

Curriculum Vitae for
Emily DeWitt, MS, RD, LD
Lecturer | Department of Dietetics and Human Nutrition

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Education

- May 2017 **MS in Nutrition and Food Systems**
University of Kentucky, Lexington, KY
Thesis: Social Marketing Campaign at Farmers' Markets to Encourage Fruit and Vegetable Purchases in Rural Counties with a High Obesity Prevalence (Advisor: Dr. Alison Gustafson)
- Aug 2015 **BS in Dietetics**
University of Kentucky, Lexington, KY
Coordinated Program

Licensure and Certification

- Dec 2023-Present **Certified Mental Health First Aid**
National Council for Mental Wellbeing
- Dec 2015-Present **Licensed Dietitian, License #166506**
Kentucky Board of Licensure and Certification for Dietitians and Nutritionist
- Oct 2015-Present **Registered Dietitian, CDR #86051573**
Commission on Dietetic Registration

Professional Experience

- Jan 2023-Present **Lecturer**
Department of Dietetics and Human Nutrition
University of Kentucky, Lexington, KY
- Jan 2019-Dec 2022 **Senior Extension Associate**
Family and Consumer Sciences Extension
University of Kentucky, Lexington, KY
- Aug 2017-Dec 2018 **Program Coordinator**
Department of Dietetics and Human Nutrition
University of Kentucky, Lexington, KY
- Jan 2016-Jun 2018 **Registered Dietitian, Better Bites Coordinator**
Tweens Nutrition and Fitness Coalition, Lexington, KY
- Aug 2015-May 2017 **Graduate Teaching Assistant**
Department of Dietetics and Human Nutrition
University of Kentucky, Lexington, KY

Teaching Experience

Table 1. Summary of Activities (Since appointment, January 2023)

Courses Taught	Average Quality of Teaching	Average Quality of Course	New Courses Developed
6	4.6	4.4	3

Teaching (95% Effort)

Evaluations (Out of 5-point Scale)

Spring 2025	DHN 241: Food Service Sanitation – 35 enrolled Evaluation threshold not met
	DHN 302: Principles of Food Preparation – 18 enrolled Evaluation threshold not met
	DHN 342: Quantity Food Production – 12 enrolled Evaluation threshold not met
	DHN 480: Dietetics Pre-Professional Practice – 22 enrolled/13 responses Quality of Teaching = 4.3; Quality of Course = 3.8
	DHN 594: Advanced Topics in Culinary Medicine – 12 enrolled Evaluation threshold not met
Fall 2024	DHN 241: Food Service Sanitation – 62 enrolled; 5 responses Quality of Teaching = 4.6; Quality of Course = 4.0
	DHN 302: Principles of Food Preparation – 25 students enrolled Evaluation threshold not met
	DHN 342: Quantity Food Production – 36 students enrolled Evaluation threshold not met
	DHN 480: Dietetics Pre-Professional Practice – 8 students enrolled Evaluation threshold not met
	DHN 597: Obesity and Food Insecurity Paradigm – 25 enrolled; 7 responses Quality of Teaching = 4.71; Quality of Course = 4.71
Summer 2024	DHN 597: Obesity and Food Insecurity Paradigm – 8 enrolled Evaluation threshold not met
Spring 2024	DHN 241: Food Service Sanitation – 35 enrolled; 5 responses Quality of Teaching = 5.0; Quality of Course = 5.0
	DHN 302: Principles of Food Preparation – 23 enrolled; 6 responses Quality of Teaching = 5.0; Quality of Course = 5.0

*Denotes a student or dietetic intern

	DHN 342: Quantity Food Production – 16 enrolled Evaluation threshold not met
	DHN 480: Dietetics Pre-Professional Practice – 20 enrolled/7 responses Quality of Teaching = 4.43; Quality of Course = 4.3
	DHN 594: Advanced Topics in Culinary Medicine – 14 enrolled/5 responses Quality of Teaching = 3.8; Quality of Course = 4
Fall 2023	DHN 241: Food Service Sanitation – 62 enrolled/6 responses Quality of Teaching = 4.83; Quality of Course = 4.2
	DHN 302: Principles of Food Preparation – 29 enrolled/15 responses Quality of Teaching = 4.3; Quality of Course = 4.12
	DHN 342: Quantity Food Production – 34 enrolled/9 responses Quality of Teaching = 3.78; Quality of Course = 3.11
	DHN 480: Dietetics Pre-Professional Practice – 12 enrolled/6 responses Quality of Teaching = 4.5; Quality of Course = 4.33
	DHN 597: Obesity and Food Insecurity Paradigm – 23 enrolled/11 responses Quality of Teaching = 4.64; Quality of Course = 4.46
Summer 2023	DHN 597: Obesity and Food Insecurity Paradigm – 8 enrolled/5 responses Quality of Teaching = 5.0; Quality of Course = 4.8
Spring 2023	DHN 241: Food Service Sanitation – 28 enrolled Evaluation threshold not met
	DHN 302: Principles of Food Preparation – 10 enrolled/5 responses Quality of Teaching = 5.0; Quality of Course = 4.8
	DHN 342: Quantity Food Production – 12 enrolled Evaluation threshold not met
	DHN 480: Dietetics Pre-Professional Practice – 21 enrolled/12 responses Quality of Teaching = 4.8; Quality of Course = 4.8

