

Alisha R. Farris PhD, RDN, CSP

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EDUCATION

Ph.D., Behavioral and Community Nutrition	May 2015
Virginia Polytechnic Institute and State University (Virginia Tech), Blacksburg, VA	
<ul style="list-style-type: none">• <i>Dissertation Title:</i> Evaluating the Nutritional Quality of Packed and School Lunches in Young Children following the Implementation of the 2012-1013 National School Lunch Program Standards.• <i>Advisor:</i> Dr. Elena Serrano	
MS, Dietetics	2004
University of Central Arkansas, Conway, AR	
Dietetic Internship	2004
University of Central Arkansas, Conway, AR	
BS, Dietetics	2003
University of Central Arkansas, Conway, AR	

CREDENTIALS

Registered Dietitian Nutritionist (RDN)	2004-present
Commission on Dietetic Registration	
Board Certified Specialist in Pediatric Nutrition (CSP)	2008-present
Commission on Dietetic Registration	

RESEARCH INTERESTS

Community Nutrition & Public Health
School-Based Nutrition & Childhood Obesity
Food Security (Nationally and Globally)
Maternal, Infant and Child Nutrition

RESEARCH AND PROFESSIONAL EXPERIENCE

Childhood Obesity Extension Specialist Faculty , Department of Human Nutrition, Foods & Exercise, Virginia Tech, Blacksburg, VA	April 2015 - present
<ul style="list-style-type: none">• Developing new and/or revising existing nutrition/foods childhood program content, assessment tools, and publications for use by Virginia Cooperative Extension Agents• Provide childhood nutrition an obesity research updates and training based on published research findings• Coordinate state-wide community based programs and targeted interventions with other Virginia Cooperative Extension faculty• Conduct needs assessments for programming desired by Extension agents• Mentor and collaborate with project assistants piloting potential Extension programs	

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- Contribute to the research and scholarship for childhood obesity and nutrition
 - Mentor undergraduate research students in various research projects related to childhood obesity and nutrition

Graduate Research Assistant, Department of Human Nutrition, Foods & Exercise, Virginia Tech, Blacksburg, VA August 2012-May 2015

- Design and conduct observational studies in school environments
- Develop qualitative and quantitative questionnaires to assess child feeding using focus groups and other validity measures
- Supervise graduate and undergraduate students and train in observation techniques, data collection, and research methods
- Analyze data using parametric and non-parametric tests, qualitative and quantitative methods
- Write grants to fund research and mentor undergraduate research projects

Grant Writer, Family Nutrition Program (FNP), Virginia Cooperative Extension, Blacksburg, VA May-August 2013 & 2014

- Participate in the development and writing of various grant proposals for the Family Nutrition Program (Expanded Food & Nutrition Program, Supplemental Nutrition Assistance Program Education) of Virginia:
 - Cooking Matters, No Kid Hungry (\$500 awarded)
 - Virginia Supplemental Nutrition Assistance Program (\$6,110,000 awarded)
 - Women, Infants, and Children Family Nutrition Program Proposal (\$57,600 awarded)

Nutrition Specialist, Expanded Food and Nutrition Program (EFNEP), Family Nutrition Program, Virginia Tech and Virginia Cooperative Extension, Blacksburg, VA August 2012-May 2015

- Development of 85 nutrition messages targeting low-income mothers for social marketing use by FNP, school-based nutrition messaging, Women, Infants, and Children (WIC), and the Department of Social Services (DSS)
- Development of income tiered, farmer's market based menu plans targeting low-income mothers for use by the FNP Farmer's Market Tool-kit
- Assist in the development of educational materials along with curriculum for use by elementary school teachers in Virginia

Fellow, Borlaug Summer Institute on Global Food Security, Discovery Park, Purdue University, West Lafayette, IN June 2014

- Attend two-week intensive institute on global food security
 - Contribute to discussions on tackling food insecurity in the developing world with a trans-disciplinary approach
 - Develop and present a proposed intervention for addressing food insecurity with a team of researchers from various disciplines and universities
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Registered Dietitian, Fresenius Medical Care, Dialysis, Blacksburg, VA

August 2009-
May 2010

- Perform monthly nutrition screens and assessments of hemodialysis and peritoneal dialysis patients in a tri-county area.
- Closely work in an interdisciplinary team consisting of physicians, nurses, and social workers.
- Coordinate care with home health companies and nursing homes.

