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EDUCATION

Ph.D. (2007)	Human Development and Education, Gerontology Track, College of Human Development and Education, North Dakota State University (NDSU), Fargo, ND
MBA, BS (1989, 1987)	Masters of Business Administration; BS, Food and Nutrition, NDSU

REGISTRATIONS/CERTIFICATIONS

Registered Dietitian (2000)	Academy of Nutrition and Dietetics, Commission on Dietetic Registration: ND License #568; AND/CDR member #717004.
Certified Specialist (2009 & 2014) In Sports Dietetics	Academy of Nutrition and Dietetics, Commission on Dietetic Registration (recertification every 5 years).

PROFESSIONAL EXPERIENCE

2013 – Present	**Associate Professor**, Department of Health, Nutrition, and Exercise Sciences (HNES), College of Human Development and Education, North Dakota State University, Fargo, ND.
2007 – 2013	**Assistant Professor**, Department of Health, Nutrition, and Exercise Sciences (HNES), College of Human Development and Education, North Dakota State University, Fargo, ND.
2002 – 2007	**Lecturer**, HNES, College of Human Development and Education, North Dakota State University, Fargo, ND.
2002 and 2003	**Clinical dietitian consultant,** Spectrum Comprehensive Care Hospital, Mandan, ND.
1996 – 2002	**Director of Food and Nutrition Services**, Dakota Heartland Healthcare System, Fargo, ND. Supervised $2m budget and 43 FTE's, 2000+ meals per day; precepted NDSU dietetic students 1996-2001; precepted Concordia dietetic students 1999-2001; served on NDSU CADE accreditation review 1998-1999.
1995 – 1996	**Manager of Dining Services**, Meritcare Health System, Fargo, ND. Oversaw $4m remodel of food production and service with team
1993 – 1995	**Director of Food and Nutrition Services**, Heartland Healthcare System, Fargo, ND. Closed one hospital and helped reorganize another;

	precepted NDSU dietetic students 1993-1994.
1990 - 1992	**Director of Food and Nutrition Services**, Scottsdale Healthcare System, Scottsdale, AZ. Administrator-in-training and became licensed long-term-care Administrator in AZ.
1986 – 1989	**Dietetic Technician, Dietary Supervisor, and Dietary Aide**, St. Ansgar and St. Johns Hospitals, Fargo, ND and Moorhead, MN.

TEACHING AND ADVISING

TEACHING AREAS/COURSES/SYLLABUS ADMINISTRATION

CURRENT

HNES 261 Food principles and preparation
HNES 261 Food principles and preparation (online)
HNES 261L Food principles and preparation lab
HNES 361 Foodservice systems management I (formerly Food production management)
HNES 361L Foodservice systems management I lab
HNES 455/655 Sports nutrition (online)

COURSES DEVELOPED

HNES 490/690 Obesity Across the Lifespan (online)
HNES496 Study trip foodservice management (Minneapolis area)
ADFH 411 Food in world culture
HNES 141 Food safety and sanitation (online)
HNES 270 Consumer issues in nutrition
HNES 452/652 Nutrition, health and aging (hybrid)
HNES 455/655 Sports nutrition (classroom)
HNES 460 Foodservice systems management II
HNES 460L Foodservice systems management II lab

CURRENT LAB MANUALS DEVELOPED/MAINTAINED/UPDATED 2002 to present

Stastny, S., Asperin, A., Safe operating procedures for food production lab, 2015 and annually
HNES 261L Food principles and preparation lab (2014 major revision)
HNES 361L Foodservice systems management I lab (2014 major revision)

LAB MANUAL DEVELOPED AND MAINTAINED 2000-2012

HNES 460L Foodservice systems management II

SCHOLARLY ACTIVITIES

RESEARCH THEMES/AREAS

Nutrition for prevention of chronic disease associated with older adults.

REFEREED JOURNAL ARTICLES

Stastny, S., Keith, J., Vasichek, N. & Garden-Robinson (2018). Dietary fat recommendations: Registered dietitian nutritionists' practices and guidance vary. *Pulse, 37*(1), 8-15

Keith, J., **Stastny**, S., Brunt, A., & Agnew, W. (in press). Barriers and strategies for healthy food choices among American Indian tribal college students: A qualitative analysis. *Journal of the Academy of Nutrition and Dietetics*.

Geiger, J., Rhee, Y., **Stastny**, S., Brunt, A. Blodgett, E. (2017). Celiac disease and the gluten-free diet: Registered dietitian nutritionists' self-reported knowledge varies. *International Journal of Celiac Disease 5,(*2).

Keith, J., **Stastny**, S., Brunt, A., Agnew, W., & Aune, P. (2017). Life skills at a tribal college: a culturally relevant educational intervention to improve college retention and self-efficacy for healthy choices among American Indian tribal college students. *Journal of Extension 55*(5)..

Keith, J., **Stastny**, S., Brunt, A, & Agnew, W. (2017). Effects of a culturally relevant educational intervention on college retention among American Indian tribal college students. *Tribal College Journal, 29*(1).

Kourajian, J., **Stastny**, S., & Brunt, A. (2017). Relationships among diet quality, BMI, cooking skills and frequency of food preparation: a pilot study. *American Journal of Educational Research, 5*(1), 36-42.

Keith, J., **Stastny**, S., & Brunt, A. (2016). Barriers and strategies for success for American Indian college students: A review. *Journal of College Student Development, 57* (6), 698-714.

Stastny, S., Christensen, B., Hilgers Greterman, S. Okamatsu, H., Manikowske, T., Youd, L., & Champa, J. (2015). The effect of creatine supplementation with milk combined with resistance training on strength and power in women. *Gazzetta Medica Italiana. 174*(5)

Keith, J., **Stastny**, S., Brunt, A., & Bezbaruah, N. (2015). Accompanying the primary grocery shopper increases requests for purchase of fruits & vegetables in third & fourth grade students. *Open Journal of Preventive Medicine, 5*(8), 340-347.

Stastny, S., Keith, J., & Hall, C. (2014). Lipid and moisture content of commercial reduced-fat deep-fried potatoes compared to advertised claim. *Journal of Food Research, 3*(5), 45-48.

Tande, D., Niemeier, B., Hwang, J., **Stastny**, S., Bezbaruah, N, Hektner, J., & Habedank, D. (2014). Introducing preschool children to novel fruits and vegetables: a pilot study. *The Journal of Child Nutrition and Management, 38*(1).

Stastny, S., Keith, J., Hall, C., Garden-Robinson, J. (2014). Flash frying vs. deep-fat frying: Fat content and sensory evaluation of fish fried using two methods. *Food Studies: An Interdisciplinary Journal, 3*(1).

Bezbaruah, N., **Stastny**, S., & Brunt, A. (2013). Does positioning of a spokes-character improve selection and consumption of vegetables among fourth grade school lunch participants? *Journal of Human Nutrition & Food Science, 1*(2). http://www.jscimedcentral.com/Nutrition/vol1issue1.php

Stastny, S., & Garden-Robinson, J. (2013). The prize is healthy eyes: Using games to educate about diabetic retinopathy. *Journal of Extension. 51*(5).

Beseler Thompson, E., Heley, F., Oster-Aaland, L, **Stastny**, S., & Crawford, E. (2013). The impact of a student-driven social marketing campaign on college student alcohol-related beliefs and behaviors. *Social Marketing Quarterly, 19*(1), 52 - 64

Stastny, S. (2011). Becoming an online teacher of food production management. *Journal of Culinary Education, 1,* 6-20.

Stastny, S., Evanson, A., & Mozumdar, A. (2011). Effect of Nutrition Facts panel and ingredient declaration on customer satisfaction and perception of nutrition. *Journal of Foodservice Business Research, 14*(4), 310-333.

Stastny, S., & Garden-Robinson, J. (2011). Eating for your eyes. *Journal of Nutrition Education and Behavior, 43,* 137-139.

Niemeier, B., Tande, D., Hwang, J., & **Stastny**, S., & Hektner, J. (2010). Using education, exposure and environments to increase preschool children's knowledge about fruits and vegetables. *Journal of Extension, 48*(1), 1IAW6. (may be accessed at http://www.joe.org/joe/2010february/iw6.php).

Stastny, S. (2009). Assessing a preferred method of learning for university students using a whole grains lesson in the classroom. *Journal of Culinary Science and Technology, 7*(1), 65-72.

Terbizan, D., Rhee, Y., & **Stastny**, S. (2009). A comparison of different body composition assessment techniques. *Missouri Journal of Health, Physical Education, Recreation, and Dance , 19,* 104-111.

OTHER REFEREED ARTICLES

Kotarsky, C.J., Stone, K.A., Iverson, R., Byun, W., Hackney, K.J., and **Stastny**, S. (accepted). Influence of grip strength, physical activity, and dietary protein intake on muscle strength and cross-sectional area in middle aged women [Abstract]. *Journal of Frailty and Aging*_____

Stastny, S. (2017). How much leucine is in your food? [Abstract]. *Journal of Frailty and Aging*. P126.

Stastny, S., Kotarsky, C.J., Hackney, K.J., Iverson Dewey, R., (2017). Influence of beef protein intake and hand grip strength on muscle strength and cross sectional area in middle aged-women [Abstract]. *Journal of Frailty and Aging, 6(S1),* OC55.

