

CURRICULUM VITAE

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The University of Alabama
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EDUCATION:

- 2007-2012 **University of Alabama at Birmingham**, Birmingham, AL
PhD in Nutrition Science
- 1998-2000 **University of North Carolina**, Chapel Hill, NC
MPH in Nutrition
- 1993-1997 **University of Illinois**, Champaign-Urbana, IL
BS in Biology

LICENSURE & CERTIFICATION:

- 2019-Present **Certified Phlebotomy Technician**
- 2000-Present **Registered Dietitian Nutritionist (RDN) - Commission on Dietetic Registration**
- 2008-Present **Licensed Dietitian/Nutritionist (LD) - Alabama Board of Dietetics/Nutrition**
- 2005-2009 **Certified Nutrition Support Clinician (CNSC) - National Board for Nutrition Support Certification**
- 2000-2008 **Licensed Dietitian/Nutritionist - North Carolina Board of Dietetics/Nutrition**

PROFESSIONAL EXPERIENCE:

- 2018-Present - **Associate Professor**
Department of Human Nutrition, University of Alabama, Tuscaloosa, AL
- 2012-2018 **Assistant Professor**
Department of Human Nutrition, University of Alabama, Tuscaloosa, AL
- 2007-2012 **Research Fellow**
Department of Nutrition Sciences, University of Alabama at Birmingham, Birmingham, AL
- 2001-2007 **Clinical Dietitian**, Carolinas Medical Center and Carolinas Neuromuscular/ALS-MDA Center, Charlotte, NC
- 2000-2001 **Clinical Dietitian**, Cleveland Regional Medical Center, Shelby, NC
Community Nutritionist, Health & Sport Works, Inc., Charlotte, NC

PROFESSIONAL MEMBERSHIPS:

- 2014-Present **Alabama Research Institute on Aging** – Executive Committee Member (2024-present, 2019-2022), Associate Director (2022-2024)
- 2000-Present **Academy of Nutrition and Dietetics** – Research Coordinator for the Dietitians in Nutrition Support (DNS) Dietetic Practice Group (2025-present), Evidence Analysis Library Workgroup Member (2018-2019)
- 2015-Present **American Society for Parenteral and Enteral Nutrition** – Clinical Guidelines Relief Panel (2025-present)
- 2015-Present **Gerontological Society of America** – Health Science Section Liaison (2018-2020)
- 2008-Present **American Society for Nutrition**
- 2012-Present **Tuscaloosa Dietetic Association**
Alabama Dietetic Association
- 2008-2013 **Birmingham District Dietetic Association** - Board Member 2011-2013
- 2000-2008 **Charlotte District Dietetic Association** - Board Member 2004-2005

SELECT HONORS AND AWARDS:

- 2015 Academy of Nutrition and Dietetics Foundation - “Margaret Simko Memorial Award for Excellence at a Clinical Poster Session”
- 2014 Academy of Nutrition and Dietetics - “Outstanding Dietetics Educator in a Coordinated Program”
- 2014 Alabama Dietetic Association - “Outstanding Dietetic Educator Award”
- 2012 University of Alabama College of Continuing Studies - “Outstanding Content Expert”
- 2012 University of Alabama at Birmingham - “Dean’s Award for Leadership”
- 2011 University of Alabama at Birmingham - “Howarde E. Sauberlich Endowed Award for Excellence in Nutrition Science Research”
- 2010 University of Alabama at Birmingham Center for Aging - “Research in Aging Scholarship”
- 2007 Charlotte Dietetic Association - “Recognized Young Dietitian of the Year”

TEACHING EXPERIENCE:

A. INSTRUCTOR

University of Alabama, Tuscaloosa, AL

- 2012-Present NHM 601 (Contemporary Research in Translational Nutrition Science), NHM 575 (Supervised Practice in Long-Term Care), NHM 568 (Nutrition for the Older Adult), NHM 567 (Nutrition Support for the Critically Ill), NHM 566 (Advanced Clinical Nutrition), NHM 467 (Supervised Practice in Long-Term Care), NHM 365 (Medical Nutrition Therapy I), NHM 363 (Applied Nutrition), NHM 361 (Nutritional Biochemistry)

University of Alabama at Birmingham, Birmingham, AL

- 2008-2012 Guest Lecturer, Nutrition 604 (Principles and Practices in Nutrition Support) and Nutrition 601(Advanced Medical Nutrition)

Queens University, Charlotte, NC
2006-2007 Adjunct Instructor, Biology
2000-2002 Adjunct Instructor, Biology and Nutrition