Registered Dietitian, Arkansas Children’s Hospital, Little Rock, AR

October
2005-August
2009

- Perform nutrition screens and assessments of various pediatric patients, inpatient and outpatient, working specifically in the areas of:
 - General Medicine, Renal Pediatrics, Failure to Thrive, medically complex children including genetic disorders, birth anomalies, chromosomal abnormalities, and former preterm newborns
- Closely work in an interdisciplinary team consisting of physicians, nurses, speech pathologists, social workers, and developmental psychological examiners
- Coordinate care with developmental daycare, home health companies, WIC programs (Women, Infants, & Children), and primary care physicians
- Instruct physicians, medical interns, dietetic interns, and other ancillary staff in nutrition education via team rounds, care conferences, and presentations

TEACHING EXPERIENCE

Graduate Course Mentor, Maternal, Infant & Child Nutrition

Spring 2015

Department of Human Nutrition, Foods & Exercise, Virginia Tech

- Mentor doctoral candidate, Georgianna Mann, on teaching the graduate level course
- Assist in course development and provide lecture and guidance as needed

Graduate Course Co-Instructor, Maternal, Infant & Childhood Nutrition,

Spring 2014

Department of Human Nutrition, Foods & Exercise, Virginia Tech

- Co-develop course content and syllabus
- Facilitate discussions on maternal, infant and child nutrition topics
- Provide grading and critique for weekly assignments
- Class size: 7 students

Course Instructor, Weight Control Program, University of Arkansas for Medical Sciences

2005-2006

- Class Instructor for a 12 week weight loss/weight management program on basic nutrition and behavior modification
- Perform nutrition assessments and nutrition counseling with various clients, tailored to individual need
- Co-develop curriculum for the program
- Class size: 15-20 clients; 4-5 classes per week

HONORS AND AWARDS

Graduate Research Symposium Award, Oral Presentation, Second Place, Virginia Tech	2015
Graduate Research Symposium Award, Oral Presentation, First Place, Virginia Tech	2014
Student Travel Award, Graduate Student Assembly, Virginia Tech	2014
Student Travel Award, Human Nutrition, Foods & Exercise, Virginia Tech	2014
Student Travel Award, Graduate Student Assembly, Virginia Tech	2013
Student Travel Award, Human Nutrition, Foods & Exercise, Virginia Tech	2013
Recognized Young Dietitian of the Year Award, Arkansas Dietetic Association	2009
Performance Award, Arkansas Children's Hospital	2008
Teamwork Award, Arkansas Children's Hospital	2008

PEER-REVIEWED PUBLICATIONS

Kasparian M., Mann G., Serrano, E., & **Farris, A.** Parenting Practices Toward Food and Children's Behavior: Eating Away from Home Versus at Home. (In Review) *Maternal and Child Health Journal*. 2016.

Misyak, S., Ledlie Johnson, M., Midkiff, J., Serrano E., & **Farris, A.** Advancing the Field: Language and Training for Inclusion of LGBT Communities in Nutrition Programming. *Journal of Nutrition Education and Behavior*, 2016;48(2):157.

Farris, A., Misyak, S., Atzaba-Poria, N., Hosig, K., Davis, G.C., McFerren, M., Duffey, K., Serrano, E.L. Results and Implications of an Elementary Lunch Survey: The Perceptions of Packing and the National School Lunch Program. *Journal of Child Nutrition and Management*, 2016;40(1).

Farris, A., Misyak, S., Duffey, K., Mann, G., Davis, G.C., Hosig, K., Atzaba-Poria, N., Hosig, K., McFerren, M., Serrano, E.L. A Comparison of Fruits, Vegetables, Sugar-Sweetened Beverages, and Desserts in the Packed Lunches of Elementary Children. *Childhood Obesity*, 2015;11(3):275-280.

Misyak, S., **Farris, A.**, Mann, G., Serrano E.L. Importance of Improving the Nutritional Quality of Packed Lunches in the U.S. *Journal of Child Nutrition and Management*, 2015;39(2).

Farris, A., Misyak, S., Atzaba-Poria, N., Hosig, K., Davis, G.C., McFerren, M., Duffey, K., Serrano, E.L. Nutritional Comparison of Packed and School Lunches following the Implementation of the 2012-2013 National School Lunch Program Standards. *Journal of Nutrition Education and Behavior*, 2014;46(6):621-626.

Byker, C., Serrano, E., Ermann, M., **Farris, A.** The Impact of Cafeteria Noise on School Lunch Consumption: A Plate Waste Study. *Journal of Nutrition Education and Behavior*, 2014;46(4):S184.

Byker, C., **Farris, A.**, Marcenelle, M., Davis, G.C., Serrano, E.L. Food Waste in a School Nutrition Program After Implementation of New NSLP Guidelines. *Journal of Nutrition Education and Behavior*, 2014;46(5):406-11.