Documentation of Related Activities

- Developed three new courses:
 - DHN 594: Advanced Topics in Culinary Medicine
 - DHN 300/AFE 396: Keys to Well-Being in Greece
 - DHN 300/AFE 396: Keys to Well-Being in Costa Rica
- Applied for and was accepted to the Teaching Innovation Institute 2024-2025 cohort through the UK Center for the Enhancement of Learning and Teaching
- Applied for and was accepted to the Growing Graduates from the Ground Up Program 2025-2026 cohort through the Martin-Gatton College of Agriculture, Food and Environment

Other Credit Instructional Activities

Spring 2025	DHN 300/AFE 396: Keys to Health and Well-being in Costa Rica, Education Abroad, Program Co-Director – 13 enrolled
Spring 2024	DHN 300/AFE 396: Keys to Health and Well-being in Greece, Education Abroad, Program Co-Director – 21 enrolled/5 responses Quality of Teaching = 5; Quality of Course = 4.8
Fall 2023	AFE 100: Issues in Ag, Food and Environment – 19 enrolled Quality of Teaching = 4.4; Quality of Course = 3.8

Teaching-Related Workshops and Professional Development Attended

Apr 2024	Designing a Syllabus Students Will Actually Read, University of Kentucky Center for Enhancement of Learning and Teaching
Apr 2024	Generative AI as a Teaching Assistant, University of Kentucky Center for Enhancement of Learning and Teaching
Apr 2024	Online Course Design Workshop Series: Designing Your Online Course, University of Kentucky Center for Enhancement of Learning and Teaching
Mar 2024	Exploring Digital Whiteboard Apps, University of Kentucky Center for Enhancement of Learning and Teaching
Dec 2023	What I Wish I Knew Faculty Panel, Martin-Gatton College of Agriculture, Food and Environment Dean's Office and Faculty Council
Nov 2023	Creating a Sense of Belonging, Martin-Gatton College of Agriculture, Food and Environment Office of Diversity
Nov 2023	How Ungrading Works, University of Kentucky Center for Enhancement of Learning and Teaching
Oct 2023	UK Teaching Excellence Symposium, University of Kentucky Center for Enhancement of Learning and Teaching
Oct 2023	Writing Assignment Design and AI, University of Kentucky Center for Enhancement of Learning and Teaching
May 2023	Forum on AI in Teaching and Learning, University of Kentucky Center for Enhancement of Learning and Teaching
Apr 2023	Teaching Portfolios and Teaching Philosophy Statements, University of Kentucky Center for Enhancement of Learning and Teaching
Mar 2023	Nutrition and Dietetics Educators and Preceptors Annual Meeting
Aug 2022	Sharing Strategies for Facilitating Community and Belonging, University of Kentucky Center for Enhancement of Learning and Teaching
Aug 2022	Setting the Tone & Fostering Inclusion, University of Kentucky Center for Enhancement of Learning and Teaching

Invited Guest Lectures

Oct 2022	Engaging and Collaborating with Community Partners and Key Stakeholders, DHN 603: Advanced Community Program Development University of Kentucky, Lexington, KY
Sept 2022	Obesity and Healthy Eating Behavior, HES-2004: Health Promotion Transylvania University, Lexington, KY
Feb 2022	Obesity and Healthy Eating Behavior, HES-2004: Health Promotion Transylvania University, Lexington, KY
Sept 2021	Qualitative Research in Community Settings, DHN 603: Advanced Community Program Development University of Kentucky, Lexington, KY

Sept 2021	Obesity, Nutrition, & Public Health, HES-2024: Intro to Public Health Transylvania University, Lexington, KY
Oct 2019	County Health Rankings, HES-2024: Intro to Public Health Transylvania University, Lexington, KY
Oct 2019	Building Healthy Communities, HES-2024: Intro to Public Transylvania University, Lexington, KY

Service and Outreach

Department Service

Aug 2024-Present	Alumni Engagement Committee
Aug 2024-Present	Lemon Tree Advisory Committee
Oct 2023-Present	Undergraduate Curriculum Committee
Aug 2023-Oct 2023	Hiring Committee, Accelerated Coordinated Program Coordinator Position
Aug 2023-Oct 2023	Accelerated Coordinated Program Selection Committee

