
Elizabeth D. Hilliard, PhD, RDN, LRD

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CURRENT POSITIONS

[\(click here for complete history\)](#)

North Dakota State University, Fargo, ND

Associate Professor of Practice, Program Coordinator

August 2017 – Present

Assistant Professor of Practice, Program Coordinator

August 2011 – July 2017

EDUCATION

North Dakota State University, Fargo, ND

PhD, Exercise Science and Nutrition, May 2018

Teaching Certificate, Statistics, May 2017

Dissertation: “The Association Between Workplace Lactation Accommodations and Corporate Lactation Programs and Breastfeeding Duration in Working Women”

Committee: Ardith Brunt (chair), Donna Terbizan, Sherri Stastny, Elizabeth Blodgett-Salafia

Honors: Phi Kappa Phi Member

East Carolina University, Greenville, NC

MS, Nutrition Science, December 2009

Research Project: “School District Wellness Policies and Nutrition Education in High School”

Honors: Outstanding Student Award, College of Human Ecology

Indiana University, Bloomington, IN

BS, Applied Health Science, Concentration in Dietetics

Minor: Psychology

Honors: Graduated with “Distinction”, member of Golden Key and Kappa Omicron Nu

Honor Societies

CERTIFICATIONS

Registered Dietitian Nutritionist with the Commission on Dietetic Registration – 1998 to present

Licensed Registered Dietitian with the State of North Dakota – 2016 to present

Currently pursuing the International Board Certified Lactation Consultant credential (Mentors:

Fran Mosey, RN, IBCLC at Sanford Health Fargo and Pauline Savageau, RN, IBCLC at Essentia Health Fargo) - anticipated completion by fall of 2019

RESEARCH AND TEACHING INTERESTS

Breastfeeding Promotion	Community Nutrition	Nutrition and Public Policy
Infant and Child Nutrition	Public Health	Nutrition Science
Student Education	Lifecycle Nutrition	Behavior Change

RELEVANT TEACHING EXPERIENCE

North Dakota State University, Fargo, ND

2011 - Present

HNES 250: Nutrition Science

Taught and updated course materials and syllabus, developed in class projects, administered grades, incorporated Tegrity lecture capture system and TopHat in-class response system.

HNES 251: Nutrition, Growth and Development

Taught, changed textbook, developed new curriculum and lectures, wrote new exams and quizzes, revised course projects, administered grades, incorporated Tegrity lecture capture system and TopHat in-class response system, incorporated Cengage MindTap course management system.

HNES 442/642: Community Health and Nutrition Education

Taught, and updated course materials and syllabus, developed in class projects, incorporated Tegrity lecture capture system and clickers, administered grades, wrote 4 new lectures for counseling units, developed online blog project, and counseling role play project, incorporated Tegrity lecture capture and TopHat in-class response system.

2012 - Present

HNES 291: Seminar in Dietetics

Taught, and updated course materials and syllabus, developed in class projects, administered grades.

2016 – Present

Instructor – HNES 400: Interprofessional Healthcare Education

Taught with 3 instructors from other healthcare disciplines in flipped classroom format, updated course materials and syllabus, developed in class projects, administered grades

HNES 460: Foodservice Systems Management II

Taught, updated course materials and syllabus, developed in class projects, administered grades

2017 only

HNES 111: Wellness

Taught, changed textbook and all course materials, utilized McGraw Hill Connect course management, implemented TopHat in-class response system, designed 4 new project, administered grades.

REFERRED PUBLICATIONS

Manuscripts

Hilliard, E., Brunt, A. (2018). Impact of an Infant - Friendly business designation. *Health Promotion Practice*. [Accepted].

Hilliard, E., Yakowicz, S. (2018). Dietitians as lactation consultants: the pathways to and importance for this professional role. *Journal of the Academy of Nutrition and Dietetics*. [In Press]. doi: <https://doi.org/10.1016/j.jand.2018.06.012>.

Hilliard, E., Brunt, A., Froelich, C., Borr, M. (2018). Dietetics and nutrition students' response to grocery store training program. *Journal of Education and Training Studies (JETS)*, 6(3). doi: <https://doi.org/10.11114/jets.v6i3.2921>.

Hilliard, E. (2017). A Review of Worksite Lactation Accommodations: Occupational Health Professionals Can Assure Success. *Workplace Health & Safety*, 65(1), 33- 44. Doi: 10.1177/2165079916666547.