B. COURSES DEVELOPED FOR ONLINE DELIVERY

- Certificate of Training in Nutrigenomics for the Academy of Nutrition and Dietetics: (Co-development 2022)
- NHM 568: Nutrition for the Older Adult (Redevelopment 2025 and 2019; Co-development 2015)
- NHM 363: Applied Nutrition (Redevelopment 2018 and 2014)
- NHM 365: Medical Nutrition Therapy I (Redevelopment 2021, 2017 and 2014)
- NHM 558: Nutrition in the Prevention & Treatment of Chronic Disease (Co-development 2016)
- NHM 361: Nutritional Biochemistry (Development 2012)

PUBLICATIONS:

A. PEER-REVIEWED JOURNAL ARTICLES (Student mentees underlined)

1. **Ellis A**, Bui C, Rosso AL, Shah A, Snow AL, Black SR, Sazonov E, Payne-Foster P, Strotmeyer ES. Cognitive Function, Diabetes, and Recurrent Falls: From the Health ABC Study. *J Appl Gerontol*. In Press. (2025) doi: 10.1177/07334648251395793.
2. Dobak S, Pearson K, McGuire R, **Ellis A**. Medical nutrition therapy for ALS: Dietitians' approaches to diagnosing malnutrition, facilitating feeding tube discussions, and mitigating refeeding syndrome risk. *Nutr Clin Pract*. In Press (2025) doi: 10.1002/ncp.70069.
3. DiNatale J, McDonough I, **Ellis A**, Douglas J, Yaffe K, Crowe-White K. The Drug Burden Index is associated with measures of cognitive function among older adults in the Health, Aging, and Body Composition Study. *J Gerontol A Biol Sci Med Sci*. Vol. 79, No. 7, 1-9 (2024).
4. Guo J, **Ellis A**, Zhang Y, Kong L, Tan L. Starch-ascorbyl palmitate inclusion complex, a type 5 resistant starch, reduced *in vitro* digestibility and improved *in vivo* glycemic response in mice. *Carbohydrate Polymers*. Vol. 321, 1-11 (2023).
5. Ferdous K, Sarihi S, **Ellis A**, Park H. Neuroprotective potential of brown seaweed phytochemicals in rodent models of cerebral ischemia. *Journal of Medicinal Food*. Vol. 26, No. 7, 436-444 (2023).
6. **Ellis A**, Bui C, Ferguson C, Azarmanesh D, Park H. Associations between self-reported symptoms of SARS-CoV-2 and dietary supplement use over the previous year among young adults during the first pandemic wave. *Journal of Nutritional Science*. Vol. 12, 1-7 (2023).

7. **Denhardt B, Sobalvarro S, Reese J, Parton J, Ellis A.** Association between body composition parameters and heart rate in a sample of adolescents with anorexia. *Southern Medical Journal*. Vol. 116, No. 3, 286-289 (2023).
8. **Ferguson C, Jung S, Lawrence J, Douglas J, Halli-Tierney A, Bui, C, Ellis, A.** A mixed methods exploration of the impact of the COVID-19 pandemic on food-related activities and diet quality in people with Parkinson disease. *International Journal of Environmental Research and Public Health (IJERPH)*. Vol. 19, No.18, 1-10 (2022).
9. **Ferguson C, Jung S, Lawrence J, Douglas J, Halli-Tierney A, Bui, C, Ellis, A.** A qualitative analysis of experiences with food-related activities among people living with Parkinson disease and their care-partners. *Journal of Applied Gerontology*. Vol. 42, No. 1, 131-140 (2022).
10. Jung S, **Palmer F, Shahan M, Ellis A.** Changes in grocery shopping behaviors of community-dwelling older adults during the COVID-19 pandemic. *Journal of Hunger and Environmental Nutrition*. 1-16 (2022).
11. **Ellis A, Jung S, Palmer F, Shahan M.** Individual and interpersonal factors affecting dietary intake of community-dwelling older adults during the COVID-19 pandemic. *Public Health Nutrition*. 1-29 (2022).
12. **DiNatale J, Crowe-White C, Ellis A, Yang X, Thaitrong P.** Implications of face mask use on body composition assessment by air-displacement plethysmography. *Clinical Nutrition*. Vol. 48, 356-360 (2022).
13. Crowe-White K, Nagabooshanam V, Dudenbostel T, Locher J, **Chavers T, Ellis A.** 100% Watermelon juice as a food-first intervention to improve cognitive function: ancillary findings from a randomized controlled trial. *Journal of Nutrition in Gerontology and Geriatrics*. Vol. 40, No. 4, 304-312 (2021).
14. **Ellis A, Mehta T, Nagabooshanam V, Dudenbostel T, Locher J, Crowe-White K.** Daily 100% watermelon juice consumption and vascular function among postmenopausal women: a randomized controlled trial. *Nutrition, Metabolism and Cardiovascular Diseases*. Vol. 31, No. 10, 2959-2968 (2021).
15. **Bragg A, Crowe-White K, Ellis A, Studer M, Phillips F, Samsel S, Parton J, Locher J, Ard J.** Changes in cardiometabolic risk among older adults with obesity: an ancillary analysis of a randomized controlled trial investigating exercise plus weight maintenance and exercise plus intentional weight loss by caloric restriction. *Journal of the Academy of Nutrition and Dietetics*. Vol. 122, No. 2, 354-362 (2021).
16. **Ferguson C, Knol L, Ellis A.** Visceral adiposity index and its association with dietary approaches to stop hypertension (DASH) diet scores among older adults: National Health and Nutrition Examination Surveys 2011-2014. *Clinical Nutrition*. Vol. 40, No.6, 4085-4089 (2021).
17. **Ellis A, Rozga M, Braakhuis A, Monnard C, Robinson K, Sinley R, Wanner A, Vargas A.** Effect of incorporating genetic testing results into nutrition counseling and care on