Stastny, S., & Clark, A (2017). Sodium: you need it, just a lot less [Fact sheet]. Available for purchase (or free with membership) from the Sports, Cardiovascular, and Wellness Nutrition subgroup of the Academy of Nutrition and Dietetics.

Stastny, S., & Clark, A (2017). Heart health for women [Fact sheet]. Available for purchase (or free with membership) from the Sports, Cardiovascular, and Wellness Nutrition subgroup of the Academy of Nutrition and Dietetics.

Stastny, S., & Clark, A (2017). Every step counts [Fact sheet]. Available for purchase (or free with membership) from the Sports, Cardiovascular, and Wellness Nutrition subgroup of the Academy of Nutrition and Dietetics.

Streeter, D. M., Stone, K. A., Bennet, T.W., McIntosh, L.E., **Stastny**, S., Ewert, D.L., & Hackney. K.J. (2017). The acute effects of l-arginine supplementation on flow-mediated dilation after resistance training to fatigue. Northland Chapter American College of Sports Medicine Student Research Abstracts, northlandacsm.org/images/2017Abstracts.pdf

Keith, J., **Stastny**, S., Brunt, A., Agnew, W., & Millner, J. (2016). Effects of a culturally relevant educational intervention on healthy food choices among American Indian college students. [Abstract]. Conference booklet for First Annual Conference on Native American Nutrition: Seeds of Native Health, 39.

Keith, J., Vasichek, N., & **Stastny**, S. (2016). Dietary fat and consumer confusion: do RDN perception, knowledge, and practice play a part? [Abstract]. *Journal of the Academy of Nutrition and Dietetics*, *116*(9), A15.

Keith, J., & **Stastny**, S. (2016). Accuracy of nutrient information provided by popular smart phone apps: impact of user differences [Abstract]. Conference booklet for 6th International Food Studies Conference, 59.

Keith, J., & **Stastny**, S. (2016). The healthy benefits of spices and herbs [Fact sheet]. Available for purchase (or free with membership) from the Sports, Cardiovascular, and Wellness Nutrition subgroup of the Academy of Nutrition and Dietetics.

Stastny, S., & Keith, J. (2016). Spice things up [Fact sheet]. Available for purchase (or free with membership) from the Sports, Cardiovascular, and Wellness Nutrition subgroup of the Academy of Nutrition and Dietetics.

Stastny, S., & Keith, J. (2016). Nutritious quick lunch options [Fact sheet]. Available for purchase (or free with membership) from the Sports, Cardiovascular, and Wellness Nutrition subgroup of the Academy of Nutrition and Dietetics.

Keith, J., **Stastny**, S., Brunt, A., Agnew, W., & Aune, P. (2015). Effects of a culturally-relevant educational intervention on college retention and self-efficacy for healthy choices among American Indian college students**.** [Abstract] First Americans Land Grant Consortium (FALCON) annual Conference.

Stastny, S., Chaffee, S., Clark, A., Kester, K., & Gonzalez, R. (2015). SCAN Fact Sheets: Current, accurate, evidence-based, and relevant information now and in the future. [Abstract]. *Journal of the Academy of Nutrition and Dietetics, 115*(9), A54.

Keith, J., & **Stastny**, S. (2015). Consumer response to information about added sugar: preferred format and impact on food choices [Abstract]. *Journal of the Academy of Nutrition and Dietetics, 115*(9), A91.

Keith, J., **Stastny**, S., Brunt, A., Agnew, W., & Aune, P. (2015). Effects of a culturally-relevant educational intervention on college retention and self-efficacy for healthy choices among American Indian college students [Abstract]. *Journal of the Academy of Nutrition and Dietetics, 115*(9), A9.

Stastny, S., & Garden-Robinson, J. (2015). Teaching RDs to teach to individuals with Low Vision [Abstract]. *Journal of the Academy of Nutrition and Dietetics, 115*(9), A54.

Brunt, A., Grinaker, H. & **Stastny**, S. (2015). Are there differences in effectiveness of ferrous sulfate compared to ferrous fumarate to raise serum ferritin levels among collegiate athletes with compromised levels? [Abstract]. *Journal of the Academy of Nutrition and Dietetics, 115*(9), A72.

Kourajian, J., & **Stastny**, S. (2015). Relationships among diet quality and cooking skills in a group of college students [Abstract]. *Journal of the Academy of Nutrition and Dietetics, 115*(9), A57.

Stastny, S., Brunt, A.R., Garden-Robinson, J., Johnson, M. (2015). Eye clinic nutrition: Nutrition education and lutein supplements for individuals diagnosed with age-related macular degeneration. Proceedings from Hawaii International Conference on Education, Honolulu HI. [Conference proceedings] #92 available at http://www.hiceducation.org/proceedings_edu.php, 273-301.

Rhee, Y., & **Stastny**, S. (2014). Polyphenols decreased DNA methyltransferase expression in hydroxyl radical treated murine adipocytes [Abstract]. *Nutrients, 6,* 4125.

Keith, J., & **Stastny**, S. (2015). Added sugars in foods: Identification and education to consumers [Abstract]. North Dakota Academy of Nutrition and Dietetics (NDAND).

Keith, J., **Stastny**, S., & Brunt, A. (2015). Life Skills at a Tribal College: Addressing college retention and self-efficacy for healthy choices for American Indian college students [Abstract]. North Dakota Academy of Nutrition and Dietetics (NDAND).

Keith, J., **Stastny**, S., & Brunt, A. (2014). Life skills at a tribal college: addressing college retention and self-efficacy for healthy choices for American Indian college students [Abstract]. *Journal of the Academy of Nutrition and Dietetics, 114*(9), A18.

Stastny, S., & Keith, J. (2014). Added sugars in foods: Identification and education to consumers [Abstract]. *Journal of the Academy of Nutrition and Dietetics, 114*(9), A68.

Brunt, A., Berdal, L., & **Stastny**, S. (2014). The relationships of eating mindfulness and demographic characteristics, physical activity, and focus of academic major among college students [Abstract]. North

Dakota Academy of Nutrition and Dietetics (NDAND) and the North Dakota Nutrition Council (NDNC).

Brunt, A., Keith, J., **Stastny**, S., & Bezbaruah, N. (2014). Does accompanying the primary grocery shopper increase requests for purchase of fruits and vegetables among third and fourth grade students? [Abstract]. North Dakota Academy of Nutrition and Dietetics (NDAND) and the North Dakota Nutrition Council (NDNC).

Stastny, S., Keith, J., Garden-Robinson, J., & Hall, C. (2014). Flash-frying vs. deep-fat frying: Fat content and sensory evaluation of fish fried using two methods [Abstract]. North Dakota Academy of Nutrition and Dietetics (NDAND) and the North Dakota Nutrition Council (NDNC).

Stastny, S., & Garden-Robinson, J. (2013). Important lifestyle changes identified by participants of Nourish Your Brain program [Abstract]. North Dakota Academy of Nutrition and Dietetics (NDAND).

Tande, D., Niemeier, B., Hwang, J., **Stastny**, S., & Hektner, J. (2013).
Intervention Changes Fruit and Vegetable Intake among Preschoolers in Pilot Study [Abstract]. *Journal of Nutrition Education and Behavior 45*(4), S58-S59.

Stastny, S., & Keith, J. (2013). Differences in fat absorption in deep fat compared to flash flying [Abstract]. Conference booklet for Third International Conference on Food Studies, 27.

Garden-Robinson, J, & **Stastny**, S. (2013). Important lifestyle changes identified by participants of Nourish Your Brain program [Abstract]. Conference booklet for Food and Nutrition Extension Educators Division Pre-Conference Workshop, Society for Nutrition Education Annual Conference.

Brunt, A., Berdal, L., & **Stastny**, S. (2013). The relationships of eating mindfulness and demographic characteristics, physical activity, and focus of academic major among college students [Abstract]. *Journal of the Academy of Nutrition and Dietetics, 113*(9), A23.

Brunt, A., Keith, J., **Stastny**, S., & Bezbaruah, N. (2013). Does accompanying the primary grocery shopper increase requests for purchase of fruits and vegetables among third and fourth grade students? [Abstract]. *Journal of the Academy of Nutrition and Dietetics, 113*(9), A23.

Stastny, S., Asperin, A., & Ragan, A. (2012). Changing an academic classroom into a campus restaurant [Abstract]. *Journal of the Academy of Nutrition and Dietetics* (formerly Academy of Nutrition and Dietetics), *112*, A-65.

Brunt, A., Bezbaruah, N., & **Stastny**, S. (2012). Factors influencing parental purchase of fruits and vegetables [Abstract]. *Journal of Nutrition Education and Behavior, 44*(4), S23.

Brunt, A., Bezbaruah, N., & **Stastny**, S. (2012). Do spokes-characters improve consumption of vegetables among children? [Abstract]. *Journal of Nutrition Education and Behavior, 44*(4), S77-78.

Stastny, S., Garden-Robinson, J., & Seaberg, N. (2012). The prize is healthy eyes: Using games to educate about diabetic retinopathy [Abstract]. Conference booklet for Food and Nutrition Extension Educators Division Pre-Conference Workshop, Society for Nutrition Education Annual Conference.

Seaberg, N., **Stastny**, S., & Garden-Robinson, J. (2012). Game playing helps American Indians and older adults learn about diabetic retinopathy [Abstract]. North Dakota Dietetic Association.