Furhmann, S., Hilliard, E., Brunt, A. Gehl, A. (2016). Frequency of Dining at Residence Halls and Intake of Fat-Soluble Vitamins among College Students. *Food & Nutrition Journal*, G116. doi:10.29011/2575-7091.100016.

Hilliard, E., Brunt, A., Stangl, C., Borr, M. (2016). Are grocery store tours capturing the right audience? Characteristics of students who volunteer to receive a grocery store tour. *Journal of Education and Training Studies (JETS)*, 4 (9), 192 – 199. doi:10.1114/jets.v4i9.1720.

Abstracts

Terbizan, D.J., David, S., Hackney, K.J., Stastny, S., Hilliard, E., Christensen, B., Rhee, Y., & Mitchell, S. (2018). Body fat differences between skinfold, impedance, and Dexa measurements. [Abstract]. *Medicine & Science in Sports & Exercise*, 50(5s) Suppl: S162.

Hilliard, E., Brunt, A., Froelich, C., Borr, M. (2017). Changes in student confidence related to giving grocery store tours after participating in a store tour-training program [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, 117(9), sup 1, A - 83. doi: <https://doi.org/10.1016/j.jand.2017.06.047>.

Fuhrmann, S., Hilliard, E., Brunt, A. (2015). Fat soluble vitamin intake among college students by gender and frequency of meal consumption at college dining halls [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, 115(9), sup 2, A-45. doi: <https://doi.org/10.1016/j.jand.2015.06.154>.

Hilliard, E. (2015). Blogs: education through entertainment [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, 115(9), sup 2, A-66. doi: <https://doi.org/10.1016/j.jand.2015.06.154>.

Hilliard, E. (2015). Are Workplace Breastfeeding supports promoting increased breastfeeding suration? [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, 115(9), sup 2, A-85. doi: <https://doi.org/10.1016/j.jand.2015.06.154>.

Hilliard, E, David, S., Hill, B. (2015). Comparison of exam completion order to grade in college students enrolled in a nutrition science class [Abstract]. *Journal of Nutrition Education and Behavior*, 47(4S), S13. doi: <https://doi.org/10.1016/j.jneb.2015.04.035>.

Hilliard, E. (2015). Blogs: education through entertainment [Abstracts]. *Journal of Nutrition Education and Behavior*, 47(4S), S12. doi: <https://doi.org/10.1016/j.jneb.2015.04.035>.

Poster Presentations

Hilliard, E. (2018). Maximizing the effectiveness of workplace lactation support programs. [Poster Presentation]. *United States Breastfeeding Committee*, August 2018.

Terbizan, D.J., David, S., Hackney, K.J., Stastny, S., Hilliard, E., Christensen, B., Rhee, Y., Mitchell, S. (2018). Body fat differences between skinfold, impedance, and DEXA measurements. [Poster Presentation]. *American College of Sports Medicine*, Orlando, FL.

Hilliard, E., Brunt, A., Froelich, C., Borr, M. (2017). Changes in Student Confidence Related to Giving Grocery Store Tours After Participating in a Store Tour-Training Program [Poster Presentation]. *Academy of Nutrition and Dietetics*, Chicago, IL.

Fuhrmann, S., Hilliard, E., Brunt, A. (2015). Fat soluble vitamin intake among college students by gender and frequency of meal consumption at college dining halls [Poster Presentation]. *Academy of Nutrition and Dietetics*, Nashville, TN.

Hilliard, E. (2015). Blogs: Education through entertainment [Poster Presentation]. *Academy of Nutrition and Dietetics*, Nashville, TN.

Hilliard, E. (2015). Are Workplace Breastfeeding Supports Promoting Increased Breastfeeding Duration? [Poster Presentation]. *Academy of Nutrition and Dietetics*, Nashville, TN.

Hilliard, E, David, S., Hill, B. (2015). Comparison of exam completion order to grade in college students enrolled in a nutrition science class [Poster Presentation]. *Society for Nutrition Education and Behavior*, Pittsburg, PA.

Hilliard, E. (2015). Blogs: Education through entertainment [Poster Presentation]. *Society for Nutrition Education and Behavior*, Pittsburg, PA.