Breaux, A., Hyatt J., **Farris A.**, Molina K. Tools for Organizing Medical Information Created for Family Support. *Journal of Pediatric Nursing*, 2010:25(2):e2.

PEER-REVIEWED PROFESSIONAL REPORTS AND EXTENSION PUBLICATIONS

Villalba, A., Jahncke, M., Schwarz, M., Kuhn, D., & **Farris, A.** 2015. Safe and Nutritious Seafood in Virginia. Virginia Cooperative Extension, Extension Publication AREC-156P.

Farris, A. 2013. Whole Grains, Happy Kids, Happy Tummies. Family Nutrition Program, Virginia Cooperative Extension, Virginia Tech, Extension Publication, HNFE-76NP.

Farris, A. 2013. Milk Matters, Put a Smile on Your Kids' Lips with MILK. Family Nutrition Program, Virginia Cooperative Extension, Virginia Tech, Extension Publication HNFE-88NP.

Farris, A. 2013. Sink Those Germs, Food Safety. Family Nutrition Program, Virginia Cooperative Extension, Virginia Tech, Extension Publication HNFE-121NP.

Farris, A. 2013. Water for Your Waistline and Your Wallet. Family Nutrition Program, Virginia Cooperative Extension, Virginia Tech, Extension Publication HNFE-185NP.

Farris, A. 2013. Enjoy Sweet Treats but eat LESS of them. Family Nutrition Program, Virginia Cooperative Extension, Virginia Tech, Extension Publication HNFE-186NP.

Farris, A. 2014. Building Healthy Meals Together. Family Nutrition Program, Virginia Cooperative Extension, Virginia Tech, Extension Publication HNFE-111NP.

Farris, A. 2014. Let's Move, Enjoy Moving as a Family. Family Nutrition Program, Virginia Cooperative Extension, Virginia Tech, Extension Publication HNFE-122NP.

Farris, A. 2014. Fruits and Veggies, Healthy Snacks for Hungry Kids. Family Nutrition Program, Virginia Cooperative Extension, Virginia Tech, Extension Publication HNFE-112NP.

Farris, A. 2011. Wildlife Conservation Society, Internal Report. Human Health Nutrition Survey.

PROJECT INVESTIGATOR FUNDING

Farris, A., Serrano E., & O'Keefe, K. Exploring food insecurity, food beliefs, and nutritional status of the women and young children living in communities around Betampona Natural Reserve.	2015
St Louis Zoological Park, Field Research for Conservation Grant, \$4,823	\$8,823
Student Undergraduate Research Fellowship (O'Keefe), \$4,000	

INVITED LECTURES AND CONFERENCE PRESENTATIONS

Farris A. The 2015 Dietary Guidelines and Youth. Oral presentation at the Family Nutrition Program In-Service. 2016 June 24; Richmond, Virginia	2016
Farris A. Packed vs School Lunch: Discover the Differences in an Elementary Setting. Oral presentation at the National Health Outreach Conference; 2016 April 7; Roanoke, Virginia	2016
Farris A. Food Waste: How to Measure and Why It's Important. Oral presentation at the National Health Outreach Conference; 2016 April 7; Roanoke, Virginia.	2016
Farris A. Type 1 Diabetes. Guest Lecturer at: Virginia Tech, Medical Nutrition Therapy Course: 2016 February 18; Blacksburg, Virginia	2016
Farris A., Rafie C., & Harden S. 2015-2020 Dietary Guidelines Update. Webinar presentation to Virginia Cooperative Extension; 2016 February 19.	2016
Farris A., Harden S., & Stevens J. The Elementary School Environment: Making the healthy choice the easy choice. Oral presentation at Virginia Cooperative Extension Annual Conference; 2016 February 3; Blacksburg, Virginia	2016
Farris A. Updates in School Nutrition. Webinar Presentation to Virginia Cooperative Extension Agents; 2015 December 9.	2015
Farris A. School Nutrition. Guest Lecturer at: Virginia Tech, Community Nutrition Course; 2015 November 9; Blacksburg, Virginia	2015
Farris A. Nutrition for the pre-school and school-aged child. Guest Lecturer at: Virginia Tech, Lifecycle Nutrition Course; 2015 October 22; Blacksburg, Virginia	2015
Farris A. Child Nutrition Policy and Reauthorization. Guest Lecturer at: Virginia Tech, US Food and Nutrition Policy Course; 2015 October 5; Blacksburg, Virginia	2015
Farris A. Social Determinants of Health: Nationally and Internationally. Guest Lecturer at: Virginia Tech, Community Nutrition Course; 2015 September 4; Blacksburg Virginia.	2015
O'Keefe K., Farris A. Food Security in Madagascar: Exploring the diets of women and children living around Betampona Nature Reserve. Poster Presentation at Summer Undergraduate Research Symposium; 2015 July 30; Blacksburg, Virginia	2015

