

Kristin Wiens, MSc, RDN, LDN
Associate Instructor, Food & Nutrition Education Lab
Coordinator
Behavioral Health and Nutrition
Health Sciences
University of Delaware

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CURRENT EMPLOYMENT:

Associate Instructor, Nutrition and Dietetics 2014 – present

*Department of Behavioral Health and Nutrition,
University of Delaware – Newark, DE*

- Courses taught: NTD 200: Nutrition Concepts; NTD 201: Food Concepts; NTD 305: Nutrition in the Lifespan; NTD 329: Culinary Medicine; BHAN 130: Sustainability & Food

EDUCATION & TRAINING:

Master of Science, Human Nutrition 2010

University of British Columbia – Vancouver, BC

- Thesis: “Dietary risk factors for bone loss among men undergoing androgen deprivation therapy for the treatment of prostate cancer.”
- Supervisors: Professor Susan Barr, Assistant Professor B. Joyce Davison

Post-Graduate Dietetic Internship Program 2008

*Manitoba Dietetic Education Partnership Program
Nutrition and Food Services, Winnipeg Regional Health Authority – Winnipeg, MB*

Bachelor of Science (Honors), Food, Nutrition, and Health (Dietetics) 2004

University of British Columbia – Vancouver, BC

RESEARCH EXPERIENCE:

Research Program Coordinator 2012 – 2014

*Renal and Cardiovascular Disease Research Laboratory,
Department of Kinesiology and Community Health, University of Illinois – Urbana-Champaign, IL*

- Coordinated National Institute of Health-funded clinical research projects.
- Performed participant recruitment and management, data collection and analysis, and budget management; liaise with institutional review board and sponsoring agencies.
- Supervised and managed support personnel including graduate and undergraduate students.

Research Assistant/Dietitian Coordinator 2010 – 2011

Behavioral Research Unit, Alberta Children’s Hospital, University of Calgary – Calgary, AB

- Coordinated and supervised dietitian-administered food recalls for the Alberta Pregnancy Outcomes and Nutrition (APrON) study. Supervised and supported dietetic student volunteer projects.

Research Assistant

2003 – 2007

The Vancouver Prostate Centre – Vancouver, BC

- Assisted with the preparation, editing, and submission research grants and publications in the fields of urologic oncology and patient education. Coordinated and collected data for observational and randomized controlled-trial research studies.

TEACHING & MENTORING EXPERIENCE:

Project Assistant and Food Demonstrator

summer 2015

Cooperative Extension,

University of Delaware – Newark, DE

- Delivered food demonstrations and recipe tastings at New Castle County Farmers' Markets supported by a grant from New Castle County Government.

Instructor

2010 – 2012

Department of Physical Education and Recreation Studies,

Mount Royal University – Calgary, AB

- Taught multiple face-to-face and online sections of PHED 2007: Introductory Nutrition. Course content included: nutrient needs, life cycle nutrition, and nutrition for chronic disease. Learning goals assessed by: course exams, personal dietary assessment project, and focused class participation via presentations and group work.

Group Nutrition and Cooking Class Instructor

2010 – 2012

Wellspring Cancer Support Network – Calgary, AB

- Delivered group nutrition education and cooking sessions for cancer survivors, including original recipe development. Topics included: gluten-free diet, food and mood, cooking with seasonal ingredients, and whole grains.

Breast Cancer and Nutrition Group Facilitator

2011 – 2012

Faculty of Kinesiology, University of Calgary – Calgary, AB

- Delivered group nutrition education for "Breast cancer patients Engaging in Activity while Undergoing Treatment" (BEAUTY) program. Topics included: women's nutrition, weight management, and fatigue management.

Prostate Cancer and Nutrition Group Facilitator

2004 – 2007

Vancouver Prostate Centre – Vancouver, BC

- Developed group education sessions for men and their partners and accompanying patient handouts. Topics were specific to men diagnosed with prostate cancer (i.e., reducing saturated fat, incorporating soy products, etc.) and those beginning androgen deprivation therapy (e.g., bone health).

Teaching Assistant

2005 – 2007

Department of Food, Nutrition and Health, University of British Columbia – Vancouver, BC

- FNH 351: Vitamins, Minerals and Health. Administered and marked examinations and major term assignment. Facilitated in-class discussion groups.
- FNH 250: Nutrition Concepts and Controversies. Administered and marked examinations and major term personal diet assessment project. Facilitated in-class problem-based learning case studies.