Professional Service

Jun 2024-Present	Annual Conference Committee , Kentucky Academy of Nutrition and Dietetics
Jun 2023-Present	Communications Chair , Management of Food and Nutrition Systems Dietetic Practice Group, Academy of Nutrition and Dietetics
Jun 2023-May 2024	Social Media Coordinator , Bluegrass Academy of Nutrition and Dietetics
Jun 2023-May 2024	Annual Conference Past-Chair , Kentucky Academy of Nutrition and Dietetics
Jun 2022-May 2023	Past-President , Bluegrass Academy of Nutrition and Dietetics
Jun 2022-May 2023	Annual Conference Chair , Kentucky Academy of Nutrition and Dietetics
Jun 2021-May 2022	President , Bluegrass Academy of Nutrition and Dietetics
May 2021-Apr 2022	Bluegrass Affiliate Representative , Kentucky Academy of Nutrition and Dietetics
May 2020-May 2022	Steering Committee Member , Centers for Disease Control and Prevention State and Community Health Media Center
Jul 2020-Jun 2021	President-Elect , Bluegrass Academy of Nutrition and Dietetics
Jun 2020-May 2021	Public Policy Coordinator , Kentucky Academy of Nutrition and Dietetics
Jun 2019-May 2020	Social Media Coordinator , Kentucky Academy of Nutrition and Dietetics
Jul 2017-Jun 2019	Secretary , Bluegrass Academy of Nutrition and Dietetics

Awards and Honors

Nov 2023	Excellence in Teamwork , <i>Recipient</i> , Kentucky Extension Association of Family and Consumer Sciences
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Mar 2023	Distinguished Team Award , <i>Recipient</i> , Epsilon Sigma Phi Alpha Kappa Chapter
Oct 2022	Dr. Lisa P. Collins Outstanding Staff Award , <i>Nominee</i> , University of Kentucky College of Agriculture, Food and Environment
Aug 2022	Outstanding Dietetic Preceptor , <i>Nominee</i> , University of Kentucky Supervised Practice Program
Feb 2022	Outstanding Dietetic Preceptor , <i>Recipient</i> , Bluegrass Academy of Nutrition and Dietetics
Feb 2020	Young Dietitian of the Year , <i>Recipient</i> , Bluegrass Academy of Nutrition and Dietetics

Professional Memberships

May 2023-Present	Management in Food and Nutrition Systems Dietetic Practice Group
May 2023-Present	Nutrition and Dietetics Educators and Preceptors Dietetic Practice Group
Sept 2013-Present	Academy of Nutrition and Dietetics
Sept 2013-Present	Bluegrass Academy of Nutrition and Dietetics
Sept 2013-Present	Kentucky Academy of Nutrition and Dietetics
Sept 2019-Apr 2025	Nutrition and Obesity Policy Research and Evaluation Network <i>Food Service Guidelines Workgroup, Rural Food Access Workgroup</i>
Aug 2022-May 2024	Association of State Public Health Nutritionists <i>Healthy Food, Active Communities Council</i>
May 2022-May 2023	Society of Behavioral Medicine <i>Obesity and Eating Disorders Special Interest Group</i>
Aug 2020-May 2023	American Public Health Association <i>Food and Nutrition, Public Health Education and Health Promotion Sections</i>
May 2020-May 2023	School Nutrition Association
Mar 2020-May 2023	Farmers' Market Coalition
May 2020-Nov 2021	International Society Behavioral Nutrition and Physical Activity
Feb 2017-Jan 2020	Society for Nutrition Education and Behavior

Professional Development Activities

National Meetings Attended

Oct 2024	Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo
Apr 2024	Nutrition and Dietetics Educators and Preceptors Annual Meeting
Oct 2023	Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo
Nov 2022	Appalachian Translational Research Network Annual Health Summit
Aug 2022	Association for Diabetes Care and Education Specialists Annual Conference
Jun 2022	Rural Grocery Summit
Jun 2022	Association of State Public Health Nutritionists Annual Meeting
May 2022	National Health Outreach Conference
Apr 2022	Society Behavioral Medicine Annual Meeting and Scientific Sessions

