

**Eliza Short, PhD, RDN**

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**Education**

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- 2022 PhD University of Arizona, Tucson, AZ**  
School of Nutritional Sciences and Wellness  
Specialization: Nutritional Sciences
- 2016 RDN Viterbo University, La Crosse, WI**  
Commission on Dietetic Registration ID#: 86062107
- 2016 BS Viterbo University, La Crosse, WI**  
Specialization: Community-Medical Nutrition and Dietetics  
*Graduated magna cum laude*

**Professional Experience**

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**Post-doctoral Fellow, Gretchen Swanson Center for Nutrition (GSCN)**  
Omaha, NE | April 2023 – Present

- *Mentor: Dr. Christopher Long, PhD*
- Provide supportive oversight for all research activities in a national Food as Medicine evaluation with 21 grantees (food bank and health care partner dyads), including developing tailored evaluation plans, data collection tools, and data management and analysis

**Post-doctoral Fellow, University of Arkansas for Medical Sciences**  
Springdale, AR | August 2022 – April 2023

- *Mentor: Dr. Christopher Long, PhD*
- Analyze dietary data collected in multiple diabetes self-management and education food-delivery intervention studies for individuals with type 2 diabetes experiencing food insecurity
- Author and publish manuscripts exploring dietary patterns of study participants to determine efficacy of interventions on diet quality and fruit and vegetable intake
- Develop protocols for analyzing school breakfast and lunch menu data, including quantifying the diet quality of menu data using the Healthy Eating Index-2015

**Graduate Research Associate, University of Arizona**  
Tucson, AZ | July 2019 – June 2022

- *Mentor: Dr. Melanie Hingle, PhD, MPH, RDN*
- Co-led a food bank study aimed to develop a model for diabetes care for community members with type 2 diabetes experiencing food insecurity
- Collaborated with key stakeholders at the Community Food Bank of Southern Arizona and El Rio Community Health Center to co-develop study activities, including recruitment and data collection
- Conducted one-on-one in-person and phone interviews, virtual focus groups, analyzed data

## Professional Experience (Continued)

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### **Graduate Research Assistant**, University of Arizona

Tucson, AZ | October 2017 – June 2019

- *Mentor: Dr. Melanie Hingle, PhD, MPH, RDN*
- Analyzed diet quality among food bank clients to inform nutrition interventions for the prevention and management of diet-related diseases
- Coordinated research activities, including recruitment, data collection, training of research assistants, and regulatory approvals

### **Graduate Teaching Assistant**, University of Arizona

Tucson, AZ | August 2017 – May 2022

- Supportive instructor for undergraduate nutrition courses (grading, guest lectures, precepting students, leading discussion sections)

### **Graduate Research Lab Rotation**, University of Arizona

Tucson, AZ | August 2017 – October 2017

- *Mentor: Dr. Jennifer Teske, PhD*
- Trained in proper animal handling skills: Obtained animal body and food weight, administered normal saline injections, assisted in tissue sample collection after euthanasia
- Utilized software programs ExpeData, GraphPad Prism, Microsoft Excel to analyze data collected from calorimetry chambers and identify intervention effects on energy expenditure
- Presented findings of project during weekly lab meeting - "Effects of Sodium Oxybate (Xyrem) on Physical Activity and Energy Expenditure," October 12<sup>th</sup>, 2017

### **Clinical Dietitian**, Upper Peninsula Health System

Marquette, MI | September 2016 – August 2017

- Collaborated with the health care team and utilized resources from the Academy of Nutrition and Dietetics to develop medical nutrition therapy recommendations, leading to the improvement of patient outcomes
- Provided inpatient nutritional education to patients with a variety of disease states, improving patients' understanding of role of nutrition in disease management
- Counseled children and families on weight management strategies in an outpatient medical clinic focused on diabetes prevention, helping to strengthen self-efficacy of healthful lifestyle changes beyond the clinic

### **Supervised Practice/Internship Experiences to become a Registered Dietitian**

Gunderson Health System, La Crosse, WI; Black River Memorial, Black River Falls, WI; UP Health System, Marquette, MI, Riverside Corporate Wellness and Logan Middle School, La Crosse, WI; Agropur Ingredients, Onalaska, WI | August 2014 – April 2016

- Worked with clinical dietitians at a variety of health care institutions, gaining knowledge of diverse electronic medical record systems, and understanding the role of a dietitian in the hospital setting
- Counseled individuals interested in weight loss utilizing Motivational Interviewing techniques, to help patients develop specific and measurable goals to improve health
- Developed presentations, handouts, and displays on topics including celiac disease, diabetes, cardiovascular health, and developing healthy lifestyle habits, increasing nutrition knowledge for a variety of populations

