10.1080/02701960.2021.1979971>.

Graybeal, A.J.*, Willis, J.L., Kreutzer, A.*, Moss, K.*, Braun-Trocchio, R., & Shah, M. (2021). Nutrition beliefs and practices among endurance athletes. *A Supplement to the Journal of the Academy of Nutrition and Dietetics*. Suppl 1 – Abstracts 121(9):A-27. <https://doi.org/10.1016/j.jand.2021.06.068>.

Graybeal, A.J.*, Kreutzer, A.*, Rack, P.*, Moss, K.*, Augsburg, G.*, Willis, J.L., Braun-Trocchio, R., & Shah, M. (2021). Perceptions of appetite do not match hormonal measures of appetite in trained competitive cyclists and triathletes following a ketogenic diet compared to a high-carbohydrate or habitual diet: A randomized crossover trial. *Nutrition Research*. 93:111-123. <https://doi.org/10.1016/j.nutres.2021.07.008>.

Walker, D., Willis, J.L., Adams, L., Jackson, L., Hawley, D., Watson, J., Orwig, T., Morgan, K., & Suzuki, S. (2021). Common reading as a foundation for interprofessional education. *Journal of Interprofessional Education & Practice*. 24. <https://doi.org/10.1016/j.xjep.2021.100457>.

Graybeal A.J.*, Shah, M., & Willis, J.L. (2021). Manipulation of fatty acid composition in a high-fat meal does not result in differential alterations in appetite or food intake in normal weight females: A single-blind randomized crossover study. *Appetite*. 160. <https://doi.org/10.1016/j.appet.2020.105085>.

Graybeal, A.J.*, & Willis, J.L. (2020). Body composition, not dietary fatty acid composition, explains metabolic responses following a high-fat meal in premenopausal normal-weight

women: A single-blind, randomized, crossover study. *British Journal of Nutrition*. 1-11. doi:10.1017/S0007114520004419.

Son, Y.*, Cox, J.*, Stevenson, J.L., Cooper, J.A., & Paton, C.M. (2020). Angiopoietin-1 protects 3T3-L1 pre-adipocytes from saturated fatty acid-induced cell death. *Nutrition Research*. 76:20-28. <https://doi.org/10.1016/j.nutres.2020.02.007>.

Willis, J.L., Howe, C.J. & Alexander, G.K. (2019). Assessing MyPlate familiarity and typical meal composition using food models in children aged 7-13, *International Journal of Child Health and Nutrition*. 8: 128-135. <https://doi.org/10.6000/1929-4247.2019.08.04.3>.

Kaviani, S.*, Taylor, C.M.*, Stevenson, J.L., Cooper, J.A., & Paton, C.M. (2019). A 7-day high-PUFA diet reduces angiopoietin-like protein 3 and 8 responses and postprandial triglyceride levels in healthy females but not males: A randomized control trial, *BMC Nutrition*. 5:1. <https://doi.org/10.1186/s40795-018-0262-7>.

Stevenson, J.L., Howe, C.J., & Alexander, G.K. (2018). A cross-sectional study on MyPlate awareness in children 7-13 years of age, A Supplement to the *Journal of the Academy of Nutrition and Dietetics*. Suppl – Abstracts 118(9):SA93. <https://doi.org/10.1016/j.jand.2018.06.125>.

Howe, C.J., Van Scoyoc, C., Alexander, G., & Stevenson, J.L. (2018). Poor performance of children 7-13 years old on the Newest Vital Sign, *Health Literacy Research and Practice*. 2(4):e175-179. <https://doi.org/10.3928/24748307-20180830-01>.

Howe, C.J., Alexander, G., & Stevenson, J.L. (2017). Parents' underestimations of child weight: implications for obesity prevention, *Journal of Pediatric Nursing*. 37:57-61. doi: 10.1016/j.pedn.2017.06.005.

Stevenson, J.L., Paton, C.M., & Cooper, J.A. (2017). Hunger and satiety responses to high-fat meals after a high polyunsaturated fat diet: A randomized trial, *Nutrition*. 41:14-23. <https://doi.org/10.1016/j.nut.2017.03.008>.

Stevenson, J.L., Miller, M.K., Skillman, H.E., Paton, C.M., & Cooper, J.A. (2016). A PUFA-rich diet improves fat oxidation following saturated fat-rich meal, *European Journal of Nutrition*. 56(5):1845-1857. doi: 10.1007/s00394-016-1226-9.

Stevenson, J.L., Krishnan, S., Inigo, M.M., Stamatikos, A.D., Gonzales, J.U., & Cooper, J.A. (2016). Echinacea-based dietary supplement does not increase maximal aerobic capacity in endurance-trained men and women. *Journal of Dietary Supplements*. 13(3):324-38. doi: 10.3109/19390211.2015.1036189.

Stevenson, J.L., Clevenger, H.C., & Cooper, J.A. (2015). Hunger and satiety responses to high-fat meals of varying fatty acid composition in women with obesity, *Obesity*. 23:1980-1986. doi: 10.1002/oby.21202.

Clevenger, H.C., Stevenson, J.L., & Cooper, J.A. (2015). Metabolic responses to dietary fatty acids in obese women. *Physiology & Behavior*. 139:73-79. doi: 10.1016/j.physbeh.2014.11.022.

Stevenson, J.L., Krishnan, S., Stoner, M.A., Goktas, Z., & Cooper, J.A. (2013). Effects of exercise during the holiday season on changes in body weight, body composition, and blood pressure, *European Journal of Clinical Nutrition*. 67:944-949. doi: 10.1038/ejcn.2013.98.

Paton, C.M., Rogowski, M.P., Kozimor, A.L., Stevenson, J.L., Chang, H.C., Cooper, J.A., & Ntambi, J.M. (2013). Lipocalin-2 increases fatty acid oxidation in vitro and is correlated with postprandial energy expenditure in normal weight but not obese women, *Obesity*. 21(12):E640-E648. doi: 10.1002/oby.20507.

Stevenson, J.L., Song, H., & Cooper, J.A. (2012). Age and sex differences pertaining to modes of locomotion in triathlons, *Medicine & Science in Sports & Exercise*. 45(5):976-984. doi: 10.1249/MSS.0b013e31827d17eb.

Peer-Reviewed Conference Papers/Presentations

Ahmann, L.L.** , E.J. Muench**, A.C. Pilch**, E.A. Vousboulis**, and J.L. Willis. 2025, *Faith, fertility and knowledge: Evaluating reproductive health awareness among young adults*. California Academy of Nutrition and Dietetics Annual Conference (CANDAC25), Long Beach, CA, April 24-26, 2025.

Graybeal, A.J., C. Brandner, J.L. Willis, and G. Tinsley. 2022, Body composition estimation using smartphone machine learning in Black/African-American individuals. The Obesity Society (TOS), Obesity Week 2022, San Diego, CA, November 1-4, 2022.

Braun-Trocchio, R., C. Brandner, J.L. Willis, A.J. Graybeal. 2022, Quantifying body image through smartphone-based artificial intelligence. Association for Applied Sport Psychology, Fort Worth, TX, October 26-29, 2022.

Braun-Trocchio, R., C. Brandner, J.L. Willis, A.J. Graybeal. 2022, Quantifying body image through smartphone-based artificial intelligence: A new methodological approach. Food & Nutrition Conference & Expo (FNCE), Orlando, FL, October 8-11, 2022.

Graybeal, A.J.*, C. Brandner, J.L. Willis. 2022, The use of smartphone-based artificial intelligence to predict waist and hip circumference: A physical circumference comparison. Food & Nutrition Conference & Expo (FNCE), Orlando, FL, October 8-11, 2022.

Tummala, S.*, and J.L. Willis. College students' changes in eating and physical activity related to the COVID-19 pandemic. The Obesity Society (TOS), Obesity Week 2021, Virtual, November 1-5, 2021.

Graybeal, A.J.*, J.L. Willis, Kreutzer, A.*, K. Moss*, R. Trocchio, and M. Shah. Nutrition beliefs and practices among endurance athletes. Food & Nutrition Conference & Expo (FNCE), Virtual, October 16-19, 2021.

Braun-Trocchio, R. Kreutzer, A.*, A.J Graybeal*, Rack, P.*, K. Harrison*, A. Williams*, J. Renteria*, E. Warfield*, Augsburg, G.*, K. Moss*, J.L. Willis, and M. Shah. The effect of diet composition on mood in highly trained cyclists: A pilot study. North American Society for the Psychology of Sport and Physical Activity (NASPSA) conference. Virtual, June 2021.

Jada L. Willis
Curriculum Vitae

Graybeal, A.J*, Kreutzer, A.*, Rack, P.*, K. Moss*, Augsburg, G.*, J.L. Willis, R. Trocchio, and M. Shah. Appetite alterations in endurance athletes following the ketogenic diet. International Journal of Exercise Science: Conference Proceedings. *IJESAB*. Virtual, February 25-26, 2021.

Dority, D.H., J.L. Willis, G.J. Hill, E. Hurd**, O. Spears**, and E. Estrada**. Registered dietitians' recommendations for nutrition education and interprofessional education in medical school curriculum. Texas Academy of Nutrition & Dietetics Annual Conference and Exhibition (ACE), April 8-10, 2021.

Graybeal, A.J*, and J.L. Willis. Fat-free mass drives postprandial energy expenditure following a high-fat meal regardless of fatty acid composition: A single-blind randomized crossover study. The Obesity Society Annual Meeting. Virtual, November 2-6, 2020.

Graybeal, A.J *, and J.L. Willis. Subjective ratings of appetite following the consumption of high-fat meals of varying compositions in normal weight women: A single-blind randomized crossover study. Texas Academy of Nutrition & Dietetics Annual Conference and Exhibition (ACE), Georgetown, TX, April 2-4, 2020.