Jan 2022	Academy of Nutrition and Dietetics Advocacy Summit (Virtual Meeting)
Oct 2021	American Public Health Association Annual Conference (Virtual Meeting)
Oct 2021	Appalachian Translational Research Network Annual Health Summit (Virtual Meeting)
Oct 2021	Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo (Virtual Meeting)
Sept 2021	National Institutes of Health Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science Workshop (Virtual Meeting)
May 2021	CDC Division of Nutrition, Physical Activity and Obesity National Training (Virtual Meeting)
May 2021	National Health Outreach Conference (Virtual Meeting)
Oct 2020	American Public Health Association Annual Conference (Virtual Meeting)
Jun 2020	The International Society of Behavioral Nutrition and Physical Activity XChange (Virtual Meeting)
Jun 2020	Population Health in Rural America in 2020: A Workshop (Virtual Workshop)
Mar 2020	Universities Fighting World Hunger Summit (Virtual Meeting)
Feb 2020	National Farm to School Network Action Institute
Oct 2019	The 9th Annual Appalachian Translational Research Network Health Summit
Jul 2019	Kentucky-Tennessee Policy, Systems, and Environment Academy
May 2019	CDC Division of Nutrition, Physical Activity and Obesity National Training
Dec 2018	Cornell University, Making the Healthy Choice the Easy Choice Course
Oct 2018	Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo
Jul 2017	Society for Nutrition Education and Behavior Conference

State & Local Meetings Attended

Mar 2025	University of Kentucky Area Health Education Center Annual Voluntary Faculty Conference
Mar 2024	University of Kentucky Area Health Education Center Annual Voluntary Faculty Conference
Mar 2024	Kentucky Local Food Systems Summit
Mar 2023	Kentucky Local Food Systems Summit
Mar 2023	Kentucky Academy of Nutrition and Dietetics Annual Conference and Expo
Feb 2023	Bluegrass Academy of Nutrition and Dietetics February Seminar
Dec 2022	University of Kentucky Women's Forum Annual Conference
Sept 2022	Bluegrass Academy of Nutrition and Dietetics September Seminar
May 2022	Kentucky Extension Homemakers Association Annual Meeting
Apr 2022	Bluegrass Academy of Nutrition and Dietetics April Seminar
Mar 2022	Kentucky Academy of Nutrition and Dietetics Annual Conference and Expo
Mar 2022	Kentucky Local Food Systems Summit
Mar 2022	University of Kentucky Area Health Education Center Annual Conference

Mar 2022	Kentucky Academy of Nutrition and Dietetics Legislative Day
Dec 2021	University of Kentucky Women's Forum Annual Conference (Virtual Meeting)
Dec 2021	University of Kentucky Annual Extension Conference
Oct 2021	Shaping Our Appalachian Region Summit
Sept 2021	Bluegrass Academy of Nutrition and Dietetics September Seminar
Mar 2021	Kentucky Academy of Nutrition and Dietetics Legislative Day (Virtual Meeting)
Feb 2021	Bluegrass Academy of Nutrition and Dietetics February Seminar (Virtual Meeting)
Dec 2020	University of Kentucky Women's Forum Annual Conference (Virtual Meeting)
Sept 2020	Bluegrass Academy of Nutrition and Dietetics September Seminar (Virtual Meeting)
Aug 2020	Kentucky Academy of Nutrition and Dietetics Annual Conference and Expo (Virtual Meeting)
Mar 2020	University of Kentucky Area Health Education Center Annual Conference
Feb 2020	Bluegrass Academy of Nutrition and Dietetics February Seminar
Feb 2020	Kentucky Local Food Systems Summit
Nov 2019	Kentucky Association of State Extension Professionals Fall Meeting
Sept 2019	Barnstable Brown Diabetes Center Symposium
Sept 2018	Bluegrass Academy of Nutrition and Dietetics September Dinner Meeting
Feb 2018	Bluegrass Academy of Nutrition and Dietetics February Seminar
Sept 2017	Bluegrass Academy of Nutrition and Dietetics September Dinner Meeting
Mar 2015	Kentucky Academy of Nutrition and Dietetics Annual Conference and Expo
Oct 2014	Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo

Table 2. Summary of Related Activities

Peer Reviewed Journal Articles	Poster Presentations	Oral Presentations	Extension Materials
19	21	10	7

Peer Reviewed Journal Publications

In-Preparation (n=1)

DeWitt, E., Huff, N., Feld, H., Combs, E., Kostelic, A. (2025). Utilizing Autophotography to Deepen Reflection: Strategies and Lessons Learned from Short-Term Study Abroad Programs. *Frontiers: The Interdisciplinary Journal of Study Abroad*.

Published (n=19)

Huff, N., Bejda, M., **DeWitt, E.**, Norman-Burgdolf, H., McCulley, M. (2024). Using Mentimeter in Online Book Clubs to Engage and Educate Extension Audiences. *Journal of Human Sciences and Extension*, 12(2).

Norman-Burgdolf, H., **DeWitt, E.**, Combs, E., Luecking, C., West, H. (2024). Implementation and Evaluation of a Virtual Statewide Book Club to Address Nutrition Misinformation. *Journal of Nutrition Education and Behavior*, 56(7), 499-506.

