

Courtney Tiemann Luecking, PhD, MPH, RDN, LD
Assistant Professor, Dietetics and Human Nutrition
Extension Title Series

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Professional Licensure Registered Dietitian Nutritionist, 962884
Licensed Dietitian, Kentucky, 260989

EDUCATION

- Dec. 2019 **PhD**, Nutrition, Gillings School of Global Public Health, Department of Nutrition, University of North Carolina, Chapel Hill, NC
- Dissertation: *Implementation of a Child Care + Home Intervention to Improve Children's Nutrition and Physical Activity: Assessment of Fidelity, Parent Engagement, and Enhanced Implementation*
 - Certificate of Interdisciplinary Health Communication
- May 2009 **MPH, MS**, Nutrition and Dietetics, School of Public Health and Doisy College of Health Sciences, Department of Nutrition, Saint Louis University, St. Louis, MO
- Thesis: *A Picture of Relationships Between Food Accessibility, Availability, and Family Meals in a Rural County in Missouri*
 - Certificate in University Teaching Skills
- May 2006 **BS**, Human Environmental Sciences, Coordinated Program in Dietetics, University of Missouri, Columbia, MO
- Summa cum laude

PROFESSIONAL EXPERIENCES

- Sept. 2019 - present *Assistant Professor/Extension Specialist*, Martin-Gatton College of Agriculture, Food and Environment, Department of Dietetics and Human Nutrition, University of Kentucky, Lexington, KY
- 2014 - 2019 *Graduate Research Assistant*, Gillings School of Global Public Health, Department of Nutrition, University of North Carolina, Chapel Hill, NC
- 2014 *Adjunct Faculty*, Doisy College of Health Sciences, Department of Allied Health Sciences, Saint Louis University, St. Louis, MO
- 2014 *Consultant*, Aspire Bariatrics, King of Prussia, PA
- 2009 - 2014 *Research Dietitian/Nutritionist*, Center for Human Nutrition, Washington University in Saint Louis, St. Louis, MO
- 2008 - 2009 *Clinical Dietitian*, Christian Hospital, St. Louis, MO
- 2007 - 2009 *Graduate Teaching Assistant*, Doisy College of Health Sciences, Department of Nutrition, Saint Louis University, St. Louis, MO
- 2006 - 2007 *Registered Dietitian and WIC Nutritionist*, Saint Louis County Department of Health, St. Louis, MO
- 2005 - 2006 *Nutrition Curriculum Developer*, University of Missouri Extension, Columbia, MO

Other Relevant Experiences

- 2020 - present *Preceptor*, University of Kentucky Supervised Practice Program, Lexington, KY
- 2011 - 2014 *Dietetics Intern Mentor*, Saint Louis University Dietetic Internship Program, St. Louis, MO
- 2009 - 2014 *Preceptor*, Saint Louis University Dietetic Internship Program, St. Louis, MO

SCHOLARLY/PEER-REVIEWED ACTIVITY

PEER-REVIEWED MANUSCRIPTS

- 1 = PI/Corresponding author
2 = Technical expertise, program implementation
3 = Experimental concept and design, manuscript preparation
* = Student
^ = Extension agent

Since 2019 Appointment

25. Neshteruk C, **Luecking CT**^{2,3}, Kracht CL, Burkart S, Melnick E, Anderson RE*, Lane HG. Implementation strategies used in policy, systems, and environmental interventions addressing obesity-related outcomes in early childhood education settings: A systematic review. *Implementation Science Communications*. 2025;6(1):31. Published 2025 Mar 31. <https://doi.org/10.1186/s43058-025-00718-9>
Scopus Metric Year: 2024 | Category: Health Policy | CiteScore: 5.1 | Highest Percentile: 76 | Rank: 75/320 | SNIP: 1.263 | SJR: 1.245
24. **Luecking CT**^{1,2,3}, Barr-Porter M, Brewer D, Cardarelli KM. Community-engaged approach to improve food access and consumption of fruit and vegetables in a rural Appalachian community. *Nutrients*. 2025;17(3):431. Published 2025 Jan 24. <https://doi.org/10.3390/nu17030431>
Scopus Metric Year: 2024 | Category: Nutrition and Dietetics | CiteScore: 9.1 | Highest Percentile: 88 | Rank: 17/144 | SNIP: 1.334 | SJR: 1.473
23. **Luecking CT**^{1,2,3}, Baldauff A^, Workman L^, McCulley M, Kostelic AF. Pathways to Wellness: Lessons learned in developing a program to facilitate conversations about social determinants of health. *Journal of NEAFCS*. 2024;19:110-120.
<https://www.neafcs.org/assets/documents/journal/2024-journal/2024%20Journal%20of%20NEAFCS%20FINAL%20%20Revised.pdf>
Alternative Journal Quality Indication: This publication reaches land-grant institutions and Extension professionals who could be able to adopt this program.
22. Kracht CL, Neshteruk CD, Moding KJ, Rolke, LJ, Wagner BE, Kielb E*, Ferrante MJ, Robinson C, Keinsley J, Colella J*, Speirs KE, & **Luecking CT**^{1,2,3}. Community-based diet and obesity-related policy, system, and environmental interventions for obesity prevention during the first 1,000 days: A scoping review. *Obesity Reviews*. Published online August 19, 2024.
<https://doi.org/10.1111/obr.13815>
Scopus Metric Year: 2024 | Category: Public Health, Environmental and Occupational Health | CiteScore: 17.4 | Highest Percentile: 98 | Rank: 8/687 | SNIP: 2.752 | SJR: 3.005
21. Norman-Burgdolf H, DeWitt E, Combs L, **Luecking C**^{2,3}, West H. Implementation and evaluation of a virtual statewide book club to address nutrition misinformation. *Journal of Nutrition Education and Behavior*. 2024;56(7):499-506. <https://doi.org/10.1016/j.jneb.2024.03.015>

Denotes *Student; ^Extension Agent

Scopus Metric Year: 2024 | Category: Medicine (miscellaneous) | CiteScore: 4.0 | Highest Percentile: 68 | Rank: 139/433 | SNIP: 0.744 | SJR: 0.743

20. Speirs K, Friedman A*, **Luecking CT**^{2,3}, Brown K. Cooperative Extension programming for early care and education professional during the first year of the COVID-19 pandemic: Evidence from a national survey of Extension systems. *Journal of Human Sciences and Extension*. 2024;11(3):6. <https://doi.org/10.55533/2325-5226.1442>
Alternative Journal Quality Indication: This publication reaches land-grant institutions and Extension professionals.
19. Neshteruk C, Burkart S, Flanagan EW, Melnick E, **Luecking CT**², Kracht CL. Policy, systems, and environmental interventions addressing physical activity in early childhood education settings: A systematic review. *Preventive Medicine*. 2023;173:107606. <https://doi.org/10.1016/j.ypmed.2023.107606>
Scopus Metric Year: 2023 | Category: Public Health, Environmental and Occupational Health | CiteScore: 7.7 | Highest Percentile: 89 | Rank: 73/665 | SNIP: 1.325 | SJR: 1.69
18. Kracht CL, Burkart S, Flanagan EW, Melnick E, **Luecking CT**², Neshteruk C. Policy, system, and environmental interventions addressing obesity and diet-related outcomes in early childhood education settings: A systematic review. *Obesity Reviews*. 2023;24(4):e13547. <https://doi.org/10.1111/obr.13547>
Scopus Metric Year: 2023 | Category: Public Health, Environmental and Occupational Health | CiteScore: 19.3 | Highest Percentile: 98 | Rank: 8/665 | SNIP: 2.772 | SJR: 2.818
17. McHugh S, Presseau J, **Luecking CT**^{2,3}, Powell B. Examining the complementarity between the ERIC compilation of implementation strategies and the behaviour change technique taxonomy: A qualitative analysis. *Implementation Science*. 2022;17(1):56. Published 2022 Aug 19. <https://doi.org/10.1186/s13012-022-01227-2>
Scopus Metric Year: 2022 | Category: Health Policy | CiteScore: 12.5 | Highest Percentile: 97 | Rank: 6/270 | SNIP: 3.189 | SJR: 2.861
16. **Luecking CT**^{1,2,3}, Neshteruk C, Mazzucca S, Ward DS. Efficacy of an enhanced implementation strategy to increase parent engagement with a health promotion program in childcare. *International Journal of Environmental Research and Public Health*. 2022;19(1):106. Published 2021 Dec 23. <https://doi.org/10.3390/ijerph19010106>
Scopus Metric Year: 2021 | Category: Public Health, Environmental and Occupational Health | CiteScore: 4.5 | Highest Percentile: 75 | Rank: 139/562 | SNIP: 1.383 | SJR: 0.814
+Data collection and analysis completed as part of dissertation. Writing and revision of manuscript for publication completed as an Assistant Professor at the University of Kentucky.
15. Barr ML, Martin C*, **Luecking CT**^{2,3}, Cardarelli K. Losses, gains, and changes to the food environment in a rural Kentucky county during the COVID-19 pandemic. *Nutrients*. 2021;13(11):3929. Published 2021 Nov 3. <https://doi.org/10.3390/nu13113929>
Scopus Metric Year: 2021 | Category: Food Science | CiteScore: 7.9 | Highest Percentile: 90 | Rank: 34/338 | SNIP: 1.645 | SJR: 1.287
14. Neshteruk C, Tripicchio G, Loubaugh S*, Vaughn A, Mazzucca S, **Luecking CT**³, Ward DS. Screen time parenting practices and associations with preschool children's TV viewing and weight-related outcomes. *International Journal of Environmental Research and Public Health*. 2021;18(14):7359. Published 2021 Jul 9. <https://doi.org/10.3390/ijerph18147359>

Scopus Metric Year: 2021 | Category: Public Health, Environmental and Occupational Health |
CiteScore: 4.5 | Highest Percentile: 75 | Rank: 139/562 | SNIP: 1.383 | SJR: 0.814
+Data collection and analysis done while a PhD student. Writing and revision for publication
completed as an Assistant Professor at the University of Kentucky.

13. **Luecking CT**^{1,2,3}, Combs L, Norman-Burgdorf H. Alternative community nutrition experiential learning opportunities for dietetic interns during COVID-19. *NACTA Journal*. 2021;65(COVID Special Issue). <https://www.jstor.org/stable/27157891>
Alternative Journal Quality Indication: This publication reaches land-grant institutions and educators.
12. **Luecking CT**^{1,2,3}, Vaughn A, Burney R, Hennink-Kaminski H, Hales D, Ward DS. Fidelity and factors influencing implementation of Healthy Me, Healthy We: Process evaluation of a social marketing campaign for diet and physical activity behaviors of children in childcare. *Translational Behavioral Medicine*. 2021 Apr 7;11(3):733-744. <https://doi.org/10.1093/tbm/ibab001>
Scopus Metric Year: 2021 | Category: Applied Psychology | CiteScore: 4.0 | Highest Percentile: 63 | Rank: 85/230 | SNIP: 1.069 | SJR: 0.899
+Data collection and analysis completed as part of dissertation. Writing and revision of manuscript for publication completed as an Assistant Professor at the University of Kentucky.
11. Vaughn AE, Hennink-Kaminski H, Moore R, Burney R, Chittams JL, Parker P, **Luecking CT**^{2,3}, Hales D, Ward DS. Evaluating a child care-based social marketing approach for improving children's diet and physical activity: Results from the Healthy Me, Healthy We cluster-randomized controlled trial. *Translational Behavioral Medicine*. 2021 Apr 7;11(3):775-784.
<https://doi.org/10.1093/tbm/ibaa113>
Scopus Metric Year: 2021 | Category: Applied Psychology | CiteScore: 4.0 | Highest Percentile: 63 | Rank: 85/230 | SNIP: 1.069 | SJR: 0.899
+Data collection and analysis done while a PhD student. Writing and revision for publication completed as an Assistant Professor at the University of Kentucky.
10. **Luecking CT**^{1,2,3}, Dobson P*, Ward DS. Barriers and facilitators of parent engagement with health promotion in child care: A mixed methods evaluation. *Health Education & Behavior*. 2020;47(6):914-926. <https://doi.org/10.1177/1090198120952040>
Scopus Metric Year: 2020 | Category: Arts and Humanities (miscellaneous) | CiteScore: 3.7 | Highest Percentile: 80 | Rank: 60/306 | SNIP: 1.033 | SJR: 0.888
+Data collection and analysis completed as part of dissertation. Writing and revision of manuscript for publication completed as an Assistant Professor at the University of Kentucky.
9. **Luecking CT**^{1,2,3}, Mazzuca S, Vaughn A, Ward DS. Contributions of early care and education to 3- to 4-year old children's diet quality in central North Carolina. *Journal of the Academy of Nutrition and Dietetics*. 2020;120(3): 386-394. <https://doi.org/10.1016/j.jand.2019.09.018>
Scopus Metric Year: 2020 | Category: Food Science | CiteScore: 6.2 | Highest Percentile: 86 | Rank: 41/310 | SNIP: 1.479 | SJR: 1.201
+Data collection, analysis and writing done while a PhD student. Revision for publication completed as an Assistant Professor at the University of Kentucky.