Clatterbuck, C.**, J. Littlefield**, A.J. Graybeal*, and J.L. Willis. A pilot study: Actual versus perceived health status of college students. Texas Academy of Nutrition & Dietetics Annual Conference and Exhibition (ACE), Georgetown, TX, April 2-4, 2020.

Mertes, J.E.** , A.A. Graves**, I. Marzan**, L.N. Andonie**, A.J Graybeal*, and J.L. Willis. The metabolic effects of capsaicin on college-aged men: A randomized, double-blind, placebo-controlled, crossover pilot study. Texas Academy of Nutrition & Dietetics Annual Conference and Exhibition (ACE), Georgetown, TX, April 2-4, 2020.

Watson, J.B., S. Jevan-Roegels, L. Jackson, B. Timson, and J.L. Willis. Strengthening teamwork in concussion management: a hybrid interprofessional student training. 2020 National Academies of Practice (NAP) Annual Meeting & Forum, San Diego, CA, March 13-14, 2020.

Willis, J.L., D. Hawley, D.L. Jackson, J. Watson, J. Knebl, and N. Saville. Seniors assisting in interprofessional practice and education of student healthcare teams. Collaborating Across Borders VII, Indianapolis, IN, October 22, 2019.

Jackson, L., D. Hawley, J.L. Stevenson, L. Dart, J. Knebl, and N. Saville. Student Perceptions of and Learning from the SAGE Interprofessional Educational Experience. 9th International Conference on Social Work in Health and Mental Health, York, UK. July 22-26, 2019.

Alexander, G.K., C.J. Howe, J.L. Stevenson, and D. Cockerham. Museum-based academic partnerships: Feasibility for food literacy and health-related research. Fort Worth Museum of Science & History, Fort Worth, TX, June 1, 2019.

Stevenson, J.L., L. Dart, D. Hawley, D.L. Jackson, J. Knebl, and N. Saville. Seniors assisting in interprofessional education of student healthcare teams. Texas Academy of Nutrition and Dietetics Annual Conference and Exhibition, Arlington, TX, April 11, 2019.

Deckard, A.** , C. Shabay** , and J.L. Stevenson. The effect of knowledge, behaviors, and attitudes toward dietary fatty acids on blood lipid levels. Texas Academy of Nutrition and Dietetics Annual Conference and Exhibition, Arlington, TX, April 11, 2019.

Endicott, L. ** , J.L. Stevenson, L. Dart, and G. Hill. A model for implementing a food recovery program at the university level. Texas Academy of Nutrition and Dietetics Annual Conference and Exhibition, Arlington, TX, April 11, 2019.

Frederickson, J.** , G. Ho** , J.L. Stevenson, B. Helms, A. VanBeber, and L. Dart. Student athlete compliance to Eat2Win: A study regarding behaviors to sports nutrition knowledge delivered via mobile application. Texas Academy of Nutrition and Dietetics Annual Conference and Exhibition, Arlington, TX, April 11, 2019.

Stevenson, J.L., L. Dart, D. Hawley, D.L. Jackson, J. Knebl, and N. Saville. Seniors assisting in interprofessional education of student healthcare teams. Texas Interprofessional Education Consortium Bi-Annual Meeting, Oral presentation, Houston, TX, April 4, 2019.

Schwarz, B., C. Carroll, K. Bell, J. Rangel, S. Combs, L. Allender, S. Jevas, J.L. Stevenson, D. Jackson, and C. Gibson. Helping students understand the relevance of IP collaboration using a regional population health crisis: A story of maternal mortality in Texas. 2019 National Academies of Practice (NAP) Annual Meeting & Forum, Oral Workshop Presentation, Arlington, VA, March 7-9, 2019.

Stevenson, J.L., C.J. Howe, and G.K. Alexander. A cross-sectional study on MyPlate awareness in children 7-13 years of age. Food & Nutrition Conference & Expo (FNCE), Washington, D.C., October 23, 2018.

Hawley, D., J.L. Stevenson, L. Jackson, L. Dart, N. Saville, J. Knebl. Seniors assisting in interprofessional education of student healthcare teams: A win-win-win for all. American Geriatrics Society 2018 Annual Scientific Meeting, Orlando, FL, May 3-5, 2018.

Mattson, L. ** , K. Shamoony** , L. Dart, A. VanBeber, and J.L. Stevenson. Determining why college students follow fad diets. Texas Academy of Nutrition and Dietetics Annual Conference and Exhibition, Houston, TX, April 13, 2018.

Howe, C.J., G.K. Alexander, and J.L. Stevenson. Parent awareness and knowledge of child overweight & obese status and health related consequences. Southern Nursing Research Society, Atlanta, GA, March 21-24, 2018.

Glockener, A* , S. Bailey * , Kreutzer, A., * , E. Garrity * , L. Adams * , C. Cook * , M. Shah, B. Adams-Huet, C. Cheek, J. Stevenson, J. Mitchell. The effects of prior aerobic exercise on lipid and lipoprotein responses following a high-carbohydrate meal in postmenopausal women. International Journal of Exercise Science: Conference Proceedings: 2018;2(10): article 80. Texas American College of Sports Medicine, Austin, TX, March 1-2, 2018.

Jada L. Willis
Curriculum Vitae

Stevenson, J.L., M.A. Lopez**, and D.B. Rivera**. Effects of dietary high-fat meals on acute metabolic responses in normal weight, premenopausal women. The Obesity Society Annual Meeting, Washington, D.C., October 29-November 2, 2017.

Kaviani, S.*, J.L. Stevenson, C.M. Paton, and J.A. Cooper. Angiopoietin-like Protein 3 levels in response to a high PUFA diet. The Obesity Society Annual Meeting, Washington, D.C., October 29-November 2, 2017.

Howe, C., G. Alexander, and J.L. Stevenson. Assessing health literacy in children with the newest vital sign. International Conference on Communication in Healthcare & Health Literacy Annual Research Conference (ICCH&HARC), Baltimore, MD, October 8-11, 2017.

Rack, P.P.**, J.L. Stevenson, C.J. Howe, and G. Alexander. MyPlate - Children's awareness and ability to build a plate that meets MyPlate standards. Northeast District Meeting American Association of Family & Consumer Sciences (AAFCS) Texas Affiliate, Fort Worth, TX, October 6, 2017.

A. VanBeber, L. Dart, J.L. Stevenson, D. D'Agostino, P. Smith-Barbaro, D. Farmer, K. Argenbright, K. Aspegren, D. Monlezun, L. Sarris, and T. Harlan. Culinary Medicine: Interprofessional nutrition education strengthens collaborative practice among health professions students. Collaborating Across Borders VI, Banff, Canada, October 1-4, 2017.

Bell, N.**, E. Schiesler**, N. Sisk**, A. VanBeber, L. Dart, J.L. Stevenson, D. D'Agostino, P. Smith-Barbaro, D. Farmer, K. Argenbright, K. Aspegren, D. Monlezun, L. Sarris, and T. Harlan. Culinary Medicine and a multisite longitudinal study: cooking for health optimization with patients (CHOP), Health Meets Food: The Culinary Medicine Conference™. New Orleans, LA, June 8-11, 2017. <https://culinarymedicine.org/research-2/2017-conference-posters/?srsltid=AfmBOopaYJQXneLISsleJ4vFnBCYra2u-G1D0cDuVp519Bnv65pTlhn>

Howe, C., G. Alexander, and J.L. Stevenson. Parental underestimations of child weight. U.S.-SINO Conference, Pittsburg, PA, June 4-6, 2017.

Alexander, G.K., L. Bashore, C. Howe, J.L. Stevenson, and L. Jackson. Preparing upstream leaders for public health nursing practice and research. Association of Community Health Nursing Educators, Baltimore, MD, June 2017.

Kaviani, S.*, J.L. Stevenson, C.M. Paton, and J.A. Cooper. Postprandial inflammation and coagulation responses to high-fat meals rich in saturated fatty acids. Experimental Biology, Chicago, IL, April 22-26, 2017.

Rivera, D.B.**, M.A. Lopez**, and J.L. Stevenson. Composition of high-fat meals did not affect postprandial subjective measures of hunger and satiety nor subsequent intake at the next meal. Texas Academy of Nutrition and Dietetics Annual Conference and Exhibition, Georgetown, TX, March 29-April 1, 2017.

Lopez, M.A.**, D.B. Rivera**, and J.L. Stevenson. An analysis of metabolic feedback to high-fat meals of assorted fatty acid composition. Texas Academy of Nutrition and Dietetics Annual Conference and Exhibition, Georgetown, TX, March 29-April 1, 2017.

Jada L. Willis
Curriculum Vitae

VanBeber, A., L. Dart, J.L. Stevenson, N. Benedict**, C. Bourff**, and M. Martinez**. Effects of vegan ingredient substitution on ice cream sensory test. Texas Academy of Nutrition and Dietetics Annual Conference and Exhibition, Georgetown, TX, March 29-April 1, 2017.

VanBeber, A., L. Dart, J.L. Stevenson, J. Clay**, G. Niestrom**, E. Owen**, and M. Simons**. Examination of portion sizes of regular cheese pizzas from a variety of casual restaurants in Fort Worth, TX. Texas Academy of Nutrition and Dietetics Annual Conference and Exhibition, Georgetown, TX, March 29-April 1, 2017.

Schwartz, A.**, M. Knudsen**, M. Shah, J.L. Stevenson, and L. Dart. Female menstrual cycle and chocolate cravings in college-aged health professions women. Texas Academy of Nutrition and Dietetics Annual Conference and Exhibition, Georgetown, TX, March 29-April 1, 2017.

