

## **CURRICULUM VITAE**

**Amy Cameron Ellis, PhD, MPH, RDN, LD**

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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  $\beta$ -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  $\beta$ -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=9aecc788-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.andeal.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](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](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.** Usher 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 5<sup>th</sup> Annual Interprofessional Conference, Birmingham, AL

- 2012     **Nutrition for the Older Adult.** UAB Geriatric Education Center 3<sup>rd</sup> Annual Interprofessional Conference, Birmingham, AL
- 2011     **Supporting Nutrition in the Older Adult.** UAB Geriatric Education Center 2<sup>nd</sup> 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.** 18<sup>th</sup> International Symposium on ALS/MND, Toronto, Canada
- 2006     **Complementary and Alternative Medicine in ALS/MND.** 17<sup>th</sup> 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 | <b>Barriers and Facilitators to Home Tube Feeding among Rural-Dwelling Persons with Amyotrophic Lateral Sclerosis: Perspectives of Care Coordinators</b> (Ellis, PI), Academy of Nutrition and Dietetics Foundation |
| 2024 - 2025 | <b>Improving Nutrition Care Practices in ALS through Education and Mentoring</b> (Ellis, PI), The ALS Association   |
| 2024 – 2025 | <b>The Forklift Program for Dietetic Students: Intergenerational Service Learning with Older Adult Veterans</b> (Ellis, co-PI), Academy of Nutrition and Dietetics Foundation                                       |
| 2020 – 2021 | <b>Lifestyle Factors Influencing SARS-CoV-2 Symptom Severity in Young Adults</b> (Ellis, co-PI), The University of Alabama Joint Institute Pandemic Pilot Project Program   |
| 2019 – 2021 | <b><u>D</u>ietitians <u>I</u>nvestigating <u>N</u>eeds for <u>N</u>utrition <u>E</u>ducation among <u>R</u>etirees (<b>DINNER Study</b>)</b> (Ellis, co-PI), Academy of Nutrition and Dietetics Foundation          |
| 2016 – 2018 | <b>Bioactive Compounds in Watermelon <u>M</u>odulating <u>O</u>xidative Stress and <u>I</u>nflammation in <u>E</u>lders: The MOXIE Study</b> (Ellis, co-PI), American Heart Association                             |
| 2015 – 2017 | <b>Acute Effects of Watermelon on Vascular Function and Serum Lycopene</b> (Ellis, PI), Academy of Nutrition and Dietetics Foundation,  |
| 2014 – 2015 | <b>Bioactive Compounds in Watermelon Modulating Oxidative Stress and Inflammation in Elders</b> (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