health outcomes: an Evidence Analysis Center systematic review. *Journal of the Academy of Nutrition and Dietetics*. Vol.121, No. 3, 582-605 (2021).

18. Robinson K, Rozga M, Braakhuis A, **Ellis A**, Monnard C, Sinley R, Wanner A, Vargas A. Effect of incorporating genetic testing results into nutrition counseling and care on dietary intake: an Evidence Analysis Center systematic review. *Journal of the Academy of Nutrition and Dietetics*. Vol.121, No. 3, 553-581 (2021).
19. Braakhuis A, Monnard C, **Ellis A**, Rozga M. Incorporating genetic testing into nutrition care: Academy of Nutrition and Dietetics consensus report. *Journal of the Academy of Nutrition and Dietetics*. Vol.121, No. 3, 545-552 (2021).
20. Douglas J, Jung SE, Noh H, **Ellis A**, Ferguson C. If they don't like you, they are not going to eat for you': Individual and interpersonal factors affecting Certified Nursing Assistants' ability to provide mealtime assistance to residents with dementia. *The Gerontologist*. Vol. 61, No. 4, 552-562 (2021).
21. Park H and **Ellis A**. Antioxidants and Parkinson disease. *Antioxidants*. Vol. 9, No. 7, 1-23 (2020).
22. Douglas J, Jung S, Noh H, **Ellis A**, Ferguson C. Organizational and health care policy barriers to providing mealtime assistance to nursing home residents with dementia. *Seniors Housing & Care Journal*. Vol. 28, No. 1, 3-11 (2020).
23. Crowe-White K, Voruganti V, Talevi V, Dudenbostel T, Locher J, **Ellis A**. Variation of serum lycopene in response to 100% watermelon juice: an exploratory analysis of genetic variants in a randomized controlled crossover study. *Current Developments in Nutrition*. Vol. 4, No. 7, 1-7 (2020).
24. Jung S, Noh H, Crowe-White K, **Ellis A**. Dietetic students' perceived facilitators, barriers and perceptions of working with older adults: implications for curriculum development. *Journal of Nutrition in Gerontology and Geriatrics*. Vol. 39, No. 2, 143-153 (2020).
25. Douglas J, Lawrence J, Turner L, Knol L, **Ellis A**. Nutrition provider isolation is related to increased preference for enteral nutrition support in patients with advanced dementia. *Nutrition in Clinical Practice*. Vol. 35, No. 4, 675-679 (2020).
26. Douglas J, Lawrence J, Turner L, Knol L, **Ellis A**. Practitioner knowledge, personal values, and work setting influence registered dietitians' feeding tube recommendations for patients with advanced dementia. *Nutrition in Clinical Practice*. Vol. 35, No. 4, 634-641 (2020).
27. Yahiro A, Wingo B, Kunwor S, Parton J, **Ellis A**. Classification of obesity, cardiometabolic risk, and metabolic syndrome in adults with spinal cord injury. *The Journal of Spinal Cord Medicine*. Vol. 43, No.4, 485-496 (2020).