Prior to Appointment

8. Vaughn A, Bartlett R, **Luecking CT**, Hennink-Kaminski H, Ward DS. Using a social marketing approach to develop Healthy Me, Healthy We: A nutrition and physical activity intervention in early care and education. *Translational Behavioral Medicine*. 2019 Jul 16;9(4):669-681.
<https://doi.org/10.1093/tbm/iby082>

Scopus Metric Year: 2019 | Category: Applied Psychology | CiteScore: 3.5 | Highest Percentile: 69 | Rank: 70/227 | SNIP: 0.893 | SJR: 0.812

7. Hennink-Kaminski H, Vaughn AE, Hales D, Moore RH, **Luecking CT**, Ward DS. Parent and child care provider partnerships: Protocol for the Healthy Me, Healthy We (HMHWW) cluster randomized control trial. *Contemporary Clinical Trials*. 2018 Jan;64:49-57.
<https://doi.org/10.1016/j.cct.2017.11.007>
Scopus Metric Year: 2018 | Category: Pharmacology (medical) | CiteScore: 4.4 | Highest Percentile: 70 | Rank: 69/231 | SNIP: 1.131 | SJR: 1.478
6. **Luecking CT**, Hennink-Kaminski H, Ihekweazu C, Vaughn A, Mazzucca S, Ward DS. Social marketing approaches to nutrition and physical activity interventions in early care and education centres: A systematic review. *Obesity Reviews*. 2017 Dec;18(12):1425-1438.
<https://doi.org/10.1111/obr.12596>
Scopus Metric Year: 2017 | Category: Public Health, Environmental and Occupational Health | CiteScore: 14.4 | Highest Percentile: 99 | Rank: 4/492 | SNIP: 2.889 | SJR: 4.184
5. **Luecking CT**, Noar SM, Dooley RM, Gizlice Z, Ammerman AS. Impact of *Weight of the Nation* community screenings on obesity-related beliefs. *American Journal of Preventive Medicine*. 2017;52(3 Suppl 3):S315-S321. <https://doi.org/10.1016/j.amepre.2016.08.037>
Scopus Metric Year: 2017 | Category: Public Health, Environmental and Occupational Health | CiteScore: 7.3 | Highest Percentile: 97 | Rank: 15/492 | SNIP: 1.78 | SJR: 2.164
4. Magkos F, Fraterrigo G, Yoshino J, **Luecking C**, Kirbach K, Kelly SC, de las Fuentes L, He S, Okunade AL, Patterson BW, Klein S. Effects of moderate and subsequent progressive weight loss on metabolic function and adipose tissue biology in humans with obesity. *Cell Metabolism*. 2016;23(4):591-601. <https://doi.org/10.1016/j.cmet.2016.02.005>
Scopus Metric Year: 2016 | Category: Molecular Biology | CiteScore: 31.6 | Highest Percentile: 98 | Rank: 6/358 | SNIP: 3.862 | SJR: 11.675
3. Fabbrini E, **Luecking CT**, Love-Gregory L, Okunade AL, Yoshino M, Fraterrigo G, Patterson BW, Klein S. Physiological mechanisms of weight gain – induced steatosis in people with obesity. *Gastroenterology*. 2016;150:79-81.e2. <https://doi.org/10.1053/j.gastro.2015.09.003>
Scopus Metric Year: 2016 | Category: Gastroenterology | CiteScore: 24.7 | Highest Percentile: 98 | Rank: 2/128 | SNIP: 3.916 | SJR: 6.925
2. Fabbrini E, Yoshino J, Yoshino M, Magkos F, **Luecking CT**, Samovski D, Fraterrigo G, Okunade AL, Patterson BW & Klein S. Metabolically normal obese people are protected from adverse effects following weight gain. *Journal of Clinical Investigation*. 2015;125(2):787-795.
<https://doi.org/10.1172/JCI78425>
Scopus Metric Year: 2015 | Category: General Medicine | CiteScore: 22.4 | Highest Percentile: 98 | Rank: 61/3276 | SNIP: 3.012 | SJR: 8.747
1. Pepino MY, **Tiemann CD**, Patterson BW, Wice BM, Klein S. Sucralose affects glycemic and hormonal responses to an oral glucose load. *Diabetes Care*. 2013 Sep;36(9):2530-2535.
<https://doi.org/10.2337/dc12-2221>
Scopus Metric Year: 2014 | Category: Endocrinology, Diabetes and Metabolism | CiteScore: 16.9 | Highest Percentile: 99 | Rank: 2/197 | SNIP: 3.512 | SJR: 5.09

Submitted/In-Progress Manuscripts

1 = PI/Corresponding author

Denotes *Student; ^Extension Agent

2 = Technical expertise, program implementation

3 = Experimental concept and design, manuscript preparation

* = Student

^ = Extension agent

6. Frank A*, Goodman A*, OoNorasak K, **Luecking CT**^{1,2,3}. Lessons learned from a university community partnership to address food waste and food insecurity during early childhood. *Target Journal: Journal of Hunger and Environmental Nutrition*. (In development)
5. Neshteruk CD, Kracht CL, Tripicchio GL, **Luecking CT**², Fowler L, Manasse S, Scherr K, Armstrong SC, Skinner AC. A review of the evidence: Time to start considering real world implications for using pharmacotherapy to treat adolescent obesity in priority populations. *Target Journal: Pediatrics*. (In development)
4. Ward J, Cason A, Norman-Burgdolf H, **Luecking CT**³. Reducing weight stigma in nutrition education settings. *Target Journal: Journal of Extension*. (In development)
3. **Luecking CT**^{1,2,3}, Breazeale N, Neshteruk CD. Early career peer groups support professional growth of the next generation of food and nutrition researchers: A mixed methods evaluation. *Target Journal: Journal of the Academy of Nutrition and Dietetics*. (Submitted July 2025)
2. Gillespie R*, Maksi S, Bush J, Cockerham C, **Luecking CT**³, Deierlein A, Wasser H, Gustafson A. Fresh Funds for Mom: A 12-week Food As Medicine grocery prescription feasibility program among food-insecure pregnant women with high risk in urban communities. *Target Journal: Frontiers D&I*. (Revised & Resubmitted June 2025)
1. **Luecking CT**^{1,2,3}, Kracht CL, Ferrante MJ, Moding KJ, Kielb E*, Rolke LJ, Wagner BE, Colella J*, Speirs KE, Robinson C, Neshteruk CD. Upstream interventions in clinical settings focused on nutrition to prevent obesity during the first 1,000 days: A scoping review. *Target Journal: Advances in Nutrition*. (Revised & Resubmitted December 2024)

PEER-REVIEWED EXTENSION PUBLICATIONS

Extension publications are scholarly resources written at approximately an eighth grade reading level that translate research-based information for public audiences. The peer review process for Extension publications mirrors that of peer review for scientific papers.

* = Student

^ = Extension agent

Since 2019 Appointment

14. **Luecking CT**, Cason A. Mixing up the brown bag lunch: Packing lunches your littles will want to eat. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture Food and Environment. Pub # FN-CTL.102; pp 6. (Peer Reviewed, Original Content). https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/l_f_l_lunch_for_littles_pub.pdf
13. **Luecking CT**, Cason A. Food dyes: What should we know? Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture Food and Environment. Pub # FN-AMC.202; pp 3. (Peer Reviewed, Original Content). https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/fn-amc.202_fooddyes.pdf

Denotes *Student; ^Extension Agent

12. Davis A*, Cason A, **Luecking CT**. Oral health during pregnancy. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture Food and Environment. Pub # FN-CTL.101; pp 5. (Peer Reviewed, Original Content). <https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/fn-ctl-101-oralhealthduringpregnancy.pdf>
11. Cason A, **Luecking CT**. Nurturing little ones: The vital role of vitamin D and iron in baby's first year. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture Food and Environment. Pub # FN-AMC.101; pp 3. (Peer Reviewed, Original Content). <https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/nurturinglittleones-pub.pdf>
10. Davis A*, Cason A, **Luecking CT**. Caring for baby teeth in the early years. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture Food and Environment. Pub # FN-CTL.100; pp 4. (Peer Reviewed, Original Content). https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/fn-ctl.100_caringforbabyteethearlyyears.pdf
9. **Luecking CT**, Fellows C[^]. Inspiring grandchildren to become grand cooks. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture Food and Environment. Pub # FN-CTL.001; pp 8. (Peer Reviewed, Original Content). https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/fn-ctl.001-inspiring_grandchildren_to_become_grand_cooks.pdf
8. Speirs K, **Luecking CT**, Aldrich C, Brown K, Friedman AR* Nerren J, Rider A, Werth L, Wilson H. National inventory of Extension programming for the early care and education workforce. pp 80. (Peer Reviewed, Original Content) Available at: <https://extension.arizona.edu/publication/national-inventory-extension-programming-early-care-and-education-workforce>
7. Kostelic AF, Jones N, Baldauff A[^], Workman L[^], Giles K[^], Congleton S[^], **Luecking CT**. Pathways to Wellness where we live, work, and play. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment. Pub # FCS 3-638; pp 3. (Peer Reviewed, Original Content). <https://publications.ca.uky.edu/files/FCS3638.pdf>
6. **Luecking CT**, Kostelic AF, Jones N, Baldauff A[^], Congleton S[^], Giles K[^], Workman L[^]. Pathways to Wellness with family and friends. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment. Pub # FCS 3-639; pp 4. (Peer Reviewed, Original Content). <https://publications.ca.uky.edu/sites/publications.ca.uky.edu/files/FCS3639.pdf>
5. Jones N, Kostelic AF, Baldauff A[^], Congleton S[^], Giles K[^], Workman L[^], **Luecking CT**. Pathways to Wellness in the world around us. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment. Pub # FCS 3-640; pp 5. (Peer Reviewed, Original Content). <https://publications.ca.uky.edu/sites/publications.ca.uky.edu/files/FCS3640.pdf>
4. **Luecking CT**, Jones N, Kostelic AF, Workman L[^], Baldauff A[^], Congleton S[^], Giles K[^]. Pathways to Wellness through champions for community health. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment. Pub # FCS 3-641; pp 4. (Peer Reviewed, Original Content). <https://publications.ca.uky.edu/files/FCS3641.pdf>
3. **Luecking CT**, DeWitt E. 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). <http://publications.ca.uky.edu/FCS3-637>

2. DeWitt E, **Luecking CT**. 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 3-636; pp 4. (Peer Reviewed, Original Content). <https://publications.ca.uky.edu/sites/publications.ca.uky.edu/files/FCS3636.pdf>
1. **Luecking CT**, Mullins J, Walters J, Valdez L*. 2020 – 2025 U.S. Dietary Guidelines for Americans. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment, Pub #FCS 3-361; pp. 7. (Peer Reviewed, Original Content). <https://fcs-hes.ca.uky.edu/files/fcs3631.pdf>

Submitted/In-Progress Publications (n=5)

5. Drysdale S[^], Cason A, **Luecking CT**. The balancing act: Family meals, youth activities, and nutrition. (In development)
4. Cason A, Noble J, Jenkins B, **Luecking CT**. Nourishing yourself through nutrition during the fourth trimester. (Submitted June 2025)
3. Noble J, Cason A, Jenkins B, **Luecking CT**. Stretching your food dollars: Budget-friendly tips for families with babies. (Submitted June 2025)
2. Noble J, Jenkins B, Cason A, **Luecking CT**. Food safety during pregnancy. (Submitted June 2025)
1. Cason A, Noble J, Jenkins B, **Luecking CT**. Nourishing your pregnancy through nutrition. (Submitted June 2025)

Prior to Appointment

1. **Luecking CT**, Mazzuca S, Vaughn A, Ward DS. Considerations for selecting appropriate measures of dietary intake in early childhood. *Weight Management Matters*. Weight Management Dietetics Practice Group of the Academy of Nutrition and Dietetics. Spring 2019.

INVITED PRESENTATIONS

Since 2019 Appointment

4. Lott M, Neshteruk C, **Luecking CT**. Closing plenary: The future of nutrition PSE research. Healthy Eating Research 2025 Annual Grantee Meeting, Durham, NC. March 2025.
3. **Luecking CT**. It starts with prevention: Diet for weight control. John F. Gilmore Symposium on Nutrition and Small Bowel Disorders, University of Chicago, Chicago, IL. September 2023.
2. Combs L, **Luecking CT**. Creating engaged community scholarship through alternate experiential learning. Ohio Nutrition and Dietetic Educators and Preceptors, virtual (due to COVID-19 pandemic). November 2020.
1. **Luecking CT**, Dlugonski D. Bridging the silos: A conversation around the virtual table, holistic approaches to health behaviors for families, clients, and patients. Bluegrass Academy of Nutrition and Dietetics, virtual (due to COVID-19 pandemic). September 2020.

PEER-REVIEWED PRESENTATIONS

Oral Presentations Since 2019 Appointment

Denotes *Student; ^Extension Agent

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22. Speirs K, McDonald D, **Luecking CT**. Empowering the next generation: Community-based programs to teach young children about climate change. National Extension Association for Family & Consumer Sciences Annual Session. Grand Rapids, MI. October 2025. (Accepted).
 21. McCulley M, Huff N, Norman-Burgdorf H, Elswick A, **Luecking CT**, Cason A. Big Blue Book Club connects people from Paducah to Pikeville. Kentucky Extension State Conference. Louisville, KY. March 2025. (Presenting author).
 20. **Luecking CT**, Jenkins B, Cason A, Noble J. Increasing opportunities for food and nutrition programming with SNAP-eligible families throughout pregnancy, infancy, and toddlerhood until age 2. Kentucky Extension State Conference. Louisville. KY March 2025. (Presenting author).
 19. Barr-Porter ML, Mangus L, **Luecking C**, Slone S, Swanson M, Cardarelli KM. Multi-level intervention planning Laurel HARVEST: Helping Appalachia Restore a Vibrant Food Environment for self Sufficiency Together. Society for Nutrition Education and Behavior Annual Conference. Knoxville, TN. July/August 2024.
 18. MacMillan A, **Luecking CT**, Stage VC, Baker SB, Dev D, Sigman-Grant M. Enhancing nutrition education engagement among parents of young children from low-income households. Society for Nutrition Education and Behavior Annual Conference. Knoxville, TN. July/August 2024. (Presenting author).
 17. Norman-Burgdorf H, DeWitt E, Combs L, **Luecking C**. Meeting people where they are: Nutrition education through a virtual book club. Society for Nutrition Education and Behavior Annual Conference. Knoxville, TN. July/August 2024.
 16. **Luecking CT**, Plonski P, Jenkins B, Cason A, Desmennu O. Planning for expansion of nutrition education for expectant and primary caregivers of infants and toddlers eligible for food assistance programs. International Society of Behavioral Nutrition and Physical Activity Annual Conference. Omaha, NE. May 2024. (Presenting author).
 15. **Luecking CT**. Nutrition-focused policy, system, and environmental strategies to support healthy weight practices during the first 1,000 days: A scoping review. Healthy Eating Research Annual Grantee Meeting. Denver, CO. March 2024. (Presenting author).
 14. Neshteruk CD, Kracht CL, Tripicchio GL, **Luecking CT**, Fowler L, Manasse S, Scherr K, Armstrong SC, Skinner AC. A review of the evidence: Time to start considering real world implications for using pharmacotherapy to treat adolescent obesity in priority populations. Pharmacotherapy for Obesity in Children and Adolescents: State of the Science, Research Gaps, and Opportunities workshop, National Institute of Diabetes and Digestive and Kidney Diseases. Bethesda, MD. November 2023.
 13. Cardarelli KM, Mayfield C, Swanson M, **Luecking C**, Slone S, Barr-Porter ML. Laurel HARVEST: Helping Appalachia Restore a Vibrant Food Environment for self Sufficiency Together. American Public Health Association Annual Conference. Atlanta, GA. November 2023.
 12. Barr-Porter ML, Mayfield C, Swanson M, **Luecking C**, Slone S, Cardarelli KM. Laurel HARVEST: Helping Appalachia Restore a Vibrant Food Environment for self Sufficiency Together. Appalachian Translational Research Network Conference. Morgantown, WV. October 2023.