Other Presentations

Hilliard, E. (2018). Maximizing the effectiveness of workplace lactation support programs.

[Breakfast Table Breakout Session]. *United States Breastfeeding Committee*, Atlanta, GA.

GRANTS

Funded

Produce for Better Health (PI) – May 2015
Grocery Store Tour Training Program
Funded for \$2,760

The purpose of this grant was to provide funding to train nutrition and dietetics students in giving produce - based grocery store tours. The funding was used to hire two instructors with extensive experience in giving grocery store tours. The instructors provided 6 hours of training to NDSU Dietetics students and then supervised the students while each gave 2 grocery store tours to other NDSU students. The funding was also used to purchase produce trays for taste testing at the grocery stores and to purchase a tablet that could be used to demonstrate produce and grocery shopping apps.

Unfunded

Sanford Collaborative Research Seed Grant Program (co-PI) – March 2018
Smelling Flavors: Improving diet by increasing exposure to flavors during breast or bottle feeding.
Unfunded \$50,650

Our goal was to improve the diet of children in North Dakota, targeting vegetables and meats, by increasing exposure to flavors, via smell enhancements during breastfeeding and formula feeding. The funding will be used for materials such as, scents, sock bands, journals, etc, staffing for the project, presentation of results, and participant incentives.

Gerber (co-PI) – May 2017
Smelling Flavors: Improving diet by increasing exposure to flavors during breast or bottle feeding.
Unfunded \$156,513.27

Our goal was to improve the diet of children in North Dakota, targeting vegetables and meats, by increasing exposure to flavors, via smell enhancements during breastfeeding and formula feeding. The funding would have been used for materials such as, scents, sock bands, journals, etc, staffing for the project, presentation of results, and participant incentives.

Robert Wood Johnson Foundation (co-PI) – January 2017
Increasing exposure to flavors using smell to improve infants' diet.
Unfunded \$85,502.50

Our goal was to improve the diet of children in North Dakota, targeting vegetables and meats, by increasing exposure to flavors, via smell enhancements during breastfeeding and formula feeding. The funding would have been used for materials such as, scents, sock bands, journals, etc, staffing for the project, presentation of results, and participant incentives.

Medica (co-PI) – December 2016
Increasing exposure to flavors using smell to improve infants' diet.

Unfunded \$23,870

Our goal was to improve the diet of children in North Dakota, targeting vegetables and meats, by increasing exposure to flavors, via smell enhancements during breastfeeding and formula feeding. The funding would have been used for materials such as, scents, sock bands, journals, etc, staffing for the project, presentation of results, and participant incentives.

HRSA-14-070 (Collaborator) – February 2014

Nurse Education, Practice, Quality, and Retention – Interprofessional Collaborative Practice
Unfunded

The goal of this program was for students in a variety of health professions including nursing, pharmacy, physical therapy, and dietetics to practice collaborating on patient care through participating in home visits with patients in the Fargo/Cass County community. Students would have learned the role of other health care professionals and how cooperation with other health care professionals maximizes patient care.

ONGOING RESEARCH

Woods, R.J., Hilliard, E., Jellison, S. (Ongoing). Increasing exposure to flavors using smell to improve infants' diet. (HE14157). Collaboration with NDSU faculty and graduate students in Human Development and Family Science department to determine the impact of exposing young infants to various food odors on their acceptance of solid foods.

Hilliard, E., Draxten, M. (Ongoing). Differences in breastfeeding duration before and after initiation of breastfeeding accommodations in a workplace. (HE18097). Collaboration with Fargo Cass Public Health to determine change in employee breastfeeding duration rates after businesses develop a dedicated lactation space that was funded by a mini – grant from Fargo Cass Public Health.

Keith, J., Griebel, A., Hilliard, E. (Ongoing). Perceptions of infant feeding practices: a cross-sectional study of college students. (HE19093). Collaboration with faculty and graduate students in the department of Family and Consumer Sciences at the University of Wyoming to identify college students perception of healthy infant feeding practices.

MENTORED STUDENTS

Graduate

Madison Millner (2016 – 2018). M.S. Exercise/Nutrition Science.

Thesis: Communication in the workplace: does communicating breastfeeding needs affect breastfeeding duration for working mothers?

Christa (Stangl) Froelich (2015 – 2017). M.S. Exercise/Nutrition Science.