28. Jung S, Shin Y, Im J, Hermann J, **Ellis A**, Crowe-White K. Understanding low-income older adults' intention to consume fruits and vegetables. *Journal of Hunger and Environmental Nutrition*. 1-16 (2019).
29. Ferguson C, Knol L, Halli-Tierney A, **Ellis A**. Dietary supplement use is high among individuals with Parkinson's Disease. *Southern Medical Journal*. Vol. 112, No. 12, 621-625 (2019).
30. Crowe-White K, Phillips T, **Ellis, A**. Lycopene and Cognitive Function. *Journal of Nutritional Science*. Vol.8, No.e20, 1-8 (2019).
31. **Ellis A**, Dudenbostel T, Crowe-White K. Watermelon juice: a novel functional food to increase circulating lycopene in older adult women. *Plant Foods for Human Nutrition*. Vol. 74, No. 2, 200-203 (2019).
32. Crowe-White K, **Ellis A**, Mehta T, Locher J, Ard J. Dietary quality assessed by the HEI-2010 and biomarkers of cardiometabolic disease: an exploratory analysis. *Journal of the American College of Nutrition*. Vol. 38, No.7, 640-647 (2019).
33. Douglas J, Turner L, Knol L, **Ellis A**, Godfrey A, Lawrence J. The attitudes toward tube-feeding in advanced dementia (ATT-FAD) questionnaire: a valid and reliable tool. *Journal of Nutrition in Gerontology and Geriatrics*. Vol. 37, No. 3-4, 183-203 (2019).
34. Wingo B, Garr V, **Ellis A**, Gower B. Comparison of segmental body composition estimated by bioelectrical impedance analysis and dual-energy X-ray absorptiometry. *Clinical Nutrition*. Vol. 28, 141-147 (2018).
35. **Ellis A**, Hunter G, Goss A, Gower B. Effects of oral supplementation with beta-hydroxy-beta-methylbutyrate, arginine, and glutamine on lean body mass of healthy older adults. *Journal of Dietary Supplements*. Vol. 19, 1-13 (2018).
36. Jung S, **Ellis A**, Crowe-White K. Theory of Planned Behavior predicts older adult women's intention to consume 100% watermelon juice for vascular health. *Journal of Nutrition in Gerontology and Geriatrics*. Vol. 37, No.2, 1-13 (2018).
37. **Ellis A**, Patterson M, Dudenbostel T, Calhoun D, Gower B. Six-month supplementation with beta-hydroxy-beta-methylbutyrate, glutamine, and arginine improves vascular endothelial function of older adults. *The European Journal for Clinical Nutrition*. Vol. 70, No.34, 269-273 (2016).
38. **Ellis A**, Dudenbostel T, Locher J, Crowe-White K. Modulating oxidative stress and inflammation in elders: The MOXIE Study. *Journal of Nutrition in Gerontology and Geriatrics*. Vol. 35, No. 4, 219-242 (2016).
39. Booi A, Menendez J, Norton J, Anderson W, **Ellis A**. Validation of a screening tool to identify undernutrition in ambulatory patients with liver cirrhosis. *Nutrition in Clinical Practice*. Vol. 30, No.5, 683-689 (2015).

40. Chandler-Laney P, Morrison S, Goree L, **Ellis A**, Casazza K, Desmond R, Gower B. Return of hunger following a relatively high carbohydrate breakfast is associated with earlier recorded glucose peak and nadir. *Appetite*. Vol. 80, 236-41 (2014).
41. **Ellis A**, Alvarez J, Gower B, Hunter G. Cardiorespiratory fitness in older adult women: relationships with serum 25-hydroxyvitamin D. *Endocrine*. Vol. 47, No.3, 839-44 (2014).
42. Locher J, Bales C, **Ellis A**, Lawrence J, Newton L, Ritchie C, Roth D, Buys D, Vickers K. A randomized controlled trial of a theoretically-based behavioral nutrition intervention for community elders: lessons learned from the Behavioral Nutrition Intervention for Community Elders Study. *Journal of the Academy of Nutrition and Dietetics*. Vol. 113, No.12, 1675-82 (2013).
43. **Ellis A**, Crowe K, Lawrence J. Obesity-related inflammation: implications for older adults. *Journal of Nutrition in Gerontology and Geriatrics*. Vol. 32, No. 4, 263-290 (2013).
44. Goss A, Goree L, **Ellis A**, Chandler-Laney P, Casazza K, Lockhart M, Gower B. Effects of diet macronutrient composition on body composition and fat distribution during weight maintenance and weight loss. *Obesity*. Vol. 6, 1139-1142 (2013).
45. **Ellis A**, Casazza K, Chandler-Laney P, Gower B. Higher postprandial serum ghrelin among African American females before puberty. *Journal of Pediatric Endocrinology and Metabolism*. Vol. 25, No.7-8, 691-696 (2012).
46. **Ellis A**, Chandler-Laney P, Casazza K, Goree L, Gower B. Effects of habitual diet on ethnic differences in serum total ghrelin. *Endocrine*. Vol. 42, No. 2, 359-365 (2012).
47. **Ellis A**, Chandler-Laney P, Casazza K, Goree L, McGwin G, Gower B. Circulating ghrelin and GLP-1 are not affected by habitual diet. *Regulatory Peptides*. Vol. 176, No. 1-3, 1-5 (2012).
48. **Ellis A**, Alvarez J, Granger W, Ovalle F, Gower B. Ethnic differences in glucose disposal, hepatic insulin sensitivity, and endogenous glucose production among African American and European American women. *Metabolism*. Vol. 61, No. 5, 634-640 (2012).
49. Fisher G, Alvarez J, **Ellis A**, Granger W, Ovalle F, Dalla Man C, Cobelli C, Gower B. Race differences in the associations of oxidative stress and insulin sensitivity. *Obesity*. Vol. 20, No. 5, 972-977 (2012).
50. Gower B, Goree L, Chandler-Laney P, **Ellis A**, Casazza K, Granger W. A higher-carbohydrate, lower-fat diet reduces fasting glucose concentration and improves β -cell function in individuals with impaired fasting glucose. *Metabolism*. Vol. 61, No. 3, 358-365 (2012).
51. **Ellis A**, Rosenfeld, J. Which equation best predicts energy expenditure in Amyotrophic Lateral Sclerosis (ALS)? *Journal of the American Dietetic Association*. Vol. 111, No. 11, 1680-1687 (2011).