Christensen, B., Bruns, L., & **Stastny**, S. (2012). Improved flexibility and core strength in four different levels of acute Pilates [Abstract]. *Medicine and Science in Sports and Exercise, 44*(5), S708.

Stastny, S. (2012). Eating for your eyes II: Diabetic retinopathy [Abstract]. Aging in America National Council on Aging, Conference booklet SA339.

Tande, D., Niemeier, B., Hwang, J., **Stastny, S**., & Hektner, J. (2011). BMI percentile is related to learning outcomes among preschool children following exposure to additional fruits and vegetables at meals and snacks in pilot study [Abstract]. *Journal of the Academy of Nutrition and Dietetics, 111*(9), A105.

Stastny, S., Garden-Robinson, J., & Youd, L. (2011). Effect of diabetic retinopathy education on knowledge and planned lifestyle activities: A pilot study [Abstract]. *Diabetes, June supplement 71st Scientific sessions* 2155—PO.

Christensen, B., **Stastny**, S., Hilgers, S., Okamatsu, H., Manikowske, T., Youd, L., & Champa, J. (2011). Does creatine supplementation along with a resistance training program improve strength in women? [Abstract]. *Medicine and Science in Sports and Exercise, 43*(5), 844.

Stastny, S., Garden-Robinson, J., & Youd, L. (2011). Effect of diabetic retinopathy education on knowledge and planned lifestyle activities [Abstract]. Conference booklet for the American Society of Nutrition: Advances and Controversies in Clinical Nutrition, 43.

Stastny, S., Youd, L. & Garden-Robinson. (2011). Effect of diabetic retinopathy education on knowledge and planned lifestyle activities: A pilot study [Abstract]. North Dakota Dietetic Association.

Stastny, S. (2010). Teaching math online [Abstract]. Conference booklet for the Food Educators Learning Community. Awarded best peer-reviewed proposal at the conference.

Lee, C., Hansen, P. Terbizan, D., Brunt, A., Christensen, B, Rhee, Y., & **Stastny**, S. (2009). The effect of physical training and nutrition education on risk factors of chronic disease [Abstract]. Historically Black Colleges and Universities Undergraduate Program (HBCU-UP) National Research Conference.

Lee, C., Hansen, P. Terbizan, D., Brunt, A., Christensen, B, Rhee, Y. & **Stastny**, S. (2009). The effects of physical activity and nutrition education on risk factors of chronic disease [Abstract]. NDSU Equity, Diversity, and Global Outreach Undergraduate Research STEM Program,

Stastny, S., & Garden-Robinson, J. (2009). Eating for your eye health [Abstract]. Conference booklet for United for Sight, 37.

Stastny, S., & Garden-Robinson, J. (2009). Eating for your eye health [Abstract]. Conference booklet for Aging in America National Council on Aging, Tu105.

Stastny, S., & Hanson, A. (2009). Nutrition Informatics:
Development of Nutrition Facts panels in an on-campus restaurant [Abstract]. Academy of Nutrition and Dietetics, Innovation Awards. Abstract available at http://www.eatright.org/Members/content.aspx?id=4294967788&terms=Stastny.

Stastny, S. (2009). Nutrition Facts panel development for a student led restaurant [Abstract]. The Food Educators Learning Community.

Stastny, S. (2009). Meet the parents: Using PBL to increase learning and decrease student fatigue [Abstract]. Food Educators Network.

Stastny, S. (2008). Assessing a preferred method of learning for university students using a whole grains lesson in the classroom [Abstract]. North Dakota Nutrition Council.

Terbizan, D., Staiger, S., DeBlauw, C., Rhee, Y., & **Stastny**, S. (2005). Body composition measurement in college-age students [Abstract]. *Medicine and Science in Sports and Exercise,* 36(5), S303.

EXTENSION PUBLICATIONS
Peer-reviewed extension publications:

Garden-Robinson, **Stastny**, S., & Anderson, S. (2013). Nourish your muscles. NDSU FN 1678.

Garden-Robinson, **Stastny**, S., Kjera, C., McNeal, K., & Wang, S. (2013). Cooking and eating with low vision. NDSU FN 1671.

Garden-Robinson, **Stastny**, S., Kjera, C., McNeal, K., & Wang, S. (2013). How to teach people with low vision. NDSU FN1672.

Garden-Robinson, **Stastny**, S., Kjera, C., McNeal, K., & Wang, S. (2013). Tips for living with low vision. NDSU FN1668.

Garden-Robinson, J., Henning, A**,** & **Stastny**, S. (2011). Nourish your skin. NDSU FN1572.

Garden-Robinson, J., Jacobs, A**,** & **Stastny**, S. (2011). Nourish your joints. NDSU FN1489.

Garden-Robinson, J., Jacobs, A**,** & **Stastny**, S. (2011). Nourish your bones. NDSU FN1488.

Youd, L., **Stastny**, S., & Garden-Robinson, J. (2010). Eating for your eyes II. Diabetic retinopathy: Prevention, treatment and diet. NDSU FN1493.

Garden-Robinson, J., **Stastny**, S., & Ryant, J. (2009). Exercise your brain. NDSU FN1431.

Garden-Robinson, J., **Stastny**, S., & Ryant, J. (2009). Nourish your brain. NDSU FN1414.

Stastny, S., & Garden-Robinson, J. (2008). Eating for your eyes. NDSU FN709.
This comprehensive program includes CD-Rom, Power Point peer-reviewed, literature review based scripted slides, professionally designed hand-outs including pre- and post- plus trainer questionnaires, and a scripted lesson plan for use by Extension agents and other educators.

Stastny, S., & Garden-Robinson, J. (2008). Look after your eyes. NDSU FN710.

Other extension publications:

Stastny, S. (2016-2017). Eating for heart health. Eat Smart. Play Hard. Together. Magazine, 27, NDSU Extension Service.

Stastny, S. (2014-2015). Strong women finish the race. Eat Smart. Play Hard. Together. Magazine, 14, NDSU Extension Service.

Stastny, S. (2012-2013). Power up pregame. Eat Smart. Play Hard. Together. Magazine, 11-13, NDSU Extension Service,

Stastny, S. (2011). Dining with diabetes, diabetic retinopathy module. Includes Powerpoint slides, script for presenters, and pre-/post-surveys for participants.

Stastny, S. (2010-2011). Eat for your first 5K. Eat Smart. Play Hard. Together. Magazine, 16-18, NDSU Extension Service.

Stastny, S., & Garden-Robinson, J. (2009). Face the facts about sports nutrition. NDSU FN1401.

Stastny, S. (2009). Sports nutrition for children on the go. Eat Smart. Play Hard. Together. Magazine, 22-23, NDSU Extension Service.

Invited publication:

Stastny, S. (2016) Food safety, security and defense: food security and diet-linked public health challenges conference consensus statement, Institute on Science for Global Policy (ISGP) booklet, 6-10.

Stastny, S. (2012). Eating for your eyes [Abstract]. Conference booklet for dietary factors and long-term health, conference booklet, 17-18. College(s) of Science and Mathematics, Human Development and Education, and others. NDSU, Fargo, ND.

PRESENTATIONS AT PROFESSIONAL MEETINGS

REFEREED PRESENTATIONS

Stastny, S. (2017). How much leucine is in your food? Poster presented at the International Conference

on Frailty and Sarcopenia Research, Barcelona, Spain.

Stastny, S., Kotarsky, C.J., Hackney, K.J., Iverson Dewey, R., (2017). Influence of beef protein intake and hand grip strength on muscle strength and cross sectional area in middle aged-women [Oral presentation]. International Conference on Frailty and Sarcopenia Research, Barcelona, Spain.

Streeter, D. M., Stone, K. A., Bennet, T.W., McIntosh, L.E., **Stastny**, S., Ewert, D.L., & Hackney. K.J. (2017). The acute effects of l-arginine supplementation on flow-mediated dilation after resistance training to fatigue. Poster presented at the American College of Sports Medicine Northwest regional meeting, St. Paul, MN.

Keith, J., Vasichek, N., & **Stastny**, S. (2016). Dietary fat and consumer confusion: do RDN perception, knowledge, and practice play a part? Poster presented at the meeting of the Food and Nutrition Conference and Expo, Boston, Mass.

Sherrard, A., Iverson Dewey, R., Vigdal, K., Keith, J., & **Stastny**, S., (2016). Accuracy of nutrient information provided by popular smart phone apps: impact of user differences. Poster presentation at NDSU Explore.

Keith, J., & **Stastny**, S. (2016). Accuracy of nutrient information provided by popular smart phone apps: impact of user differences. Poster presented at the meeting of International Food Studies, University of California, Berkeley.

Stastny, S., Brunt, A.R., Garden-Robinson, J., Johnson, M. (2015). Eye clinic nutrition: Nutrition education and lutein supplements for individuals diagnosed with age-related macular degeneration [Oral presentation and discussant]. Proceedings from Hawaii International Conference on Education, Honolulu HI.

Keith, J., **Stastny**, S., Brunt, A., Agnew, W., & Aune, P. (2015). Effects of a culturally-relevant educational intervention on college retention and self-efficacy for healthy choices among American Indian college students. Poster presented at the First Americans Land Grant Consortium (FALCON) annual conference, Denver, CO.