- Farris A.** (Chair), Dunton G., Andrade, D., Naylor, PJ. The Gatekeepers to the Home: How Parenting Practices and Perceptions affect the Dietary Intake and Physical Activity of Children. Symposia presentation presented at: International Society for Behavioral Nutrition and Physical Activity; 2015 June 3-6; Edinburgh, Scotland. 2015
- Farris A.** Type 1 Diabetes. Guest Lecturer at : Virginia Tech, Medical Nutrition Therapy 1 Course; 2015 February 24; Blacksburg, Virginia 2015
- Farris A.** Nutrition and Preschoolers. Guest Lecturer at: Virginia Tech, Lifecycle Nutrition Course; 2015 March 25; Blacksburg, Virginia 2015
- Farris A.** Assessing the Nutritional Quality of Packed and School Lunches among Elementary Students. Oral presentation presented at: 2015 Multi-State Nutrition Program Assistants Conference; 2015 May 6-7; Roanoke, Virginia. 2015
- Farris A.** Gluten Intolerance. Oral presentation presented at: 2015 Multi-State Nutrition Program Assistants Conference; 2015 May 6-7; Roanoke, Virginia. 2015
- Farris A.** Elementary Parent Perceptions on Packing Lunch or Participating in the National School Lunch Program. Oral presentation presented at: 31st Annual GSA Research Symposium; 2015 March 25th; Blacksburg, Virginia. 2015
- Farris A.,** Mann, G. State of the School. Oral presentation presented at: Virginia Foundation for Healthy Youth, 2015 Weight of the State Conference; 2015 April 20-21; Richmond, Virginia. 2015
- Farris A.** Discovering Your Future in Nutrition. Guest Lecturer at : Virginia Tech Community Nutrition Course; 2014 November 6th; Blacksburg, Virginia 2014
- Farris, A.,** Misyak, S., Atzaba-Poria, N., Hosig, K., Davis, G.C., McFerren, M., Duffey, K., Serrano, E.L. Assessing the Nutritional Quality of Packed and School Lunches. Oral presentation presented at: Virginia Tech Graduate Research Symposium; 2014 March 26; Blacksburg, Virginia. 2014
- Farris, A.,** Misyak, S., Atzaba-Poria, N., Hosig, K., Davis, G.C., McFerren, M., Duffey, K., Serrano, E.L. Nutritional Comparison of Packed and School Lunches following the Implementation of the 2012-2013 National School Lunch Program Standards. Poster presentation presented at: International Society for Behavioral Nutrition and Physical Activity; 2014 May 21-24; San Diego, California. 2014

- Serrano, E.L., **Farris, A.**, Ermann, M., Byker, C. School Cafeteria Noise: A Predictor of Food Waste? Poster presentation presented at: International Society for Behavioral Nutrition and Physical Activity; 2014 May 21-24; San Diego, California. 2014
- Farris, A.**, Byker, C., Marcenelle, M., Davis, G., Serrano, E.L. Food Waste Following the Implementation of New Lunch Standards. Oral presentation presented at: International Society for Behavioral Nutrition and Physical Activity; 2014 May 21-24; San Diego, California. 2014
- Misyak, S., **Farris, A.**, Kummer, L., Byker, C., Marcenelle M., Davis, G.C., Serrano, E.L. Cost of Food Waste in the School Lunch Program. Oral presentation presented at: International Society for Behavioral Nutrition and Physical Activity; 2014 May 21-24; San Diego, California. 2014
- Farris, A.**, Serrano E.L. Elementary Parent Perceptions on Choosing to Participate in the National School Lunch Program or Packing Their Children's Lunches. Poster presentation to be presented at: Food and Nutrition Conference and Expo; 2014 October 18-21; Atlanta, Georgia. 2014
- Kennedy, L., Misyak, S., **Farris, A.**, Serrano, E.L. Maternal Understanding and Experience of Mindful Eating: An Exploratory Photo-Elicitation Study. Poster presentation to be presented at: Fourth International Conference on Food Studies; 2014 October 20-21; Prato, Italy. 2014
- Farris, A.**, Serrano E.L. Sodium, Sugar, & Alternative Protein Sources. Oral presentation presented at: 27th Annual Master Gardener College. 2014 June 28; Blacksburg, Virginia. 2014
- Farris, A.** Plant-based diets. Oral presentation & on-line education module. Master Gardener College. 2014 June 20; Blacksburg, Virginia 2014
- Bowen, M., **Farris, A.**, Serrano, E.L. Availability and Consumption of Fruits and Vegetables in Packed Lunches Compared to School Lunches. Poster presentation presented at: Virginia Tech Graduate Research Symposium; 2014 March 26; Blacksburg, Virginia. 2014
- Farris, A.**, Misyak, S., Atzaba-Poria, N., Hosig, K., Davis, G.C., McFerren, M., Duffey, K., Serrano, E.L. Nutritional Comparison of Packed and School Lunches following the Implementation of the 2012-2013 National School Lunch Program Standards. Poster presentation presented at: Fourth Annual Borlaug Summer Institute on Global Food Security; 2014 June 8-12; Purdue University, West Lafayette, Indiana. 2014