52. Locher J, Bales C, **Ellis A**, Lawrence J, Newton L, Ritchie C, Roth D, Vickers K. A theoretically based behavioral nutrition intervention for community elders at high risk: the B-NICE randomized controlled clinical trial. *Journal of Nutrition in Gerontology and Geriatrics*. Vol. 30, No. 4, 384-402 (2011).
53. Goree L, Chandler-Laney P, **Ellis A**, Casazza K, Granger W, Gower B. Dietary macronutrient composition affects β -cell responsiveness but not insulin sensitivity. *American Journal of Clinical Nutrition*. Vol. 94, No. 1, 120-127 (2011).
54. **Ellis A**, Hyatt T, Hunter G, Gower B. Respiratory quotient predicts fat mass gain in premenopausal women. *Obesity*. Vol. 18, No 12, 2255-2259 (2010).
55. Rosenfeld J, **Ellis A**. Nutrition and dietary supplements in motor neuron disease. *Physical Medicine and Rehabilitation Clinics of North America*. Vol. 19, No. 3, 573-589 (2008).
56. **Ellis A**, Rosenfeld J. The potential role of creatine in the management of Amyotrophic Lateral Sclerosis. *CNS Drugs*. Vol. 18, No. 14, 967-980 (2004).
57. **Cameron A**, Rosenfeld J. Nutritional issues and supplements in Amyotrophic Lateral Sclerosis and other neurodegenerative disorders. *Current Opinion in Clinical Nutrition and Metabolic Care*. Vol. 5, 631-643 (2002).

B. WEB-BASED PUBLICATIONS

Zurbrugg L, DiNatale J, Crowe-White K, **Ellis A**. “Special considerations for athletes with disabilities regarding hydration, dehydration, and travel.” *The Academy of Nutrition and Dietetics Disabilities Member Interest Group Newsletter*. <https://www.dndmig.org/home> (2024).

Douglas J, Crowe-White K, **Ellis A**, Bui C, Voruganti V, Yaffe K, Thaitrong P, DiNatale J, Ferdous K. “The association between late-life weight status and cognition is moderated by race among black and white older adults in the Health, Aging, and Body Composition Study.” *Connections: Dietetics in Health Care Communities*. 48(2):1-9. <https://www.dhccdp.org/resources/dhcc-publications/publications-library?attachments=&folder=9aec788-dd10-4160-9002-018d32dd3c2b> (2024).

Vargas A, Braakhuis A, **Ellis A**, Monnard C, Robinson K, Rozga M, Sinley R. “Nutritional genomics”. *Academy of Nutrition and Dietetics Evidence Analysis Library*. <https://www.andel.org/topic.cfm?menu=5916#:~:targetText=Nutritional%20genomics%20is%20an%20umbrella,to%20a%20specific%20dietary%20interventions> (2019).

Gulledge E, Doyl A, Lo A, **Ellis A**, Alexander J. “Challenges in the diagnosis and management of depression in the older patient: an introductory case study”. *The Deep South CME Network, UAB Geriatric Education Center, UAB Division of CME*. http://www.alabamacme.uab.edu/courses/Geriatric/Depression_in_the_Older_Patient/EM-13438.asp (2013).

Ellis A. "Dietary supplement use in older adults." *The Deep South CME Network, UAB Geriatric Education Center, UAB Division of CME*.
http://www.alabamacme.uab.edu/courses/Geriatric/Dietary_Supplement/ID0517.asp (2013).

C. BOOK CHAPTER

Ellis A. Nutrition and Healthy Aging. In: *Healthy Aging – A Complete Guide to Clinical Management*. Cham, Switzerland: Springer; (2019): 263-272. DOI 978-3-030-06200-2_22. (Revised chapter submitted 2025).