11. Workman L[^], Baldauff A[^], Congleton S[^], Giles K[^], Jury K, Kostelic A, McCulley M, **Luecking C**. Creating Pathways to Wellness: Facilitating local conversations about social determinants of health. National Extension Association for Family & Consumer Sciences Annual Session. Providence, RI. September 2023. (Presenting author).
10. Neshteruk C, Burkart S, Flanagan EW, **Luecking CT**, Melnick E, Kracht CL. Policy, system, and environmental interventions addressing physical activity in early childhood education settings: A systematic review. International Society of Behavioral Nutrition and Physical Activity Annual Conference. Uppsala, Sweden. June 2023.
9. Goodman A*, OoNorasak K, **Luecking C**. A community partnership to upcycle textiles into reusable bags to deliver meals prepared from recovered foods. National Conference on Undergraduate Research. University of Wisconsin-Eau Claire. April 2023.
8. **Luecking C**. Strategies for translating the evidence-base into practice. Weight Management Dietetics Practice Group Symposium. Virtual. March 2023. (Presenting author).
7. Goodman A*, Frank A*, OoNorasak K, **Luecking C**. Strengthening communities: Evaluation of food aid and nutrition resources for families experiencing food insecurity. 12th Annual Appalachian Translational Research Network. Lexington, KY. November 2022.
6. Speirs K, Aldrich C, Brown K, Friedman A*, **Luecking C**, Rider A, Shrier C, Werth LaDonna, Wilson H. Results from the national inventory of Extension programming for the early care and education workforce and how to use them to improve your Extension programming. National Extension Association for Family & Consumer Sciences Annual Session. Raleigh, NC. September 2022.
5. Speirs K, Aldrich C, Shrier C, **Luecking C**, Rider A, Sullivan K, Nerren J. Cognitive interviews: A valuable tool for writing effective survey questions and understanding your participants and community stakeholders. National Extension Association for Family & Consumer Sciences Annual Session. Virtual (due to COVID-19 pandemic). November 2021. (Presenting author).
4. **Luecking CT**, Vaughn A, Burney R, Hennink-Kaminiski H, Hales D, Ward DS. Evaluation of intervention and implementation fidelity of Healthy Me, Healthy We. 13th Annual Conference on the Science of Dissemination and Implementation. Virtual (due to COVID-19 pandemic). December 2020.

Prior to Appointment

3. **Luecking CT**. Partnering with families to promote healthy eating and activity habits. National Head Start Association's 2018 Parent and Family Engagement Conference. Orlando, FL. December 2018.
2. **Luecking CT**, Powell B, Ward DS. When implementation strategies don't go as planned: How do community organizations make adaptations? 11th Annual Conference on the Science of Dissemination and Implementation. Washington, DC. December 2018.
1. **Luecking CT**, Ihekweazu C, Mazzucca S, Vaughn AE, Ward DS, Hennink-Kaminski H. Buzzword or best practice? A systematic review of the use of social marketing principles in nutrition and physical activity interventions in childcare centers. University of South Florida Social Marketing Conference. Clearwater, FL. June 2016.

Posters Since 2019 Appointment

Denotes *Student; [^]Extension Agent

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33. Crowder K*, Cason A, **Luecking CT**. Feeding Kentucky's Children: A comparative analysis of parents' and grandparents' feeding behaviors. Showcase of Undergraduate Scholars, University of Kentucky. Lexington, KY. April 2025.
 32. Vessels B*, Recktenwald I*, Cason A, **Luecking CT**. Attitudes and beliefs surrounding breastfeeding among Kentucky Cooperative Extension personnel. Showcase of Undergraduate Scholars, University of Kentucky. Lexington, KY. April 2025.
 31. Recktenwald I*, Vessels B*, Cason A, **Luecking CT**. Resources and facilities needed for Cooperative Extension to support breastfeeding in community settings. Showcase of Undergraduate Scholars, University of Kentucky. Lexington, KY. April 2025.
 30. Horan B*, **Luecking CT**. Social media and nutrition education: Increasing engagement with reliable sources. KAND's Annual Nutrition Conference and Expo. Bowling Green, KY. March 2025.
 29. McCulley M, Jury K, **Luecking CT**. Eating Over the Rainbow – A fruit and vegetable a day challenge. Kentucky Extension State Conference. Louisville, KY. March 2025.
 28. Neshteruk CD, Kracht CL, Tripicchio GL, **Luecking CT**, Fowler L, Manasse S, Scherr K, Armstrong SC, Skinner AC. Examining the evidence: A systematic review of clinic-based pediatric obesity treatment interventions among priority populations. ObesityWeek Annual Conference. San Antonio, TX. November 2024.
 27. Barr-Porter ML, Mangus L, **Luecking C**, Slone S, Swanson M, Cardarelli KM. Multi-level intervention planning Laurel HARVEST: Helping Appalachia Restore a Vibrant Food Environment for Self Sufficiency Together. Society for Nutrition Education and Behavior Annual Meeting. Knoxville, TN. July/August 2024.
 26. **Luecking CT**, Kracht CL, Ferrante MJ, Moding KJ, Kielb E*, Rolke, LJ, Wagner BE, Colella J*, Speirs KE, Robinson C, Keinsley J, Neshteruk CD. Nutrition-focused policy, systems, and environmental strategies to support healthy weight practices during the first 1,000 days: A scoping review. UNITE Research Showcase, University of Kentucky. Lexington, KY. April 2024.
 25. Neshteruk C, **Luecking CT**, Burkart S, Kracht CL, Melnick E, Lane H. Implementation strategies used in policy, system and environmental interventions addressing obesity, diet, and physical activity outcomes in early childhood education settings: A systematic review. 16th Annual Conference on the Science of Dissemination and Implementation. Washington, DC, December 2023.
 24. OoNorasak K, Frank A*, **Luecking CT**. Mobile Food Market: Community-academic partnership to address food insecurity and food waste during the COVID-19 pandemic. UK Sustainability Research Showcase. Lexington, KY. September 2023.
 23. Cardarelli K, Mayfield C, Mullins J, Swanson M, **Luecking C**, Slone S, Barr M. Laurel HARVEST: Helping Appalachia Restore a Vibrant Food Environment for Self-sufficiency Together. Society for Nutrition Education and Behavior Annual Meeting. Washington, DC. July 2023.
 22. Goodman A*, OoNorasak K, **Luecking CT**. Upcycling textiles into reusable grocery bags to enhance sustainability of food recovery projects. Public Health Showcase, University of Kentucky. Lexington, KY. April 2023.

Denotes *Student; ^Extension Agent

21. Walton B*, Barr M, Mayfield C, Mullins J, **Luecking C**, Slone S, Swanson M, Cardarelli K. Helping Appalachia Restore a Vibrant Food Environment for Self-sufficiency. CCTS Spring Conference, University of Kentucky. Lexington, KY. March 2023.
20. Cochran G*, Lewis R, Dlugonski D, Adatorwovor R, Ingram R, Rous B, Williams C, **Luecking C**. Who participates? Representation in Kentucky childcare programs in evaluation of new health promotion regulations. CCTS Spring Conference, University of Kentucky. Lexington, KY. March 2023.
19. **Luecking CT**, Hales D, Studts T, Burney R, Ammerman A, Ward D. Development and refinement of a measure of context in childcare settings. 15th Annual Conference on the Science of Dissemination and Implementation. Washington, DC, December 2022.
18. **Luecking C**, OoNorasak K, Frank A*, Goodman A*. Lessons learned from a community-academic partnership to address food insecurity and food waste. 12th Annual Appalachian Translational Research Network. Lexington, KY. November 2022.
17. Goodman A*, OoNorasak K, Kingsland L, Badgett J, **Luecking CT**. Upcycling textiles into grocery bags to deliver meals prepared from recovered food. UK Sustainability Research Showcase, University of Kentucky. Lexington, KY. October 2022.
16. Frank A*, OoNorasak K, **Luecking CT**. Addressing food waste and child food insecurity through a university-community partnership. Showcase of Undergraduate Scholars, University of Kentucky. Lexington, KY. April 2022.
15. Doepker A*, **Luecking CT**. "Get rid of the territory": Barriers and facilitators faced by nutrition educators when working with low-income families. Showcase of Undergraduate Scholars, University of Kentucky. Lexington, KY. April 2022.
14. Cochran G*, **Luecking CT**. Understanding characteristics and representativeness of Kentucky childcare centers that choose to participate in a research study. Showcase of Undergraduate Scholars, University of Kentucky. Lexington, KY. April 2022.
13. Gebauer L*, **Luecking CT**. Preliminary results of a content analysis of obesity-related continuing professional education for registered dietitians. Showcase of Undergraduate Scholars, University of Kentucky. Lexington, KY. April 2022.
12. Doepker A*, **Luecking CT**. "Meet them where they are": Skills and resources nutrition educators need when working with low-income families. Annual Nutrition Conference and Expo. Kentucky Academy of Nutrition and Dietetics. Covington, KY. March 2022.
11. Frank A*, OoNorasak K, **Luecking CT**. Addressing food waste and child food insecurity through a university-community partnership. Universities Fighting World Hunger Summit. Virtual (due to COVID-19 pandemic). March 2022.
10. Frank A*, OoNorasak K, **Luecking CT**. Turning recovered produce into healthy food assistance bags for families with limited resources: Evaluation of the impact of collective action. UK Sustainability Research Showcase, University of Kentucky. Lexington, KY. October 2021.

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9. Combs L, **Luecking CT**, Norman-Burgdolf N. Impact of alternate community nutrition experiences for dietetic interns during COVID-19. Food & Nutrition Conference & Expo, Academy of Nutrition & Dietetics. Virtual (due to COVID-19 pandemic). October 2021.
 8. Dlugonski D, DuBose KD, **Luecking C**. Maternal and paternal correlates of family physical activity co-participation with young children. Annual Meeting and Scientific Sessions of the Society for Behavioral Medicine. Virtual (due to COVID-19 pandemic). April 2021.
 7. **Luecking CT**, Ward DS. Efficacy of an enhanced implementation strategy to increase parent engagement with a health promotion program in child care. Food & Nutrition Conference & Expo, Academy of Nutrition & Dietetics. Virtual (due to COVID-19 pandemic). October 2020.
 6. McHugh S, Presseau J, **Luecking C**, Powell B. Active ingredients of implementation: Examining the overlap between behaviour change techniques and implementation strategies. Biennial Conference, Society for Implementation Research Collaboration. Seattle, WA. September 2019.

Prior to Appointment

5. Blanchard C, **Luecking CT**. Enhancing implementation science capacity through an interdisciplinary student learning network. 11th Annual Conference on the Science of Dissemination and Implementation. Washington, DC. December 2018.
4. **Luecking CT**, Vaughn A, Gurjar M, Ward DS. Assessing 24-hour dietary intakes of 3-4-year-old children who attend childcare and providing meaningful feedback to parents. Food & Nutrition Conference & Expo, Academy of Nutrition & Dietetics. Boston, MA. October 2016.
3. **Luecking CT**, Ihekweazu C, Mazzucca S, Vaughn AE, Ward DS, Hennink-Kaminski H. Buzzword or best practice? A systematic review of the use of social marketing principles in nutrition and physical activity interventions in childcare centers. University of South Florida Social Marketing Conference. Clearwater, FL. June 2016.
2. **Luecking CT**, Vaughn AE, Ihekweazu C, Ward DS. Joining forces to create a healthy lifestyle social marketing intervention for preschool children. Annual Meeting and Scientific Sessions of the Society for Behavioral Medicine. Washington, DC. April 2016.
1. **Luecking CT**, Fabbrini E, Klein S. Different response to moderate weight gain in metabolically normal and metabolically abnormal obese humans. 6th Annual Public Health Conference at Washington University. Saint Louis, MO. October 2013.

Submitted Abstracts (n=1)

1. Horan B*, **Luecking CT**. Nutrition information on social media: Increasing engagement with nutrition experts. Food and Nutrition Conference and Expo, Academy of Nutrition and Dietetics. Nashville, TN. October 2025.

REGISTRATIONS

Publication of review protocols and search strategies in publicly accessible ways to help avoid duplication of topics and help others interested in similar search strategies.

Since 2019 Appointment (n=2)

Denotes *Student; ^Extension Agent

2. Robinson C, **Luecking C**, Keinsley J, Moding K, Neshteruk C, Kracht C, Ferrante MJ. Nutrition-focused policy, system, and environmental strategies to support healthy weight during the first 1,000 days: A scoping review protocol. 2022, Nov 9. OSF. <https://doi.org/10.17605/OSF.IO/BQCK5>
1. Robinson C, Keinsley J, **Luecking, C**. Policy, systems, and environmental interventions, nutrition, and weight, searchRxiv. 2023. CABI International. <https://doi.org/10.1079/searchRxiv.2023.00165>

GRANT ACTIVITY

Awarded Extramural Grants

Cardarelli K (PI), Jones G (Co-PI), Linneer K (Co-I), Barr-Porter M (Co-I), **Luecking CT (Co-I)**, Finley G (Co-I). 05/01/2025 – 04/30/2029. *NOURISH Kentucky: Nutrition Outreach Unifying Restorative Initiatives for Sustainable Health*. Humana Foundation. \$3,000,000; (\$40,577 responsible) 10% FTE. (regional, competitive)

- Direct process evaluation throughout planning and implementation, support data collection, facilitate communication with Cooperative Extension offices.

White C (PI), **Luecking CT (Consultant)**. 07/01/2024 - 09/30/2026. *UK GoNAPSACC*. Contract through Kentucky Cabinet for Health and Family Services, Department of Public Health for Center for Disease Control and Prevention Kentucky Physical Activity and Nutrition Program. NU58DP007561. \$888,000; (\$56,849 responsible) 8-9% FTE. (national, competitive)

- State partner to plan and facilitate access to, dissemination, and implementation of Go NAPSACC program to early childhood education programs. Served as State Lead during transitions at the Department of Public Health.

Cardarelli K (PI), Barr M (Co-PI), **Luecking CT (Co-I)**, Brewer D (Co-I), Swanson M (Co-I), Mullins J (Co-I), Slone S (Co-I). 03/01/2022 - 2/28/2026. *Laurel HARVEST: Helping Appalachia Restore a Vibrant food Environment for Self Sufficiency Together*. United States Department of Agriculture/National Institute of Food and Agriculture, 2022-68015-336947. \$969,720; (\$24,078 responsible) 5-10% FTE. (national, competitive)

- Direct process evaluation throughout planning and implementation, support data collection. Served as PI while Dr. Barr was on extended leave.

Hunter J (PI), Adedokun O (Co-I), Weddle (Co-I), **Luecking CT (Consultant)**. 10/01/2024 – 09/30/2025. *Kentucky SNAP-Ed*. FY25 Subrecipient through Kentucky Cabinet of Community Based Services for SNAP Ed Program C5601. \$11,192,515; (\$9,593 responsible) 10% FTE.

- Lead formative work and support development of new program for expectant parents and caregivers of infants and toddlers.