Stastny, S., Chaffee, S., Clark, A., Kester, K., & Gonzalez, R. (2015). SCAN Fact Sheets: Current, accurate, evidence-based, and relevant information now and in the future.
Poster presented at the meeting of the Food and Nutrition Conference and Expo, Nashville, TN.

Keith, J., & **Stastny**, S. (2015). Consumer Response to Information about Added Sugar: Preferred Format and Impact on Food Choices. Poster presented at the meeting of the Food and Nutrition Conference and Expo, Nashville, TN.

Keith, J., **Stastny**, S., Brunt, A., Agnew, W., & Aune, P. (2015). Effects of a culturally-relevant educational intervention on college retention and self-efficacy for healthy choices among American Indian college students. Poster presented at the meeting of the Food and Nutrition Conference and Expo, Nashville, TN.

Stastny, S., & Garden-Robinson, J. (2015). Teaching RDs to teach to individuals with Low Vision. Poster presented at the meeting of the Food and Nutrition Conference and Expo, Nashville, TN.

Brunt, A., Grinaker, H. & **Stastny**, S. (2015). Are there differences in effectiveness of ferrous sulfate compared to ferrous fumarate to raise serum ferritin levels among collegiate athletes with compromised levels? Poster presented at the meeting of the Food and Nutrition Conference and Expo, Nashville, TN.

Kourajian, J., & **Stastny**, S. (2015). Relationships among diet quality and cooking skills in a group of college students. Poster presented at the meeting of the Food and Nutrition Conference and Expo, Nashville, TN

Keith, J., & **Stastny**, S. (2015). Added sugars in foods: Identification and education to consumers. Poster session presented at the North Dakota Academy of Nutrition and Dietetics (NDAND) Annual Conference, Bismarck, ND.

Keith, J., **Stastny**, S., & Brunt, A. (2015). Life Skills at a Tribal College: Addressing College Retention and Self-Efficacy for Healthy Choices for American Indian College Students. Poster session presented at the North Dakota Academy of Nutrition and Dietetics (NDAND) Annual Conference, Bismarck, ND.

Stastny, S., & Keith, J. (2014). Added sugars in foods: Identification and education to consumers. Poster presented at the meeting of the Food and Nutrition Conference and Expo, Atlanta, GA.

Keith, J., **Stastny**, S., & Brunt, A. (2014). Life skills at a tribal college: addressing college retention and self-efficacy for healthy choices for American Indian college students. Poster presented at the meeting of the Food and Nutrition Conference and Expo, Atlanta, GA.

Rhee, Y., & **Stastny**, S. (2014). Polyphenols decreased DNA methyltransferase expression in hydroxyl radical treated murine adipocytes [Oral presentation]. The 5th International Conference on Natural Products conference proceedings.

Brunt, A., Berdal, L., & **Stastny**, S. (2014). The relationships of eating mindfulness and demographic characteristics, physical activity, and focus of academic major among college students [Abstract]. North Dakota Academy of Nutrition and Dietetics (NDAND) and the North Dakota Nutrition Council (NDNC).

Brunt, A., Keith, J., **Stastny**, S., & Bezbaruah, N. (2014). Does accompanying the primary grocery shopper increase requests for purchase of fruits and vegetables among third and fourth grade students? [Abstract]. North Dakota Academy of Nutrition and Dietetics (NDAND) and the North Dakota Nutrition Council (NDNC).

Stastny, S., Keith, J., Garden-Robinson, J., & Hall, C. (2014). Flash-frying vs. deep-fat frying: Fat content and sensory evaluation of fish fried using two methods [Abstract]. North Dakota Academy of Nutrition and Dietetics (NDAND) and the North Dakota Nutrition Council (NDNC).

Stastny, S., & Garden-Robinson, J. (2013). Important lifestyle changes identified by participants of

Nourish Your Brain program. Poster presented at the North Dakota Academy of Nutrition and Dietetics, Bismarck, ND.

Brunt, A., Berdal, L., & **Stastny**, S. (2013). The relationships of eating mindfulness and demographic characteristics, physical activity, and focus of academic major among college students. Poster presented at the meeting of the Food and Nutrition Conference and Expo, Houston, TX.

Brunt, A., Keith, J., **Stastny**, S., & Bezbaruah, N. (2013). Does accompanying the primary grocery shopper increase requests for purchase of fruits and vegetables among third and fourth grade students? Poster presented at the meeting of the Food and Nutrition Conference and Expo, Houston, TX.

Garden-Robinson, J., & **Stastny**, S. (2013). Important lifestyle changes identified by participants of Nourish Your Brain program. Poster presented at the Food and Nutrition Extension Educators Division Pre-Conference Workshop, Society for Nutrition Education Annual Conference, Portland, OR.

Stastny, S., & Keith, J. (2013). Differences in fat absorption in deep fat compared to flash flying of breaded fish [Oral presentation]. The Third Food Studies: An Interdisciplinary Conference. Austin, TX.

Tande, D., Niemeier, B., Hwang, J., **Stastny**, S., & Hektner, J. (2013).
Intervention Changes Fruit and Vegetable Intake among Preschoolers in Pilot Study. Poster presented at the Society of Nutrition Education, Portland, OR.

Stastny, S., Asperin, A., & Ragan, A. (2012). Changing an academic classroom into a campus restaurant. Poster session presented at the meeting of the Academy of Nutrition and Dietetics (formerly Academy of Nutrition and Dietetics) Food and Nutrition Conference and Expo, Philadelphia, PA. *Journal of the Academy of Nutrition and Dietetics*.

Brunt, A., Bezbaruah, N., & **Stastny**, S. (2012). Factors influencing parental purchase of fruits and vegetables [Oral presentation]. Society for Nutrition Education Annual Conference, Washington, D.C.

Brunt, A., Bezbaruah, N., & **Stastny**, S. (2012). Do spokes-characters improve consumption of vegetables among children? [Oral presentation]. Society for Nutrition Education Annual Conference, Washington, D.C.

Christensen, B., Bruns, L., & **Stastny**, S. (2012). Improved flexibility and core strength in four different levels of acute Pilates. Poster session presented at the meeting of the American College of Sports Medicine, San Francisco, CA.

Stastny, S. (2012). Eating for your eyes II: Diabetic retinopathy. Poster session presented at the meeting of Aging in America National Council on Aging conference, Washington, DC

Seaberg, N., **Stastny**, S., & Garden-Robinson, J. (2012). Game playing helps American Indians and older adults learn about diabetic retinopathy. Poster session presented at the meeting of the North Dakota Dietetic Association, Fargo, ND.

Stastny, S., Garden-Robinson, J., & Seaberg, N. (2012). The prize is healthy eyes: Using games to educate about diabetic retinopathy. Poster session presented at the meeting of the Food and Nutrition Extension Educators Division Pre-Conference Workshop, Society for Nutrition Education Annual Conference, Washington, D.C.

Stastny, S., Youd, L. & Garden-Robinson. (2011). Eating for your eyes II: Diabetic retinopathy. [Oral presentation]. North Dakota Dietetic Association annual meeting, Grand Forks, ND.

Stastny, S., Youd, L., & Garden-Robinson. (2011). Effect of diabetic retinopathy education on knowledge and planned lifestyle activities: A pilot study. Poster session presented at the meeting of the North Dakota Dietetic Association annual meeting. Grand Forks, ND.

Christensen, B., **Stastny**, S., Hilgers, S., Okamatsu, H., Manikowske, T., Youd, L., & Champa, J. (2011). Does creatine supplementation along with a resistance training program improve strength in women? Poster session presented at the meeting of the American College of Sports Medicine, Denver, CO.

Stastny, S., Garden-Robinson, J., & Youd, L. (2011). Effect of diabetic retinopathy education on knowledge and planned lifestyle activities. Poster session presented at the meeting of the American Society of Nutrition: Advances and Controversies in Clinical Nutrition. San Francisco, CA.

Tande, D., Niemeier, B., Hwang, J., **Stastny, S**., & Hektner, J. (2011). BMI percentile is related to learning outcomes among preschool children following exposure to additional fruits and vegetables at meals and snacks in pilot study. Poster session presented at the meeting of the Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, San Diego, CA.

Stastny, S. (2010). Teaching math online. Food Educators Learning Community [Oral presentation], Charleston, SC.

Stastny, S. (2009). From honey to beet sugar: The food science behind natural sweeteners [Oral presentation]. Food Educators Learning Community Ultimate Teaching Competition, Charleston, SC.

Stastny, S., & Garden-Robinson, J. (2009). Eating for your eye health. Poster session presented at the meeting of Aging in America National Council on Aging, Las Vegas, NV.

Stastny, S., & Garden-Robinson, J. (2009). Eating for your eye health. Poster session presented at the meeting of United for Sight, Yale Campus, New Haven, CT.

Stastny, S. (2009). Nutrition Facts panel development for a student led restaurant. Poster session presented at the meeting of The Food Educators Learning Community, Charleston, SC.

Stastny, S. (2009). Meet the parents: Using PBL to increase learning and decrease student fatigue. Poster session presented at the meeting of The Food Educators Network International, Las Vegas, NV.

Lee, C., Hansen, P. Terbizan, D., Brunt, A., Christensen, B, Rhee, Y., & **Stastny**, S. (2009). The effect of physical training and nutrition education on risk factors of chronic disease [Oral

Presentation]. Historically Black Colleges and Universities Undergraduate Program (HBCU-UP) National Research Conference, Washington, DC.