Cardarelli, K.M., **DeWitt, E.**, Gillespie, R., Bandy, N.*, Norman-Burgdolf, H. (2024). Enduring Effects of the COVID-19 Pandemic on Food Access, Nutrition, and Well-Being in Rural Appalachia. *International Journal of Environmental Research and Public Health*, 21(5), 594.

Anderson-Steeves, E., Gillespie, R., **DeWitt, E.**, Barr, M., Cox, B.*, Hudson, T.*, Haynes-Maslow, L., Trude, A., Gustafson, A. (2024). Barriers and facilitators to online grocery shopping among Supplemental Nutrition Assistance Program (SNAP) Participants: A Mixed Methods Study. *Ecology of Food and Nutrition*, 63(5), 585-604.

Batey, L.*, **DeWitt, E.**, Brewer, D., Cardarelli, K.M., Norman-Burgdolf, H. (2023). Exploring food-based cultural practices to address food insecurity in rural Appalachia. *Journal of Health Education and Behavior*, 50(4), 529-537.

Norman-Burgdolf, H., Gillespie, R., **DeWitt, E.**, Cardarelli, K.M., Slone, S., Gustafson, A. (2023) Outcome evaluation of community-driven interventions through Cooperative Extension on dietary and physical activity habits in a rural Appalachian community. *Frontiers in Public Health*, 11, 1301.

DeWitt E., Ross, T., Faris, A., Buckman, C., Norman-Burgdolf, H. (2023) Leveraging Clinical-Community Partnerships to Deliver the Diabetes Prevention Program (DPP) through Cooperative Extension. *ADCES in Practice*.

DeWitt, E., Gillespie, R., Norman-Burgdolf, H., Slone, S., Cardarelli, K.M., Gustafson, A. (2022) Exploring the Relationship between SNAP Enrollment and Food Insecurity in Rural Appalachia. *Journal of Hunger & Environmental Nutrition*, 1-12.

Gillespie, R., **DeWitt, E.**, Trude, A.C.B., Haynes-Maslow, L., Hudson, T., Anderson-Steeves, E., Barr, M., Gustafson, A., (2022). Barriers and Facilitators of Online Grocery Services: Perceptions from Rural and Urban Grocery Store Managers. *Nutrients*, 14(18), 3794.

Gillespie, R., **DeWitt, E.**, Slone, S., Cardarelli, K., Gustafson, A. (2022) The impact of a grocery store closure in one rural highly obese Appalachian community on shopping behavior and dietary intake. *International Journal of Environment Research and Public Health*, 19(6), 3506.

Gustafson, A., Gillespie, R., **DeWitt, E.**, Cox, B., Dunaway, B., Haynes-Maslow, L., Steeves, E.A., Trude, A. (2022) Online Pilot Grocery Intervention among Rural and Urban Residents Aimed to Improve Purchasing Habits. *International Journal of Environmental Research and Public Health*, 19(2), 871.

Cardarelli, K. M., **DeWitt, E.**, Gillespie, R., Graham, R.H., Norman-Burgdolf, H., Mullins, J.T. (2021) Policy implications of the COVID-19 pandemic on food insecurity in rural America: evidence from Appalachian Kentucky. *International Journal of Environmental Research and Public Health*, 18(23), 12792.

Norman-Burgdolf, H., **DeWitt, E.**, Cardarelli, K.M., Gillespie, R., Slone, S., Gustafson, A. (2021) Sugar-sweetened beverage consumption among adults in rural Appalachia. *Preventive Medicine Reports*, 24, 101642.

Jones, N., Dlugonski, D., Gillespie, R., **DeWitt, E.**, Lianekhammy, J., Slone, S., Cardarelli, K.M. (2021) Physical Activity Barriers and Assets in Rural Appalachian Kentucky: A Mixed Methods Study. *International Journal of Environmental Research and Public Health*, 18(14), 7646.

Gillespie, R., **DeWitt, E.**, Norman-Burgdolf, H., Dunaway, B., Gustafson, A. (2021) Community Based Efforts Aim to Improve the Food Environment Within a Highly Obese Rural Appalachian County. *Nutrients*, 13(7), 2200.

Cardarelli, K. M., **DeWitt, E.**, Gillespie, R., Norman-Burgdolf, H., Jones, N., Mullins, J.T. (2020) “We’re, Like, the Most Unhealthy People in the Country”: Using an Equity Lens to Reduce Barriers to Healthy Food Access in Rural Appalachia. *Preventing Chronic Disease*, 17, E165.

Norman-Burgdolf, H., **DeWitt, E.**, Vanderford, N.L., Plasencia, J. (2020). Communication of Professional Readiness by Dietetics and Human Nutrition Undergraduates: A Pilot Study. *North American Colleges and Teachers of Agriculture Journal*, 64.