Awarded Internal Grants

Luecking CT (Scholar/PI). 08/01/2025 – 07/31/2026. *Characterization of diet quality and nutrition security during the perinatal period among women with substance use disorder*. UK BIRCWH program. \$20,406; (\$20,406 responsible) 0% FTE. (Internally competitive)

- Oversee financial, administrative, and scientific conduct of projects, manuscript development.

Maksi S (PI), **Luecking CT (Co-I)**, Masterson T (Co-I). 05/01/2025 – 06/30/2026. *Development of a virtual nutrition lab and educational experience: Piloting immersive virtual reality (iVR) with adolescents living in rural communities*. UK CCTS CORES Pilot Award. \$24,900; (\$0 responsible) 0% FTE. (Internally competitive)

Denotes *Student; ^Extension Agent

- Facilitate collaboration with 4-H Extension, data collection, and dissemination of outcomes.

Pending External Grants

Woods T (PI), Rossi J (Co-I), Norman-Burgdolf H (Co-I), **Luecking CT (Co-I)**. 09/30/2025 - 09/29/2028. *Growing CSA: A national nutrition education and marketing initiative*. USDA-Agricultural Marketing Service – Farmers Market Promotion Program. \$109,857; (\$4,035 responsible) 1% FTE. (national, competitive)

- Facilitate a nutrition education working group to identify best practices of emphasizing nutritional aspects of community-supported agriculture.

Completed External Grants

Luecking CT (PI), Brezeale N (Co-I), Neshteruk C (Co-I). 04/01/2024 - 03/31/2025. *Building a field of diverse nutrition investigators: A ripple effect mapping of the Healthy Eating Research Early Stage Investigator Work Group*. Robert Wood Johnson, Healthy Eating Research. \$19,993; (\$18,131 responsible) 4.75% FTE. (national, competitive)

- Oversee financial, administrative, and scientific conduct of project.

Plasencia, J. (PI), Brewer, D. (Co-I), Grubbs, A. (Co-I), Osorio, J. (Co-I), Norman-Burgdolf, H. (Co-I), Miller, C. (Co-I), Barr M (Co-I), **Luecking CT (Co-I)**. 05/01/2020 – 04/30/2025. *Bridge Scholars Program – Bridging Disease Prevention through Nutrition-Focused Education in Community Clinics*. USDA-NIFA-AFRI United States Department of Agriculture – AFRI Integrated Standard Grant. \$500,000; (\$0 responsible) 0% FTE year 5. (national, competitive)

- Mentor students and oversee research projects completed by Bridge Scholars related to Cooperative Extension.

Neshteruk C (PI), Kracht C (Co-I), Lane H (Co-I), **Luecking CT (Co-I)**. 11/01/2022 - 5/31/2023. *Implementation strategies used in policy, system and environmental interventions addressing obesity-related outcomes in early childhood education settings: A systematic review*. Robert Wood Johnson Foundation, Healthy Eating Research. \$8,000; (\$0 responsible) 0% FTE. (national, competitive)

- Contributed to data collection, data analysis, and manuscript development.

Luecking CT (PI), Ferrante M (Co-I), Kracht C (Co-I), Moding K (Co-I), Neshteruk C (Co-I). 11/01/2022 - 5/31/2023. *Policy, system, and environmental strategies to support healthy weight practices during the first 1,000 days: A scoping review*. Robert Wood Johnson, Healthy Eating Research. \$6,000; (\$6,000 responsible); 0.5% FTE. (national, competitive)

- Oversee financial, administrative, and scientific conduct of projects, manuscript development.

White C (PI), Gustafson A (Consultant), **Luecking CT (Consultant)**. 10/01/2018 - 09/30/2023. *Food service guidelines and early care and education*. Contract through Kentucky Cabinet for Health and Family Services, Department of Public Health for Center for Disease Control and Prevention Kentucky Physical Activity and Nutrition Program, NU58DP006497. \$5,000,000; (\$73,950 responsible) 8-10% FTE years 4-5. (national, competitive)

- State partner to plan and facilitate access to, dissemination, and implementation of Go NAPSACC program to early childhood education programs.

Ward DS (PI), Vaughn AE (Co-I), Ammerman AS (Co-I), Hales D (Co-I), Curran GM (Co-I), Studts CR (Co-I), Powell BJ (Co-I), Trogon JG (Co-I), Willis E (Co-I), **Luecking CT (Co-I)**. 08/15/2018 - 07/31/2023. *A hybrid effectiveness-implementation trial of Go NAPSACC: a childcare-based obesity prevention program*. Subaward of National Institute of Health/National Heart, Lung, and Blood Institute

through the University of North Carolina at Chapel Hill, 5R01HL137929. \$2,988,647; (\$637,965 responsible) 15% FTE years 2-5. (national, competitive)

- Oversee financial, administrative, and scientific conduct of the study at the University of Kentucky, technical expertise, data analysis.

Completed Internal Grants

Luecking CT (PI). 2/01/2023 - 08/31/2023. *Supporting healthy, happy eaters in early childhood.* College of Agriculture, Food and Environment Extension Innovation Award, University of Kentucky \$10,000; (\$10,000 responsible) 0% FTE. (Internally competitive)

- Lead grant efforts, technical assistance for intervention implementation, dissemination of findings.

Luecking CT (PI). 11/15/2021 - 06/30/2022. *Undergraduate research experiences in the SNACK Lab.* College of Agriculture, Food and Environment Research Activity Award, University of Kentucky \$2,400 (\$2,400 responsible) 0% FTE. (Internally competitive)

- Funds used to supplement ongoing formative work and mentor two undergraduate student researchers through data collection, analysis, and dissemination of findings.

Luecking CT (PI). 06/01/2021 - 06/30/2023. *Formative work for health promotion in early childhood in Kentucky.* College of Agriculture, Food and Environment Research Activity Award, University of Kentucky. \$30,000; (\$30,000 responsible) 0% FTE.

- Oversee financial, administrative, and scientific conduct of a time-sensitive project is to collect critical baseline data to support an extramural grant application to fund prospective evaluation of the equity of implementation and impact of new regulations for child care in Kentucky.

Luecking CT (PI), Rous B (Co-I), Williams C (Co-I), Dlugonski D (Co-I), Adatorwovor R (Co-I), Ingram R (Co-I), Ward DS (Co-I). 06/01/2021 - 05/31/2022. *Evaluating the impact and equity of translating new state-level policies into obesity prevention practices in child care centers in Kentucky.* Center for Health Equity Transformation, University of Kentucky \$25,000; (\$25,000 responsible) 0% FTE. (Internally competitive)

- Oversee financial, administrative, and scientific conduct of a time-sensitive project is to collect critical baseline data to support an extramural grant application to fund prospective evaluation of the equity of implementation and impact of new regulations for child care in Kentucky.

Unfunded Extramural Grants

Wright S(PI), Lyons J (Co-I), Ballard J (Co-I), Nall M (Co-I), Davis A (Co-I), Gustafson A (Co-I), **Luecking CT (Co-I)**, Bumgardner C (Co-I). *Health Equity: Appalachian Lifestyles for Trust and Hope (HEALTH).* 2023. National Science Foundation. \$1,498,880 (national, competitive)

Luecking CT (PI), Rous B (Co-I), Williams C (Co-I), Dlugonski D (Co-I), Adatorwovor R (Co-I), Ingram R (Co-I), Ward DS (Co-I). *Evaluating the impact and equity of translating new state-level policies into obesity prevention practices in child care centers in Kentucky.* 2021. Robert Wood Johnson Foundation. \$1,810,771 (national, competitive)

Luecking CT (PI), Rous B (Co-I), Williams C (Co-I), Dlugonski D (Co-I), Adatorwovor R (Co-I), Ingram R (Co-I), Ward DS (Co-I). *Evaluating the impact and equity of translating new state-level policies into obesity prevention practices in child care centers in Kentucky.* 01/01/2022 - 12/31/2025. National Institutes of Health/National Institute of Diabetes, Digestive, and Kidney Diseases, PAR 20-185. \$2,308,683. Scored – 57 (national, competitive, time-sensitive mechanism)

Norman-Burgdolf H (PI) & **Luecking CT (Co-PI)**. *Plate It Up! Kentucky Proud: Promoting Kentucky Proud palates from birth*. 2021. Kentucky Department of Agriculture, United States Department of Agriculture Specialty Crop Block Grant Program. \$44,276 (state, competitive)

Luecking CT (PI) & OoNorasak K (Co-I). *Increasing food security among young children and families engaged with Head Start in South Central Kentucky*. 2020. No Kid Hungry. \$25,000 (national, competitive)

Cardarelli K (PI), Barr M (Co-I), **Luecking CT (Co-I)**, Brewer D (Co-I), Swanson M (Co-I), Mullins J (Co-I), Slone S (Co-I). *Laurel HARVEST: Helping Appalachia Restore a Vibrant food Environment for Self Sufficiency Together*. 2020. United States Department of Agriculture/National Institute of Food and Agriculture. \$999,750. *Revised and resubmitted*. Scored – High priority (national, competitive)

Unfunded Internal Grants

Luecking CT (PI), Gauthier N (Co-I), Potter A (Co-I). *F2ECE: Enhancing the health and wellbeing of young children and community food systems through farm to early care and education*. 2024. University of Kentucky 2025 Engaged Project Funding. \$19,950. (internally competitive)

Luecking CT (Scholar/PI). *Strengthening connections: Exploration of social networks for farm to early care and education activities in Kentucky*. 2024. UK ASCEND (Achieving Success in Community-Engaged research to elimiNate Disparities), P50MD019476. Schoenberg/Conwell/Williams (PI). \$78,228. (internally competitive)

Dlugonski D (PI), **Luecking CT (Co-I)**, Erwin HE, & Hoch MC. *Our Family Moves: A pilot study to inform the design of a scalable family physical activity intervention*. 2020. University of Kentucky Center for Clinical and Translational Sciences. \$25,000. (internally competitive)

Completed Prior to Appointment

Ward DS (PI), Vaughn AE (Co-I), Hennink-Kaminski H (Co-I), Hales D (Co-I), & Moore RH (Co-I). 07/15/2014 - 8/31/2019. *Our Year of Healthy Living: A Social Marketing Intervention for Child Care & Home*. National Institute of Health/National Heart, Lung, and Blood Institute, HR01HL120969.

- Role: Graduate research assistant

Luecking, CT (PI). 08/15/2018 - 05/15/2019. *Implementation of a child care + home intervention to improve children's nutrition and physical activity: Assessment of fidelity, parent engagement, and enhanced implementation*. Graduate School at the University of North Carolina.

Mayer-Davis B (PI), Beck (Co-PI). 08/15/2016 - 08/14/2017. *Ruth L. Kirschstein National Research Service Award, Institutional Research Nutrition Training Grant*. National Institutes of Health/National Institute of Diabetes and Digestive and Kidney Diseases through the University of North Carolina at Chapel Hill, T32 DK07686.

- Role: Pre-doctoral trainee

OTHER EXTENSION ACTIVITY

Curricula and Toolkits (New Curriculum: 2; Adapted Curriculum: 1; Toolkit: 1)

4. **Luecking CT**, Cason A, McCulley M. (2024). *Big Blue Book Club – SNACK Club edition*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Program overview, marketing and media package, eight podcasts/videos]

Denotes *Student; ^Extension Agent

for asynchronous book club experience with complementary facilitator guides, participant handouts, activities, and evaluations for agents to facilitate local, in-person sessions, private Facebook group, newsletter series, overall program evaluation] (Original curriculum)

- The goal of SNACK Club is to build caregivers' capacity to navigate the journey of feeding children.
3. **Luecking CT**, McCulley M, Jury K. (2023). *Eating Over the Rainbow: A Fruit and Veggie a Day Challenge*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator guide, social media package, educational resources, child-focused activities, evaluation] (Peer-reviewed, original toolkit)
 - This program encourages families with young children to eat at least one fruit and veggie each day so that they can explore, grow strong, learn, and play.
 2. **Luecking CT⁺**, Bauldauff A[^], Jones N, Kostelic A, Workman L[^], Giles K[^], Congleton S[^], McCulley M, Jury K. (2022). *Pathways to Wellness*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture, Food and Environment. [Program overview, marketing and media package, four-session curriculum: facilitator guides, slide decks, publications, participant handouts, activities, evaluations] (Peer-reviewed, original curriculum)
 - This program was created to address agent-expressed need for programming about the multiple levels of influence on health. It aims to increase knowledge about social determinants of health and increase beliefs that individuals and communities can take action to change factors in the environment to promote health for all people.
 1. **Luecking CT & Jones N.** (2022). *Extension Health and Wellness Ambassador*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture, Food and Environment. [Agent training, agent implementation guide, marketing and media package, 40-hour ambassador training package: 25 slide decks, participant handouts, activities, evaluations] Adapted curriculum for use in Kentucky from University of Tennessee Extension.
 - This program is a volunteer program to increase capacity of Extension to deliver health programming and implement policy, system, environmental changes.

County Agent In-Service Trainings (n=12)

Trainings were delivered virtually and in-person in multiple locations to serve all areas of the state. All in-service trainings have an evaluation instrument. The mean results reported are for trainings that used a common evaluation instrument.