Lee, C., Hansen, P. Terbizan, D., Brunt, A., Christensen, B, Rhee, Y., & **Stastny**, S. (2009). The effects of physical activity and nutrition education on risk factors of chronic disease. Poster session presented at the NDSU Equity, Diversity, and Global Outreach Undergraduate Research STEM Program, Fargo, ND.

Stastny, S., & Hanson, A. (2009). Nutrition Informatics: Development of Nutrition Facts panels in an on-campus restaurant. Poster session presented at the meeting of the Academy of Nutrition and Dietetics. Denver, CO.

Stastny, S. (2008). Assessing a preferred method of learning for university students using a whole grains lesson in the classroom. Poster session presented at the meeting of the North Dakota Nutrition Council, Grand Forks, ND.

Stastny, S. (2008). Assessing a preferred method of learning for university students using a whole grains lesson in the classroom. Poster session presented at the meeting of the Food Educators Network, Las Vegas, NV.

Terbizan, D., Staiger, S., DeBlauw, C., Rhee, Y., & **Stastny**, S. (2005). Body composition measurement in college-age students. Poster session presented at the meeting of the American College of Sports Medicine, Nashville, TN.

INVITED PRESENTATIONS

Stastny, S. (forthcoming). Research and human nutrition in North Dakota using North Dakota Checkoff. North Dakota Stockmen's Association [Invited speaker].

Stastny, S. (forthcoming). Latest trends and opportunities for RDNs in sports nutrition. Fargo Moorhead Academy of Nutrition and Dietetics [Invited keynote speaker].

Stastny, S. (2017). Nutrition facts and mythical hot topics [Oral presentation]. SouthEastern North Dakota Community Action Agency (SENDCAA), Dakota Medical Foundation ballroom, Fargo, ND.

Stastny, S. (2017). A continued focus on protein: a look at leucine [Oral presentation]. Sanford POWER strength and conditioning clinic, Cambria Suites and Sanford POWER Center, Fargo, ND.

Stastny, S. (2016). Sports nutrition for "peek" performance [Oral presentation]. The North Dakota High School Coaches Association, Fargo, ND.

Stastny, S. (2016). Supplements and energy drinks [Oral presentation]. The North Dakota High School Coaches Association, Fargo, ND.

Stastny, S. (2016). Sports nutrition for "peek" performance [Oral presentation]. ND Shape North Dakota Association of Health, Physical Education, Recreation and Dance), Fargo, ND.

Stastny, S. (2016). Finally: the new USDA Dietary Guidelines for Americans are released [Oral presentation]. North Dakota Nutrition Council, Bismarck, ND.

Stastny, S. (2015) Food Security and Diet-Linked Public Health Challenges conference. Institute on Science for Global Policy (ISGP) in partnership with North Dakota State University. Purpose: Write consensus statement. Invited scientist/subject-matter expert.

Stastny, S. (2015). Sports nutrition [Oral presentation]. Summer physical education teacher workshop. Fargo Public Schools, Fargo, ND.

Stastny, S. (2015). Wheying the evidence for leucine [Oral presentation]. Sanford POWER strength and conditioning clinic, Ramada Plaza Suites and Sanford POWER Center, Fargo, ND.

Stastny, S. (2013). "Whey-ing" the benefits of a new focus on protein [Oral presentation]. EFNEP/FNP conference. Jamestown, ND.

Stastny, S., Garden-Robinson, J., Kjera, C., & McNeal, K. (2012). Living with low vision [Oral presentation]. Research Extension Center (REC) Fall Conference, Fargo, ND.

Stastny, S. (2012). Eating for your eyes. [Oral presentation]. Dietary factors and long-term health. College(s) of Science and Mathematics, Human Development and Education, NDSU, Fargo, ND.

Stastny, S., & Garden-Robinson, J. (2012). Low vision rehabilitation. Poster session presented at the meeting of the North Dakota Optometric Association 109th Annual Congress, Bismarck, ND.

Stastny, S., Youd, L. & Garden-Robinson. (2011). Eating for your eyes II: Diabetic retinopathy. [Oral presentation]. North Dakota Dietetic Association annual meeting, Grand Forks, ND.

Stastny, S. (2011). Misconceptions in nutrition and supplements for lean muscle building. NDSU ROTC. Bentson Bunker Field House.

Stastny, S. (2011). Emerging research on dairy protein sources and recovery [Oral presentation]. 36th annual meeting of the Northland Regional Chapter of the American College of Sports Medicine. Fargo, ND.

Stastny, S. (2011). Healthy Vision Community Grant Activities on North Dakota American Indian reservations [Oral presentation]. North Dakota Optometric Association 108th Annual Congress, Member meeting, Fargo, ND.

Stastny, S, & Seaberg, N. (2011). Diabetic retinopathy prevention and detection. Poster session presented at the North Dakota Optometric Association 108th Annual Congress, Fargo, ND.

Stastny, S., Youd, L., & Garden-Robinson, J. (2010). Eating for your eyes II: Diabetic retinopathy. Poster session presented at the North Dakota Optometric Association 107th Annual Congress, Bismarck, ND.

Stastny, S. (2009). Sports Nutrition [Oral presentation]. The Northwest District Dietetic Association annual conference and meeting. Moorhead, MN. Rescheduled and held in Crookston, MN due to flood.

Stastny, S., & Garden-Robinson, J. (2009). Eating for your eye health. Poster session presented at the meeting of the North Dakota Optometric Association 106th Annual Congress, Fargo, ND.

Stastny, S. (2009). Nutrition and eye health [Oral presentation]. The North Dakota Dietetic Association annual conference and meeting. Fargo, ND.

Stastny, S. (2008). Eating for your eyes [Oral presentation]. North Dakota Optometric Association 105th Annual Congress, Bismarck, ND.

Stastny, S. (2008). Eating for your eyes. Poster session presented at the meeting of the North Dakota Optometric Association 105th Annual Congress, Bismarck, ND.

OTHER PRESENTATIONS

Hartze, G., Kotarsky, C. J., Schimek, R., Hackney, K. J., **Stastny**, S. (2017). Intra-reliability of ImageJ processing of ultrasound-derived cross-sectional area: Upper Leg Subcutaneous Fat. Poster session presented at the HDE Research Showcase.

Keith, J., & **Stastny**, S. (2016). Consumer response to information about added sugar: preferred format and impact on food choices. Poster session presented at the HDE Research Showcase.

Keith, J., **Stastny**, S., & Brunt, A. (2015). Life skills at a tribal college: addressing college retention and self-efficacy for healthy choices for American Indian college students. Poster session presented at the HDE Research Showcase.

Brunt, A., Keith, J., **Stastny**, S., & Bezbaruah, N. (2014). Does accompanying the primary grocery shopper increase requests for purchase of fruits and vegetables among third and fourth grade students? Poster session presented at the HDE Research Showcase.

Christensen, B., Bruns, L., & **Stastny**, S. (2013). Improved flexibility and core strength in four different levels of acute Pilates. Poster session presented at the HDE Research Showcase, Fargo, ND.

Stastny, S., & Garden-Robinson, J. (2013). Important lifestyle changes identified by participants of Nourish Your Brain program. Poster session presented at the HDE Research Showcase, Fargo, ND.

Seaberg, N, **Stastny, S.**, Garden-Robinson, J. (2012). Game playing helps American Indians and older adults learn about diabetic retinopathy. Poster session presented at the HDE Research Showcase, Fargo, ND.

Wagner, M., Manikowske, T., Terbizan, D., Rhee, Y., Brunt, A., Hansen, P., Christensen, B., Tucker, J., & **Stastny**, S. (2010). Food intake and risks for chronic diseases: Results from BISON ON THE MOVE. Poster session presented at the HDE Research Showcase, Fargo, ND.

IN-PROGRESS RESEARCH PROJECTS AND GRANTS

Stastny, S (2017). National Pork Board and Midwest Dairy Council mini grant. $500.

Stastny, S., Hackney, K., & Byun, W. (2017-2019). The influence of animal-based protein and beef consumption on ability to perform functional activities, muscle quality and bone mineral density among adolescent to older females. North Dakota Beef Commission; $208,421. Rated "high" among 25 proposals.

Stastny, S., Hackney, K., & Byun, W. (2017-2018). Beef protein intake, physical activity, and muscle quality in middle aged-men. This project received very high rankings from the National Cattlemen's Beef Association as well. Minnesota Beef Council. $38,827.

Stastny, S., Hackney, K., Byun, W., & David, S. (2016-December, 2017). Beef protein intake, physical activity, and muscle quality in middle-aged women. National Cattlemen's Beef Association Beef Checkoff; $37,277.

COMPLETED RESEARCH PROJECTS AND GRANTS

Stastny, S. (2016-2017) Analysis of amino acid leucine content. Internal RCA Funding--Research Support Services**,** VP Kelly Rusch, office of Research and Creative Activity. $1,000.

Hackney, K., **Stastny**, S., Byun, W., David, S., & Mitchell, S. (2016-2017). Protein and muscular health with aging: effect of increased physical activity. Sanford Health/North Dakota State University Collaborative Seed Grant; $76,000.