Thesis: Attracting a new generation of participants to the Elderly Nutrition Program

Samantha Fuhrmann (2013 - 2015). M.S. Exercise/Nutrition Science.

Thesis: Intake of fat-soluble vitamins among undergraduate college students attending North Dakota State University

Michelle Caldarone (2013 - 2015). M.S. Exercise/Nutrition Science.
Thesis: Caffeine intake in college students.

Undergraduate

Sallie Yackowicz (2018). B.S. Dietetics

Project: Dietitians as lactation consultants: the pathways to and importance of this professional role

AWARDS AND HONORS

College of Human Development and Education Robert and Patty Hendrickson
Faculty Development Award 2018

College of Human Develop and Education Outstanding Teacher Award 2016

North Dakota Academy of Nutrition and Dietetics Outstanding Dietetics
Educator Award 2015

Nutrition and Dietetics Educators and Preceptors Outstanding Dietetics
Educator Award 2015

College of Human Development and Education Exceptional Contributions from an
Emerging Teacher 2015

Nancy Greene Scholarship from the North Carolina Association of Local
Nutrition Directors 2007

2006

Ruth Mary Griswold Scholarship at Indiana University 1996

INVITED TALKS

“Introducing Table Foods”, presentation for childcare providers. Sponsor: Fargo Cass Public Health, April 7, 2018.

“Benefits of Breastfeeding”, presentation for childcare providers. Sponsor: Fargo Cass Public Health, March 1 and November 4, 2017.

ND Breastfeeding Skills Training, Presentation for health care providers. Sponsor: ND Department of Health, March 7, 2017.

“Nutrition and Tooth Decay”, presentation for dental hygienists. Sponsor: Foothills District Dental Hygienists Association, 2003

“Nutrition and Children”, presentation for dietitians. Sponsor: Foothills District Dietetic Association, 2002.

INTERVIEWS, COLUMNS, MEDIA

Filley, T. (2018). College students and hunger. *WDAY* news interview. Retrieved from <https://www.wday.com/news/education/4428470-college-student-hunger-many-struggle-eat-while-school>.

Hilliard, E. (2016 - 2017). Does breastfeeding have long term benefits? *Eat Smart, Play Hard Magazine*. Retrieved from <https://www.ag.ndsu.edu/food/health-and-nutrition/eatsmart/eat-smart.-play-hard.-magazines-1/2018-19-eat-smart-play-hard-magazine/we-are-expecting-our-first-baby-and-i-have-been-encouraged-to-breastfeed-my-baby-does-breastfeeding-have-long-term-benefits>

Hilliard, E., & Stastny, S. (2015). Spring clean your health: renew the mind and body with a review of habits. Lead story by reporter Anna G. Larson, *Fargo Forum*, Fargo, ND.

Larson, A. (2014, April 8). Revamped food labels make choices easier. *Jamestown Sun*. Retrieved April 9, 2014 <https://www.jamestownsun.com/lifestyle/home-and-garden/2488928-revamped-food-labels-make-choices-easier>.

Larson, A. (2014, March 15). A gulp of nutrients in every glass. *The Fargo Forum*, pp. B1, B4.

Knudson, P. (2014, February 11). Picky eaters: parents set rules to instill healthy eating habits. *Grand Forks Herald*. Retrieved February 11, 2014 from <http://www.grandforksherald.com/lifestyle/family/2227541-picky-eaters-parents-set-rules-instill-healthy-eating-habits>.

Knudson, P. (2014, February 20). Picky eaters: Parents set rules to instill healthy eating habits. *The Forum*, pp. B1, B5.

Hilliard, E. (2014 – 2015). How can I help my overweight child? *Eat Smart Play Hard Magazine*. Retrieved from <https://www.ag.ndsu.edu/food/health-and-nutrition/eatsmart/eat-smart.-play-hard.-magazines-1/2014-2015-eat-smart.-play-hard-magazine-1/how-can-i-help-my-overweight-child>.

Holt, M. (2012, December 27). Local dietitians break down eight nutrition myths. *Inforum*. Retrieved from <http://www.inforum.com/lifestyles/food/3036828-local-dietitians-break-down-eight-nutrition-myths>.

Johnson, N (Interviewer). (2012, February 21). 'SU TV News [Television broadcast]. Fargo, ND: Bison Information Network. <http://www.youtube.com/watch?v=egJ5taQTPtw>.