Mean Results Agent In-Service Trainings (Measured on a 5.0 Scale, n=260)

Measure	Mean Score
...was relevant to my county needs	4.46
...was based on credible, up-to-date information	4.64
...was well organized	4.58
...was an adequate treatment of the topic	4.52
...was easy to understand	4.50
...was well prepared	4.63
...used teaching methods appropriate for the content/audience	4.65
...was knowledgeable of the subject matter	4.69
...engaged the participants in learning	4.57
...related program content to practical situations	4.59

Denotes *Student; ^Extension Agent

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12. **Luecking CT**, Cason A. *Dr. Yum's Preschool Food Adventure*. Zoom, June 3, 2024. Dr. Yum's Preschool Food Adventure is an evidence-based program to promote exploration of fruit and vegetables among preschool-aged audiences. The one-hour session included a debrief of online training completed before the in-service and time to plan implementation and evaluation efforts of this pilot project.
 11. **Luecking CT**, Cason A. *Dr. Yum's Preschool Food Adventure*. Fayette County Extension Office, May 13, 2024. Dr. Yum's Preschool Food Adventure is an evidence-based program to promote exploration of fruit and vegetables among preschool-aged audiences. The three-hour session facilitated completion of training required for access to the program curriculum and online resources. The in-service also provided time to plan implementation and evaluation efforts of this pilot project.
 10. **Luecking CT**. *Creating a seat at the table: Basics of childhood nutrition*. Zoom, March 25, 2024. One-hour session presented as part of a week-long series for Family & Consumer Sciences agents and Nutrition Education Program specialists and assistants about nutrition across the lifespan. The in-service discussed what fuels growth and development, creating nourishing feeding environments, feeding as a journey together, and common concerns along the journey from birth to 18 years.
 9. **Luecking CT**. *Family & Consumer Sciences Quarterly Nutrition Update: Challenging the 'eat less, move more' story about obesity*. Zoom, April 18, 2023. One-hour session presented as part of a new quarterly nutrition series for Family & Consumer Sciences Agents. The in-service discussed challenges of talking about obesity, acknowledged barriers of measuring obesity, identified changes in energy balance and fat tissue related to obesity, explored factors that contribute to obesity, and examined the range of interventions to prevent and treat obesity.
 8. **Luecking CT**, Norman-Burgdorf H, Mullins J, Bastin S. *On Trend: Evidence-based program of work for emerging food and nutrition trends*. Multiple locations, February 2023. Three-hour session presented as part of the Family & Consumer Sciences Agent Training Week. In-service unpacked food and nutrition trends over time, provided guidance for distinguishing nutrition fact from fiction, and mapped current evidence-based and evidence-informed Extension programs with upcoming food and nutrition trends.
 7. **Luecking CT**, Baldauff A[^], McCulley M, Workman L[^], Kostelic A, Jury K, Congleton S[^], Giles K[^]. *Pathways to Wellness*. Three locations (Caldwell County, Morgan County, Scott County), September and October 2022. Six-hour session to orient Family & Consumer Sciences agents to this new health program that explores multiple levels of influence on health.
 6. **Luecking CT**, Starr A, Johnson M. *Go NAPSACC in Kentucky*. Zoom, August 3 & 12, 2022. Two-hour session to orient Go NAPSACC consultants to new tools, resources, and procedures for supporting implementation among child care programs across Kentucky.
 5. **Luecking CT**, Jones N. *Extension Health & Wellness Ambassador*. Zoom, May 10-11,13, 2021. Six-hour session to orient Family & Consumer Sciences agents to a new, health-focused volunteer program. This group will pilot and support continued adaptation of the Extension Health & Wellness Ambassador program for Kentucky.
 4. Jones N, **Luecking CT**, Norman-Burgdorf H. *PSE problem solving: Finding financial support*. Zoom, November 10, 2020. One-hour session presented and facilitated as part of ongoing technical

assistance to support Extension agents making policy, systems, and environmental changes in their community. In-service focused on finding financial support for making these changes.

3. Jones N, **Luecking CT**, Norman-Burgdolf H. *PSE problem solving: Building active communities*. Zoom, August 4, 2020. One-hour session presented and facilitated as part of ongoing technical assistance to support Extension agents making policy, systems, and environmental changes in their community. In-service focused on strategies for Active Living by Design.
2. Jones N, **Luecking CT**, Norman-Burgdolf H. *PSE problem solving: Keys to strong and productive partnerships*. Zoom, May 5, 2020. One-hour session presented and facilitated as part of ongoing technical assistance to support Extension agents making policy, systems, and environmental changes in their community. In-service focused on a creating a roadmap for effective partnerships, identifying challenges of partnerships, and brainstorming strategies to overcome.
1. Jones N, **Luecking CT**, Norman-Burgdolf H. *PSE: Making change stick*. Multiple locations, February 2020. Three-hour session presented as part of the FCS Agent Training Week. In-service focused on providing background about policy, systems, environment interventions and facilitating development of an action plan tailored to local counties.

County/Multi-County Educational Programs

37. **Luecking CT**. Nutrition tips for caregivers. Hardin County Caregiver Group, Zoom. May 2025. Invited.
36. **Luecking CT**, Cason A, Dockery N. Fostering confidence: Embracing healthy perspectives on food and self-image. Kentucky Extension Homemakers Association State Meeting, Lexington, KY. May 2025. Accepted.
35. **Luecking CT**. Nutrition for growing families. Community Baby Showers, multiple locations. April 2025. Invited.
34. **Luecking CT**, Rachels L. Go NAPSACC Refresher. Child Care Aware of Kentucky, Zoom. January 2025. Invited.
33. **Luecking CT**, Whitehouse T. Culinary creativity: Alternative cooking methods in the CACFP. Institute of Child Nutrition, Zoom. January 2025. Invited.
32. **Luecking CT**, Cason A, Kostelic A. Providing good nutrition in caregiving. Hardin County Caregiver Group, Zoom. September 2024. Invited.
31. **Luecking CT**. Research journal club: Once-Weekly Semaglutide in adolescents with obesity. Weight Management Dietetics Practice Group, Zoom. July 2024. Invited.
30. **Luecking CT**, Rachels L. Go NAPSACC Overview. Family Child Care Network of Kentucky, Zoom. July 2024. Invited.
29. **Luecking CT**, Fellows C[^]. Inspiring grandchildren to be grand cooks. Kentucky Extension Homemakers Association State Meeting, Bowling Green, KY. May 2024. Accepted.
28. **Luecking CT**. A community partnership to upcycle textiles into reusable bags to deliver meals from recovered foods. Kentucky Extension Homemakers Quilt Guilds, Scott County. June 2023. Invited.

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27. **Luecking CT**. Pathways to Wellness: Navigating the people, places and spaces that influence health. Kentucky Volunteer Forum, Lexington, KY. February 2024. Accepted.
26. **Luecking CT**. Pathways to Wellness: A program development story. Work in Progress, Department of Dietetics and Human Nutrition, University of Kentucky, Lexington, KY. November 2023. Invited.
25. Kneale L*, **Luecking CT**. Supporting feeding infants and young children during emergencies. Family & Consumer Sciences Agent Sewing Camp, Scott County, KY. July 2023. Invited.
24. **Luecking CT**, Baldauff A^, Workman L. Pathways to Wellness: Navigating the people, places and spaces that influence health. Kentucky Extension Homemakers Association State Meeting, Louisville, KY. May 2023. Accepted.
23. **Luecking CT**. Nutrition for the best start: What and how to feed kids from birth to two. Best Start (Counties: Hickman, Ballard, Carlisle, Fulton), Zoom. April 2023. Invited.
22. **Luecking CT**. Go NAPSACC orientation. Family & Consumer Sciences agents. Zoom, August 2022.
21. **Luecking CT**, Mullins J. Healthy eating around the world. Kentucky Extension Homemakers Association State Meeting, Owensboro, KY. May 2022. Accepted.
20. **Luecking CT**, DeWitt E, Hopkins E*. Tricks of the trade: Mindful eating and other strategies to manage stress and savor each eating experience. Kentucky Extension Homemakers Association State Meeting, Owensboro, KY. May 2022. Accepted.
19. **Luecking CT**. Nutrition for the best start: What and how to feed kids from birth to five. Best Start (Counties: Marshall, Ballard, Carlisle, Fulton), Zoom. May 2022. Invited.
18. **Luecking CT**, Jones N. Extension Health & Wellness refresher. Family & Consumer Sciences agent program pilot group. Zoom, April 2022.
17. **Luecking CT**. Getting connected with Go NAPSACC. Salt River Region of Child Care Aware, Zoom. April 2022. Invited.
16. Gebauer L*, **Luecking CT**. Preliminary results of a content analysis of obesity- & weight-related continuing professional education. Healthy Weight Taskforce, Weight Management Dietetics Practice Group of the Academy of Nutrition and Dietetics, Zoom. March 2022. Invited.
15. **Luecking CT**. Adoption of Go NAPSACC in Kentucky. Partnership for Fit Kentucky: Early Childhood Education Group, Zoom. March 2022. Invited.
14. **Luecking CT**. Go NAPSACC in Kentucky. Northern Kentucky Community Early Childhood Council, Zoom. February 2022. Invited.
13. **Luecking CT**, Norman-Burgdorf H. Make every bite count throughout the lifespan: Dietary Guidelines 2020-2025 for older adults. Donovan Forum Series, University of Kentucky Office of Lifelong Learning, Zoom. December 2021. Invited.

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12. **Luecking CT.** Strategies for mindful eating and stress eating during pregnancy and postpartum. PATHways Program, Lexington, KY, telehealth. September 2021. Invited.
 11. **Luecking CT.** Introduction to Go NAPSACC. Family & Consumer Sciences agents. Zoom, September 2021.
 10. **Luecking CT.** It's all fun and games: Inspiring healthier eating and activity habits with grandkids. National Volunteer Outreach Conference, Owensboro, KY. July 2021. Accepted.
 9. **Luecking CT.** It's all fun and games: Inspiring healthier eating and activity habits with grandkids. Kentucky Extension Homemakers Association State Meeting, Bowling Green, KY. June 2021. Accepted.
 8. **Luecking CT.** Census data for food security. U.S. Census Bureau 2021 Data Summit Series, Zoom. June 2021.
 7. **Luecking CT.** Go NAPSACC overview. Infant Toddler Network, Kentucky Division of Child Care, Zoom. April 2021. Invited.
 6. **Luecking CT.** Finding and working with a mentor. DHN Professional Development Series, University of Kentucky. April 2021.
 5. **Luecking CT.** Program updates: 2020-2025 Dietary Guidelines for Americans and child nutrition. Family & Consumer Sciences agents and Nutrition Education Program assistants, Zoom, March 2021. Invited.
 4. **Luecking CT, Rohde C.** Encourage children to play with their food: Things you can do to support healthy eating habits in early childhood. Fayette County Public Schools Early Childhood Summit, Zoom. September 2020. Accepted.
 3. **Luecking CT.** Building healthy eating and physical activity habits in early childhood. Ohio Valley Educational Cooperative. Zoom, July 22, 2020. Invited.
 2. **Luecking CT.** Building healthy eating and physical activity habits in early childhood. KY Governor's Office of Early Childhood. [Webinar](#), June 23, 2020. Invited.
 1. **Luecking CT, Strube B.** Bright by Text with KET. FCS @ Home series. Zoom, April 16, 2020.

Initial COVID-19 Response

During the early phase of the COVID-19 pandemic, (March 2020 – April 2021), state-level specialists developed and delivered live, online programming to support Cooperative Extension agents and constituents of the Commonwealth. These 30 – 45-minute standalone programs were designed to offer continuity in delivery of evidence-based information and programming from Cooperative Extension. Family & Consumer Sciences agents could advertise and host virtual watch parties for their community members. Programs were recorded and archived on the public facing Family & Consumer Sciences Facebook and YouTube pages. Additional resources, including information releases and activities, were provided to accompany support live programming.

11. **Luecking CT, Bastin S, Mullins J, Norris A.** Self-care and nutrition. Zoom and Facebook Live, April 2021. Part of the Living with Loss: Playing the Hand you are Dealt series.

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10. Badgett J, Huff N, Kostelic A, **Luecking CT**, McCulley M, Yount M. Picture this: Holiday memorable moments. Zoom and Facebook Live, December 2020. Part of the Holidays at Home Series.
 9. Bastin S, **Luecking CT**, Norman-Burgdorf H. All about that baste: Creating a picture-perfect turkey. Zoom and Facebook Live, November 2020. Part of the Holidays at Home Series.
 8. **Luecking CT**, Norman-Burgdorf H. Beyond ramen: Basics of nutrition and cooking with kitchen staples. Zoom and Youtube Live, July 2020. Part of the University of Kentucky's Adulthood 101 series for high school students across the state.
 7. **Luecking CT**, Norman-Burgdorf H. Summer melt. Zoom and Facebook Live, July 2020.
 6. **Luecking CT**, Jones N, Weisenhorn D. Kickin' up summer fun. Zoom and Facebook Live, June 2020.
 5. **Luecking CT**, Jones N. Sorting fact from fiction in a time of information overload. Zoom and Facebook Live, May 2020.
 4. **Luecking CT**, Strube B. Bright by Text with KET. Zoom and Facebook Live, May 2020.
 3. **Luecking CT**, Norman-Burgdorf H. Managing stress eating during stressful times. Zoom and Facebook Live, April 2020.
 2. **Luecking CT**, Norman-Burgdorf H, Kostelic A. Supporting your immune system with pantry staples. Zoom and Facebook Live, April 2020.
 1. **Luecking CT**, Norman-Burgdorf H. Involving little ones in the kitchen. Zoom and Facebook Live, March 2020.

Program Evaluation

4. Breazeale N, McGladrey M, May K, **Luecking CT**. February 2025. Ripple Effects Mapping, Storytelling Community of Practice, University of Kentucky
3. Breazeale N, **Luecking CT**, Cason A. August 2024. Ripple Effects Mapping, Gardening and nutrition education at the Healing Place.
2. **Luecking CT**, Cason A. December 2023 – June 2024. Farm to preschool planning, Community Action Council.
1. **Luecking CT**, OoNorasak, Frank A*. March 2020 – May 2021. Impact of a Mobile Food Market, Partnership between Community Action Council, Glean Kentucky, Campus Kitchen at the University of Kentucky and the Kentucky Nutrition Education Program.

Extension Homemaker Leader Lessons

Extension leader lessons are developed by state-level specialists for county agents, county homemaker groups, and other Extension partner organizations. Extension Specialists are highly encouraged to develop one new lesson each year. Lessons are peer-reviewed and pilot-tested prior to county use.

6. **Luecking CT**, Cason A. (2025). Mixing up the brown bag lunch: Packing lunches that kids will want to eat. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture Food and Environment. [Facilitator guide, slide deck, publication, participant handouts, activities, evaluation] (Peer-reviewed, original content)
5. **Luecking CT**, Fellows C[^]. (2024). Inspiring grandchildren to become grand cooks. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture Food and Environment. [Facilitator guide, slide deck, publication, participant handouts, activities, evaluation] (Peer-reviewed, original content))
4. **Luecking CT**. (2024). Pathways to Wellness – Where people live, work, and play. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture Food and Environment. [Facilitator guide, slide deck, publication, participant handouts, activities, evaluation] (Peer-reviewed, original content)
3. **Luecking CT**, Mullins J. (2023). Healthy eating around the world. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment. [Facilitator guide, slide deck, publication, participant handouts, activities, evaluation] (Peer-reviewed, original content)
2. **Luecking CT**, DeWitt E. (2022). Tips for managing stress eating. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment. [Facilitator guide, slide deck, publication, participant handouts, activities, evaluation] (Peer-reviewed, original content)
1. DeWitt E, **Luecking CT**. (2022). Savoring the eating experience: The art of eating mindfully. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture Food and Environment. [Facilitator guide, slide deck, publication, participant handouts, activities, evaluation] (Peer-reviewed, original content)

MEDIA OUTREACH

Television and Live Media Segments

28. **Luecking CT**, High L (Host), High D (Host). (2025, January 28). *Promoting a positive body image* [News Segment]. In ABC 36 Good Day Kentucky. Lexington, KY: WTVQ 36 Broadcasting.
27. **Luecking CT**, Cason A, High D (Host). (2024, September 12). *Family meals* [News Segment]. In ABC 36 Good Day Kentucky. Lexington, KY: WTVQ 36 Broadcasting.
26. **Luecking CT**, Boyd P (Host). (2024, Augst 8). *SNACK Club promo* [News Segment]. In ABC 36 Good Afternoon Kentucky at 3:00. Lexington, KY: WTVQ 36 Broadcasting.
25. **Luecking CT**, Coles J (Host). (2024, May 20). *Tips for positive food conversations* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television.
24. **Luecking CT**, Shive K (Host). (2024, January 9). *Pros and cons of baby food pouches* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television.
23. **Luecking CT**, Shive K (Host). (2024, January 5). *When picky eating becomes a problem* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television.