PRESENTATIONS AT SYMPOSIA AND CONFERENCES:

A. ORAL PRESENTATIONS

- 2025 **Diagnosing Malnutrition in Complex Disease States.** Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo (FNCE), Nashville, TN
- 2025 **Improving Nutrition Care for Persons Living with Amyotrophic Lateral Sclerosis.** College of Human Environmental Sciences Nutrition Research Symposium, Tuscaloosa, AL
- 2021 **The Clinical Utility of Nutrigenetics: An Update for Registered Dietitian Nutritionists (RDNs).** The Birmingham District Dietetics Association, Virtual Meeting
- 2020 **Evidence and Practice for Building Expert Nutrigenomic Dietitians.** Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo (FNCE), Virtual Conference
- 2019 **Unlocking Precision Nutrition Care: Is Genetic Information the Key?** Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo (FNCE), Philadelphia, PA
- 2017 **Modulating Oxidative Stress and Inflammation in Elders.** University of Alabama at Birmingham's Vascular Biology Seminar Series, Birmingham, AL
- 2015 **Amino Acids and Aging Muscle.** Alabama Research Institute on Aging (ARIA) Scientific Seminar Series, Tuscaloosa, AL
- 2014 **Eating Well for Successful Aging.** University of Alabama Aging Successfully Conference, Tuscaloosa, AL
- 2014 **Aging, Metabolism, and Diabetes.** Ubberup Højskole Conference at the University of Alabama at Birmingham's Nutrition and Obesity Research Center (NORC), Birmingham, AL
- 2014 **Let Food Be Thy Medicine and Medicine Be Thy Food.** UAB Geriatric Education Center 5th Annual Interprofessional Conference, Birmingham, AL

- 2012 **Nutrition for the Older Adult.** UAB Geriatric Education Center 3rd Annual Interprofessional Conference, Birmingham, AL
- 2011 **Supporting Nutrition in the Older Adult.** UAB Geriatric Education Center 2nd Annual Interprofessional Conference, Birmingham, AL
- 2010 **The Influence of Body Fat on Hepatic and Peripheral Insulin Sensitivity Differs with Ethnicity and Age.** University of Alabama at Birmingham's Center for Aging Annual Meeting, Birmingham, AL
- 2007 **Evaluating Risks and Benefits of Unproven Treatments.** 18th International Symposium on ALS/MND, Toronto, Canada
- 2006 **Complementary and Alternative Medicine in ALS/MND.** 17th International Symposium on ALS/MND, Yokohama, Japan
- 2005 **Managing Patients with Amyotrophic Lateral Sclerosis.** The Amyotrophic Lateral Sclerosis Association Clinical Management Conference, Los Angeles, CA

B. SELECT POSTER PRESENTATIONS (Student mentees underlined)

Ellis A, Pearson K, Dobak S. Improving nutrition care practices in ALS through an education and mentoring program. *Journal of the Academy of Nutrition and Dietetics*. Vol. 125, No. 10: A-20 (2025). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Nashville, TN (2025).

Sutton T, Park K, Crowe-White K; Ferdous KA, Won K, Robins A, **Ellis A**. Sensory evaluation of a powdered seaweed seasoning blend. *Journal of the Academy of Nutrition and Dietetics*. Vol. 125, No. 10: A-35 (2025). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Nashville, TN (2025).

Preston R, Dobak S, Pearson K, **Ellis A**. Diagnosing malnutrition in amyotrophic lateral sclerosis. *Journal of Parenteral and Enteral Nutrition*. Vol 49: S84 (2025). Poster presentation at the American Society for Parenteral and Enteral Nutrition Conference (ASPEN 2025), Columbus, OH (2025).

Preston R, Dobak S, Pearson K, **Ellis A**. Mitigation of refeeding syndrome in people with ALS: insight from U.S. registered dietitians. *Muscle & Nerve*. Vol 70; S9 (2024). Poster presentation at the Northeast ALS Consortium (NEALS) annual conference, Opal Sands, FL (2024).

Ellis A, Rosenfeld J. Comparison of equations for bioelectrical impedance analysis among adults with amyotrophic lateral sclerosis. *Journal of Parenteral and Enteral Nutrition*. Vol, 47: S69 (2023). Poster presentation at the American Society for Parenteral and Enteral Nutrition Conference (ASPEN), Las Vegas, NV (2023).

Ellis A, Rosenfeld J. Determinants of resting energy expenditure in well-nourished adults with Amyotrophic Lateral Sclerosis. *Journal of the Academy of Nutrition and Dietetics*. Vol. 122,

No. 9: A-16 (2022). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Orlando, FL (2022).