Farris, A., Serrano, E.L. Assessing the nutritional quality of packed lunches among young children. Poster session presented at: International Society for Behavioral Nutrition and Physical Activity; 2013 May 22-25; Ghent, Belgium. 2013

SELECTED MEDIA COVERAGE

University of Central Arkansas. Video: 2014-2015 Year in Review. Featuring accomplishments, significant growth, and impressive achievements by UCA and UCA alumni. 2015, August 7th.

Virginia Tech News. Article Interview: Fralin Fellow examines diets of women and children in Madagascar. 2015, July 27th.

Virginia Tech, College of Agriculture and Life Sciences. Alumni Magazine Interview: Health Beat. Packed vs school lunches: which is healthier? 2015, Summer; Vol 1: pg 12.

University of Central Arkansas. Magazine Article Interview. Up Close: Food for Thought. 2015, Spring/Summer Edition: pg 9-11.

Good Morning America. Video: Are Cafeteria Lunches Healthier Than Meals Brought From Home? 2014, November 10th.

Journal of Nutrition Education and Behavior, Podcast and Press Release. School lunches offer better average nutrition than packed lunches. 2014, November 7th.

CBS Radio News, Washington D.C., Interview with Pam Coulter. 2014, November 6th.

CBS, Dallas/Fort Worth, Interview with Mitch Carr. 2014, November 7th.

The New York Times, Op Talk. Should You Pack Your Child’s Lunch? 2014, November 18th.

The Washington Post. Schools are providing healthier lunches for kids than parents. 2014, November 8th.

The Washington Post. What gets packed in a lunchbox can be just as unhealthy as what’s served at the cafeteria. 2014, November 8th.

The Conversation. Brownbagging it not always the healthy choice for kids’ school lunches. 2014, November 7th.

PROFESSIONAL SOCIETIES AND SERVICE

Dietetic Internship Selection Committee Member, Virginia Tech 2016

Journal of the Academy of Nutrition and Dietetics, Ad-Hoc Reviewer 2014-present

Journal of Nutrition and Health Sciences, Ad-Hoc Reviewer 2014-present

Journal of Nutritional Health and Food Science, Ad-Hoc Reviewer	2016-present
Journal of the American College of Nutrition, Ad-Hoc Reviewer	2016-present
International Society for Behavioral Nutrition & Physical Activity Member	2013-present
Academy of Nutrition & Dietetics Member	2002-present
Virginia Dietetic Association Member	2012-present
Dietetic Internship Selection Committee Member, University of Central Arkansas	2009
State Professional Recruit Coordinator, Arkansas Dietetic Association Board of Directors	2008-2009
Nominating Committee Member, Arkansas Dietetic Association Board of Directors	2006-2007
Health Screenings Volunteer, Margaret Beeks Elementary School, Blacksburg, Virginia	2012-2014
Fralin Translational Obesity Research Center Educational Booth Volunteer, Virginia Annual Science Festival, Blacksburg, Virginia	2014
Family Nutrition Program Educational Booth Volunteer, Cooperative Extension 100 year Celebration, Blacksburg, Virginia	2014
Blacksburg Farm Tour Volunteer, Blacksburg Farmer's Market, Blacksburg Virginia	2013
Micah's Garden Volunteer, Montgomery County Backpack Program for low-income children, Virginia	2013
Hokie Half Marathon Volunteer, Blacksburg Virginia	2013
Class Parent Volunteer, Margaret Beeks Elementary School, Blacksburg, Virginia	2013-present
Teaching English Volunteer, Maroantsetra, Madagascar	2009-2011