DeWitt, E., Gillespie, R., Norman-Burgdolf, H., Cardarelli, K. M., Slone, S., & Gustafson, A. (2020). Rural SNAP Participants and Food Insecurity: How Can Communities Leverage Resources to Meet the Growing Food Insecurity Status of Rural and Low-Income Residents?. *International Journal of Environmental Research and Public Health*, 17(17), 6037.

DeWitt, E., McGladrey, M., Liu, E., Peritore, N., Webber, K., Butterworth, B., ... & Gustafson, A. (2017). Peer Reviewed: A Community-Based Marketing Campaign at Farmers Markets to Encourage Fruit and Vegetable Purchases in Rural Counties With High Rates of Obesity, Kentucky, 2015–2016. *Preventing Chronic Disease*, 14.

Peer Reviewed Extension Publications

In-Preparation (n=2)

Norman-Burgdolf, H., **DeWitt, E.**, Wright, A.* (2023) *Understanding Childhood Obesity*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture, Food and Environment.

DeWitt, E., Norman-Burgdolf, H. (2023) *Salts from the Earth*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture, Food and Environment.

Published (n=7)

Norman-Burgdolf, H., **DeWitt, E.** (2023) *Understanding Obesity*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture, Food and Environment. Pub #FCS 8-128; pp.4. (Peer Reviewed, Original Content).

Norman-Burgdolf, H., **DeWitt, E.** (2023) *Does Body Weight Matter?*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture, Food and Environment. Pub #FCS 8-127; pp.4. (Peer Reviewed, Original Content).

Bastin, S., **DeWitt, E.** (2022) *The Italian Table*. (June 2022, Internal FCS Publication, Original Content).

Luecking, C., **DeWitt, E.** (2022) *Tips for managing stress eating*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture, Food and Environment. Pub #FCS 3-637; pp.4. (Peer Reviewed, Original Content).

Norman-Burgdolf, H., **DeWitt, E.** (2022) *Macronutrients: Why we need a balanced diet*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture, Food and Environment. Pub #FCS 3-633; pp.4. (Peer Reviewed, Original Content).

Luecking, C., **DeWitt, E.** (2022) *Savoring the eating experience: The art of eating mindfully*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture, Food and Environment. Pub #FCS 5-477; pp.4. (Peer Reviewed, Original Content).

Smigell, C., Strang, J., Snyder, J., Pfeufer, E., Perry, B., **DeWitt, E.** (2020) *Pie Pumpkin Cultivar Evaluation*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture, Food and Environment. Pub #PR779; pp.18-22. (Peer Reviewed, Original Content).

Professional Presentations & Abstracts

Oral Presentations (Accepted, n=7)

Huff, N., Kostelic, A., **DeWitt, E.** (May 2025). *Blue Zones: Lessons for Life*. Kentucky Extension Homemakers Association State Meeting, Lexington, KY.

DeWitt, E. (May 2025). *Exploring AI's Utility for Menu Planning with Students*. Center for the Enhancement of Learning and Teaching Symposium on AI and Teaching, Lexington, KY.

DeWitt, E., Roberson, L., Hickey, A. (April 2024). *Building Capacity and Resiliency Among Dietetics Program Directors and Educators*. Nutrition and Dietetic Educators and Preceptors Annual Meeting, Seattle, WA.

Luecking, C., **DeWitt, E.**, Hopkins, E.* (May 2022) *Tricks of the Trade: Mindful Eating & Other Strategies to Manage Stress Eating & Savor Each Eating Experience*. Kentucky Extension Homemakers Association State Meeting, Owensboro, KY.

Batey, L.*, **DeWitt, E.**, Norman-Burgdolf, H. (May 2022). *Exploration of cultural factors within a rural Appalachian community that may be leveraged to address health disparities*. National Health Outreach Conference, Kansas City, MO.

DeWitt, E., Gillespie, R., Norman-Burgdolf, H. (May 2021). *Lessons Learned: Cooperative Extension's Collaboration with Faith-Based Organizations to Facilitate Policy, Systems, and Environmental Changes to Reduce Obesity in Rural Appalachia*. National Health Outreach Conference. Virtual format (due to COVID-19).

Jones, N., **DeWitt, E.**, Gillespie, R. (December 2020). *Working Women: Dialing Down Stress with Healthy Habits*. University of Kentucky Women's Forum Annual Conference, Lexington, Kentucky. Virtual format (due to COVID-19).

Gillespie, R., **DeWitt, E.** (June 2020). *Role of Incentive Influence on Food Purchasing Behavior in an Impoverished Rural Food Environment*. Rural Grocery Summit, Manhattan, KS.