## Grants and Contracts – Current

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October 2022 -  
October 2025

### **Food As Medicine 3.0 Evaluation – Feeding America**

- Role: Post-doctoral fellow (January 2023-Present)

- September 2021 – June 2026 **Evaluation of a Comprehensive School Nutrition Enrichment Intervention in Rural School Districts - National Institutes of Health/National Institute on Minority Health and Health Disparities** (Parent Project Number 1P50MD017319-01)
- Role: Post-doctoral fellow (August 2022 - Present)
- September 2020 – June 2025 **Home Food Delivery for Diabetes Management in Patients of Rural Clinics - National Institutes of Health/National Institute of Nursing Research** (1R01NR019487-01)
- Role: Post-doctoral fellow (August 2022-Present)
- April 2020 – March 2025 **Delivering Health: An Integrated Approach to Address Diabetes in the Context of Food Insecurity - United States Department of Agriculture/National Institute of Food and Agriculture** (2020-68015-30734)
- Role: Post-doctoral fellow (August 2022-Present)

## Grants and Contracts – Past

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- May 2019 - March 2020 **Type 2 Diabetes Prevention in Community Health Care Settings for at Risk Children and Mothers** (R34DK118486) Hingle (PI), Roe D (Co-I), Marrero D (MPI)
- Role: Graduate Research Associate

## Peer-Reviewed Publications

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1. **Short E**, Gannon MA, Bounds K, Faitak B, Martin P, Moore S, Shannon D, Selig JP, English ES, Felix HC, Haggard-Duff L, Mejia-Otero J, McElfish PA, Long CR. An Integrated Approach to Address Diabetes in the Context of Food Insecurity: Delivering Health Study Protocol. *Contemporary Clinical Trials Communications*. 2023;33:101139. <https://doi.org/10.1016/j.conctc.2023.101139>
2. Hingle M, **Short E**, Aflague T, Boushey C, Butel J, Coleman P, Deenik J, Fleming T, Olfert M, Shallcross L, Strasburger S, Wilkens LR, Novotny R. Food Security is Associated with Higher Diet Quality Among Children of the US Affiliated Pacific Region. Accepted: *Journal of Nutrition*, January 10, 2023.
3. **Short E**, Sharma J, Thompson D, Taren D, Gonzalez R, Hingle M. Food Assistance Use Among Food Bank Clients Affected by Type 2 Diabetes. *Journal of Nutrition Education and Behavior*. 2022;54(4):288-298. <https://doi.org/10.1016/j.jneb.2021.11.001>
4. **Short E**, Kohler LN, Taren D, Gonzalez R, Roe DJ, Hingle M. Diet Quality Following Food Pantry Visit Differs by Ethnicity. *Journal of Hunger and Environmental Nutrition*. Published online December 16<sup>th</sup>, 2020. <https://doi.org/10.1080/19320248.2020.1860849>
5. Rospotni C, **Short E**, Rahim-Sepulveda M, da Silva V, Howe C, Alvarez K, Hingle M. Diabetes Prevention Programs in Rural North America: a Systematic Scoping Review. *Current Diabetes Reports*. 2019;19(7):43. DOI: [10.1007/s11892-019-1160-3](https://doi.org/10.1007/s11892-019-1160-3)
6. Klitzke C, Burtraw A, Nienow C, Nichols C, Kerrigan K, Shumaker M, Mulcahy M, **Short E**, Arm K, Anderson J. School Cooks' Motivations to Engage in Protective Action against Food Tampering. *Journal of Food Service Management and Education*. 2016;10(2):08-18. <https://fsmec.org/wp-content/uploads/2016/12/10-2-Klitzke.pdf>

## Manuscripts Under Review

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1. **Short E**, Thompson D, Taren D, Bryant H, Gonzalez R, Sheava J, Hingle M. (Under Review) Feasibility of a Food-Based Diabetes Self-Management Education Intervention for Food Insecure Patients with Type 2 Diabetes: A Convergent Mixed Methods Study. Submitted to: *Public Health Nutrition*, October 2022.