VanBeber, A., L. Dart, J.L. Stevenson, D. D'Agostino, D. Farmer, K. Argenbright, D. Monlezun, L. Sarris, and T. Harlan. A culinary medicine course improves clinical nutrition proficiency of health professions students. Phi U Conclave, Oklahoma City, OK, September 22-25, 2016.

Stevenson, J.L., C.M. Paton, and J.A. Cooper. Hunger and satiety responses to saturated fat-rich meals before and after a high PUFA diet. Presented at the Experimental Biology Annual Meeting, San Diego, CA, April 2016.

Stevenson, J.L., C.M. Paton, and J.A. Cooper. Acute metabolic responses to high-fat meals before and after a 7-day high polyunsaturated diet. Presented at The Obesity Society Annual Meeting, Los Angeles, CA, November 2015.

Stevenson, J.L., C.M. Paton and J.A. Cooper. Acute metabolic responses to high-fat meals before and after a 7-day poly-unsaturated-rich diet. Presented at the Fourteenth Annual Graduate Student Research Poster Competition, Texas Tech University, Lubbock, TX, April 2015. – Second Place Poster in Division

Miller, M.M.,** J.L. Stevenson, C.M. Paton and J.A. Cooper. The male and female blood lipid responses to a seven-day polyunsaturated fat diet following a three-day control diet. Presented at the Undergraduate Research Poster Competition, Texas Tech University, Lubbock, TX, March 2015.

Stevenson, J.L., A.D. Stamatikos, S. Krishnan, M.M. Inigo, J.U. Gonzales and J.A. Cooper. Echinacea based supplement does not improve markers of performance in athletes. Presented at the ACSM Annual Meeting, Orlando, FL, May 2014.

Harold, M.C.,** J.L. Stevenson and J.A. Cooper. The metabolic effect of high saturated fat meals before and after a 7-day diet rich in polyunsaturated fats. Presented at the Undergraduate Research Poster Competition, Texas Tech University, Lubbock, TX, April 2014.

Stevenson, J.L. and J.A. Cooper. Acute metabolic responses to high-fat meals rich in saturated fatty acids before and after a 7-day high poly-unsaturated diet. Presented at the Thirteenth Annual Graduate Student Research Poster Competition, Texas Tech University, Lubbock, TX, March 2014. – First Place Poster in Division.

Jada L. Willis
Curriculum Vitae

Clevenger, H.C., J.L. Stevenson, and J.A. Cooper. Acute effect of dietary fatty acid saturation on postprandial thermogenesis and substrate oxidation in normal weight and obese females. Presented at the Thirteenth Annual Graduate Student Research Poster Competition, Texas Tech University, Lubbock, TX, March 2014.

Stevenson, J.L., M.M. Inigo, A.D. Stamatikos, J.U. Gonzales, and J.A. Cooper. Effects of a dietary supplement on erythrocyte levels and maximal aerobic capacity. Presented at the Twelfth Annual Graduate Student Research Poster Competition, Texas Tech University, Lubbock, TX, March 2013.

Stevenson, J.L., Clevenger, H.C., and J.A. Cooper. Satiety responses to high-fat meals of varying fatty acid composition in obese women. Presented at The Obesity Society Annual Meeting, Atlanta, GA, November 2013.

Stevenson, J.L., H. Song, and J.A. Cooper. Age and sex differences pertaining to modes of locomotion in triathlons. Presented at the ACSM Annual Meeting, San Francisco, CA, May 2012.

Stevenson, J.L., H. Song, and J.A. Cooper. Age and sex differences pertaining to modes of locomotion in triathlons. Presented at the Eleventh Annual Graduate Student Research Poster Competition, Texas Tech University, Lubbock, TX, March 2012 – First Place Poster in Division.

Paton, C.M., M.P. Rogowski, A.L. Kozimor, J.L. Stevenson, H.C. Chang, J.A. Cooper, and J.M. Ntambi. Lipocalin-2 expression increases adipocyte fatty acid oxidation through PPAR α . Presented at the Eleventh Annual Graduate Student Research Poster Competition, Texas Tech University, Lubbock, TX, March 2012.

Paton, C.M., M.P. Rogowski, A.L. Kozimor, J.L. Stevenson, H.C. Chang, J.A. Cooper, and J.M. Ntambi. Lipocalin-2 expression increases adipocyte fatty acid oxidation through PPAR α . Presented at The Obesity Society Annual Meeting, San Antonio, TX, September 2012.

Stevenson, J.L., A. Boles, A. Crumley, K. Louder and J.A. Cooper. Effects of a community-based health and fitness program on weight, body composition, and chronic disease risk factors: a pilot study. Presented at The Obesity Society Annual Meeting, Orlando, FL, October 2011.

Stevenson, J.L., A. Boles, A. Crumley, K. Louder and J.A. Cooper. Effects of a community-based health and fitness program on weight, body composition, and chronic disease risk factors: a pilot study. Presented at the Tenth Annual Graduate School Research Poster Competition, Texas Tech University, Lubbock, TX, April 2011.

Student research presented at the Westmont College Annual Student Research Symposium

Faculty Research Mentor for Lauren L. Ahmann*, Ellie J. Muench*, Alexandra C. Pilch*, Elizabeth A. Vousboulis*, and Dusty Schraeder* for Undergraduate Research Project. *Faith, fertility and knowledge: Evaluating reproductive health awareness among young adults*. Department of Kinesiology, Westmont College, Santa Barbara, CA.

Faculty Research Mentor for Lauren L. Ahmann*, Ellie J. Muench*, Alexandra C. Pilch*, Elizabeth A. Vouboukis*, and Dusty Schraeder* for Undergraduate Research Project. *Understanding Sports Nutrition Knowledge at Westmont College*. Department of Kinesiology, Westmont College, Santa Barbara, CA.

Student research presented at the TCU College of Science & Engineering (CSE) Michael and Sally McCracken Student Research Symposium (SRS)

Luke Hamilton** J.L. Willis, G. Akkaraju, and S. McGillivray. Identifying Novel Mutants with Increased Susceptibility to H₂O₂ and Reduced Virulence in *Bacillus anthracis* Sterne. CSE Michael and Sally McCracken SRS. TCU, Fort Worth, TX, April 28, 2023.

K. Couris**, D. Thomas**, T. Johnson**, A.J. Graybeal*, B. Helms, V. Dahan, and J.L. Willis. Omega-3 supplementation in Division I track & field and cross-country athletes: Physiological markers of omega-3 status, compliance and likeability. CSE Michael and Sally McCracken SRS. TCU, Fort Worth, TX, April 22, 2022.

E. Estrada**, O. Spears**, E. Hurd**, Dority, D.H., G.J. Hill and J.L. Willis. Registered Dietitians' Recommendations for Nutrition Education and Interprofessional Education in Medical School Curriculum. CSE Michael and Sally McCracken SRS. TCU, Fort Worth, TX, April 17, 2020.

Clatterbuck, C.** , J. Littlefield**, A.J. Graybeal*, and J.L. Willis. A pilot study: Actual versus perceived health status of college students. CSE Michael and Sally McCracken SRS. TCU, Fort Worth, TX, April 17, 2020.

Mertes, J.E. **, A.A. Graves**, I. Marzan**, L.N. Andonie**, A.J. Graybeal*, and J.L. Willis. The metabolic effects of capsaicin on college-aged men: A randomized, double-blind, placebo-controlled, crossover pilot study. CSE Michael and Sally McCracken SRS. TCU, Fort Worth, TX, April 17, 2020.

Deckard, A.** , C. Shabay**, and J.L. Stevenson, The effect of knowledge, behaviors, and attitudes toward dietary fatty acids on blood lipid levels. CSE Michael and Sally McCracken SRS. TCU, Fort Worth, TX, April 12, 2019.

Endicott, L. **, J.L. Stevenson, L. Dart, and G. Hill. A model for implementing a food recovery program at the university level. CSE Michael and Sally McCracken SRS. TCU, Fort Worth, TX, April 12, 2019.

Frederickson, J.** , G. Ho**, J.L. Stevenson, and L. Dart. Student athlete compliance to Eat2Win: A study regarding behaviors to sports nutrition knowledge delivered via mobile application. CSE Michael and Sally McCracken SRS. TCU, Fort Worth, TX, April 12, 2019.

Mattson, L. **, K. Shamoan**, L. Dart, A. VanBeber, and J.L. Stevenson. Determining why college students follow fad diets. CSE Michael and Sally McCracken SRS. TCU, Fort Worth, TX, April 20, 2018.

Jada L. Willis
Curriculum Vitae

Rivera, D.B.** , M.A. Lopez** , and J.L. Stevenson. Composition of high-fat meals did not affect postprandial subjective measures of hunger and satiety nor subsequent intake at the next meal. CSE Michael and Sally McCracken SRS. TCU, Fort Worth, TX, April 21, 2017.

Lopez, M.A.** , D.B. Rivera** , and J.L. Stevenson. An analysis of metabolic feedback to high-fat meals of assorted fatty acid composition. CSE Michael and Sally McCracken SRS. TCU, Fort Worth, TX, April 21, 2017.

VanBeber, A., L. Dart, J.L. Stevenson, N. Benedict** , C. Bourff** , and M. Martinez** . Effects of vegan ingredient substitution on ice cream sensory test. CSE Michael and Sally McCracken SRS. TCU, Fort Worth, TX, April 21, 2017.

VanBeber, A., L. Dart, J.L. Stevenson, J. Clay** , G. Niestrom** , E. Owen** , and M. Simons** . Examination of portion sizes of regular cheese pizzas from a variety of casual restaurants in Fort Worth, TX. CSE Michael and Sally McCracken SRS. TCU, Fort Worth, TX, April 21, 2017.