*Denotes a student or dietetic intern

Oral Presentations (Invited, n=2)

DeWitt, E., Enderle, J., Spence, M. (April 2021). *Implementing Successful Digital Media Buys*. Centers for Disease Control and Prevention Division of Nutrition, Physical Activity and Obesity Communication Networking Call. Virtual. Invited Panelist.

Deskins, J., **DeWitt, E.**, Spence, M. (February 2020). *Using Audience Research to Inform Communication Activities*. Centers for Disease Control and Prevention Division of Nutrition, Physical Activity and Obesity Communication Networking Call. Virtual. Invited Panelist.

Poster Presentations (n=21)

Bandy, N.*, **DeWitt, E.**, Gillespie, R., Norman-Burgdolf, H. (April 2023) Do Communities with High Obesity Prevalence Believe Obesity is a Problem in their Community? University of Kentucky Showcase of Undergraduate Scholars, Lexington, KY.

DeWitt, E., Gillespie, R., Bandy, N.* (November 2022) Perceived Influence of Multilevel Factors on Adult Physical Activity Engagement in Rural Appalachia. Appalachian Translational Research Network Annual Health Summit, Lexington, KY.

Batey, L.*, **DeWitt, E.**, Norman-Burgdolf, H. (November 2022) *“It’s just part of our hospitality.” Examination of cultural factors influencing health outcomes in a rural Appalachian community*. Appalachian Translational Research Network Annual Health Summit, Lexington, KY.

Bandy, N.*, **DeWitt, E.**, Gillespie, R., Norman-Burgdolf, H. (November 2022) *Examination of Food Security by Age in a Rural Appalachian County*. Appalachian Translational Research Network Annual Health Summit, Lexington, KY.

DeWitt, E., Ross, T., Buckman, C., Faris, A., Norman-Burgdolf, H. (August 2022) *Leveraging a Community-Clinical Partnership to Support Diabetes Prevention in Kentucky*. Association of Diabetes Care and Education Specialists Annual Conference, Baltimore, MD.

DeWitt, E., Gillespie, R. (June 2022) *“Cause they’re afraid that they’re going to run out of food:” how the COVID-19 pandemic impacted one food system in rural Appalachia*. Rural Grocery Summit, Wichita, KS.

DeWitt, E., Gillespie, R. (April 2022) *“We’re always looking for a good thing, aren’t we?”: A snapshot of COVID-19 resilience in rural Appalachia*. Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Baltimore, MD.

Gillespie, R., **DeWitt, E.**, Gustafson, A. (April 2022) *Online grocery shopping intervention leads to healthier purchasing habits among rural and urban shoppers: a pilot study*. Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Baltimore, MD.

DeWitt, E., Gillespie, R., Norman-Burgdolf, H., Slone, S. (October 2021) *SNAP participation does not ameliorate food security in rural Appalachian county*. American Public Health Association Annual Meeting. Virtual.

Gillespie, R., **DeWitt, E.**, Norman-Burgdolf, H., Jones, N. Slone, S. (October 2021) *Exploring online grocery shopping practices in one rural highly obese persistently impoverished Appalachian county*. American Public Health Association Annual Meeting. Virtual.

DeWitt, E., Gillespie, R., Norman-Burgdolf, H. (September 2021) *Examining changes in grocery shopping venues in rural Appalachia: A cohort study*. National Institutes of Health Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science Workshop. Virtual.

Gillespie, R., **DeWitt, E.,** Norman-Burgdolf, H. (May 2021) *Understanding the influence of an incentive on food purchasing behaviors can inform and direct targeted marketing and messaging interventions*. National Health Outreach Conference. Virtual.

Gillespie, R., **DeWitt, E.,** Gustafson, A. (April 2021) *Behavioral economic approaches can improve food choices in rural food environments with limited food access*. Society of Behavioral Medicine Annual Meeting and Scientific Sessions. Virtual.

DeWitt, E., Norman-Burgdolf, H., Gillespie, R., Cardarelli, K. (October 2020). *Generational differences in dietary behaviors and food-related practices among rural obese adults in Appalachia*. American Public Health Association Annual Meeting. Virtual.

Gillespie, R., **DeWitt, E.,** Cardarelli, K., Norman-Burgdolf, H. (October 2020). *Association between shopping behavior of SNAP recipients in an impoverished highly obese rural Appalachian county*. American Public Health Association Annual Meeting. Virtual.

DeWitt, E., Gillespie, R., Norman-Burgdolf, H., Jones, N. (June 2020) *Perceived Barriers and Facilitators to Fruit and Vegetable Consumption in a Persistently Impoverished and Highly Obese Rural Community*. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Virtual.

Gillespie, R., **DeWitt, E.,** Norman-Burgdolf, H., Jones, N. (June 2020). *Role of Incentive Influence on Food Purchasing Behavior in an Impoverished Rural Food Environment*. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Virtual.