CLINICAL EXPERIENCE:

Social Media Dietitian 2011 – 2016

- Co-creator and co-author of popular website, www.no-baloney.com. Promotes evidence-based nutrition by disseminating research findings and informing consumers.
- Invited contributor to Huffington Post Canada.

Registered Dietitian 2011 – 2012

Medisys Health Group – Calgary, AB

- Conducted nutrition assessments and designed diet plans for Executive Health and private clients based on individual goals and health needs. Developed and delivered organizational nutrition wellness presentations for corporate client groups, and created nutrition education materials.
- Preceptor to dietetic interns and mentor to undergraduate volunteers.

Clinical Dietitian 2008 – 2010

Fraser Health Authority – Abbotsford, BC

- Assessed nutritional status and developed, implemented, and evaluated nutrition care plans for: acute medical (GI and renal), surgical, and psychiatry inpatients; outpatient dysphagia clinic clients; and homebound community-dwelling adults.

Clinical Dietitian 2008 – 2010

BC Cancer Agency – Abbotsford Centre, BC

- Provided comprehensive nutrition care to oncology patients, specifically head and neck and gastrointestinal oncology patients, within a multidisciplinary team. Assessed nutritional status food intake to develop individualized medical nutrition therapy plan.

Consulting Dietitian 2008 – 2009

Overwaitea Food Group – Lower Mainland, BC

- Led grocery store tours tailored to specific group needs, including low-income women and families with young children. Provided one-on-one nutritional consultation at specialized in-store clinics for cholesterol and diabetes screening, and facilitated general healthy eating group nutrition education sessions for private businesses.

SCHOLARLY ACTIVITY:

Refereed Articles:

1. Parnell JA, **Wiens KP**, Erdman KA. Dietary intakes and supplement use in pre-adolescent and adolescent Canadian athletes. *Nutrients* 2016; 8 [epub ahead of print].
2. Parnell JA, **Wiens KP**, Erdman KA. Evaluation of congruence among dietary supplement use and motivation for supplementation in young, Canadian athletes. *Journal of the International Society of Sports Nutrition* 2015; 12:49 [epub ahead of print].
3. **Wiens K**, Erdman KA, Stadnyk M, Parnell JA. Dietary supplement usage, motivation, and education in young, Canadian athletes. *International Journal of Sport Nutrition and Exercise Metabolism* 2014; 24:613-22.

4. Matthews TW, Badenduck L, McDonough A, Dort J, **Wiens K**, Kettner R, Crawford S, Kaplan BJ. Fiber-optic endoscopic evaluation of swallowing to assess swallowing dynamics as a function of head position in a normal population. *The Laryngoscope* 2013; [epub ahead of print].
5. Davison BJ, **Wiens K**, Cushing M. Promoting calcium and vitamin D intake to reduce the risk of osteoporosis in men on androgen deprivation therapy. *Supportive Care in Cancer* 2012; 20:2287-94.
6. Leung BMY, **Wiens KP**, Kaplan BJ. Does prenatal micronutrient supplementation improve children's mental development? A systematic review. *BMC Pregnancy and Childbirth* 2011; 11:12.
7. Davison BJ, Goldenberg SL, **Wiens K**, Gleave ME. Comparing a generic and individualized information decision support intervention for men newly diagnosed with localized prostate cancer. *Cancer Nursing* 2007; 30(5):E7-15.
8. Davison BJ, Elliott S, Ekland M, Griffin S, **Wiens K**. Development and evaluation of a prostate sexual rehabilitation clinic: a pilot project. *BJU International* 2005; 96:1360-4.
9. Khattra P, **Wiens K**, Miles M. UBC Trimentoring Program. *Canadian Journal of Dietetic Practice and Research* 2005; 30 (Summer):7.
10. Davison BJ, Moore KN, MacMillan H, Bisailon A, **Wiens K**. Patient evaluation of a discharge program following a radical prostatectomy. *Urologic Nursing* 2004; 24:483-9.

Manuscripts in Preparation:

1. **Wiens K**, Schwenk E. Factors Influencing Sustainability Attitudes and Behaviors of American Dietetics Students. Preparation for submission to Journal of Foodservice Management and Education.