Schwartz, A. ** , M. Knudsen** , M. Shah, J.L. Stevenson, and L. Dart. Female menstrual cycle and chocolate cravings in college-aged health professions women. CSE Michael and Sally McCracken SRS. TCU, Fort Worth, TX, April 21, 2017.

Conference Proceedings

Graybeal, A.J.* , J.L. Willis, Kreutzer, A.,* , K. Moss* , R. Trocchio, and M. Shah. Nutrition beliefs and practices among endurance athletes. Food & Nutrition Conference & Expo (FNCE), Virtual, October 16-19, 2021.

Graybeal, A.J, Kreutzer, A.,, Rack, P., K. Moss, Augsburg, G., J.L. Willis, R. Trocchio, and M. Shah. Appetite alterations in endurance athletes following the ketogenic diet. *International Journal of Exercise Science: Conference Proceedings*. *IJESAB* 2021. 2(13):47. <https://digitalcommons.wku.edu/ijesab/vol2/iss13/47>.

Glockener A* , Bailey S* , Kreutzer A* , Garrity E* , Adams *L, Cook C* , Shah M, Adams-Huet B, Cheek D, Stevenson J., and Mitchell J. The effects of prior aerobic exercise on lipid and lipoprotein responses following a high-carbohydrate meal in postmenopausal women. *International Journal of Exercise Science: Conference Proceedings*: 2018;2(10): article 80. Texas American College of Sports Medicine, Austin, TX, March 1-2, 2018.

Stevenson, J.L., C.M. Paton, and J.A. Cooper. November 6, 2015, Acute metabolic responses to high-fat meals before and after a 7-day poly-unsaturated-rich diet. The Obesity Society, Los Angeles, CA.

Magazine/Newsletter Articles

Willis, J.L. Keto or high carb? *TCU Endeavors Magazine*, Spring 2021. Link: <https://20auvj44da9p3u0ps1z9avfg-wpengine.netdna-ssl.com/wp-content/uploads/2021/02/KETO-or-HIGH-CARB.pdf>.

Willis, J.L. Making a difference. *Tarrant County*, Winter 2020.

Jada L. Willis
Curriculum Vitae

Howe, C. G. Alexander, and J.L. Willis. Tipping the Scales: Researchers find that parents' misperceptions make it hard to fight childhood obesity. *TCU Magazine*, Winter 2020.

Howe, C., G. Alexander, and J.L. Stevenson. Clouded Judgment: Addressing childhood obesity can become especially challenging if parents are blind to it. *TCU Endeavors Magazine*, Spring 2019.

Stevenson, J.L., C.M. Paton, and J.A. Cooper. Diets rich in polyunsaturated fats may alter appetite hormones among millennials, June 15, 2017. Link: https://www.eurekalert.org/pub_releases/2017-06/es-dri061417.php.

Stevenson, J.L., C.M. Paton, and J.A. Cooper. Diets rich in polyunsaturated fats may alter appetite hormones among millennials, June 15, 2017. Link: <http://www.prnewswire.com/news-releases/diets-rich-in-polyunsaturated-fats-may-alter-appetite-hormones-among-millennials-300474384.html>.

Stevenson, J.L., M.K. Miller, H.E. Skillman, C.M. Paton, and J.A. Cooper. Eating diet high in polyunsaturated fats can strengthen opposite effects of 'splurge' meals, investigate finds, June 10, 2016. Link: <http://today.ttu.edu/posts/2016/06/eating-diet-high-in-polyunsaturated-fats-can-strengthen-opposite-effects-of-splurge-meals-investigate-finds>.

Stevenson, J.L., M.K. Miller, H.E. Skillman, C.M. Paton, and J.A. Cooper. "Magic pill" counters the ill-effects of a junk food splurge, June 7, 2016. Link: <http://easyhealthoptions.com/magic-pill-counters-the-ill-effects-of-a-junk-food-splurge/>.

Stevenson, J.L., M.K. Miller, H.E. Skillman, C.M. Paton, and J.A. Cooper. Eating diet high in polyunsaturated fats can strengthen opposite effects of 'splurge' meals, investigate finds, June 2, 2016. Link: <http://latesttechnology.space/eating-diet-high-in-polyunsaturated-fats-can-protect-against-effects-of-splurge-meals-study-finds/>.

Stevenson, J.L., M.K. Miller, H.E. Skillman, C.M. Paton, and J.A. Cooper. Eating diet high in polyunsaturated fats can protect against effects of 'splurge' meals, study finds, June 1, 2016. Link: <http://news.uga.edu/releases/article/high-polyunsaturated-fat-splurge-meals-0616/>.

Stevenson, J.L., M.K. Miller, H.E. Skillman, C.M. Paton, and J.A. Cooper. A PUFA-rich diet improves fat oxidation following saturated fat-rich meal. May 18, 2016. Link: <http://www.walnuts.org/health-and-walnuts/health-research/a-pufa-rich-diet-improves-fat-oxidation-following-saturated-fat-rich-meal/>.

Stevenson, J.L., S. Krishnan, M.A. Stoner, Z. Goktas, and J.A. Cooper. Effects of the holiday season on changes in body weight and health parameters – 5 Myths and Facts about Holiday Weight Gain. *Health Magazine* Dec 2013. Link: <http://news.health.com/2013/12/19/5-myths-and-facts-about-holiday-weight-gain/>.

**DEVELOPMENT OF ACCREDITATION MATERIALS AND ACTIVITIES FOR
PROFESSIONAL PROGRAMS IN DIETETICS**

Coordinated Program in Dietetics - Developed Rotations, Materials, & Assignments

Jada L. Willis
Curriculum Vitae

- 2020 Site Visit for Re-accreditation of the TCU Coordinated Program in Dietetics (assisted Program Director with coordination of activities for three-day visit of ACEND accreditation team), March, 2020.
- 2020 Interprofessional Education (IPE); Seniors Assisting in Geriatric Education (SAGE).
- 2019 Supervised Practice in General Dietetics (NTDT 30306): Culinary Medicine Program (Moncrief Cancer Institute); Meals on Wheels, Inc.; Birdville Independent School District; Texas Agrilife Extension Services; Garden Education; Women, Infants, and Children; Blue Zones; Interprofessional Education; Tarrant Area Food Bank; Mothers' Milk Bank of North Texas; Food Recovery Network.
- 2018 Supervised Practice in General Dietetics (NTDT 30306): Culinary Medicine Program (Moncrief Cancer Institute); Meals on Wheels, Inc.; Birdville Independent School District; Food Recovery Network; Texas Agrilife Extension Services; Garden Education; Women, Infants, and Children; Blue Zones; Interprofessional Education; Tarrant Area Food Bank; TCU Wellness Gold Food Challenge; TCU Wellness Gold: The Social Media Project; Mothers' Milk Bank of North Texas; My Bariatric Solutions.
- 2017 Supervised Practice in General Dietetics (NTDT 30306): Culinary Medicine Program (Moncrief Cancer Institute); Meals on Wheels, Inc.; Birdville Independent School District; Texas Agrilife Extension Services; Garden Education; Women, Infants, and Children; Blue Zones; Interprofessional Education; Tarrant Area Food Bank; TCU Wellness Gold.
- 2016 Supervised Practice in General Dietetics (NTDT 30306): Culinary Medicine Program (Moncrief Cancer Institute), Meals on Wheels, Inc., Birdville Independent School District, Texas Agrilife Extension Services, Resource Connection Community Garden, Women, Infants, and Children.
- 2015 Supervised Practice in General Dietetics (NTDT 30306): Culinary Medicine Program (Moncrief Cancer Institute), Meals on Wheels, Inc., Birdville Independent School District, Texas Agrilife Extension Services, Resource Connection Community Garden, Women, Infants, and Children.

**TCU Department of Nutritional Sciences Advisory Boards – External
Constituents**

- 2023 NTDT Advisory Board Meeting: Members include dietetics and nutrition professionals from the community, Texas Christian University, February 9, 2023.
- 2021 NTDT Advisory Board Meeting: Members include dietetics and nutrition professionals from the community, Texas Christian University, October 27, 2021.
- 2019 NTDT Advisory Board Meeting: Members include dietetics and nutrition professionals from the community, Texas Christian University, March 26, 2019.
- 2016 NTDT Advisory Board Meeting: Members include dietetics and nutrition professionals

from the community, Texas Christian University, January 26, 2016.

EDITORSHIPS, CONSULTANTSHIPS, PROFESSIONAL AND CREATIVE ACTIVITIES, AND PROFESSIONAL ENGAGEMENTS

Consultantships/Editorships

Committee Member, Health Meets Food: The Culinary Medicine Curriculum (HMF) Research National Committee (2021-2024)

Adjunct Assistant Professor, Department of Internal Medicine, Texas College of Osteopathic Medicine, University of North Texas Health Science Center (UNTHSC), Fort Worth, TX (2015-2021)

Adjunct Assistant Professor, Center for Geriatrics, Institute for Healthy Aging, University of North Texas Health Science Center (UNTHSC), Fort Worth, TX (2015-2021)

Reviewer, Research Poster Review Committee – Goldring Center for Culinary Medicine Health Meets Food Conference (2017; 2021)

Consultant, University of North Texas Health Science Center Interprofessional Education Curriculum Committee Fort Worth, TX (2015-2020)

Consultant, University of North Texas Health Science Center Seniors Assisting in Geriatric Education (SAGE) Curriculum Planning Committee, Fort Worth, TX (2015-2020)

Module Director, Assistant Professor, TCU and UNTHSC School of Medicine, Department of Medical Education, Fort Worth, TX (2019-2020)

Board Member, TCU CSE SciCom IdeaBoard, Fort Worth, TX (2019-2020)

Committee Member, TCU Wellness Council, Fort Worth, TX (2018-2019)

Texas Representative, Academy of Nutrition and Dietetics Food & Nutrition Conference Expo Public Policy Workshop, Washington, D.C. (2018)

Reviewer, *Journal of Interprofessional Education & Practice* (2018)

Reviewer, *Gastroenterology Nursing Journal* (2015-2017)

Reviewer, *Journal of the Academy of Nutrition and Dietetics* (2015-2017)

Professional Engagements

2025 May Faith Learning Seminar, Westmont College, Santa Barbara, CA. May 19-21, 2025.

California Academy of Nutrition and Dietetics Annual Conference (CANDAC25), Long Beach, CA. April 24-26, 2025.