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22. **Luecking CT**, Shive K (Host). (2023, December 22). *Holiday food safety* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television.
21. **Luecking CT**, Shive K (Host). (2023, December 14). *Navigating holiday sweets with children* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television.
20. **Luecking CT**, Shive K (Host). (2023, May 26). *Eating Over the Rainbow: Encouraging children to eat fruit and veggies* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television.
19. **Luecking CT**, Shive K (Host). (2023, May 26). *Creating safe spaces to explore food* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television.
18. **Luecking CT**, High D (Host). (2023, May 23). *Keeping cool in the kitchen* [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.
17. **Luecking CT**, Shive K (Host). (2023, May 18). *A way with words: Encouraging children to try new foods* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television.
16. **Luecking CT**, Bivens E (Anchor). (2022, September 2). *Building mindfulness into everyday eating experiences* [News Segment]. In ABC 36 Good Afternoon Kentucky at 3:00. Lexington, KY: WTVQ 36 Broadcasting.
15. **Luecking CT**, Brown A (Anchor). (2022, August 23). *Breakfast for the back-to-school grind* [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.
14. **Luecking CT**, Shive K (Host). (2022, July 8). *Brain food* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television.
13. **Luecking CT**, Shive K (Host). (2022, July 7). *Keeping cool in the kitchen* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television.
12. **Luecking CT**, Shive K (Host). (2022, June 30). *Summer feeding programs* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television.
11. **Luecking CT**, Shive K (Host). (2022, February 9). *Dressing kids for winter outdoor play* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television.
10. **Luecking CT**, Shive K (Host). (2022, February 4). *Tips for promoting healthy smiles* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television.
9. **Luecking CT**, Bivens E (Anchor), Adams C (Anchor). (2021, November). *Healthy eating during the holidays* [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.
8. **Luecking CT**, Shive K (Host). (2021, February 5). *Tasty treats for snack attacks* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television.

7. **Luecking CT**, Shive K (Host). (2021, February 4). *Creating goals that help you eat better one bite at a time* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television.
6. **Luecking CT**, Shive K (Host). (2020, October 21). *Nutrition basics* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television.
5. **Luecking CT**, Shive K (Host). (2020, September 30). *Food and mood* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television.
4. **Luecking CT**, Shive K (Host). (2020, September 16). *Family meals* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television.
3. **Luecking CT**, Shive K (Host). (2020, September 7). *Heathy snacks* [News Segment]. Farm and Home Show. Warren County, KY: WBKO Television.
2. **Luecking CT**, Bivens E (Anchor), Adams C (Anchor). (2020, April). *Managing stress eating during stressful times*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.
1. Norman-Burgdolf H., **Luecking CT**, Adams C (Anchor), Bivens E. (Anchor). (2019, October). *A healthy and happy Halloween*, [News Segment]. In ABC 36 Good Day Kentucky at 9:00. Lexington, KY: WTVQ 36 Broadcasting.

Podcasts

The Talking FACS podcast is an award-winning podcast produced by the University of Kentucky Family & Consumer Sciences Extension. It focuses on "what you need to know about family, food, finance, and fitness."

39. **Luecking CT**, McCulley M (Host) Building a better body image [Audio blog post]. *Talking FACS*. 2025 February 25; Season 7, Episode 35
<https://open.spotify.com/episode/7KkLMbfliqpKdx4kQ185kY>
38. **Luecking CT**, Cason A. Let the fun begin – Using our senses to explore and experience food [Audio blog post]. *Talking FACS*. 2024 Sep 30; SNACK Club, Episode 8
<https://open.spotify.com/episode/4rVn7J28HBOS9dR5qAdip5?si=92a7a2485635436f>
37. **Luecking CT**, Cason A. Phoning friends for professional support with feeding concerns [Audio blog post]. *Talking FACS*. 2024 Sep 26; SNACK Club, Episode 7
<https://open.spotify.com/episode/2p8Jp77piLO7xSPLWg8UwW?si=jzk5qPsnQy2Oo9i8-CF6bw>
36. **Luecking CT**, Cason A. Managing mealtime behaviors [Audio blog post]. *Talking FACS*. 2024 Sep 23; SNACK Club, Episode 6
<https://open.spotify.com/episode/4QAAIjiDcA7pLW77JYiZpT?si=826ca9e604324e62>
35. **Luecking CT**, Cason A. Setting the table for a pleasant mealtime [Audio blog post]. *Talking FACS*. 2024 Sep 19; SNACK Club, Episode 5
<https://open.spotify.com/episode/6ogwMY13nu9R8GSUBxJcDa?si=a84a276f12e542f3>

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34. **Luecking CT**, Cason A. Setting the table for a “successful” mealtime through structure and boundaries [Audio blog post]. *Talking FACS*. 2024 Sep 16; SNACK Club, Episode 4
<https://open.spotify.com/episode/5NgGAeuldVa3m2dch9Yte?si=8cba7c5cb5fc4ff1>
 33. **Luecking CT**, Cason A. The five Ws of feeding children [Audio blog post]. *Talking FACS*. 2024 Sep 12; SNACK Club, Episode 3
<https://open.spotify.com/episode/5HxPpBCAxcfJriKtkGFhol?si=603dd517dd6c4052>
 32. **Luecking CT**, Cason A. Reframing how we talk about food [Audio blog post]. *Talking FACS*. 2024 Sep 9; SNACK Club, Episode 2
<https://open.spotify.com/episode/3uQg5fPC7Px2UMTuta5ZWX?si=f8a10d0b9c3d4d03>
 31. **Luecking CT**, Cason A. An age old dilemma: What to feed children [Audio blog post]. *Talking FACS*. 2024 Sep 5; SNACK Club, Episode 1
<https://open.spotify.com/episode/7aNyxFMWlsps0nx2pXRRlI?si=bee7325452d04429>
 30. **Luecking CT**, McCulley M (Host) Packing lunches for healthy energetic kids [Audio blog post]. *Talking FACS*. 2024 August 13; Season 7, Episode 7
<https://open.spotify.com/episode/3uJapFSsWbOROVIFocaHXD>
 29. **Luecking CT**, Cason A, McCulley M (Host) Big Blue Book Club presents SNACK Club [Audio blog post]. *Talking FACS*. 2024 August 1; Special Edition Episode
<https://open.spotify.com/episode/5cNQSpG1W75SpgsfruwM93>
 28. **Luecking CT**, McCulley M (Host) Planning and packing practical lunches: The ultimate guide for busy parents [Audio blog post]. *Talking FACS*. 2024 July 16; Season 7, Episode 3
<https://open.spotify.com/episode/5cNQSpG1W75SpgsfruwM93>
 27. **Luecking CT**, McCulley M (Host) Navigating nutrition: Are infant supplements necessary? [Audio blog post]. *Talking FACS*. 2024 June 18; Season 6, Episode 49
<https://open.spotify.com/episode/2AXmhGYjq09mAC0rkrvWbW>
 26. **Luecking CT**, McCulley M (Host) Is baby-led weaning for me and my baby [Audio blog post]. *Talking FACS*. 2024 February 13; Season 6, Episode 31
<https://open.spotify.com/episode/2mCG0kbIB5TzH6oNL1sJY5>
 25. *Re-broadcast*. **Luecking CT**, McCulley M (Host) Dressing kids for outdoor play [Audio blog post]. *Talking FACS*. 2023 December 26; Season 6, Episode 24
<https://open.spotify.com/episode/727dQGlidvHZVKUmAYnpQ6>
 24. **Luecking CT**, McCulley M (Host) Navigating the season of sweets with children [Audio blog post]. *Talking FACS*. 2023 December 12; Season 6, Episode 22
<https://open.spotify.com/episode/6nJHziAtD9VjKKJEvOe1aB>
 23. **Luecking CT**, McCulley M (Host) Dressing kids for outdoor play [Audio blog post]. *Talking FACS*. 2023 October 10; Season 6, Episode 13
<https://open.spotify.com/episode/7wXpOsgal0oNvELj8OvBfg>
 22. **Luecking CT**, McCulley M (Host) Brain food [Audio blog post]. *Talking FACS*. 2023 September 19; Season 6, Episode 10 <https://open.spotify.com/episode/6ZleYC00gBwCE7acE1b4kh>

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21. **Luecking CT**, McCulley M (Host) Exploring new foods with children [Audio blog post]. *Talking FACS*. 2023 August 14; Season 6, Episode 6
<https://open.spotify.com/episode/3HPwrcGN3ixdYJW06w5YYI?si=3b59a2ccf8874af9>
 20. **Luecking CT**, McCulley M (Host) Eating Over the Rainbow [Audio blog post]. *Talking FACS*. 2023 August 7; Season 6, Episode 5
<https://open.spotify.com/episode/3HPwrcGN3ixdYJW06w5YYI?si=3b59a2ccf8874af9>
 19. **Luecking CT**, McCulley M (Host) Feeding toddlers [Audio blog post]. *Talking FACS*. 2023 July 17; Season 6, Episode 2 <https://open.spotify.com/episode/03O407yNwiwRVjX4QhZpnw>
 18. **Luecking CT**, McCulley M (Host) Eat your words: Phrases that encourage children to try new foods [Audio blog post]. *Talking FACS*. 2023 May 23; Season 5, Episode 37.
<https://open.spotify.com/episode/2kkjK4ymiteSy4AfHY4kEf?si=57f2299f535e4bf0>
 17. **Luecking CT**, Turner C (Host) Dr. Courtney Luecking [Audio blog post]. *DoGood Radio*. 2023 Mar 20; Episode 27. Blue Grass Community Foundation.
<https://open.spotify.com/show/04zcNVqWsBe7TO8vFWXNly>
 16. **Luecking CT**, McCulley M (Host) Strategies for lower stress family meals [Audio blog post]. *Talking FACS*. 2023 Feb 13; Season 5, Episode 25
<https://open.spotify.com/episode/1HZi4iskgq7WhEKOwzCBSU?si=08293fe77b2b4f23>
 15. *Re-broadcast*. **Luecking CT**, Hunter JL (Host) Supporting childhood immunity with nutrition [Audio blog post]. *Talking FACS*. 2022 Dec 26; Season 3, Episode 34
<https://open.spotify.com/episode/1btQWWV0QnFFM0GBOAP85a?si=a57eba93f7b548fd>
 14. **Luecking CT**, McCulley M (Host) Creating safe spaces to explore foods [Audio blog post]. *Talking FACS*. 2022 Aug 29; Season 5, Episode 7.
<https://open.spotify.com/episode/4SVyoZTAUnDjI5JDzF16kE?si=7i6Q0v8MRYyn22Nh9-nzPg>
 13. **Luecking CT**, McCulley M (Host) How to respond when your child says, "I don't like it!" [Audio blog post]. *Talking FACS*. 2022 Aug 8; Season 5, Episode 4.
<https://open.spotify.com/episode/3FnImjKXaKXdLRKjs5sNGC?si=ef2048e841eb47c3>
 12. **Luecking CT**, McCulley M (Host) Why are comfort foods so comforting? [Audio blog post]. *Talking FACS*. 2022 Mar 14; Season 4, Episode 24.
<https://open.spotify.com/episode/0dYAce2V7xfqGRZeU6eEvh?si=cb253a7cf3b84168>
 11. **Luecking CT**, McCulley M (Host) To eat or not to eat: How to know when you are hungry [Audio blog post]. *Talking FACS*. 2021 Dec 20; Season 4, Episode 18.
<https://open.spotify.com/episode/2z9Y7ITVnfTN6PiG9CUkGx?si=f0bceb9c55df44af>
 10. **Luecking CT**, McCulley M (Host) New twists on traditional holiday meals [Audio blog post]. *Talking FACS*. 2021 Nov 15; Season 4, Episode 14.
<https://open.spotify.com/episode/5PwBSPPYmxNJzof2DXleq?si=ae9dd7b824cd4ee3>

9. **Luecking CT**, McCulley M (Host) World Breastfeeding Week 2021 [Audio blog post]. *Talking FACS*. 2021 Jul 26; Season 4, Episode 2.
<https://open.spotify.com/episode/3fKT2h06mNFWYqfiFYhQy?si=a292315c7bc84ae2>
8. **Luecking CT**, McCulley M (Host) Introducing solid foods to infants [Audio blog post]. *Talking FACS*. 2021 Jun 28; Season 3, Episode 50.
<https://open.spotify.com/episode/1nN16JZYzgBIG7uuiUeYVZ?si=e30131b9a98b4ad2>
7. **Luecking CT**, Hunter JL (Host) Let's get excited about the DGA 2020-2025! [Audio blog post]. *Talking FACS*. 2021 Apr 6; Season 3, Episode 40.
<https://open.spotify.com/episode/3ngCZ14UGF3CM3unNzg9J3?si=d37a45969ade497e>
6. **Luecking CT**, Hunter JL (Host) Supporting childhood immunity with nutrition [Audio blog post]. *Talking FACS*. 2021 Mar 1; Season 3, Episode 34.
<https://open.spotify.com/episode/08StQP2LWul6L0rQlkcCCi?si=b1e1a03746e44632>
5. **Luecking CT**, Hunter JL (Host) Navigating food jags [Audio blog post]. *Talking FACS*. 2021 Feb 2; Season 3, Episode 31.
<https://open.spotify.com/episode/3fODDmMD4DaGbOopflYV1o?si=cdab2dad52c348ad>
4. **Luecking CT**, Jones N, Hunter JL (Host) Fact or fiction: Finding reliable health information [Audio blog post]. *Talking FACS*. 2021 Jan 11; Season 3, Episode 28.
<https://open.spotify.com/episode/6dmqvTLEBgHtuuXo4wQy2?si=11d1f40028724b93>
3. **Luecking CT**, Hunter JL (Host) Food allergies and you [Audio blog post]. *Talking FACS*. 2020 Aug 17; Season 3, Episode 8.
<https://open.spotify.com/episode/1Yn9E9UfpfTkFoyQwSUs1f?si=5eb35f410f28486c>
2. **Luecking CT**, Hunter JL (Host) Grab and go the healthier way [Audio blog post]. *Talking FACS*. 2020 Feb 24; Season 2, Episode 36.
<https://open.spotify.com/episode/2frpd6k6ibcFXuxo4jVTLZK?si=f5366847449446ce>
1. **Luecking CT**, Hunter JL (Host) I'm thirsty! Choosing healthy drinks for the zero to five crowd [Audio blog post]. *Talking FACS*. 2020 Jan 13; Season 2, Episode 30.
<https://open.spotify.com/episode/0PfAgvTbckhaw6DOstUU1o?si=04867b20c6eb4c4a>