## Peer-Reviewed Conference Abstracts

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1. **Short E**, Bryant H, Gonzalez R, Roe DJ, Sheava J, Taren D, Thompson D, Hingle M. Food-based Diabetes Self-Management and Education Intervention for Food Insecure Patients with Type 2 Diabetes: A Mixed-

- Methods Feasibility Study. Poster presentation at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting (May 21<sup>st</sup>, 2022).
2. **Short E**, Bryant H, Gonzalez R, Sheava J, Taren D, Hingle M. *A Pilot Food-Focused Intervention for Diabetes Management in Primary Care*. [Virtual poster presentation](#) at the NIH Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science Workshop (September 23<sup>rd</sup>, 2021).
  3. **Short E**, Serrano GA, Saboda K, Roe DJ, Blew R, Hingle M. *Correlation Between Mother and Child Diet Quality Differs by Food Security Status*. ISBNPA XChange 2021 Abstract Book: p.383. [Virtual oral presentation](#) at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting (June 10<sup>th</sup>, 2021).
  4. Serrano GA, **Short E**, Saboda D, Roe DJ, Blew R, Hingle M. *Association of Diet Quality with BMI and Waist Circumference by Food Security Status Among Low-Income Women at Risk of Type 2 Diabetes*. *Annals of Behavioral Medicine*. 2021; 55(1): S62. DOI: <https://doi.org/10.1093/abm/kaab020>. Society of Behavioral Medicine Annual Meeting (April 2021).
  5. **Short E**, Sharma J, Thompson D, Gonzalez R, Sheava J, Taren D, Hingle M. *Client Preferences and Diabetes Management Guidelines Inform the Design and Elements of a Therapeutic Food Box Intervention*. *Annals of Behavioral Medicine*. 2020; 54(1): S38. DOI: <https://doi.org/10.1093/abm/kaaa009>. Society of Behavioral Medicine Annual Meeting Poster Presentation – Cancelled due to COVID-19 Pandemic (April 4<sup>th</sup>, 2020).
  6. Hingle M, **Short E**, Sharma J, Taren D, Gonzalez R, Sheava J, Thompson D. *Client-driven modifications to food assistance and related resources for households affected by Type 2 diabetes*. International Society of Behavioral Nutrition and Physical Activity Annual Conference, June 2020. [Abstract](#). \*Canceled due to COVID-19
  7. **Short E**, Gonzalez R, Kohler L, Taren D, Sheava J, Hingle M. *Diet Quality Among Food Bank Clients in Southern Arizona*. *Journal of Nutrition Education and Behavior*. 2019; 51(7): S36. DOI: <https://doi.org/10.1016/j.jneb.2019.05.385>. Poster presentation at the Society for Nutrition Education and Behavior Annual Conference (July 28<sup>th</sup>, 2019).
  8. **Short E**, Arm K, Klitzke C, Anderson J. *Protection Motivation Theory: Food Tampering in the Public School System*. [Abstract](#). Poster presentation at the National Conference of Undergraduate Research, University of North Carolina. (April 7<sup>th</sup>, 2016).

## Scholarly Presentations

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### Academic Presentations

1. *Food and Resources Expanded to Support Health and Type 2 Diabetes for Food Insecure Individuals*. Presentation to the Health Builders Team, El Rio Community Health Center, May 4<sup>th</sup>, 2022. [Invited Virtual Oral Presentation]
2. *Developing a Model of Type 2 Diabetes Care in Food Insecure Populations*. Food Security Research Panel Presentation, hosted by the University of Arizona Food Security and Social Justice Network (FSSJN), February 14<sup>th</sup>, 2019, University of Arizona. [Invited Oral Presentation]
3. *Addressing Diet-Related Disease in a Climate of Food and Economic Scarcity: The FRESH-2 Study*. Udall Center Workshop: “Human Challenges in Extreme Environments,” November 12<sup>th</sup>, 2018, University of Arizona. [Oral Presentation with Melanie Hingle, Ph.D., M.P.H., R.D.N.]
4. *Developing a Model of Type 2 Diabetes Care in Food Insecure Populations*. College of Agriculture and Life Sciences Research Poster Forum, March 23<sup>rd</sup>, 2018, University of Arizona. [Poster presentation]
5. *Protection Motivation Theory: Food Tampering in the Public School System*. Seven Rivers Undergraduate Research Symposium, November 6<sup>th</sup>, 2015, Viterbo University. [Poster presentation]
6. *Percent Waste of Produce at FSPA Organic Garden*. Seven Rivers Undergraduate Research Symposium, November 6<sup>th</sup>, 2015, Viterbo University. [Poster presentation]

7. *Electronic Benefit Transfer (EBT) Participation in Farmers Markets and its Effects in Increasing Fruit and Vegetable Consumption*. Nutrition and Dietetics Summer Poster Presentation, August 6<sup>th</sup>, 2015, Viterbo University. [Poster presentation]