Jada L. Willis
Curriculum Vitae

2024 Risk Management: Personal Protective Equipment, CITI Program Training, September 17, 2024.

Universal Precautions and Work Practices, CITI Program Training, September 17, 2024.

Risk Management: Work Practices, CITI Program Training, September 17, 2024.

Basic Introduction to Biosafety, CITI Program Training, September 17, 2024.

Personal Protective Equipment, CITI Program Training, September 17, 2024.

Emergency Response Procedures, CITI Program Training, September 17, 2024.

Risk Management: Emergency and Spill Response, CITI Program Training, September 17, 2024.

OSHA Bloodborne Pathogens Standard, CITI Program Training, September 17, 2024.

Hepatitis B Virus (HBV) Vaccination, Routes of Exposure, and Routes of Transmission, CITI Program Training, September 17, 2024.

Labels and Engineering Controls, CITI Program Training, September 17, 2024.

Researchers, CITI Program Training, September 17, 2024.

Virtual Lab and Consultation, Koehler Center for Instruction, Innovation, and Engagement, TCU, January 18, 2024.

2023 DoD White Paper Workshop, TCU, April 18, 2023.

Virtual Lab and Consultation, Koehler Center for Instruction, Innovation, and Engagement, TCU, December 8, 2023.

2022 Preventing Harassment and Discrimination: Non-Supervisors with Title IX/Clery Module, TCU, August 20, 2022.

Code of Conduct: Workplace Conduct, TCU, August 20, 2022.

Diversity, Inclusion, and Belonging, TCU, August 17, 2022.

2021 Social and Behavioral Responsible Conduct of Research, CITI Program Training, January 25, 2021.

Dietary Guidelines for Americans, 2020-2025: What RDNs Need to Know – Working Together to Help Americans Make Every Bite Count, March 31, 2021.

Understanding the Guidelines for Rank at the School of Medicine Module, Academic Career Planning Series, MD Faculty Affairs, TCU and UNTHSC School of Medicine,

Jada L. Willis
Curriculum Vitae

April 6, 2021.

Writing Your Personal Statement Module, Academic Career Planning Series, MD Faculty Affairs, TCU and UNTHSC School of Medicine, April 6, 2021.

Texas Academy of Nutrition and Dietetics Virtual Conference and Exhibition (ACE), *Virtual*. April 8-10, 2021.

Pediatric Malnutrition: Define. Document. Defeat. Texas Academy of Nutrition and Dietetics, ACE, April 8, 2021.

Welcome from Academy President and Keynote Address. Texas Academy of Nutrition and Dietetics, ACE, April 8, 2021.

Impacts of Social Media and the Ethical Implications of Mis/Disinformation for Registered Dietitians. Texas Academy of Nutrition and Dietetics, ACE, April 9, 2021.

Diversity and Inclusion for Cultural & Competent Care in Black Indigenous and People of Color (BIPOC) Clients. Texas Academy of Nutrition and Dietetics, ACE, April 9, 2021.

Omega 3 Supplementation: Evidence Based Support for Client Recommendations. Texas Academy of Nutrition and Dietetics, ACE, April 9, 2021. Add to CDR. 1 hour

The Power of Moments. Texas Academy of Nutrition and Dietetics, ACE, April 9, 2021.

Diversity and Dietetics Panel, Texas Academy of Nutrition and Dietetics, ACE, April 9, 2021.

Answering Difficult Questions: Responding to Nutrition Noise in Media and Beyond, Texas Academy of Nutrition and Dietetics, ACE, April 9, 2021.

Getting (and staying) Funded: Not Easily Said or Done, TCU Office of Research, April 9, 2021.

Preparing your CV and Academic Portfolio Module, Academic Career Planning Series, MD Faculty Affairs, TCU and UNTHSC School of Medicine, April 28, 2021.

Learn to Play the Google Game, TCU Virtual Preceptor Appreciation Luncheon, April 30, 2021.

2020 Zoom Training/Overview – Session 2, Koehler Center for Instruction, Innovation, and Engagement, March 16, 2020.

Creating Course Videos Using Panopto, Koehler Center for Instruction, Innovation, and Engagement, March 17, 2020.

Using the Discussions Tool, Koehler Center for Instruction, Innovation, and Engagement, March 17, 2020.

Jada L. Willis
Curriculum Vitae

Texas Academy of Nutrition and Dietetics Annual Conference and Exhibition (ACE), Georgetown, TX, April 2-4, 2020. **Cancelled due to Covid-19.

Building Your Course, Koehler Center for Instruction, Innovation, and Engagement, April 24, 2020.

Managing My Course, Koehler Center for Instruction, Innovation, and Engagement, April 27, 2020.

Hybrid Consultation, Koehler Center for Instruction, Innovation, and Engagement, May 5, 2020.

Grand Rounds: The Psychology of Assessment & Evaluation: Methods, Milestones, and Meaning, MD Faculty Development, TCU & UNTHSC School of Medicine, June 30, 2020.

Using New Classroom Technology with Zoom – Session 6, August 5, 2020.

2019 Texas Christian University Preceptor Workshop. January 29, 2019.

Interprofessional Education Faculty Development, UNTHSC, January 31, 2019.

Interprofessional Education Collaborative (IPEC) Interprofessional Leadership Development Program (ILDP), Washington, D.C., February 8, 2019.

Human Subjects Researcher (Social-Behavioral-Educational) CITI Program Training, March 6, 2019.

TCU CSE Honors Symposium, March 29, 2019.

TeamSTEPPS® Master Training, Houston, TX, April 3, 2019.

Texas Interprofessional Education (IPE) Consortium Bi-annual Meeting, Houston, TX, April 4, 2019.

Institutional Biosafety Committee Member Training, April 5, 2019.

Basic Introduction to Biosafety, CITI Program Training, April 5, 2019.

Personal Protective Equipment, CITI Program Training, April 5, 2019.

Emergency and Incident Response to Biohazard Spills and Releases, April 5, 2019.

Texas Academy of Nutrition and Dietetics Annual Conference and Exhibition, Arlington, TX, April 11, 2019.

Texas Christian University Preceptor Luncheon. How to create your dream job in dietetics. Robin Plotkin, RDN, LD. Fort Worth, TX, April 30, 2019.

Jada L. Willis
Curriculum Vitae

OSHA Bloodborne Pathogens, CITI Program Training, September 17, 2019.

Researchers, CITI Program Training, September 17, 2019.

Collaborating Across Borders VII, Indianapolis, IN, October 22, 2019.

Train-the-Trainer (T3) Interprofessional Faculty Development Training Program, Charlottesville, VA, November 6-9, 2019.

2018 Harris College of Nursing, Parent & child factors related to obesity knowledge & attitudes: An interprofessional research collaboration in a museum setting, Fort Worth, TX, February, 23, 2018.

Texas Interprofessional Education Consortium Bi-annual Meeting, Galveston, TX, March 28-30, 2018.

Texas Academy of Nutrition and Dietetics Annual Conference and Exhibition, Houston, TX, April 12-15, 2018.

Texas Christian University Preceptor Luncheon. Fort Worth, TX. TCU Food Recovery Network presented by Jaci Clay and Lexi Endicott. Fort Worth, TX, May 1, 2018.

Texas Academy of Nutrition and Dietetics Leadership Orientation, Lubbock, TX, June 6-8, 2018.

The Culinary Medicine Conference™, New Orleans, LA, June 14-16, 2018.

Cultivating Confidence, Texas Academy of Nutrition and Dietetics Northeast Region Webinar, June 21, 2018.

Optimize Sports Performance: It all comes down to timing, Texas Academy Northeast Region Webinar, June 26, 2018.

UNTHSC SAGE Retreat, Fort Worth, TX, August 3, 2018.

Interprofessional Education Faculty Development, UNTHSC, September 20, 2018.

Interprofessional Education Faculty Development, UNTHSC, October 18, 2018.

Food & Nutrition Conference & Expo, Washington, D.C., October 20-23, 2018.

Public Policy Workshop, Washington, D.C., October 24, 2018.

Interprofessional Education Faculty Development, UNTHSC, November 15, 2018.

Interprofessional Education Faculty Development, UNTHSC, December 13, 2018.

2017 Advisory Council Meeting January 26, 2017.

Jada L. Willis
Curriculum Vitae

NTDT Advisory Board Meeting, January 31, 2017.

Texas Social Work Association Meeting, February 2, 2017.

Texas Academy of Nutrition and Dietetics Annual Conference and Exhibition, Georgetown, TX, March 30-April 1, 2017.

Teaching Observation of NTDT 30123, TCU Koehler Center for Teaching Excellence, April 6, 2017.

Texas Christian University Preceptor Luncheon. Fort Worth, TX. Addressing Food Waste in Cowtown presented by Johanna Calderon and Pete Smith. Fort Worth, TX. May 2, 2017.

Team-based Learning Training with UT Tyler Pharmacy, May 30-June 1, 2017.

The Culinary Medicine Conference™. New Orleans, LA, June 8 – 11, 2017.