Print Media

International Media

1. McHugh S, Presseau J, **Luecking C**, Powell B. Better together: Integrating taxonomies to describe implementation strategies. *Implementation in Action Bulletin*. Center for Implementation. 2021 Sep 21. <https://thecenterforimplementation.com/implementation-in-action-bulletin/sep-2021>

Regional and National Media

1. Zimlich R. Pediatricians urged to help guide better nutritional choices. *Contemporary Pediatrics*. 2020 Sep 7. <https://www.contemporarypediatrics.com/view/pediatricians-urged-to-help-others-guide-better-nutritional-choices>

Local Media

5. Sowards G. Hungry for learning? Try SNACK Club for nutrition resources on feeding kids. *Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky*. 2024 Nov 8. <https://news.ca.uky.edu/article/hungry-learning-try-snack-club-nutrition-resources-feeding-kids>
4. Carney C. University of Kentucky students serve health, balanced meals to community through Meals on Wings. *Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky*. 2023 Nov 16. <https://news.ca.uky.edu/article/university-kentucky-students-serve-healthy-balanced-meals-community-through-meals-wings>
3. Simpkins H. From rags to bags: Upcycling research tackles textile and food waste. *University of Kentucky College of Agriculture, Food and Environment*. 2022 Nov 18. <https://news.ca.uky.edu/article/rags-bags-upcycling-research-tackles-textile-and-food-waste>
2. Flener DT. Education abroad program immerses students in Hawaiian culture. *UKNOW University of Kentucky News*. 2022 Apr 4. http://uknow.uky.edu/student-news/education-abroad-program-immerses-students-hawaiian-culture?i=483188&sfmc_sub=164036658&l=22384_HTML&u=14572302&mid=10966798&jb=0
1. First 5 Lex Partner Spotlight on the University of Kentucky Department of Dietetics and Human Nutrition. *First 5 Lex*. 2020 Dec 7.

University of Cooperative Extension Agent Exclusives

The Agricultural Communications Services Unit provides Agent Exclusives to all county agents. These exclusives are timely newspaper articles written in conjunction with Extension Specialists and can be reprinted locally.

12. **Luecking CT**, Carney C. (2024, April). Easy tips for packing healthy, yummy lunches for happy, energetic kids
11. **Luecking CT**, Strickler J. (2022, March). Children's menus: Are they really for children?
10. **Luecking CT**, Strickler J. (2021, November). A healthy future begins with a healthy childhood.
9. **Luecking CT**, Pratt K. (2021, August). New digital tool helps young children get off to a healthy start.
8. **Luecking CT**, Pratt K. (2021, March). Nutrition Facts labels get an update.
7. **Luecking CT**, Pratt K. (2021, January). New dietary guidelines encourage healthy eating throughout life.
6. Norman-Burgdolf H, **Luecking CT**, Pratt K. (2020, October). Tips for healthier snacking.
5. **Luecking CT**, Pratt K. (2020, July). Breaking down new nutritional recommendations for infants and toddlers.
4. **Luecking CT**, Bastin S, Pratt K. (2020, May). Create healthy eating environments for children.
3. **Luecking CT**, Weisenhorn D, Pratt K. (2020, January). Resources for childhood development milestones available online.

2. **Luecking CT**, Pratt K. (2019, November). Develop healthy beverage habits early.
1. Brewer D, **Luecking CT**, Pratt K. (2019, October). Diet changes can reduce your exposure to environmental pollutants.

Social Media Campaigns

4. Horan B*, Cason A, McCulley M, **Luecking CT**. Kids Eat Right Month™ – Little Bites Lots of Fun. *University of Kentucky Family Consumer Sciences Extension*. August 2024. Reach: 13,530.
3. McCulley M & **Luecking CT**. Kids Eat Right Month™ - Eating Over the Rainbow. *University of Kentucky Family Consumer Sciences Extension*. August 2023. Reach: 76,809
2. Cochran G* & **Luecking CT**. Toddler Feeding Series (4 topics). *University of Kentucky Family Consumer Sciences Extension*. March 2022.
1. **Luecking CT**. Use Less, Spend Wise by Ditching Disposables and Packing a Lunch. *University of Kentucky Family & Consumer Sciences Extension*. November 2020.

TEACHING ACTIVITY

Courses Taught at University of Kentucky

DHN-408 Seminar in Dietetics and Human Nutrition

Semester Format	Student Enrollment
Spring 2025 Synchronous, In-person	7 undergraduate students

DHN-597: Obesity and Food Insecurity Paradigm: From Cell to Society

Semester Format	Student Enrollment <i>Special Notes</i>
Fall 2022 Distance Learning, Asynchronous	11 students (9 undergraduate, 2 graduate) representing dietetics and human nutrition, public health, communication, information communication technology <i>Co-taught with Drs. Annie Koempel and Tammy Stephenson</i>
Summer 2022 Distance Learning, Asynchronous	9 students (2 undergraduate, 1 post-bacc, 6 graduate) representing dietetics and human nutrition, social work, business, health and human sciences, science translation and outreach <i>Co-taught with Dr. Annie Koempel</i>
Fall 2021 Distance Learning, Asynchronous	16 students (7 undergraduate, 9 graduate) representing dietetics and human nutrition, public health, culinary medicine, health and human sciences, science translation and outreach
Spring 2021 Distance Learning, Asynchronous	13 students (8 undergraduate, 4 graduate) representing dietetics and human nutrition, public health, culinary medicine, 1 audit
Summer 2020 Distance Learning, Asynchronous	16 students (3 undergraduate, 13 graduate) representing dietetics and human nutrition, public health, science translation and outreach, and kinesiology

Denotes *Student; ^Extension Agent

Spring 2020 Synchronous, In-person and Distance Learning	6 dietetics and human nutrition students (5 undergraduate, 1 graduate) <i>The COVID-19 pandemic transitioned in-person to distance learning.</i>
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DHN-603: Advanced Community Program Development

Semester Format	Student Enrollment <i>Special Notes</i>
Fall 2023 Distance Learning, Asynchronous	21 graduate students representing dietetics and human nutrition, public health, kinesiology, science translation and outreach

Experiential Learning

- Winter 2021 *DHN 300: The Spirit of Aloha: A Lived Practice of Mind, Heart, and Health in Hawai'i*, Co-Director. Enrolled: 14 undergraduate students representing dietetics and human nutrition, public health, health and human sciences, and biology. 12-day study away tour.
- May 2020 *Virtually Impacting Every Kentuckian*, Preceptor. Enrolled: 19 DHN Supervised Practice Dietetic Interns. Remote experiences to develop new programming for use by Family & Consumer Science Agents regarding the role of nutrition in the prevention/management of the most prevalent chronic diseases affecting Kentuckians.

Invited Lectures and Other Teaching

- Nov. 2024 *DHN 474: Research in Nutrition Theory*. University of Kentucky, guest lecture: "Lessons learned in the development and evaluation of Pathways to Wellness"
- Oct. 2024 *DHN 312 Life Cycle and Community Nutrition I*. University of Kentucky, guest lecture: "Nutrition policy and programs"
- March 2022 *FAM 473 Family Life Education*, University of Kentucky, guest lecture: "Savoring the eating experience: The art of eating mindfully"
- Sept. 2021 *SPH-N 336 Public Health Nutrition*, Indiana University, guest lecture: "Evaluating the impact and equity of translating state-level policies into local obesity prevention practices"
- Nov. 2020 *CPH423 Health of Kentuckians*, guest lecture: "Role of Cooperative Extension in Obesity Prevention"

Prior to Appointment

- Fall 2015 *NUTR 240 Introduction to Human Nutrition*. University of North Carolina Discussion Section Leader. Enrolled: 20 undergraduate nutrition students
- Spring 2014 *HSCI 490 Fundamentals of Healthy Living*. Saint Louis University Instructor. Enrolled: 24 pre-professional, undergraduate allied health students
- Fall 2013 *Dietetic Internship Program*. Saint Louis University, guest lecture: "Evidence-based weight management techniques for Registered Dietitian Nutritionists"
- Fall 2013 *Dietetic Internship Program*. Saint Louis University, guest lecture: "Nutrition for bariatric surgery"

Denotes *Student; ^Extension Agent

Graduate Student Mentoring

Student Name Program	Thesis/Special Project Distinctions	Role	Graduation
Theses			
Tanya Whitehouse <i>Community Leadership and Development</i>	TBD	Member	Anticipated May 2026
Johanna Poysti <i>Dietetics and Human Nutrition</i>	Assessing the effectiveness of a modified Cook Together Eat Together program on food resource management behaviors in a rural setting	Member	May 2025
Allyson Dyar <i>Dietetics and Human Nutrition</i>	Sex difference in pediatric hypertension: Obesity, stress, and the renin-angiotensin system	Member	December 2024
Esther Ndashaala <i>Dietetics and Human Nutrition</i>	Role of social determinants of health and the rein-angiotensin-aldosterone system in risk for hypertensive disorders of pregnancy and related adverse outcomes	Member	December 2024
Christina Wilson <i>Dietetics and Human Nutrition</i>	Examining the feasibility and effectiveness of school gardens and farm to school programming in rural Kentucky schools through a community partnership approach	Member	December 2024
Millicent Gyasiwaa <i>Dietetics and Human Nutrition</i>	Nutrient profile assessment of a meal program on older adults diet quality and food insecurity status	Member	December 2024
Adeyimika Desmennu <i>Dietetics and Human Nutrition</i>	Influences of fidelity in implementation of Go NAPSACC at selected early childhood education centers in Kentucky 2022-2023 College of Agriculture, Food and Environment Diversity Fellowship	Chair	December 2024
Jenny Wells <i>Dietetics and Human Nutrition</i>	Development of a community-based plan for an effective behavioral intervention to reduce childhood obesity in a rural Appalachian community	Member	December 2023
Maddy Blaes <i>Dietetics and Human Nutrition</i>	Farmers' market incentive program as an intervention for improving behavior regarding fruit and vegetable consumption in children and adolescents	Member	December 2022
Gretchen Trumbo <i>Dietetics and Human Nutrition</i>	Assessing self-perceived nutrition-related lifestyle behaviors and knowledge of university music students following a targeted presentation	Member	May 2021
Capstones			
Sarah Drysdale	Balancing Act: Importance of youth nutrition and hydration and helpful strategies for the busy family	Principal Advisor	December 2024

Denotes *Student; ^Extension Agent

<i>Science Translation and Outreach in Agriculture, Food and Environment</i>			
Cathy Fellows <i>Science Translation and Outreach in Agriculture, Food and Environment</i>	Inspiring grandchildren to be grand cooks <i>This capstone generated a peer-reviewed Extension publication, Leader Lesson, and a conference presentation.</i>	Principal Advisor	December 2023
Kelly Burgess <i>Science Translation and Outreach in Agriculture, Food and Environment</i>	Market your market: Adding value to the farmers market experience through non-monetary incentives	Member	December 2022
Leslie Workman <i>Science Translation and Outreach in Agriculture, Food and Environment</i>	Impact of <i>Pathways to Wellness</i> on participant knowledge about social determinants of health and beliefs in ability to take action to change factors in the environment to promote health for all people <i>This capstone contributed to 4 peer-reviewed Extension publications, the Pathways to Wellness curriculum, a peer-reviewed manuscript, and 3 conference presentations.</i>	Principal Advisor	December 2022
Angela Baldauff <i>Science Translation and Outreach in Agriculture, Food and Environment</i>	Examination of the acceptability, appropriateness, feasibility, and fidelity of implementation of <i>Pathways to Wellness</i> among Family and Consumer Sciences agents in Kentucky <i>This capstone contributed to 4 peer-reviewed Extension publications, the Pathways to Wellness curriculum, a peer-reviewed manuscript, and 3 conference presentations.</i>	Principal Advisor	December 2022
Cora Teets <i>Dietetics and Human Nutrition</i>	Understanding the experiences of nutrition educators working within substance use recovery settings	Member	May 2021
<i>Evidence-based Practice Projects</i>			
Kelly Bland <i>Dietetics and Human Nutrition</i>	Increasing fruit and vegetable intake through farmers' market incentive programs in low-income adults	Principal Advisor	August 2025
Deanna Wyrick <i>Dietetics and Human Nutrition</i>	Intermittent energy restriction and its effects on inflammatory biomarkers	Principal Advisor	May 2025

Directed Undergraduate Student Learning (Since Appointment: 17)

Student Name Program	Role	Project Distinctions	Timeframe	Output
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Denotes *Student; ^Extension Agent

Haley Griebel <i>Neuroscience</i>	ACTION student, Markey Cancer Center Undergraduate research assistant	Honor's thesis	2025	
Kiauna Crowder <i>Dietetics and Human Nutrition</i>	Undergraduate research assistant	Feeding Kentucky's Children: A comparative analysis of parents' and grandparents' feeding behaviors <i>Martin-Gatton College of Agriculture, Food and Environment Student Enhancement Fund Recipient</i>	2025	Poster presentation
Breanna Vessels <i>Dietetics and Human Nutrition</i>	Bridge Scholar	Knowledge, attitudes, beliefs, and values of Cooperative Extension professionals about supporting lactating people in programming spaces <i>2025 Cooperative Extension Summer Internship</i>	2024 - 2025	Poster presentation
Isabella Recktenwald <i>Dietetics and Human Nutrition</i>	Bridge Scholar	Facilities and resources needed to support lactating people in Extension settings	2024 - 2025	Poster presentation
Ashlyn Davis <i>Dietetics and Human Nutrition</i>	Honors Conversion Project (DHN 312)	Oral health during the first 1,000 days	Fall 2024	2 peer- reviewed Extension publications
Brianna Horan <i>Dietetics and Human Nutrition</i>	Undergraduate research assistant	Evaluation of a strategic social media plan to increase reach and engagement of nutrition information on the University of Kentucky Family & Consumer Sciences Extension's social media accounts <i>2025 Cooperative Extension Summer Internship Spring 2024 Undergraduate Research Award</i>	Spring 2024	2 poster presentations
Jordan Colella <i>Dietetics and Human Nutrition</i>	Undergraduate research assistant	Policy, system, and environmental interventions for breastfeeding promotion during the first 1,000 days: A scoping review <i>3rd place in the 5-Minute Fast Track Oral Research Competition</i>	Feb – Nov 2023	Peer- reviewed manuscript