Hilliard, E. (2012-2013). Ask an expert. *Eat Smart. Play Hard Magazine*. Retrieved from <https://www.ag.ndsu.edu/food/health-and-nutrition/eatsmart/eat-smart.-play-hard.magazines-1/2012-esph-magazine/ask-an-expert-salt-intake>.

WORK HISTORY

North Dakota State University, Fargo ND (August 2017 – Present)

Associate Professor of Practice

Program Coordinator for the Dietitian Education Program (DEP): developed and received approval from ACEND and NDSU for an accelerated BS/MS coordinated program for dietetics, managed budget for the DEP, taught 7 courses, coordinated 4 labs including internship placements, advised for undergraduate students. Member and chair of faculty search committees, member of Technology in Education and Research committee, Coordinator of the Dietetics Advisory Board and Dietetics Workgroup, faculty advisor for Student Association of Nutrition and Dietetics.

Assistant Professor of Practice (August 2011 – May 2017)

Program Coordinator for the Dietitian Education Program (DEP): prepared and organized 2015 accreditation site visit and received reaccreditation for 7 years, managed budget for the DEP, taught 4 courses, and coordinated 4 labs, academic advised undergraduate students. Member of Faculty Senate, member of faculty search committees, member of Technology in Education and Research committee, member of the Human Development and Education Leadership Group, Coordinator of the Dietetics Advisory Board and Dietetics Workgroup, faculty advisor for Student Association of Nutrition and Dietetics.

Holy Trinity Lutheran Church, Hickory, NC

Nursery Coordinator, part – time (November 2009 – June 2011)

Scheduled paid nursery staff and volunteers, hired and terminated staff, developed and maintained policies and procedures, managed nursery budget, worked in the nursery.

Children's Developmental Services Agency, Hickory, NC

Nutritionist III February (March 2008 – June 2011)

Nutrition assessment and follow-up of nutritionally at-risk children birth to age 3, coordinated quarterly statewide nutritionist meetings, maintained Infant-Toddler Certification, developed continuing education presentations for local CDSA staff, precepted dietetic interns.

Catawba County Health Department - Women, Infants, and Children Program, Hickory, NC

Nutritionist II/Vendor Coordinator (August 2001 – February 2008)

Provided nutrition assessment, education and follow-up to high risk pregnant and post-partum women, infants, and children; monitored 35 WIC approved stores; participated in the Eat Smart, Move More Committee; precepted dietetic interns

Frye Regional Medical Center, Hickory, NC

Neonatal Intensive Care Unit Dietitian, part – time (February 2002 – February 2003)

Nutrition assessment and follow-up of premature infants.

McLeod Regional Medical Center, Florence, SC

Nutrition Support Dietitian (January 2001 – June 2001)

In conjunction with hospital pharmacists, assessed and adjusted parenteral feedings, assessed and adjusted enteral feedings, member of Clinical Effectiveness Committee, revised hospital enteral nutrition formulary.

Medical College of Georgia, Augusta, GA

Clinical Dietitian February (1999 – December 2000)

Nutrition assessment, follow-up and education of pediatric patients including those with renal disease, cancer, developmental disabilities and failure to thrive; adjustment of enteral and parenteral nutrition for children in the Pediatric Intensive Care Unit; computations of diets adjusted for calorie, protein and vitamin/mineral content; dietetic intern preceptor; provided nutrition education for nurses, medical students, residents, and physicians

St. Joseph Medical Center, Augusta, GA

Clinical Dietitian (August 1998 – January 1999)

Nutrition assessment, follow-up and education hospital patients with varying medical conditions, adjusted enteral feedings, nutrition assessment and education for outpatient clinic.

LANGUAGES

English – native language

Spanish – speak, read, and write with basic competence

MEMBERSHIPS

North Dakota Breastfeeding Coalition – Secretary for 2 years (2014 – 2016), chair of worksite support sub-committee (2016)

Academy of Nutrition and Dietetics (1998 – present)

North Dakota Academy of Nutrition and Dietetics – Delegate to the Academy of Nutrition and Dietetics (2016 – 2019)

Past member of North Carolina Dietetic Association (board member for 1 year) and Foothills District Dietetic Association (served as President, President-Elect, Secretary/Treasurer, Souper Bowl Chair)