Conflict of Interest, CITI Program Training, July 28, 2017.

SAGE Retreat 2017, August 11, 2017.

Preceptor Workshop. Fort Worth, TX. September 12, 2017.

Collaborating Across Borders, Banff, Canada, October 3-6, 2017.

Mid-semester Analysis Poll of NTDT 30303, TCU Koehler Center for Teaching Excellence, October 4, 2017.

2016 Academic Advising Professional Development Workshop Honors Advisor Professional Development, January 20, 2016.

Department of Nutritional Sciences External Advisory Board Meeting, January 26, 2016.

Teaching & Learning Conversations, Koehler Center for Teaching Excellence workshop, February 9, 2016.

Developing Grading Rubrics, Koehler Center for Teaching Excellence workshop, February 16, 2016.

Teaching Analysis Poll. NTDT 40403, Koehler Center for Teaching Excellence. February 23, 2016.

Teaching Analysis Poll. NTDT 30123 Koehler Center for Teaching Excellence. February 24, 2016.

FrogFolio Lunch & Learn. Koehler Center for Teaching Excellence. March 30, 2016.

Jada L. Willis
Curriculum Vitae

Texas Academy of Nutrition and Dietetics Annual Conference and Exhibition. Arlington, TX, April 27-29, 2016.

TCU Preceptor Luncheon. Communication for Leadership Development presented by Tyler Fisher. Fort Worth, TX. April 26, 2016.

Nutrigenetics, Nutrigenomics and Precision Nutrition Short Course, UNC Nutrition Research Institute and the UNC Nutrition and Obesity Research Center, Kannapolis, NC. May 22-26, 2016.

Tarrant County Food Policy Council Meeting. Fort Worth, TX. June 2, 2016.

Academy of Nutrition and Dietetics, Beyond the role play: tips and tricks for teaching motivational interviewing, June 6, 2016.

Certificate of Training in Adult Weight Management, Commission on Dietetic Registration, Salt Lake City, UT, June 10-12, 2016.

LearningStudio Timed Exam Workshop. Koehler Center for Teaching Excellence workshop, July 26, 2016.

Evaluating Participation, Preparedness, and Professionalism, Koehler Center for Teaching Excellence workshop. August 15, 2016.

Alan Alda Center for Communicating Science Workshop, College of Science & Engineering, September 23, 2016.

The Obesity Society Annual Meeting, New Orleans, LA, October 31-November 4, 2016.

- 2015 TCU Preceptor Luncheon. From Food Deserts to Community Gardens and Beyond: How Fort Worth Communities Are Fighting Food Insecurity (with a Little Help from TCU Students). Fort Worth, TX, April 30, 2015.

Tarrant County Food Policy Council General Meeting, August 6, 2015.

Texas Academy of Nutrition and Dietetics Leadership Orientation. Dallas, TX. August 14-15, 2015.

LearningStudio Demo and Information Session, Koehler Center for Teaching Excellence, August 20, 2015.

Tarrant Area Academy of Nutrition and Dietetics Meeting, Fort Worth, TX, August 26, 2015.

TCU Preceptor Workshop. Fort Worth, TX. September 1, 2015.

Dallas Academy of Nutrition and Dietetics Meeting, Dallas, TX, September 29, 2015.

Tarrant County Food Policy Council Meeting, Fort Worth, TX, October 1, 2015.

Biological Safety Training, College of Science & Engineering, TCU, October 20, 2015.

General Lab Safety Training, College of Science & Engineering, TCU, October 20, 2015.

Protecting Human Research Participants, NIH, October 20, 2015.

Teaching Observation of NTDT 30123, TCU Koehler Center for Teaching Excellence, October 28, 2015.

SPOT Training for New Faculty TCU Koehler Center for Teaching Excellence, October 30, 2015.

The Obesity Society Annual Meeting, Los Angeles, CA, November 2015.

Tarrant County Food Policy Council Meeting, Fort Worth, TX, December 3, 2015.

Introduction to Research and Responsible Conduct of Research. TCU, December 10, 2015.

2014 TEACH (Teaching Effectiveness and Career Enhancement Program) Fellow within the Teaching, Learning, & Professional Development Center, Texas Tech University

TEACH Talk – Facilitating Discussion: Workshop focused on challenging students to think critically and engage with the subject matter and each other, Texas Tech University

High Impact Practices – Involving Students in the Learning Process through Research and Service: Workshop focused on strategies to more actively engage students in the learning process through research and service, Texas Tech University

TEACH Talk – Encouraging Student Participation: Roundtable discussion on encouraging thoughtful and productive student participation in a variety of classroom settings, Texas Tech University

Using Adobe Presenter to Create Lecture Materials: Training session for the use of technologies for transitioning the classroom to online, Texas Tech University

2013 Texas Academy of Nutrition and Dietetics Leadership Orientation, Dallas TX, July 2013.

2012 Texas Academy of Nutrition and Dietetics Leadership Orientation, Corpus Christi, TX, July 2012.

ACADEMIC ADVISING ACTIVITIES

2025-Present **Academic advisor**, Department of Kinesiology majors, Westmont College as assigned, Santa Barbara, CA

Jada L. Willis
Curriculum Vitae

- 2016-2024 **Academic advisor**, Department of Nutritional Sciences majors, TCU as *assigned* (approximately 25-30 students per year), Fort Worth, TX
- 2016-2024 Recruitment and advising of prospective majors in the Department of Nutritional Sciences, TCU, Fort Worth, TX

DEPARTMENTAL SERVICE

- 2025 **Committee Member**, Faculty Search Committee
- 2015-2024 **Committee Member**, Faculty Advisory Committee
- 2022 **Committee Member**, Faculty Search Committee
- 2020 **Chair**, Faculty Advisory Committee
- Chair**, Faculty Search Committee
- Chair**, Nutritional Sciences Research Review Board
- 2019 **Committee Member**, Faculty Search Committee
- 2017 **Chaperone**, two DPD juniors and seniors at the Texas Academy of Nutrition and Dietetics Public Policy Workshop (PPW), Austin, TX
- 2016-2019 **Co-Chair**, Nutritional Sciences Research Review Board

COLLEGE SERVICE

- 2021-2023 **Committee Member**, CSE College Advisory Committee, TCU, Fort Worth, TX
- 2021 **Committee Member**, CSE Dean's Search Committee, TCU, Fort Worth, TX
- 2016-2021 **Committee Member**, Student Research Symposium (SRS) Committee: NTDT Representative, TCU, Fort Worth, TX
- 2019 **Co-chair**, Student Research Symposium (SRS) Committee: NTDT Representative, TCU, Fort Worth, TX
- 2018 **Committee Member**, CSE Honors Research Symposium Committee, TCU, Fort Worth, TX

UNIVERSITY SERVICE

- 2020-2024 **Faculty Co-Advisor**, Burnett School of Medicine at TCU American College of Lifestyle Medicine Interest Group (LMIG)
- Advisory Board Member**, Burnett School of Medicine at TCU HEALTH

Jada L. Willis
Curriculum Vitae

(Helping Educate Learning Together Through Health)

- 2020-2021 **Audio-Based Response (L3) Rater**, Burnett School of Medicine at TCU. Screened 27 Applicants (~9 minutes each) for ~19 hours
- 2021 **Committee Member**, TCU Undergraduate Council Ad Hoc Committee
- 2019-2021 **Committee Member**, TCU Institutional Review Board for Human Subjects Research Committee
- 2019-2021 **Committee Member**, TCU Undergraduate Council
- 2020 **Committee Member**, TCU Inquiry Committee, appointed by Dr. Floyd Wormley, Associate Provost for Research, Dean of Graduate Studies
- 2019 **Assistant Graduate Marshall**, TCU Graduation Spring of 2019
- Committee Member**, TCU and UNTHSC Maternal Mortality Committee
- Committee Member**, TCU Interprofessional Education Team STEPPS Planning Committee
- Committee Member**, TCU, UNTHSC, and UTA Interprofessional Education Common Reading Planning Committee
- 2017-2021 **Committee Member**, TCU Institutional Biosafety Committee
- 2017-2019 **Committee Member**, TCU Student Organizations Committee
- 2015-2020 **Committee Member**, TCU Interprofessional Education, Research, and Practice Council

COMMUNITY ACTIVITIES DIRECTLY RELATED TO PROFESSIONAL SKILLS

Quotes as the “Nutrition Expert” in the Popular Press (Magazine, Newspaper, Television, Radio, Electronic Media)

- 2024 NUTRITION FrogCast. *A podcast with TCU Graduate Students & Dr. Jada L. Willis, PhD, RDN, LD, FAND, where we discuss all things nutrition, health, and wellness.* Available on Spotify, Apple, Amazon Music, Boomplay Music, Podchaser, iHeart, Audible. <https://open.spotify.com/show/5eHlnMjseWymc3Pxa7TwcB>.
- 2021 Willis, J.L. *Keto or high carb?* TCU Endeavors Magazine, Spring 2021. <https://20auvj44da9p3u0ps1z9avfg-wpengine.netdna-ssl.com/wp-content/uploads/2021/02/KETO-or-HIGH-CARB.pdf>.
- 2020 Deckard, A.** and J.L. Stevenson. *The effect of knowledge, behaviors and attitudes toward dietary fatty acids on blood lipid levels.* The Boller Review. October 9, 2019.

<https://bollerreview.tcu.edu/article/view/110>.

Willis, J.L. *Making a difference*. Tarrant County, Winter 2020. Friend of Extension Award Winner. <https://tarrant-tx.tamu.edu/files/2020/04/Winter-2020-side-by-side.pdf>.