Alina Goodman <i>College of Public Health</i>	Undergraduate research assistant	Upcycling textiles into grocery bags for mobile food market delivers to families experience food insecurity in Central Kentucky 2022 University of Kentucky Undergraduate Sustainability Summer Research Fellowship	March 2022 - May 2023	2 conference presentations and 2 poster presentations
Lily Gebauer <i>Dietetics and Human Nutrition</i>	Undergraduate research assistant	Preliminary results of a content analysis of obesity- and weight-related continuing professional education	Spring 2022	Presentation to a national taskforce and poster presentation
Alison Doecker <i>Dietetics and Human Nutrition</i>	Undergraduate research assistant	Gap analysis of community-based nutrition education programming targeting families of limited means with infants and toddlers	Aug 2021 – May 2022	2 poster presentations
Nolan Buland <i>Dietetics and Human Nutrition</i>	Undergraduate research assistant	Needs assessment for community-based nutrition education programming in low-income brackets who live in Kentucky	Fall 2021	
Kangai Miriti <i>College of Public Health</i>	Undergraduate research assistant	SNACK Study	Fall 2021	
Caroline Coffey <i>College of Public Health</i>	Undergraduate research assistant	SNACK Study	Jun – Oct 2021	
Gabrielle Cochran <i>College of Public Health</i>	Undergraduate research assistant	SNACK Study Contributions to a pilot study of child care centers and children across Kentucky ODK Maurice A. Clay Award	June 2021 – May 2022	2 poster presentations
Meri Hayden Rushing <i>College of Public Health</i>	Undergraduate research assistant	SNACK Study	Jun – Nov 2021	
Saugat Bohara <i>College of Arts & Sciences</i>	Undergraduate research assistant	SNACK Study	Summer 2021	
Ashly Frank <i>Dietetics and Human Nutrition</i>	Undergraduate research assistant	Turning recovered produce into healthy meal kits for families with limited resources: Evaluation of the impact of collective action 2021 University of Kentucky Undergraduate Sustainability	Jun 2021 – May 2022	Conference presentation and 3 poster presentations

		Summer Research Fellowship		
Haley Adams <i>Dietetics and Human Nutrition</i>	Mentee	Communication about nutrition and obesity among Registered Dietitian Nutritionists and individuals of child-bearing age	Mar – Dec 2020	

SERVICE

Professional

Ad hoc	<i>Peer reviewer</i> , American Heart Association, American Journal of Health Promotion, BMC Public Health, BMJ Open, Child: Care, Health & Development, Early Child Development and Care, Frontiers in Public Health, Health Education & Behavior, Implementation Science Communications, Journal of the Academy of Nutrition and Dietetics, Journal of Nutrition Education and Behavior, Maternal and Child Health Journal; Kentucky state University Cooperative Extension, University of Nevada Cooperative Extension
2024 - 2027	<i>Public Policy Coordinator</i> , Kentucky Academy of Nutrition and Dietetic (state, elected)
2023 - 2025	<i>Treasurer</i> , Kentucky Association of State Extension Professionals (state, elected)
2022 - 2024	<i>Treasurer</i> , Weight Management Dietetics Practice Group (national, elected)
2020 - 2023	<i>Work group member</i> , Multi-state group of Cooperative Extension professionals working in early childhood
2020 - 2022	<i>Work group member</i> , Healthy Weight Task Force, Weight Management Dietetics Practice Group
2020 – 2021	<i>Guest editor</i> , International Journal of Environmental Research and Public Health, Special Issue on Developing Children's Behaviors within the Family Context

Institutional

2025	<i>Member</i> , Search Advisory Committee, Associate Dean and Director of Extension, Martin-Gatton College of Agriculture, Food and Environment (College)
2025	<i>County Review Team Member</i> , University of Kentucky Cooperative Extension Service (College)
2024 - 2025	<i>Plant, Animal, and Human Systems Committee</i> , Martin-Gatton College of Agriculture, Food and Environment Grand Challenges Grant, Synergizing Extension Health Partnerships: Planning for Impact (College)
2024 - present	<i>Co-Chair</i> , Extension-Research Synergy (Department)
2024 - present	<i>Member</i> , Gatton Foundation Scholarship Committee (Department)
2024	<i>Mentor</i> , University of Kentucky Martin-Gatton College of Agriculture, Food and Environment Mentorship Program (College)
2024	<i>Faculty Search Committee</i> , Assistant Professor, Regular Title Series Tenure-Eligible (Department)
2023	<i>Outside Examiner</i> , Final Doctoral Examination (University)
2022 - present	<i>Extension Evaluation Advisory Committee</i> , University of Kentucky Cooperative Extension Service (College)
2022	<i>Judge</i> , Sustainability Research Poster Competition (University)
2019 - present	Graduate Faculty Council (Department)
2019	<i>Application Reviewer</i> , Undergraduate Research Award Applications (University)

Outreach

Denotes *Student; ^Extension Agent

2022 - present *Member*, Community Action Council, Head Start, Health and Mental Health Services
Advisory Committee Meeting

2020 - present *Member*, First 5 Lex

2020 - present *Member*, Partnership for Fit Kentucky

Prior to Appointment

2018 *Work in Progress Organization Committee*, Department of Nutrition, University of North Carolina

2018 *Abstract Reviewer*, Annual Meeting of the Society of Behavioral Medicine (Dissemination and Implementation track)

2017 - 2019 *Evidence Analysis Library Data Extract Team Research Analyst*, Academy of Nutrition and Dietetics

2016 - 2019 *Leadership and Planning Committee*, Implementation Science Student Group, University of North Carolina

2016 - 2018 *State Policy Representative*, North Carolina Academy of Nutrition and Dietetics (state, appointed)

2015 - 2019 *Awards and Honors Associate/Assistant Director*, Weight Management Dietetics Practice Group (national, appointed)

2015 - 2018 *Liaison*, Second Century and Visioning Process, Research Dietetics Practice Group (national, appointed)

2015 - 2017 *Legislative Chair*, Raleigh District Dietetics Association (state, appointed)

2016 - 2016 *Public Policy Committee*, Weight Management Dietetics Practice Group

2014 - 2015 *Newsletter Committee*, Public Health and Community Nutrition Dietetics Practice Group

2013 - 2014 *Bylaws Committee Chair*, Saint Louis Dietetics Association

2012 - 2014 *Nominating Committee*, Saint Louis Dietetics Association

2012 - 2014 *Social Media Committee*, Saint Louis Dietetics Association

HONORS & AWARDS

2025 - 2026 NIH Building Interdisciplinary Research Careers in Women's Health (BIRCWH) Associate

2025 Pivot Award, UAccel, LaunchBlue

Excellent Undergraduate Research Mentor Nominee at University of Kentucky

2024 NEAFCS 1st National Winner Marketing Package, 1st place Southern Region Winner Marketing Package; NEAFCS 2nd place Southern Region Winner Innovative Youth Development Program

KEAFCS 2nd place Marketing Package, 2nd place Innovation in Youth Programming, 3rd place Educational Curriculum Package

2023 Outstanding New Extension Faculty, Kentucky Association State Extension Professionals

NEAFCS Western Region Winner, Program Excellence through Research

Co- Chair, Healthy Eating Research Early-Stage Investigator Work Group

2021 NEAFCS National Winner and Southern Region Winner, Dean Don Felker Family Resource Management Award; NEAFCS 3rd place National Winner and 1st place Southern Region, Communications Television/Video Award; NEAFCS 3rd place National Winner and 2nd place Southern Region, Social Media Award

2020 - 2025 Wethington Award, University of Kentucky

Prior to Appointment

2019 A. Hughes Bryan Outstanding Doctoral Student Award, University of North Carolina, Department of Nutrition

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2018 - 2019	Dissertation Completion Fellowship, Graduate School at the University of North Carolina
2018	Susan T. Borra Fellowship in Nutrition Communication, Academy of Nutrition and Dietetics Foundation
2016 - 2017	NIH Ruth L. Kirschstein National Research Service Award, Institutional Research Nutrition Training Grant (T32 DK07686, Co-PI: Mayer-Davis, Beck), Predoctoral Traineeship, National Institutes of Health
2016	Emerging Dietetic Leader, North Carolina Dietetic Association
2015	Commission on Dietetic Registration Doctoral Scholarship, Academy of Nutrition and Dietetics Foundation
2015	Weight Management Dietetics Practice Group of the Academy of Nutrition and Dietetics, Public Policy Workshop Stipend
2014 - 2015	Gillings Merit Scholar, University of North Carolina, Gillings School of Global Public Health
2009	Outstanding Graduate Research Award, Saint Louis University, Department of Nutrition and Dietetics
2009	Alpha Eta National Honor Society
2007 - 2009	Saint Louis University, Department of Nutrition and Dietetics, Graduate Assistantship
2005 - 2006	Griffiths Leadership Society for Women, collegiate member, University of Missouri
2005	Mortar Board
2003 - 2006	College of Human Environmental Sciences Scholarship, University of Missouri
2002 - 2006	Dean's List, University of Missouri

PROFESSIONAL AFFILIATIONS

2024 – 2025	Society for Nutrition Education and Behavior
2019 -	Kentucky Association of State Extension Professionals
2019 - 2023	Kentucky Extension Association of Family and Consumer Sciences
2019 - 2023	National Extension Association of Family and Consumer Sciences
2018 - 2020, 2024	International Society for Behavioral Nutrition and Physical Activity
2005 -	Academy of Nutrition and Dietetics Affiliate practice groups: Weight Management (2009 -), Public Health and Community Nutrition (2018 -), Women's Health (2020 -), Pediatric Nutrition (2022 -)

Prior to Appointment

2017 - 2019	Society for Implementation Research Collaboration
2015 - 2019	North Carolina Academy of Nutrition and Dietetics (state affiliate)
2005 - 2014	Missouri Dietetics Association (state affiliate)
2015 - 2017	Raleigh District Dietetics Association (local affiliate)
2006 - 2014	Saint Louis Dietetics Association (local affiliate)

SELECTED FACULTY DEVELOPMENT ACTIVITIES

EXTENSION/RESEARCH

Workshop

2025 - 2026	NIH Building Interdisciplinary Research Careers in Women's Health (BIRCWH) Associate
2025	UAccel Quick Start Program, Spring 2025 Cohort, Launch Blue Photovoice training, Storytelling Community of Practice, University of Kentucky
2024	Thinking Like a Content Creator, University of Kentucky Cooperative Extension, virtual

	Pediatric Nutrition Intensive Course – Pediatric Nutrition 101, University of Alabama, Children’s of Alabama
2023	National Maternal Nutrition Intensive Course, University of Minnesota School of Public Health
2022	Ripple Effects Mapping Train the Trainer, University of Kentucky Cooperative Extension Early-Stage Investigator Work Group, Healthy Eating Research Planning for Impact, University of Kentucky Cooperative Extension PHW 3.0: The Intersection of Nutrition & Reproductive Health: Addressing Disparities, University of Tennessee Infant Formula Shortage: How to Communicate with Clients and Advocate for Change, Academy of Nutrition and Dietetics Implementation Science & Childhood Obesity: Sparking Conversations and Actions to Advance Equity, National Collaborative on Childhood Obesity
2021	5 Ingredients for Engagement, Chad Littlefield hosted by University of Kentucky Cooperative Extension
2020	Support Over Silence for KIDS, Saint Louis University Cultivating Inclusion Series, University of Kentucky College of Agriculture, Food and Environment Coming Together for Racial Understanding, University of Kentucky College of Agriculture, Food and Environment National Maternal Nutrition Intensive Course, University of Minnesota School of Public Health Write Winning Grant Proposals, Grant Writer’s Seminar and Workshops, LLC, hosted by University of Kentucky College of Agriculture, Food and Environment

Conference Attendance

2025	HER Annual Grantee Meeting, Healthy Eating Research, Durham, NC. (March). National State Extension Conference, Kentucky Cooperative Extension Service, Louisville, KY. (March). State
2024	HER Annual Grantee Meeting, Healthy Eating Research, Denver, CO. (March). National ISBNPA Annual Conference, International Society of Behavioral Nutrition and Physical Activity 2024. Omaha, NE. (May). International SNEB Annual Conference, Society for Nutrition Education and Behavior, Knoxville, TN. (July/August). International Kentucky Farm to School Summit, KY Farm to School Network, Elizabethtown, KY (December). State
2023	HER Annual Grantee Meeting, Healthy Eating Research, Durham, NC. (March). National KASEP Spring Meeting, Kentucky Association of State Extension Professionals, Frankfort, KY. (April). State NEAFCS Annual Session, National Extension Association for Family and Consumer Sciences, Providence, RI. (September). National
2022	KASEP Spring Meeting, Kentucky Association of State Extension Professionals, virtual. (April). State
2021	NEAFCS Annual Session, National Extension Association for Family and Consumer Sciences, virtual. (November) State Extension Conference, Kentucky Cooperative Extension Service, Lexington, KY. (December). State
2020	Colorado Pragmatic Research in Health Conference, University of Colorado School of Medicine, virtual. (August). National

- 2019 13th Annual Conference on the Science of Dissemination and Implementation in Health, National Institutes of Health and AcademyHealth, virtual. (December). International
12th Annual Conference on the Science of Dissemination and Implementation National Institutes of Health and AcademyHealth, Washington, D.C. (December). International

TEACHING

Workshop and Conference Attendance

- 2025 Annual Voluntary Faculty Conference, Area Health Education Center, Lexington, KY.
(March). State
- 2024 Strategies for Student Engagement and Motivation, University of Kentucky Center for
Enhancement of Learning and Teaching
- 2023 Enhancing Academic Reading with Perusall, University of Kentucky Center for
Enhancement of Learning and Teaching
Reflecting on GenAI and Teaching, University of Kentucky Center for Enhancement of
Learning and Teaching
- 2022 Annual Voluntary Faculty Conference, Area Health Education Center, Lexington, KY.
(March). State
- 2020 Week of Teaching Virtual Symposium, University of Kentucky Center for Enhancement of
Learning and Teaching
- Ongoing Mid-semester Teaching Evaluations, University of Kentucky Center for Enhancement of
Learning and Teaching
Course specific consultations, University of Kentucky Center for Enhancement of
Learning and Teaching

Prior to Appointment

- 2018 Comsci-Con Triangle Communicating Science Workshop, Research Triangle, NC
- 2015 Implementation Research: Using Qualitative Research Methods to Improve Policy and
Practice, Research Talk Inc. and Odom Institute at University of North Carolina
Behavior Change Technique Taxonomy v1, UCL Centre for Behaviour Change
- 2014 Certificate of Training in Adult Weight Management, Commission Dietetic Registration,
Houston, TX
- 2013 Coro Women in Leadership Program, FOCUS St. Louis, St. Louis, MO