Ellis A, Crowe-White C, Hunter G. Effects of different 16-week exercise interventions on bone mineral density of sedentary older women. *Innovation in Aging*, Vol. 5, No.1: 901-902 (2021). Poster presentation at the Gerontological Society of America Conference, Virtual Conference (2021).

Ellis A, Jung S, Palmer F, Shahan M. Determinants of healthy food choices among community-dwelling older adults during the COVID-19 pandemic. *Journal of the Academy of Nutrition and Dietetics*. Vol. 121, No. 9: A89 (2021). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Virtual Conference (2021).

Ferguson C, Knol L, **Ellis A**. Visceral adiposity index and adherence to the dietary approaches to stop hypertension (DASH) diet among older adults: results from National Health and Nutrition Examination Surveys 2011-2014. *Journal of the Academy of Nutrition and Dietetics*. Vol. 120, No. 9: A-33 (2020). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Virtual Conference (2020).

Ellis A, Bradford A, Nagabooshanam V, Crowe-White K. Associations between cognitive function and bioactive food compounds in 100% watermelon juice. *Innovation in Aging*. Vol. 3, No. 1: S656-657 (2019). Poster presentation at the Gerontological Society of America Conference, Austin, TX (2019).

Ferguson C, Knol L, Halli A, **Ellis A**. Dietary supplement use among individuals with Parkinson's disease does not differ by geographic region in the United States. *Journal of the Academy of Nutrition and Dietetics*. Vol. 119, No. 9: A-23 (2019). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Philadelphia, PA (2019).

Crowe-White K, **Ellis, A**. Associations between dietary intake and vascular resistance among postmenopausal women. *Journal of the Academy of Nutrition and Dietetics*. Vol. 118, No. 9: A-92 (2018). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Washington, DC (2018).

Ellis A, Burns T, Buzzard J, Dolan L, Register S, Crowe-White K. Food insecurity among college students does not differ by affiliation in Greek life. *Journal of the Academy of Nutrition and Dietetics*. Vol. 117, No. 10: A-145 (2017). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Chicago, IL (2017).

Crowe-White K, Burns T, Buzzard J, Dolan L, Register S, **Ellis A**. Knowledge and intake of nutrient-dense dietary patterns are deficient among college students. *Journal of the Academy of Nutrition and Dietetics*. Vol. 117, No. 10: A-144 (2017). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Chicago, IL (2017).

Gerald R, **Ellis A**. How well does skinfold thickness predict percent body fat in healthy older adults? *Journal of the Academy of Nutrition and Dietetics*. Vol. 116, No. 9: A-82 (2016). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Boston, MA (2016).

Ellis A, Crowe-White K. Dietary acidity/alkalinity and its relationship with bone health among older adults. *Journal of the Academy of Nutrition and Dietetics*. Vol. 115, No. 9: A-25 (2015). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Nashville, TN (2015).

Eckhoff D, Ellis A. Gastrostomy tube intervention in patients with Duchenne Muscular Dystrophy. *Journal of the Academy of Nutrition and Dietetics*. Vol. 115, No. 9: A-32 (2015). Poster presentation at the Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo, Nashville, TN (2015).

Ellis A, Gower B. Supplementation with arginine, glutamine, and beta-hydroxy-beta-methylbutyrate increases lean body mass and IGF-1 in healthy older adults. *The Endocrine Society's Research Summaries Book for ENDO 2013*. Poster presentation and press release at the Endocrine Society's 95th Annual Meeting & Expo, San Francisco, CA (2013).

RESEARCH SUPPORT:

2024 – 2025	Barriers and Facilitators to Home Tube Feeding among Rural-Dwelling Persons with Amyotrophic Lateral Sclerosis: Perspectives of Care Coordinators (Ellis, PI), Academy of Nutrition and Dietetics Foundation
2024 - 2025	Improving Nutrition Care Practices in ALS through Education and Mentoring (Ellis, PI), The ALS Association
2024 – 2025	The Forklift Program for Dietetic Students: Intergenerational Service Learning with Older Adult Veterans (Ellis, co-PI), Academy of Nutrition and Dietetics Foundation
2020 – 2021	Lifestyle Factors Influencing SARS-CoV-2 Symptom Severity in Young Adults (Ellis, co-PI), The University of Alabama Joint Institute Pandemic Pilot Project Program
2019 – 2021	Dietitians Investigating Needs for Nutrition Education among Retirees (DINNER Study) (Ellis, co-PI), Academy of Nutrition and Dietetics Foundation
2016 – 2018	Bioactive Compounds in Watermelon Modulating Oxidative Stress and Inflammation in Elders: The MOXIE Study (Ellis, co-PI), American Heart Association
2015 – 2017	Acute Effects of Watermelon on Vascular Function and Serum Lycopene (Ellis, PI), Academy of Nutrition and Dietetics Foundation,
2014 – 2015	Bioactive Compounds in Watermelon Modulating Oxidative Stress and Inflammation in Elders (Ellis, co-PI), University of Alabama System Collaborative Research Grant