Howe, C., G. Alexander, and J.L. Willis. *Is my child overweight? MyPlate and other nutritional guidelines can help parents understand childhood obesity*. TCU Magazine, Winter 2020. <https://magazine.tcu.edu/winter-2020/carol-howe-childhood-obesity/>.

- 2019 Howe, C., G. Alexander, and J.L. Willis. *Clouded Judgment: Addressing childhood obesity can become especially challenging if parents are blind to it*. Endeavors: Research, Scholarship and Creative Activity at TCU, April 12, 2019. <https://endeavors.tcu.edu/clouded-judgment/>.

Deckard, A.** and J.L. Stevenson. *The effect of knowledge, behaviors and attitudes toward dietary fatty acids on blood lipid levels*. The Boller Review. October 9, 2019. <https://bollerreview.tcu.edu/article/view/110>.

- 2017 TCU360 interview, *Rec reaching 'busy season' as students get in shape for spring break*, February 1, 2017. <https://www.tcu360.com/2017/02/rec-reaching-busy-season-as-students-get-in-shape-for-spring-break/>.

The science of obesity prevention. By Paige Ruedy. November 17, 2017. <https://cse.tcu.edu/stories/posts/science-of-obesity-prevention.php>.

Nutrition Presentations to Community/Academic Groups

- 2021 Willis, J.L. *Teaching Tips & Tricks: Teaching award recipients and senior scholars give helpful information for graduate students to excel in teaching duties*. TCU Office of Graduate Studies, Fort Worth, TX, October 7, 2021.

- 2019 Stevenson, J.L., L. Dart, D. Hawley, D.L. Jackson, J. Knebl, and N. Saville. *Seniors assisting in interprofessional education of student healthcare teams*, Texas Interprofessional Education Consortium Bi-Annual Meeting, Oral presentation, Houston, TX, April 4, 2019.

Stevenson, J.L. *Variety is the spice of life*. Science on Tap, Fort Worth Museum of Science & History, Fort Worth, TX, March 30, 2019.

- 2018 Howe, C., G. Alexander, and J.L. Stevenson. Harris College of Nursing. *Parent & child factors related to obesity knowledge & attitudes: An interprofessional research collaboration in a museum setting*, Fort Worth, TX, February, 23, 2018.

- 2017 Stevenson, J.L. *Dietary Supplements 101*, TCU Kinesiology Department, Fort Worth, TX, November 9, 2017.

Dart, L., J.L. Stevenson, and A. VanBeber. *A culinary medicine course improves clinical nutrition proficiency of health professions students*. Texas Academy of Nutrition and Dietetics Annual Conference & Exhibition, Georgetown, TX, March 31, 2017.

Howe, C., G. Alexander, and J.L. Stevenson. *Parental underestimations of child weight*, U.S.-SINO Conference, Pittsburgh, PA, June 4-6, 2017.

Stevenson, J.L. *Area Health Education Center Camp Med*, Fort Worth, TX, July 17, 2017.

2016 Stevenson, J.L. *Area Health Education Center Camp Med*, Fort Worth, TX, August 17, 2016.

2015 Stevenson, J.L. *Fatty acids and their impact on hunger and satiety hormones, inflammation, and coagulation*, U.S. Foodservice Seminar, Lubbock, TX, May 20, 2015.

2014 Stevenson, J.L. *Public Policy*, Lubbock Academy of Nutrition and Dietetics, Lubbock, TX, September 23, 2014.

Stevenson, J.L. *Health and Nutrition, Programs for Academic Development and Retention (PADR) 0021*, Lubbock, TX, August, 2014.

2013 Stevenson, J.L. *Public Policy*, Lubbock Academy of Nutrition and Dietetics, Lubbock, TX, September 11, 2013.

Stevenson, J.L. *Healthy Lifestyle, Tips for Teens*, Y*100 camp at Lubbock Christian University, Lubbock, TX, June 24, 2013.

2012 Stevenson, J.L. *Hints for a Healthier Holiday*, Delta Gamma Sorority, Lubbock, TX, November 19, 2012.

Stevenson, J.L. *RD/LDs Engaging in Legislation*, Lubbock Academy of Nutrition and Dietetics, Lubbock, TX, July 21, 2012.

2010 Stevenson, J.L. *Healthy Snacking*, Texas Agriculture Extension Service, Lubbock, TX, October 12, 2010.

Miscellaneous Community Activities Related to Nutrition and Food

2019 TCU and UNTHSC School of Medicine Junior Medical School: Nutrition and Disease, July 23, 2019.

TCU and UNTHSC School of Medicine Junior Medical School: Nutrition and Disease, July 30, 2019.

Blue Zones Grocery Store Tour, Tom Thumb, Fort Worth, TX, September 11, 2019.

Culinary Medicine, Moncrief Cancer Institute, Fort Worth, TX, October 9, 16, 23, 30, November 6, and 13, 2019.

TCU 4-H Food Challenge, Texas A&M AgriLife Extension Tarrant County, Fort Worth,

Jada L. Willis
Curriculum Vitae

TX, November 2, 2019.

- 2018 Culinary Medicine, Moncrief Cancer Institute, Fort Worth, TX, September 26, October 3, 10, 17, 24, and November 7, 2018.

Blue Zones Grocery Store Tour, Tom Thumb, Fort Worth, TX, September 27, October 4, 23, 30, and 31, 2018.

TCU 4-H Food Challenge, Texas A&M AgriLife Extension Tarrant County, Fort Worth, TX, November 10, 2018.

TCU Wellness Gold Food Challenge, Fort Worth, TX, November 28, 2018.

- 2017 Culinary Medicine, Moncrief Cancer Institute, Fort Worth, TX, September 13, 20, 27, October 4, 11, and 18, 2017.

Hunger Action Day, Tarrant Area Food Bank, Fort Worth, TX, September 14, 2017.

Blue Zones Grocery Store Tour, Albertsons, Fort Worth, TX, September 21, October 5, 25, November 28, 30, and December 5, 2017.

TCU 4-H Food Challenge, Texas A&M AgriLife Extension Tarrant County, Fort Worth, TX, November 11, 2017.

TCU Wellness Gold Food Challenge, Fort Worth, TX, November 29, 2017.

- 2016 Culinary Medicine, Moncrief Cancer Institute, Fort Worth, TX, September 14, 21, 28, October 5, 12, 19, 2016.

Blue Zones Grocery Store Tour, Central Market, Fort Worth, TX, September 20, October 6, 19, November 1, 2016.

TCU 4-H Food Challenge, Texas A&M AgriLife Extension Tarrant County, Fort Worth, TX, November 12, 2016.

TCU Wellness Gold Food Challenge, Fort Worth, TX, November 30, 2016.

- 2015 Culinary Medicine, Moncrief Cancer Institute, Fort Worth, TX, September 16, 23, 30, October 14, 21, and 28 2015.

Food Day Event, TCU, Fort Worth, TX, October 23, 2015.

TCU 4-H Food Challenge, Texas A&M AgriLife Extension Tarrant County, Fort Worth, TX, November 7, 2015.

TCU Wellness Gold Food Challenge, Fort Worth, TX, November 23, 2015.

- 2014 U.S. Foods: Food and Nutrition Seminar, The College of Human Sciences, Texas Tech University, Lubbock, TX, May, 2015.

- 2012 Athlete Cooking Seminar, TTU, Lubbock, TX, February 20, March 6, April 3, and April 17, 2012.
- 2011 U.S. Foods: Food and Nutrition Seminar, The College of Human Sciences, TTU, Lubbock, TX, May, 2011.
- 2010 Science, It's a Girl Thing: Summer Camp, TTU, Lubbock, TX, June, 2010.

LEADERSHIP & MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

- 2007-Present **Member**, Academy of Nutrition and Dietetics
- 2015-Present **Member**, Nutrition and Dietetic Educators and Preceptors (NDEP), a Practice Group of the Academy of Nutrition and Dietetics
- 2024-Present **Member**, California Academy of Nutrition and Dietetics
- 2024-Present **Member**, Sports and Human Performance Nutrition (SHPN) Dietetics Practice Group (DPG)
- 2024-Present **Member**, Women's Health DPG
- 2023-2024 **Member**, Pediatric Nutrition Practice Group (PNPG)
- 2018-2024 **Member**, Northeast Region of the Texas Academy of Nutrition and Dietetics
- 2007-2024 **Member**, Texas Academy of Nutrition and Dietetics (TAND)
- Chair**, Awards Coordinator (2017-2019)
- Chair**, Research and Education (2018-2019)
- Co-chair**, Research and Education (2017-2018)
- Committee Member**, Nominating Committee (2015-2017)
- 2019-2023 **Member**, The International Society for the Advancement of Kinanthropometry
- 2021-2023 **Member**, Women's Health Dietetic Practice Group
- 2021-2022 **Member**, American College of Lifestyle Medicine (*Membership Number: 20337*)
- 2018-2021 **Member**, Texas Interprofessional Education (IPE) Consortium
- 2011-2019 **Member**, The Obesity Society
- Committee Member**, The Obesity Society Finance Committee (2017-2019)

Jada L. Willis
Curriculum Vitae

2018-2019 **Member**, Sports, Cardiovascular, and Wellness Nutrition (SCAN)

2015-2017 **Member**, Tarrant Area Academy of Nutrition and Dietetics

2015-2017 **Member**, Dallas Academy of Nutrition and Dietetics

2009-2015 **Member**, Lubbock Academy of Nutrition and Dietetics

Legislative Chair, Lubbock Academy of Nutrition and Dietetics (2010-2015)

HONORS, ACHIEVEMENTS, AWARDS & RECOGNITION

2024 Best RDN Podcasts (2024), Podcasts Worth a Listen, PlayerFM. NUTRITIONFrogCast. <https://player.fm/podcasts/RDN>

Best Cardiovascular Disease Podcasts (2024), Podcasts Worth a Listen, PlayerFM. NUTRITION FrogCast. <https://player.fm/podcasts/Cardiovascular-Disease>