Abstracts and Presentations: *denotes student research assistant

- 1 Russel S*, Schwenk E, **Wiens K**. Sustainability Attitudes and Behaviors of Undergraduate Nutrition and Dietetics Students at the University of Delaware. Poster presentation at Food and Nutrition Conference and Expo, Academy of Nutrition and Dietetics, 2021; virtual conference.
- 2 Albrecht S*, **Wiens K**. Cooking Confidence, Nutrition Care Attitudes, and Resilience: The Impact of a Culinary Medicine Course on Pre-Health Profession Students. Poster presentation at Society of Nutrition Education and Behavior conference, 2021; virtual conference.
- 3 Nowosielecki E*, Schwenk E, **Wiens K**. Sustainability Attitudes and Behaviors of Undergraduate Nutrition and Agriculture Students. Poster presentation at Food and Nutrition Conference and Expo, Academy of Nutrition and Dietetics, 2019; Philadelphia, PA.
- 4 **Wiens K**, Sorel L*. Development of an Interprofessional Culinary Medicine Course. Poster presentation at Summer Institute on Teaching, University of Delaware, 2019; Newark, DE.

- 5 **Wiens K**, Schwenk E, Robson SM. The Impact of Experiential Cooking Courses on Culinary Confidence and Dietary Behaviors among College Students. Oral presentation at the Foodservice Systems Management Education Council Biennial Conference, 2019; Savannah, GA.
- 6 Tessier M*, **Wiens K**, Robson SR. Eating Away from Home Frequency Before and After an Experiential Cooking Class. Poster presented at the Celebration of Undergraduate Engaged Scholarship, 2017. Newark, DE.
- 7 Murphy C*, **Wiens K**, Robson SR. Cooking Confidence and Nutrition Behavior Among College Students Enrolled in an Experimental Cooking Class. Poster presented at the Celebration of Undergraduate Engaged Scholarship, 2017. Newark, DE.
- 8 Okerson S*, Zuelch M*, **Wiens K**, Robson SR. Assessing Cooking Skills and Confidence Among University Employees: A Pilot Study. Poster presented at the Celebration of Undergraduate Engaged Scholarship, 2016. Newark, DE.
- 9 Hall A*, DeLuccia R*, **Wiens K**, Robson SR. Cooking Confidence, Nutrition Behavior, and Dietary Intake among College Students Enrolled in an Experimental Cooking Class. Poster presented at the Celebration of Undergraduate Engaged Scholarship, 2016. Newark, DE.
- 10 Zuelch M*, Okerson S*, **Wiens K**, Robson SR. Employee Wellness Skills Intervention and Cooking Confidence and Dietary Behavior. Poster presented at the Graduate Research Symposium, 2016. Newark, DE.
- 11 Parnell JA, Stadnyk ML*, **Wiens K**, Erdman KA. Dietary supplementation habits of young Canadian athletes. Poster presented at the Canadian Nutrition Society Annual Meeting, 2012; Vancouver, BC.
- 12 **Wiens K**, Couzens K, Hards L, Holmes R, Tsui V, Fenton TR. Critically appraising the literature: a dietitian's toolbox. Poster presented at the Dietitians of Canada Annual Conference, 2011; Edmonton, AB.
- 13 Holmes R, Couzens K, Fenton TR, Hards L, Tsui V. **Wiens K**. The FODMAP diet: a systematic review. Oral presentation at the Dietitians of Canada Annual Conference, 2011; Edmonton, AB.
- 14 **Wiens K**, Cushing M. Getting the message out: sources of nutrition information accessed by men with prostate cancer – a pilot study. Poster presented at the Dietitians of Canada Annual Conference, 2007; Vancouver, BC.
- 15 Cushing M, **Wiens K**. Nutrition intervention in kidney stones – an innovative approach. Poster presented at the Dietitians of Canada Annual Conference, 2007; Vancouver, BC.

Abstracts in Review: *denotes student research assistant

1. **Wiens K**, Schwenk E. Sustainability Attitudes and Behaviors of a Nationwide Sample of Undergraduate Dietetics Students. Submitted for oral presentation at the Foodservice Systems Management Education Council Biennial Conference, 2022; virtual conference.

GRANTS & AWARDS:

Principal Applicant (with Baker S). Food and Nutrition Conference and Expo Bus Trek, NTDT Club. University of Delaware Career Center Faculty/Staff Career Innovation Grant, \$2,500: May 2019.