Norman-Burgdolf, H., Jones, N., **DeWitt, E.,** Gillespie, R. (June 2020). *Impact of PSE Strategies on Health Behaviors in a Rural Setting: Baseline Findings from a Prospective Cohort Study*. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Virtual.

Jones, N., Norman-Burgdolf, H., Gillespie, R., **DeWitt, E.** (June 2020). *Perceived Barriers and Its Effect on Physical Activity in Geographically Isolated Rural Communities*. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Virtual.

Jones, N., **DeWitt, E.** (April 2020). *Perceived Barriers and Its Effect on Physical Activity in Geographically Isolated Rural Communities*. Kentucky Public Health Association Annual Conference, Covington, KY.

DeWitt, E., McGladrey, M., Liu, E., Stephenson, T., Webber, K., Peritore, N., ... & Vail, A. (2017). Social marketing campaign at farmers' markets to encourage fruit and vegetable purchases in rural obese counties. Society of Nutrition Education and Behavior Annual Meeting, Washington, DC.

Research Experience

Extramural Grant-Funded Products

Hunter, J.L. (PI), Gustafson, A. (Co-PI), Koo, J. (Co-PI), Norman-Burgdolf, H. (Co-PI), Cardarelli, K. (Co-PI). CDC High Obesity Program 1809. \$2,985,926, *Center for Disease Control and Prevention*, September 30, 2018 – September 29, 2023. (Extramural Funded Project, National Award).

Role: Study Coordinator

FTE: 85%: Assist with reporting and evaluation; coordinate recruitment and assist with quantitative and qualitative data collection and management; communications lead – oversee outreach and engagement with county Extension personnel and key partners; train and supervise graduate students.

Norman-Burgdolf, H. (PI), **DeWitt, E.**, & Ross, T. UK HealthCare Barnstable Brown Diabetes Center and UK Cooperative Extension Dissemination of the of the National Diabetes Prevention Program. \$84,550, *United Healthcare*, October 1, 2019 – December 31, 2022. (Extramural Funded Project, National Award).

Role: Project Assistance/Support

FTE: 10%: Facilitate cohorts, as needed; provide support for Diabetes Prevention Programming by county Agents; oversee project implementation, reporting, and evaluation in conjunction with Barnstable Brown Diabetes Center; coordinates dissemination of project findings.

Gustafson, A. (PI), Anderson Steeves, Elizabeth (Co-PI), Haynes-Maslow, L. (Co-PI), Trude, A. (Co-PI). Online Grocery Shopping in Rural Communities. \$90,904, *Share Our Strength*, August 1, 2020 – August 31, 2022 (Extramural Funded Project, National Award)

Role: Project Assistance/Support

FTE: 10%: Assist with data collection and management; oversee training of graduate students.

Internal Grant-Funded Products

Burgdolf, H., Combs, E., **DeWitt, E.** Big Blue Book Club for Dietetics and Human Nutrition Students and FCS Extension. \$1,000, *Barnhart Fund for Excellence Award*. January-June 2023.

Plasencia, J., **DeWitt, E.**, Norman-Burgdolf, H. Enhancing Transferable Skills in Undergraduate Dietetics and Human Nutrition Students. \$2,115, *University of Kentucky School of Human Environmental Sciences Research Activity Award*. January-June 2018.

Media

Print Media

FCS Information Releases (n=11)

Information releases are evidence-based summaries of nutrition-related content that are written for use by Kentucky Extension agents in newsletters, local newspapers, websites, or other methods of information dissemination.

DeWitt, E. (2021) Navigating net carbs.

DeWitt, E. (2021) Power up with protein.

DeWitt, E. (2021) Carbohydrates: Fuel for our life.

DeWitt, E. (2021) Facts about fats.

DeWitt, E., Antimisiaris, P.* (2021). Adding color to your grill this season.

DeWitt, E., Antimisiaris, P.* (2021). Elevate your meal with grilled fruit.

*Denotes a student or dietetic intern

Norman-Burgdolf, H., **DeWitt, E.** (2020). Frozen vegetables can be your mealtime's versatile VIP.
DeWitt, E. (2020). Mindful Eating: A New Experience with Food.
Norman-Burgdolf, H., **DeWitt, E.** (2020). Snack time can be a healthy, and delicious, thing.
DeWitt, E., Norman-Burgdolf, H. (2020). Responding to Emotional Eating.
Norman-Burgdolf, H., **DeWitt, E.** (2020). How to Support Your Immune System.

Podcast Episodes

DeWitt, E., Gillespie, R., Najor, J., Mullins, J.T. (Host). (2020, November 4). Insights from Others: Examples of Community Program Plans and Evaluation Plans (No. 3) [Audio Podcast Episode]. In *People I Love to Work With*. University of Kentucky Department of Dietetics and Human Nutrition.