Hackney, K., **Stastny**, S., & David, S., & Mitchell, S. (2015-2016). Protein and muscular health with aging. Sanford Health/North Dakota State University Collaborative Seed Grant; $77,277.
Agnew, W., **Stastny**, S., Aune, P., Wolf, C., Keith, J., & Brunt, A. (2012-2015). Lifeskills at a Tribal College. USDA NIFA Institute of Youth, Family and Community, Division of Community and Education, Tribal Colleges Research Grants Program. $85,000. Agnew, project director/PI; Aune, Co-PI with United Tribes Technical College; $11,532 to fund NDSU Graduate Assistantship and travel.

Stastny S., Kopp, N., & Garden-Robinson, J. (2011-2012). Eating for your eyes II: Diabetic Retinopathy. National Eye Institute, National Institute of Health, Healthy Vision Community Award (2012). $10,000. Portions of the grant used for stipends for undergraduate student Casey Kjera.

Garden-Robinson, J. **Stastny**, S., & Jacobs, A. (2010) Bones and joints. Mini-grant USDA extension used for project supplies. $3,450.

Stastny, S., Garden-Robinson, J., Kopp, N., & Youd. L. (2009-2010). Diabetic retinopathy. National Optometric Association Healthy Eyes Healthy People. $1,810.

Stastny, S. (2009). Creatine, resistance training, carbohydrate, and protein affects on muscle strength and power. Creatine donation from Vitamin World. $700. Cheese donation from Tillamook Country

Creamery. $175.

Garden-Robinson, J., & **Stastny**, S. (2009). Nourish your brain. Mini-grant USDA extension. $3,450.

Stastny, S., & Christensen, B. (2009). Creatine, resistance training, carbohydrate, and protein effects on muscle strength and power. ND EpsCor program $2,500. HNES $2,500 and HDE $700 with $700 match from HNES. Total: $6,400 for supplies for research participants.

Stastny, S., & Garden-Robison., J., & Kopp, N. (2008). Eating for your eyes. National Optometric Association Healthy Eyes Healthy People. $2,500.

Stastny, S. (2008). Research, Creative Activities and Technology Transfer (RCATT) travel award. Used to travel to conference for presentation. $300.

Stastny, S. (2008). National Continuing Education Program in Sustainable Agriculture. The Sustainable Agriculture Research and Education (SARE) Program. USDA. $500.

Stastny, S., & Garden-Robinson, J. (2008) Eating for your eye health. Mini-grant USDA extension. $4,432.

Tande, D., **Stastny**, S., & Hwang, J. (2007). Preschool fruit and vegetable curriculum effect on intake. Mini-grant USDA extension. $2,800.

SUPERVISION OF GRADUATE STUDENTS

Examining committee chair

Bailee S. Begnoche, RD	PhD, Health, Nutrition, & Exercise Sciences Projected Completion Date: August 2021
Nathaniel Johnson	PhD, Health, Nutrition, & Exercise Sciences Projected Completion Date: August 2021
Suzanne Youngs, MPH, MBA	PhD, Health, Nutrition, & Exercise Sciences Projected Completion Date: August 2019
Schmidt, Adalie	MS, Health, Nutrition, & Exercise Sciences Projected Completion Date: August 2019
Amy Peick	MS, Dietetics, Great Plains Projected Completion Date: August 2019
Rachel Iverson Dewey	MS, Health, Nutrition, & Exercise Sciences Projected Completion Date: August 2017 ***Thesis Title:*** Nutrition skills among high school coaches

Michael Blake	MS, Health, Nutrition, & Exercise Sciences Completed 2017 ***Thesis Title:*** Acute exercise response of caffeine and nitric oxide stimulating pre-workout supplement among healthy male recreational athletes
Nicole Vasichek	MS, Health, Nutrition, & Exercise Sciences Completed 2016 ***Thesis Title:*** Is it time to reevaluate our dietary fat recommendations?
Jill Keith, MS, LRD	PhD, Health, Nutrition, & Exercise Sciences Completed 2016 ***Thesis Title:*** Life Skills at a Tribal College: Effect of an educational intervention on college retention and self-efficacy for healthy choices among American Indian college students
Jessica Bryan, RD	MS, Great Plains dietetics program, Didactic plan of study Completed 2016
Jenna Kourajian, LRD	MS, Health, Nutrition, & Exercise Sciences Completed 2015 ***Thesis Title:*** Relationships among diet quality, BMI and cooking skills in a group of college students
Shayna Banks, RD	MS, Great Plains dietetics program, Didactic plan of study
Lindsay Youd, LRD	MS, Health, Nutrition, & Exercise Sciences Completed 2011 ***Thesis Title:*** Effect of diabetic retinopathy education on knowledge and planned lifestyle activities

ABSTRACT/MANUSCRIPT REVIEW

Academy of Nutrition and Dietetics Abstract Reviewer (2003-present).

International Journal of Hospitality Management (2012-present).

Journal of Cereal Science (2012-present).

European Journal of Public Health, (2011-present).

The Food Service Institute, White Paper Reviewer (2008).

Journal of Nutrition Education and Behavior, (2008-present).

International Journal of Exercise Science, (2008-present).

Journal of Foodservice, (2007-2009) (no longer published).

TEXTBOOK REVIEW
Bennion, M., & Scheule, B. (2015). *Introductory foods*, 14th Ed. Upper Saddle River, NJ: Pearson Education.

McArdle, W., Katch, F., & Katch, V. (2013). *Sports and exercise nutrition,* 4th ed. Philadelphia, PA: Lippincott, Williams & Wilkins.

Fink, H., & Mikesky A. (2012). *Practical applications in sports nutrition*, 4th ed. Burlington, MA: Jones and Bartlett Learning.

Marcus, J. (2011). *Culinary nutrition: The science and practice of healthy cooking,* Boca Raton, FL: Taylor and Francis.

Bennion, M., & Scheule, B (2010). *Introductory foods*, 13th Ed. Upper Saddle River, NJ: Pearson Education.

Brown, A. (2009). *Understanding food*. 4th. Ed. Belmont, CA: Cengage Learning.

McArdle, W., Katch, F., & Katch, V. (2009). *Sports and exercise nutrition,* 3rd ed. Philadelphia, PA: Lippincott, Williams & Wilkins.

McWilliams, M. (2007). *Illustrated guide to food preparation* Upper Saddle River, NJ: Pearson/Prentice Hall.

SERVICE

SERVICE TO THE UNIVERSITY

Department
PTE committee (2007 to present).

Dietetics Accreditation Work Group, member (2002 to present).

Dietetics Advisory Board, member (2002 to present).

Graduate Committee, member (2007 to present).

PhD Wellness/Exercise Science and Nutrition. Core Committee, member (2009-2011).

Merit raise evaluation committee, chairperson (2010-2011).

Search committee for instructor/coordinator for dietetics, member (2010-2011).

Assessment of Student Learning Committee, member, HNES, (2010-2011).

Department Head Review Committee, member (2007-2008), (2003-2004).

HNES Mission Statement Committee (2003) and (2009-2010).

Coordinator for Food Production and Service Lab (2013-present). Responsibilities include coordinating safe and sanitary lab use; equipment inventory.

College
HDE Associate Dean and New Faculty meeting invited speaker (2015). Advising graduate students.

HDE Leadership Group led by Jill Nelson, Associate Dean (2014-2016)

Coordinator for Food Production and Service Lab (2003-2013). Responsibilities include coordinating safe and sanitary lab use; equipment inventory.

College Research Committee, member (2010-present).
-Evaluation of Associate Dean Committee, member (2011-2012).

Gerontology Doctoral Committee, member (2007-2013).

Dean's advisory board (2002-2007)

University
Provost funded Innovation Alliance, member (2013 to 2016).
Research Park funded Innovation Alliance, member (2016 to present).

-Microgrant committee, member (2013 to present).
-lead (2015 to present).
-CGIU forming committee, student advisor, faculty (national) member (2014 to present).
-faculty representative national meeting 2016

President's Council on Alcohol and Other Drugs (2010-present) appointment.
-President's Council on Alcohol and Other Drugs, Chairperson (2010-2013), Academics and Education subcommittee.
- President's Council on Alcohol and Other Drugs, Teaching, learning, and research subcommittee, member (2013 to present).

School of nursing PTE committee, outside member (2016).

Department of Residence Life. Faculty in residence life program faculty mentor (2008 to present).
-Faculty mentor Weible Hall (2008-2009), Seim Hall Wellness Floors (2009 to present).

Residence Life Advisory Board (2011-2014).

North Dakota University Numbering System, Common course numbering committee for articulation and transfer, Allied health, (2008), Chair (2009, member).

NDSU Gold Star Band, Alumni Band (2002-2016). Executive Board member.

NDSU cycling club (2007-2009). Faculty advisor.

Expanding your horizons workshop leader (2008).

University Presentations
Stastny, S., & Byun, W. (2017). Board of visitors invited speaker. Protein intake, physical activity and muscular health with aging.

HDE Saturday series (2015 and 2016). Lead tours for potential HNES students.

NDSU University Honors Program's project Cooking Up Leadership (2017), University Honors Matthew Salafia, advisor. Role: consultant, supervisor.

Stastny, S. and Keith, J. Benefits of attending graduate school at North Dakota State University. NDSU Graduate School, College of Human Development & Education, and Department of Health, Nutrition Exercise Sciences promotion and recruitment [Video] (2015).

Staff Senate, invited speaker (2015). 800 café: What's it about?