Principal Investigator. Addressing Campus Hunger: A Food Pantry Service Learning Course. University of Delaware. Course development and research supported by the Center for Teaching and Assessment of Learning Instructional Improvement Grant, \$5,000: April 2019.

Principal Investigator. Attitudes and Behaviors of Undergraduate Dietetics Students Toward Alternative Food Production Practices. Research supported by the Foodservice Systems Management Education Council Research Grant, \$2,000: October 2018.

Principal Investigator. Development of an Interprofessional Culinary Medicine Course. University of Delaware. Course development and research supported by the Center for Teaching and Assessment of Learning Instructional Improvement Grant, \$5,000: April 2018.

Co-Investigator (with JA Parnell, KA Erdman). Evaluation of supplementation habits and dietary intakes in young athletes. Mount Royal University and Canadian Sport Centre. Research supported by Canadian Foundation for Dietetic Research Grant, \$15,000: June 2012.

Co-Investigator (with BJ Davison, D Budz, D Bulych, K Gesy). Promoting optimum vitamin D and calcium dietary intake in patients initiating androgen deprivation therapy. University of Saskatchewan. Research supported by University of Saskatchewan College of Nursing Grant in Support of Nutrition and Dietetic Research, \$9,200: January 2011.

Co-Investigator (with BJ Kaplan, S Parlow). Food preferences in children with autism. University of Calgary and Carleton University. Research supported by University of Calgary, \$2,500: November 2010.

Co-Investigator (with SI Barr, BJ Davison). Research supported by Centrum Foundation Grant, \$2,500: September 2005.

HONORS:

- Emerging Dietetic Leader of the Year, Delaware Academy of Nutrition and Dietetics, 2019.
- Excellence in Teaching Award (Nominated), University of Delaware, Newark DE. 2016, 2018, 2019.
- Excellence in Undergraduate Advising and Mentoring Award. University of Delaware, Newark DE. 2017.
- Volunteer Recognition Award. Dietitians of Canada. Ottawa, ON. 2013.
- Prostate Research Fellowship. The Vancouver Prostate Centre. Vancouver, BC. 2004, 2005.
- Graduate Entrance Scholarship. University of British Columbia. Vancouver, BC. 2004.
- Undergraduate Scholarships, Charles and Jane Banks Scholarship and Derek Vallis Scholarship. University of British Columbia, Vancouver, BC. 2002.

PROFESSIONAL SERVICE EXPERIENCE:

Food and Housing Insecurity Taskforce
University of Delaware – Newark, DE

2020 - present

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Executive Board, Northeast Representative <i>Foodservice Systems Management Education Council</i>	2019 - present
Swipe Out Hunger @ UD, Co-Chair <i>University of Delaware – Newark, DE</i>	2019 - present
Nutrition & Dietetics Club, Academic Advisor <i>University of Delaware – Newark, DE</i>	2015 - present
Ad Hoc Peer Reviewer <ul style="list-style-type: none">Ad hoc peer review for: <i>The Canadian Journal of Dietetic Practice & Research</i>	2014 - present
Faculty Senate Student Life Committee, Chair <i>University of Delaware – Newark, DE</i>	2018 - 2021
Delaware Academy of Nutrition and Dietetics Executive Board, Secretary <i>Delaware Academy of Nutrition and Dietetics</i>	2017 - 2020
Sustainability Taskforce, Green Grants Committee <i>University of Delaware – Newark, DE</i>	2015 - 2020
Continuing Education Committee <i>Dietitians of Canada, Alberta and Territories Region – Calgary, AB</i>	2010 – 2012
Regional Dysphagia Practice Council Member <i>Fraser Health Authority – Abbotsford, BC</i>	2008 – 2010

ACCREDITATIONS:

Licensed Dietitian/Nutritionist (ID# 0000582) Division of Professional Regulation, State of Delaware – Dover, DE	2015 – present
Registered Dietitian/Nutritionist (ID# 86029193) Commission on Dietetic Registration – Chicago, IL	2013 – present
Registered Dietitian/Nutritionist (ID# 1943) College of Dietitians of Alberta – Edmonton, AB	2010 – 2016

PROFESSIONAL MEMBERSHIPS:

Foodservice Systems Management Education Council	2018 – present
The Center for Mindful Eating – West Nottingham, NH	2014 – present
Academy of Nutrition and Dietetics – Chicago, IL	2012 – present
Canadian Obesity Network – Edmonton, AB	2010 – present