### Community Presentations

1. *Solving Food Insecurity: Taking Data to Action*. National 4-H Healthy Living Summit. February 14<sup>th</sup>, 2021. [Invited virtual oral presentation to over 60 teens and adults across the US]
2. *Solving Food Insecurity: Mission Impossible?* Cultivating Wellness Teen Conference. September 26<sup>th</sup>, 2020. [Invited virtual oral presentation to over 30 youth and adults in Arizona]
3. *Eating Smart, Living Strong*. Pima Council on Aging, March 4<sup>th</sup>, 2020. Served as a panel member discussing nutrition topics related to bone health. [Oral presentation to over 30 senior community members in Tucson, Arizona]
4. *Aging and Nutrition*. Aging Mastery Program, April 12<sup>th</sup>, 2018. [Oral presentation to 20 senior community members in Tucson, Arizona].
5. *A FRESH Approach to Type 2 Diabetes Management in a Food Insecure Population*. Southern Arizona Academy of Nutrition and Dietetics Research Seminar. August 27<sup>th</sup>, 2020. [Virtual oral presentation to nutrition professionals and students in Tucson, AZ]
6. *Food and Resources Expanded to Support Health Study*. Community Food Bank of Southern Arizona All Staff Meeting, January 22<sup>nd</sup>, 2020. [Oral presentation with Jayati Sharma, BS]
7. *Food and Resources Expanded to Support Health 2 (FRESH-2) Study*. Food Bank Partner Agency Meeting. February 12<sup>th</sup>, 2019, Community Food Bank of Southern Arizona. [Oral presentation]
8. *Food and Resources Expanded to Support Health 2 (FRESH-2) Study*. Programs, Evaluation, and Education Committee (PEEC) meeting with food bank board members. January 17<sup>th</sup>, 2019, Community Food Bank of Southern Arizona. [Oral presentation]
9. *Upgrade your Wellness*. University of Arizona College of Nursing. June 13<sup>th</sup>, 2019. [Oral presentation with Jamie Elliott, MS, to undergraduate nursing students]

### Teaching, Courses

#### Department of Nutritional Sciences, University of Arizona

August 2017 – May 2022

#### Graduate Teaching Assistant

NSC 425 Medical Nutrition Therapy I (August - December 2019, 2020, 2021)

NSC 170 Nutrition, Food and You (August 2017 - May 2018)

NSC 435 Medical Nutrition Therapy II (January - May 2018, 2019, 2020, 2021, 2022)

NSC 435 Medical Nutrition Therapy II Online (January - May 2021)

NSC 310 Principles of Human Nutrition in Health and Disease (August - December 2017, 2018)

#### Guest Lecturer – University of Arizona

1. PSY 588 Behavioral Medicine Interventions Graduate Course: *Developing a Model of Type 2 Diabetes Care for Food Insecure Individuals*, April 8<sup>th</sup>, 2021
2. NSC 325 Foundations of Medical Nutrition Therapy: *Fluid and Acid-Base Balance*, March 2<sup>nd</sup>, 2021; March 1<sup>st</sup>, 2022
3. NSC 325 Foundations of Medical Nutrition Therapy: *Nutrition Assessment: Food and Nutrition History*, February 2<sup>nd</sup>, 2021
4. NSC 435 Medical Nutrition Therapy II: *Dietary Supplements and Integrative Care*, March 3<sup>rd</sup>, 2020
5. NSC 425 Medical Nutrition Therapy I: *Hepatic and Pancreatic Disorders*, November 12<sup>th</sup>, 2019
6. NSC 495A: Dietetic Internship Preparation, *Beyond the Undergraduate Degree*, September 30<sup>th</sup>, 2019
7. NSC 435 Medical Nutrition Therapy II: *Surgery and Trauma*, March 26<sup>th</sup>, 2019; March 29<sup>th</sup>, 2022
8. NSC 310 Principles of Human Nutrition in Health and Disease: *Water-Soluble Vitamins*, September 24<sup>th</sup>, 2018
9. NSC 310 Principles of Human Nutrition in Health and Disease: *Lower Gastrointestinal Disorders*, November 1<sup>st</sup>, 2017

10. NSC 435 Medical Nutrition Therapy II: *Cancer*, February 20<sup>th</sup>, 2018
11. NSC 435 Medical Nutrition Therapy II: *Critiquing the Literature*, January 23<sup>rd</sup>, 2018
12. NSC 325 Foundations of Medical Nutrition Therapy: *Clinical Status*, January 25<sup>th</sup>, 2018

### **Guest Lecturer – University of Kansas Master of Athletic Training Program**

1. Master of Athletic Training Program: *Social Determinants of Health and Community Impact*, June 28<sup>th</sup>, 2022

### **Honors, Awards, & Professional Associations**

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†Competitive nominations and awards