Live real mentor training (2010-2012), President's Council on Alcohol and Other Drugs, Room of Nations [Numerous oral presentations].

LIVE REAL Mentors, Train the Trainer program (2010) attendee.

Extension
The function and purpose of the Food Production Laboratory (2015). Family and consumer science Extension state agents [Invited speaker].

Physical Wellness (2015), Overscheduled series. NDSU Extension [Recorded audio education].

FNP 2013 Calendar. Reviewed pp 1-11 for nutritional, culinary, and family consumer science content.

SERVICE TO THE PUBLIC
Rebuilding Together, Fargo (2011). Coordinated NDSU team to remove several years of brush from home of individual with disabilities.

United Way Day of Caring (2010). Coordinated NDSU team to rake and clean gutters for older adults.

Passport to better health (2009). Healthfair at First Lutheran Church. Chaired.

Media interviews

Hydration important part of sports activities (2016). Interview Bismarck Tribune, Marnie Walth.

In England, socially conscious fried chicken takes flight. NPR, "the Salt" (2015). [interview]. London, England.

Trans fat in the American diet: A response to the FDA report on elimination of hydrogenated vegetable oils from foods (2015). Live interview with Sandy Buttweiler, WDAY 970 [radio], Fargo, ND.

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.

Oodles of zoodles: Zucchini "noodles" replace pasta (2014). Story in "variety" section by reported Anny Larson, Fargo, Forum, Fargo, ND.

Sugar and corn syrup: differences (2014). Lead story by reporter Kia Farhang, Fargo Forum, Fargo, ND.

Meal replacement shakes provide convenient dose of nutrition, but some people wary of claims (2013). Fargo Forum, Fargo, ND

Grab and go: Quick, delicious ideas for a satisfying breakfast (2012) She Says section lead story, Curing the holiday hangover (2011), Fargo Forum Fargo, ND.

How to enjoy ribfest without the guilt (2012). Lead story WDAY 10:00 Evening News [Interview]. Fargo, ND.

WDAY Cooking for the holidays (2011). [Interview available via podcast].

Strategies to reduce sodium intake in the United States: A response to the IOM report from nutrition expert (2010). Valley News Live, WDAY, Fargo, ND.

Presentations

The "huh"? and "aha" parts of the Daniel Plan for a healthier life, food chapter (2016). Presentation(s) to members of First Lutheran Church, Fargo, ND.

Touchmark Chef's "Chopped" competition (2015). Touchmark Retirement Community invited judge and speaker. Fargo, ND.

Gold, A., **Stastny**, S., & Ness. M. (2014) Fargo chapter of the American Chef Federation FPLC tour and squash demonstration.

Nourish your bones and muscles (2014). Touchmark Retirement Community invited lecture. Fargo, ND.

21st Annual Traditional Woodlands and High Plains Pow wow (2012). Diabetic retinopathy detection and prevention [Booth presenter]. Fargo, ND.

United Tribes 42nd Annual International Pow wow and Summit (2011). Diabetic retinopathy detection

and prevention [Exhibitor booth]. Bismarck, ND.

Turtle Mountain Wellness Fair (2011). Diabetic retinopathy detection and prevention [Exhibitor booth]. Belcourt, ND.

Stastny, S., Renier, G., & Hilmer, J. (2010, 2009). Nutrition for fall prevention, Eating for your eyes. Waterford Retirement Community, Fargo, ND.

Power up to compete (2010). Fargo Public Schools. Fargo South High School Gymnastics program.

Sports nutrition (2010). Fargo Public Schools Coaching Association. Fargo South High School.

KFGO Saturday mornings: KFGO Wellness Hour. (2007-2009) Eating for your eyes; Stay healthy over the holidays; National nutrition month; Healthy aging. AM790. Sponsored by Swanson Health Products.

First Lutheran Church, Health Committee (2008-2010). Member and health expert for congregation. Write articles for First in Focus, weekly newsletter, such as First on the Move, health tips.

Faithfully Fit Forever, Leader training and subsequent leadership (4-hour workshop) (2008 to 2010). Department of Cardiovascular Rehabilitation, MeritCare Medical Center (program developed by Jim White in partial fulfillment of HDE PhD). Lead weekly fitness classes for older adults. Weekly nutrition lesson.

Consultation
Good Samaritan Retirement Home (2010-2012) and Riverview Retirement home (2009). Consultant for food service menus and recipes. Fargo, ND.

Mexico mission trip (2011). Consultant for First Lutheran Church remote mission trip to rural Mexico. Planned 8 days menus for 25 builders in remote area with lack of potable water.

Consultation for Fargo South boy's hockey team (2009) and San Diego Padres with athletic trainer Charlie Woida (was NDSU graduate student) (2008). Menu and snack development for traveling team.

Cass County Correctional Facility (2006-2008). Consultant for selection of new foodservice contract and operator based on RFP's. Fargo, ND.

OTHER COMMITTEES AND ORGANIZATIONAL INVOLVEMENT
Academy of Nutrition and Dietetics, abstract reviewer, member (2002-present).

-Grant reviewer (2017). McCormick Science Institute Research Award, Academy Foundation.

-Food and Culinary Professionals, dietetic practice group (DPG) of the Academy, member (2015-present)

-Academy response to "In-Home Food Safety Behaviors and Consumer Education: Annual Observational Study" From FDA to DPG/MIG Regulatory Comment Response. Contributing

writer (2017). (FCP); federal register link https://www.federalregister.gov/d/2016-30599; FCP is a dietetics practice group (DPG) of the Academy. Role: Content expert, collaborator.

-Academy response to "Consumer knowledge, attitude and beliefs about food safety, with particular focus on emerging consumer food safety issues. (preparation for consumer survey)" From FDA to DPG/MIG Regulatory Comment Response. Contributing writer (2017). FCP is a dietetics practice group (DPG) of the Academy. Role: Content expert, collaborator.

-Academy work group member (2017). Policy recommendation on food and beverage taxes. Contributing writer and member. Role: Content expert, collaborator.

-Academy response to "nonbinding recommendations use of the term "healthy" in the labeling of human food products: guidance for industry, Office of Nutrition and Food Labeling Nutrition Program Staff:, HFS-830, Center for Food Safety and Applied Nutrition Food and Drug Administration. Contributing writer (2016). (FCP); FCP is a dietetics practice group (DPG) of the Academy. Role: Content expert, collaborator.

-Academy response to *Use of the term "natural": in the labeling of human food products; request for information and comments*, contributing writer (2016). (FCP); FCP is a dietetics practice group (DPG) of the Academy. Role: Content expert, collaborator.

-Reviewer for select chapters 6th Edition *Sports Nutrition: A practice manual for professionals* (2016). Proteins, ergogenic aids and dietary supplements. Protein chapter co-authored by Stuart Phillips (leading authority on protein).

Academy response to *The FDA Food Labeling Experimental Study on Consumer Responses to Nutrition Facts Labels With Various Footnotes and Declaration of Amount of Added Sugars*, contributing write (2015). Telephone consultation with Academy legal representative (Pippen Tuma, JDA) before final copy. Role: Content expert, collaborator.

Academy response to The FDA Food Labeling Experimental Study on Consumer Responses to Nutrition Facts Labels With Various Footnotes and Declaration of Amount of Added Sugars (FCP); FCP is a dietetics practice group (DPG) of the Academy (2015). Role: Content expert, collaborator.

Academy response to The FDA Food Labeling Experimental Study on Consumer Responses to Nutrition Facts Labels With Various Footnotes and Declaration of Amount of Added Sugars (SCAN); SCAN is a dietetics practice group (DPG) of the Academy (2015). Role: Content expert, collaborator.

Academy response to US Dept of HHS regarding menu labeling requirements representing the Food and Culinary Professionals (FCP); FCP is a dietetics practice group (DPG) of the Academy (2015). Role: Content expert, collaborator.

-Sports and Cardiovascular Nutritionists Practice Group (SCAN), member (2008-present).
-includes Wellness/Cardiovascular specialized group for the Academy of Nutrition and Dietetics.

-Executive Committee, Secretary (2017-2019).
-Managing Editor, Fact Sheets, Wellness/CV (2014-present).
-Nutrition for polycystic ovary disease (2017). Complete revision.
-Healthy snacking (2016). Complete revision.
-Achieving and maintaining a healthy weight (2016). Complete revision.

-Reviewer for select chapters 6th Edition *Sports Nutrition: A practice manual for professionals* (2015). Proteins, dietary fats, fluids, electrolytes, ergogenic aids and dietary supplements.

-North Dakota Dietetic Association, member, board of directors, media chairperson eastern North Dakota (2009-2013) and Finance liaison (2006-2008).
-In charge of National Nutrition Month media campaign for North Dakota.
-Produced and implemented television commercials on ABC and CBS throughout ND, advocating for dietetics (2011, 2012)
-Fargo-Moorhead Dietetic Association Media spokesperson (2002-2013).

Foodservice Management Education Council, member (2015-2017).
International Society of Sports Nutrition, member (2013-2015).
International Carotenoid Society, member (2009-2016).
The Association for Research in Vision and Ophthalmology, member (2010-2012).
Food Educators Learning Community (2003 to 2009).
National Society of Healthcare Food Service Managers. Board of Directors. Education committee member (1999-2002).
Real Food Challenge, North Dakota State University student group, faculty advisor (2015 to 2016).