Best TCU Podcasts (2024), Podcasts Worth a Listen, PlayerFM. NUTRITION FrogCast. See <https://player.fm/podcasts/TCU>

2023 Paper of the Year Award, [Virtual teaching kitchen classes and cardiovascular disease prevention counselling among medical trainees](https://www.iane.org/news/13386744), International Academy of Nutrition Educators (IANE), <https://iane.org/news/13386744>

Dean's Award for Research and Creativity, Texas Christian University, Nominated

2022 Outstanding Nutrition Education Award, Texas Academy of Nutrition and Dietetics

Top 40 Abstracts at Obesity Week, The Obesity Society, <https://www.eurekalert.org/news-releases/969005>

2021 Fellow of the Academy of Nutrition and Dietetics, Academy of Nutrition and Dietetics, September 2022;122(9):1777. [https://www.jandonline.org/article/S2212-2672\(22\)00398-7/fulltext](https://www.jandonline.org/article/S2212-2672(22)00398-7/fulltext)

TCU Board of Trustees Grants Tenure, Faculty Promotions. TCU News. April 26, 2021. <https://www.tcu.edu/news/2021/tcu-board-of-trustees-grants-tenure-faculty-promotions.php>

Faculty spotlight, Koehler Center for Instruction, Innovation, and Engagement Interprofessional Education Faculty Development Certificate of Distinction in Interprofessional Education, November of 2021. Certificate of Distinction, Faculty IPE Development <https://www.unthsc.edu/interprofessional-education/faculty-development/>

Jada L. Willis
Curriculum Vitae

- 2020 Collaborative Partner Award, Blue Zones Project, January 22, 2020
- Friend of Extension Award Winner, Texas A&M AgriLife Extension Tarrant County, Winter 2020
- TCU Koehler Center for Instruction, Innovation & Engagement Hybrid Certification, May of 2020
- 2019 Interprofessional Education Faculty Development Certificate of Recognition in Interprofessional Education, January of 2019
- Certified Level 1 Anthropometrist, International Society for the Advancement of Kinanthropometry, February of 2019
- Certified TeamSTEPPS® Master Trainer, April of 2019
- 2016 Certificate of Training in Adult Weight Management, Commission on Dietetic Registration, June of 2016
- 2015 Summer Dissertation Research Award
- Second Place, Graduate Student Research Poster Competition
- Helen DeVitt Jones Excellence in Graduate Teaching Award
- Paul Whitfield Horn Scholarship Recipient
- 2014 TEACH Fellow Scholarship Recipient
- First Place, Graduate Student Research Poster Competition
- 2013 Recognized Young Dietitian of the Year, Texas Academy of Nutrition and Dietetics
- 2012 Jane and Joe Gamble Human Sciences Scholarship Recipient
- Presidential Doctoral Ex Scholarship Recipient
- First Place, Graduate Student Research Poster Competition
- 2011-2015 Graduate Nutritional Human Science Scholarship Recipient
- 2011-2014 Helen DeVitt Jones Fellowship Endowment
- 2009 Agricultural and Natural Resources Policy (ANRP) Internship Scholarship Recipient
- 2004-2008 Terry Foundation Scholarship Recipient

**OTHER PROFESSIONALLY RELATED ACTIVITIES NOT INCLUDED IN ANY OF THE
ABOVE CATEGORIES**

2025 Wayfinding, Westmont College, Santa Barbara, CA

Where Curiosity Meets Discovery, by Scott Craig. June 6, 2025.
<https://www.westmont.edu/westmont-news/where-curiosity-meets-discovery>

Faculty Research Mentor to Lauren L. Ahmann*, Ellie J. Muench*, Alexandra C. Pilch*, Elizabeth A. Vouboukis*, and Dusty Schraeder* for Undergraduate Research Project. *Faith, fertility and knowledge: Evaluating reproductive health awareness among young adults*. Department of Kinesiology, Westmont College, Santa Barbara, CA.

Faculty Research Mentor to Lauren L. Ahmann*, Ellie J. Muench*, Alexandra C. Pilch*, Elizabeth A. Vouboukis*, and Dusty Schraeder* for Undergraduate Research Project. *Understanding Sports Nutrition Knowledge at Westmont College*. Department of Kinesiology, Westmont College, Santa Barbara, CA.

2024 Wayfinding, Westmont College, Santa Barbara, CA

Your Westmont New Faculty Bring Innovation, Expertise by Scott Craig, photos by Brad Elliott. Montecito Journal pg33 (19-26 September, 2024).
<https://www.montecitojournal.net/2024/09/24/new-faculty-bring-innovation-expertise/>

NUTRITION FrogCast. A podcast with TCU Graduate Students & Dr. Jada L. Willis, PhD, RDN, LD, FAND, where we discuss all things nutrition, health, and wellness. See <https://www.podbean.com/podcast-network/TCUStudentPodcastNetwork>

2023 Zest: The Health Meets Food Newsletter. CHOP investigators awarded paper of the year by the International Academy of Nutrition Educators. August 2023.
<https://culinarymedicine.org/newsletter/zest-the-health-meets-food-newsletteraugust-2023/?srsltid=AfmBOoqZ4Lq8HQFVdEaECLkDmnU6y68Quuqwxw8-wNmuXa3CtasxECGT>

2022 Faculty Honors Thesis Committee for Luke Hamilton for Senior Honors Thesis in Biology. *Identifying Novel Mutants with Increased Susceptibility to H₂O₂ and Reduced Virulence in Bacillus anthracis Sterne*.

Department Alums Receive Texas Academy of Nutrition and Dietetics (TAND) Awards. Nutrition Matters at Texas Tech Newsletter Vol 8, Issue 1, May 2022.
<https://www.depts.ttu.edu/hs/ns/newsletters/2022-05.php>

Paige Braden-Kuhle Authors TCU Grant. TCU Neurobiology of Aging Lab. April 29, 2022. <https://www.tcuneurolab.com/news>

2021 Faculty Honors Thesis Chair for Olivia Spears for Senior Honors Thesis in Nutritional Sciences. *Registered Dietitians' Recommendations for Nutrition Education in Medical School Curriculum*.

Jada L. Willis
Curriculum Vitae

Faculty Honors Thesis Committee for Mady Whitcher for Senior Honors Thesis in Nutritional Sciences. *The use of a culinary medicine course to improve nutrition knowledge, attitudes, and behaviors of teachers in the K-12 setting.*

Faculty Research Mentor to Tatum Johnston for Undergraduate Research Project. *Enhanced Recovery™ supplementation on omega-3 index of NCAA DI track & field and cross-country athletes*, Department of Nutritional Sciences.

2020 Academy of Nutrition and Dietetics Site Visit, March 1-3, 2020

Faculty Honors Thesis Committee to Elena Hurd for Senior Honors Thesis in Nutritional Sciences. *Registered Dietitians' Recommendations for Interprofessional Education in Medical School Curriculum*

2019 Amber Deckard, senior Nutrition major, The effect of knowledge, behaviors and attitudes toward dietary fatty acids on blood lipid level. *The Boller Review* <https://bollerreview.tcu.edu/article/view/110>

Amber Deckard, senior Nutrition major, was awarded an Honorable Mention for her Honors Thesis presentation at the College of Science & Engineering Boller Competition in March 2019

Lexi Endicott, senior CP major, was awarded the Outstanding Nutritional Sciences Research Poster Award at the 2019 TCU College of Science & Engineering Sally and Michael McCracken Student Research Symposium

Amber Deckard, senior Nutrition major, was selected as the Nutritional Sciences SciCom Nomination at the 2019 TCU College of Science & Engineering Sally and Michael McCracken Student Research Symposium

2018 Faculty Honors Thesis Committee for Sarah Schad. *When the label lies: The impact of child socioeconomic environment on restrictive eating and energy consumption in adulthood*, Department of Psychology

Faculty Honors Thesis Committee for Sarah Laura Panzone. *Control of transglottal airflow in vowels and connected speech of speakers with Parkinson's Disease*, Department of Speech Pathology

2017 Miguel Lopez and Danielle Rivera, senior CP majors, were awarded the Outstanding Nutritional Sciences Research Poster Award at the 2017 TCU College of Science & Engineering Sally and Michael McCracken Student Research Symposium

College of Science & Engineering Honors Symposium Judge, March 29, 2017

Completed more than 200 hours in sports nutrition for the Assistant Athletics Director of Sports Nutrition, Texas Christian University from August-October, 2017

2016 College of Science & Engineering Honors Symposium Judge. March 29, 2016

Jada L. Willis
Curriculum Vitae

Boller Competition for best departmental honors project presentation finals judge. April 5, 2016

Honors Student Research Symposium Poster Judge. April 8, 2016

TCU 3-Minute Thesis (3MT) Judge. November 8, 2016

Thanks to Our Reviewers Journal of the Academy of Nutrition and Dietetics 2016. 116(12):2004-2014. [https://www.jandonline.org/article/S2212-2672\(16\)31204-7/fulltext](https://www.jandonline.org/article/S2212-2672(16)31204-7/fulltext)

- 2015 The Culinary Medicine Program at Texas Christian University, Leadership and Faculty, Anne VanBeber, PhD, RD, LD, FAND, CCMS, Jada L. Willis, PhD, RDN, LD, and Lyn Dart, PhD, RD, LD. https://culinarymedicine.org/culinary-medicine-partner-schools/partner-medical-schools/culinary-medicine-texas-christian/?srsltid=AfmBOopK9ji_OAeLFQvK9gW732Z5nIPGrhiO0IJ7wXxViQbcSx8YQ88-