#### **University of Arizona**

- 2022 Recipient of Darrel E. Goll Graduate Fellowship for Nutritional Sciences (\$493)
- 2021 Recipient of W.T. McClelland Scholarship (\$1028)
- 2021 Recipient of Bobby Reid Scholarship (\$46)
- †2020 Recipient of Graduate and Professional Student Council Travel Grant (\$741)
- 2020 Recipient Graduate Arizona Financial Aid Trust Need-Based Award (\$3000)
- 2020 Recipient Ruth Reed Cowden Scholarship (\$1002)
- 2020 Recipient of College of Agriculture and Life Sciences General Scholarship (\$1000)
- †2019 Nominated, Centennial Achievement Doctorate Degree Award, University of Arizona
- †2019 Nominated, Teaching Assistant Doctoral Meritis Award, College of Agriculture & Life Sciences
- †2019 Recipient of Graduate and Professional Student Council Travel Grant (\$677)
- 2019 Recipient of Bobby Reid Scholarship (\$100)
- 2019 Recipient of Ruth Reed Cowden Scholarship (\$1000)

#### **Academy of Nutrition and Dietetics**

- †2019 Recognized Young Dietitian of the Year, Arizona Academy of Nutrition and Dietetics
- †2019 Recipient of Academy of Nutrition & Dietetics Patsyjane O'Malley Memorial Scholarship (\$1000)
- †2015 Outstanding Dietetic Student of the Year (CP), Wisconsin Academy of Nutrition and Dietetics

#### **Professional Association Membership**

- 2022 – Present Arkansas Academy of Nutrition and Dietetics
- 2018 – Present Research Dietetics Practice Group, Academy of Nutrition and Dietetics
- 2014 – Present Academy of Nutrition and Dietetics
- 2022 – 2023 International Society for Behavioral Nutrition and Physical Activity
- 2017 – 2022 Southern Arizona Academy of Nutrition and Dietetics
- 2020 – 2021 Society of Behavioral Medicine
- 2019 – 2020 Society for Nutrition Education and Behavior
- 2014 – 2017 Wisconsin Academy of Nutrition and Dietetics

### **Service**

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#### **Journal Review**

- 2022 Journal of the Academy of Nutrition and Dietetics
- 2022 Nutrition Reviews
- 2021 BMC Public Health

#### **National Service**

- June 2022 – Present **Member Liaison**, Research Dietetics Practice Group of the Academy of Nutrition and Dietetics
- June 2021 – May 2022 **Student Representative**, Research Dietetics Practice Group of the Academy of Nutrition and Dietetics

## State/Regional Service

June 2022 – Present **Assistant Director of Membership**, Arkansas Academy of Nutrition and Dietetics  
August 2020 – 2021 **Graduate Student Representative**, Nutritional Sciences Graduate Program  
Committee, University of Arizona  
June 2020 – May 2022 **Communications Director**, Arizona Academy of Nutrition and Dietetics  
June 2018 – May 2020 **Communications Chair**, Southern Arizona Academy of Nutrition and Dietetics  
Oct 2015 – July 2018 **Communications Coordinator**, Jackson In Action Healthy Living Community  
Coalition, Black River Falls, WI  
Aug 2014-May 2015 **President**, Student Dietetics Association, Viterbo University  
Aug 2013-May 2014 **Treasurer**, Student Dietetics Association, Viterbo University

## Training

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### Research

2021 Mixed Methods: “Designing Your Mixed Methods Research Project” intensive workshop hosted by Stanford-Surgery Policy Improvement Research & Education Center (S-SPIRE)  
2019, 2020, 2021 Qualitative Research: Introduction to Qualitative Methods with Dr. Deborah Thompson, PhD, RDN  
2019 Biometrics Data Collection Training: HbA1c Fingerstick Test, Blood Pressure, Height, Weight, Waist Circumference  
2018 NIH Responsible Conduct of Research  
2017, 2022 Biomedical Research Investigators Online Course  
2015 Protecting Human Research Participants NIH Online Course

### Laboratory & Safety Services

2019 Bloodborne Pathogens  
2017 Basic Biosafety Protection  
2017 General Laboratory Chemical Safety

### Education

2020 Online Course Design Bootcamp I & II, University of Arizona  
• Applied training to transition an in-person NSC 395 Culinary Medicine course to a virtual delivery format

### Leadership

2021 Impact Leader Professional Development Training, 4-month biweekly training program with professional career coach, industry mentor-match