- 2014 **Effects of Amino Acid Supplementation on Markers of Oxidative Stress in Healthy Older Adults** (Ellis, PI), Mary A. Crenshaw Endowed Research Fund of the College of Human Environmental Sciences
- 2013 – 2015 **Weight Loss by Total Meal Replacement: Effects on Chronic Disease Risk Factors and Body Composition** (Ellis, PI), University of Alabama College of Human Environmental Sciences and Research Grants Committee
- 2009-2011 **Dietary Supplements and Aging Muscle: Specific Amino Acids to Combat Sarcopenia** (F31AT005384; Ellis, PI), National Center for Complementary and Alternative Medicine at the National Institutes of Health
- 2003-2007 **Modifying Nutritional Therapy in ALS Patients with Changes in Respiratory Status** (Ellis, co-PI), Amyotrophic Lateral Sclerosis Association

STUDENT COMMITTEES:

- 2024 – present **Dissertation Committee Member**
Rebecca Owings
Bioactive Dietary Molecules as Therapy for Neurological Diseases
- 2024 – present **Dissertation Committee Member**
Keith Saffold
Effects of Nutritional Intake on Indices of Cardiovascular Strain, Immunological Activation, and Cognitive Function in Career Firefighters During Simulated Occupational Stress
- 2024 – 2025 **Dissertation Committee Member**
Dylis-Judith Godson
Acculturation, Dietary Changes, Attitudes, and Perceptions Regarding the United States Food Environment among West African International Students Residing in Stroke Belt States
- 2024 – 2025 **Dissertation Committee Member**
Rebekah Preston
Perceived Stress, Coping Behaviors, and Diet Quality among Adults with Inflammatory Bowel Disease
- 2021 – present **Dissertation Committee Member**
Oluwatobi Fijabi
Meal, Microbiome and Metabolite; Three Modulators of Drosophila's Metabolic and Fitness Phenotypes
- 2023 – 2025 **Dissertation Committee Member**
Khondoker Adeba Ferdous

Effect of Fucoxanthin on Mitochondrial Function during Excitotoxicity

- 2022 – 2023 **Dissertation Committee Member**
Phatt Thaitrong
Registered Dietitians' Perspectives on Healthcare Regulations Shaping Menu Planning and Mealtime Environment for Long-Term Care Residents with Dementia
- 2021 – 2022 **Dissertation Committee Member**
Mackinsey Shahan
Development and Validation of a New Tool for Assessing Nutrition Knowledge, Attitudes, and Available Resources for College Dance Educators
- 2020 – 2022 **Dissertation Committee Member**
Jiayue Guo
Differential Effects of Various Types of Resistant Starch on Glycemic Response and Gut Health
- 2020 - 2021 **Dissertation Committee Chair**
Christine Ferguson
Evaluating Nutritional Status of People Living with Parkinson Disease
- 2020 **Master's Thesis Committee Member**
Genevieve Smith
Phased Retirement, Financial Wealth, and Depressive Symptoms among Older Adults
- 2018 **Master's Thesis Committee Chair**
Christine Ferguson
Dietary Supplement Use by Individuals with Parkinson's Disease
- 2017 **Master's Thesis Committee Member**
Alexis Willman
Are Demographic Variables Predictors of Enteral Nutrition Initiation in Head-and-Neck Cancer Patients Receiving Radiotherapy?
- 2017 **Dissertation Committee Member**
Joy Douglas
Influencing Registered Dietitians' Recommendations for Feeding Tube Use among Older Adults with Advanced Dementia
- 2016 **Master's Thesis Committee Member**
Christina Pierpaoli
Body Mass Index and Its Associations with Pain, Depressive Symptoms, and Disability in Knee Osteoarthritis

OTHER PROFESSIONAL SERVICE:

2025 – Present	Vice Chair, University of Alabama Institutional Review Board (IRB)
2025 – Present	Chair, Teaching Assistant Professor Promotion Committee
2022 - Present	Departmental Promotion & Tenure Committee
2022 – Present	Consultant Dietitian, The ALS Association Alabama Chapter
2021 – 2025	University of Alabama Institutional Review Board (IRB) member
2015 - Present	Editorial Board for the Journal of Nutrition in Gerontology and Geriatrics
2013 – Present	Human Nutrition Graduate Admissions Committee
2013 – Present	Human Nutrition Graduate Curriculum Committee
2013 – Present	Human Nutrition Undergraduate Curriculum Committee
2021 – 2023	University of Alabama Faculty Senate
2018 – 2021	College Promotion & Tenure Committee