RECENT PROFESSIONAL DEVELOPMENT ACTIVITIES
External Development Activities

Completed second 5-year Board Certification for Sports Dietetics (CSSD) with the Academy of Nutrition and Dietetics, administered by the Commission on Dietetic Registration (passing of test = 75 CPEUs 2014-2019).

enCORE operator training for DXA scan operation (dual energy x-ray absorptiometry) diploma (2016). Held at NDSU by GE Healthcare.

Antiracist Multiculturalism Across the Curriculum (ARMAC)—40 hours training (2016). Added new modules/lesson plans to HNES460L, 261, 261L, and 361.

ACEND forum-quality nutrition and dietetics education: present realities, future innovations. This session was an update on the development of the new MS degree in dietetics. Presented as part of the Academy of Nutrition and Dietetics Conference (2015). Nashville, TN, Attendee.

The future of food and nutrition: the intersection of business, diversity and philanthropy, presented by Marcus Samuelsson and Lucille Beseler for the Academy of Nutrition and Dietetics Conference (2015). Samuelsson is world-famous chef; Beseler is 2014 president of the Academy. Nashville, TN, Attendee.

Supplement savvy: playing safe, smart and legal. Ellen Coleman, supplement expert and featured speaker for the Academy of Nutrition and Dietetics Conference (2015). Nashville, TN, Attendee.

The cognitive principles of effective teaching video series (2015). Dr. Stephen Chew, researcher in cognitive learning, Stanford University [Online], Attendee.

Open [Venturewell] (2015). VentureWell is dedicated to fostering an emerging generation of young inventors and entrepreneurs driven to improve life for people and the planet. Open conferences gather together engaged faculty and university students from across multiple disciplines to share stories, start new collaborations and learn best practices in technology entrepreneurship education. Washington, DC, Attendee.

Completed 5-year Board Certification for Sports Dietetics (CSSD) with the Academy of Nutrition and Dietetics, administered by the Commission on Dietetic Registration (passing of test = 75 CPEUs 2009-2014).

AWARDS AND HONORS

TEACHING

Outstanding Dietetic Educator representing a Dietetic Education Program (NDEP) Area 2 North Dakota, South Dakota, Minnesota, Missouri, Indiana, Illinois, Michigan, Ohio (2017). Dietetic Educators of Practitioners, Dietetic Practice Group of the American Academy of Nutrition and Dietetics, Indianapolis, IN.

Recognized by the College of Human Development and Education as "people on campus" that made a difference to students (2016-2017), (2015-2016), (2014-2015), (2013-2014).

Brunt, A., Rhee, Y., & **Stastny**, S. (2016). Program Excellence Award, Great Plains Interactive Distance Education Alliance presented to the faculty of the MS in Dietetics at NDSU.

Keith, J., & Stastny, S. (2016). HNES Graduate Faculty Ranked Research Showcase Poster Award. Consumer response to information about added sugar: preferred format and impact on food choices.

Nominated for Faculty Row (2015).

Recognized by NDSU Athletics as "staff" that made a difference to students (2014).

Outstanding Educator in a Dietetics Program (2011). Area 2 (North Dakota, South Dakota, Minnesota, Missouri, Iowa, Wisconsin). Academy of Nutrition and Dietetics. DEP meeting, Indianapolis, IN.

Outstanding Educator in a Dietetics Program (2011). State of North Dakota. North Dakota Dietetic Association. Grand Forks, ND.

Identified as one of the most helpful faculty members in their time at NDSU by graduating seniors

(2003, 2004, 2006, 2008, 2009, 2011, 2012).

ADVISING

Nomination for the Outstanding Faculty Academic Advising Award (2017), NDSU, Provost office.

Graduate student mentor award (2014). College of Human Development and Education.

"Of the Month" (2013). National Residence Hall Honorary (NRHH) nominee for faculty mentor of the month.

Faculty mentor of the year (2010). Awarded by Residence Life. NDSU.

STUDENT ADVISEE AWARDS

Jill Keith, Francis E. Fischer Memorial Scholarship, Academy of Nutrition & Dietetics Foundation (2015-2016). Role: Major advisor and faculty mentor.
Jill Keith, Graduate Research Assistant Award. College of Human Development & Education, North Dakota State University, Fargo, ND (2014-2015). Role: Major advisor and faculty mentor. Wrote nomination.
Jill Keith, Commission on Dietetic Registration Doctoral Scholarship (2014-2015). Role: Major advisor and faculty mentor.
Jill Keith, Academy of Nutrition and Dietetics Foundation E. Neige Todhunter Memorial Doctoral Fellowship (2013-2014). Role: Major advisor and faculty mentor. Wrote letter of recommendation.
Jill Keith, Graduate Teaching Assistant Award. College of Human Development & Education, North Dakota State University, Fargo, ND (2012-2013). Role: Major advisor and faculty mentor. Wrote nomination.
Jill Keith, Academy of Nutrition & Dietetics Foundation Scholarship (2012-2013). Role: Major advisor and faculty mentor. Wrote letter of recommendation.

Alexa Hanson, NDSU HD&E College/Graduate Research Award (2009-2010).
Role: Major advisor and faculty mentor. Wrote nomination.
Alexa Hanson, NDSU HD&E College/Graduate Teaching Award (2008-2009).
Role: Major advisor and faculty mentor. Wrote nomination.

Brooke Fredrickson, North Dakota Dietetic Association Emerging Dietitian Award (2008).
Role: Wrote nomination.

RESEARCH/TRAVEL/OTHER AWARDS

James Lebedeff Endowed Professorship Development Award (2017). College of Human Development and Education, NDSU.

Hackney, K., Byun, W., David, S., & **Stastny**, S. (2017). Nominated for exceptional contributions for collaborative efforts for the College of Human Development and Education, NDSU.

Nominated by SCAN to the Academy of Nutrition and Dietetics, Secretary (nomination 2016 for 2017-2019 term).

Exceptional contributions to research (2016). College of Human Development and Education, NDSU.

Keith, J., & **Stastny**, S. (2016). HNES Graduate Faculty Ranked Research Showcase Poster Award. Consumer response to information about added sugar: preferred format and impact on food choices.

Asperin, A., Ragan, A., & **Stastny**, S. (2015). Exceptional contributions for collaborative efforts for the College of Human Development and Education, NDSU.

Provost travel and research fund grant (2013). Food studies conference presenter, University of TX, Austin, TX, $200.00.

Seaberg, N, **Stastny, S.**, Garden-Robinson, J. (2012). Game playing helps American Indians and older adults learn about diabetic retinopathy. Poster session presented at the HDE Research Showcase. Fargo, ND. Honorable mention.

Provost travel and research fund grant (2012, 2011). Academy of Nutrition and Dietetics presenter, Philadelphia, PA., Aging in America presenter, Washington, DC, $700.00.

Advance FORWARD travel program award recipient. (2011-2012, 2009). National Science Foundation Grant # HRD-0811239 to the NDSU Advance FORWARD program. Aging in America, Washington, DC. Aging in America National Council on Aging presenter, Las Vegas, NV. $700.

Advance FORWARD course release program award recipient. (2011-2012). National Science Foundation Grant # HRD-0811239 to the NDSU Advance FORWARD program. $3,000.

Nominated for HDE Exceptional Contributions to Research (2015, 2011, 2010).

Teaching math online (2010). Food Educators Learning Community. [Oral presentation and abstract]. Charleston, SC. Best proposal award.

Stastny, S. & Hanson, A. (2009). Nutrition Informatics: Development of Nutrition Facts panels in an on-campus restaurant [Abstract and Poster presentation]. Academy of Nutrition and Dietetics. Denver, CO. Abstract and award listing available at http://www.eatright.org/Members/content.aspx?id=4294967788&terms=**Stastny**. Awarded 2nd place top innovator for the session.

Stastny, S. (2009). From honey to beet sugar: The food science behind natural sweeteners [Oral presentation]. Food Educators Learning Community Ultimate Teaching Competition. 3rd place and $500 and complimentary 2010 conference.

Stastny, S., & Garden Outstanding education award, of the North Dakota Dietetic Association. Nomination written by Williams, Burke and Divide county (N.D.) extension agents.-Robinson, J. (2009). Eating for your eyes. Pyramid Power Award, Nutrition

Meet the parents: Using PBL to increase learning and decrease student fatigue (2009). Food Educators Network International, Las Vegas, NV. People's Choice: Best Poster Presentation.

Nominated for HDE Emerging Researcher (2009, 2008).

North Dakota Wheat commission award winning recipe published in ND Wheat cookbook (2005).

Fellow in Educational Leadership, Bush Grant, NDSU (2002-2003).

Tyson award winning recipe published in Taste of the Times (2000), Full-color hard cover cookbook, Library of Congress Catalog Card Number: 98-61123.

SCHOLARSHIP AWARDS

Barbara B. North and Mary Hadley Graduate Dietetics Award. College of Human Development and Education, North Dakota State University, Fargo, ND (2006, 2005).

Mavis Nymon Graduate Award. College of Human Development and Education, North Dakota State University, Fargo, ND (2004).

Mead Johnson Graduate Student Award, Academy of Nutrition and Dietetics Foundation (2004).

Academy of Nutrition and Dietetics Foundation Graduate Student Award (2007, 2006, 2005).