

KAREN MYNHIER BEATHARD, MS, RDN, LD, FAND

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EDUCATION

TEXAS A&M UNIVERSITY - COLLEGE STATION, TEXAS

DOCTOR OF PHILOSOPHY, *Nutrition*, 2021

REGISTERED DIETITIAN NUTRITIONIST (RDN)

Credentialed by the Commission on Dietetic Registration, 1990-Present

ACEND-Accredited Dietetic Internship, Houston Veteran Affairs Medical Center, Houston, Texas, 1989-1990

TEXAS WOMAN'S UNIVERSITY - HOUSTON, TEXAS

MASTER OF SCIENCE, *Nutritional Science*, 1990

TEXAS A&M UNIVERSITY - COLLEGE STATION, TEXAS

BACHELOR OF SCIENCE, *Food Science Technology*, 1986

PROFESSIONAL EXPERIENCE

DEPARTMENT OF NUTRITION, TEXAS A&M UNIVERSITY - COLLEGE STATION, TEXAS

Senior Lecturer, ACEND Didactic Program in Dietetics Director, August 1998-Present

Co-Chair, Department of Nutrition Curriculum Redesign Committee, Jan 2021-Present

Chair, Department of Nutrition Assessment Committee, September 2009-Present

Chair, DPD Accreditation Advisory Subcommittee, September 2006-Present

Past-Chair, Department of Nutrition Scholarship Committee, August 2016-Present

Member, ACES Selection Committee, December 2020-Present

Department of Nutrition Assessment Liaison to the College of Agriculture and Life Sciences, September 2014-Present

Department of Nutrition Dietetic Internship Committee, September 2010-Present

Member, Department of Nutrition Undergraduate Curriculum Committee, September 2004–Present

Nutrition and Dietetic Association Faculty Advisor, September 2009-Present

Member, Department of Nutrition Strategic Planning Committee, June 2020-December 2020

Member, Department of Nutrition and Food Science Climate Committee, September 2016-December 2019

Checker, Department of Nutrition and Food Science Action Plan to Increase Communication, November 2017-2019

Member, College of Agriculture and Life Sciences Critical Thinking Academy, September 2015-August 2016

Member, Department of Nutrition and Food Science Faculty Advisory Committee, September 2006-August 2013

Member, Subcommittee for Curriculum Review, September 2010-September 2012

Member, Department of Nutrition and Food Science Awards Committee, September 2006-September 2008

Member, Interdisciplinary/ Inquiry-based Learning Community, September 2007-September 2008

Regents Scholar Mentor, September 2004-December 2004

Member, Department of Animal Science Nutritional Sciences Curriculum Committee, September 1998 -December 2004

Senior Undergraduate Advisor, Department of Animal Science, Nutritional Science Section, June 2002-December 2004

Undergraduate Advisor, Department of Animal Science, Nutritional Science Section, August 1998-June 2002

AGGIELAND NUTRITION SPECIALISTS – COLLEGE STATION, TEXAS

Owner and Consultant Dietitian, July 2013-December 2018

WADSWORTH/ THOMSON LEARNING – BELMONT, CALIFORNIA

Revised Lab Manual for Brown's Understanding Food: Principles and Preparation, 3rd edition, September 2006-February 2007

Text Reviewer, 2006

CONSULTANT DIETITIAN/PRIVATE PRACTICE - COLLEGE STATION, TEXAS

Burleson County St. Joseph Health Center, Caldwell, Texas – June 1997-August 1998

Town Creek Retirement Communities, Huntsville, Texas – March 1996-April 1998

Methodist Retirement Communities, The Woodlands, Texas – March 1996-February 1998

TOWNCREEK RETIREMENT COMMUNITY - HUNTSVILLE, TEXAS

Food Service Director, June 1987-March 1996

FOODMAKER, INC. – HOUSTON, TEXAS

Assistant Manager, January 1987-June 1987

Completed Corporate Management Training Program, April 1987

PROFESSIONAL AND HONORARY MEMBERSHIPS

THE ACADEMY OF NUTRITION AND DIETETICS

Registered by the Commission on Dietetic Registration Member, 1988-Present

Fellow of the Academy of Nutrition and Dietetics (FAND), 2014-Present

Finance Committee, 2021-Present

House of Delegates

House of Delegates Member Interest Groups (MIGS) Task Force Chair, 2020-2021

House of Delegates Town Hall Task Force Chair, 2020

Delegate Engagement Subgroup Chair, 2019

House of Delegates Design Team, 2018-2019

Delegate, 2013-2019

Member Interest Group (MIG) Cultures of Gender and Age (COGA)

Member, 2020-Present

Management in Food and Nutritional Systems Practice Group

Member, 2000-Present

Nutrition and Dietetic Educators and Preceptors (NDEP) Practice Group

Member, 1998-Present

NDEP Mentor Program - Fall 2018-Fall 2021

Nominating Chair, 2009-2010

Second Round Match Task Force Member, 2013-2014

Research Dietetic Practice Group

Member, 2019-Present

Sports, Cardiovascular and Wellness Nutrition (SCAN) Dietetic Practice Group

Member, 2013-Present

Behavioral Health Nutrition (BHN) Practice Group, Member, 2013-2019

Nutrition Entrepreneurs (NE) Dietetic Practice Group, Member, 2013-2019

Thirty and Under Member Interest Group, Member, 2016-2018

Food and Culinary Professionals Practice Group, Member, 2010-2014

TEXAS ACADEMY OF NUTRITION AND DIETETICS

Licensed by the Texas State Board of Examiners of Dietitians Member, 1990-Present

Texas Student Dietetic Association

Liaison and Co-Advisor, 2012-2013, 2015-Present

Board of Directors, 2006-2007, 2010-2019

Chair of Delegates, 2015-2016, 2018-2019

President Elect, President, Past President, 2010-2013

**SOUTHEAST REGION OF THE TEXAS ACADEMY OF NUTRITION AND DIETETICS
(FORMERLY THE MID-EAST TEXAS DIETETIC ASSOCIATION)**

Member, 1990-Present
Legislative Chair, 2008-2010, 2013-2019
President Elect, President, Past President, 2003-2006
Treasurer, 1999-2001

AMERICAN SOCIETY FOR NUTRITION

Member, 2020-Present

FOODSERVICE SYSTEMS MANAGEMENT EDUCATION COUNCIL

Member, 2007-Present

FACULTY FRIENDS, Texas A&M University

Member, 1998-Present

THE ACADEMY OF NUTRITION AND DIETETICS FOUNDATION

Texas Affiliate Fundraising Co-Chair, 2008-2010

TEXAS ACADEMY OF NUTRITION AND DIETETICS FOUNDATION

Director Elect, Director, Past Director, 2005-2008

Secretary, 2003-2004

HONORARY ORGANIZATIONS

Alpha Zeta

Gamma Sigma Delta

National Society of Leadership and Success

VOLUNTEER ACTIVITIES

MAROON AND WHITE LEADERSHIP FELLOWS COACH AND MENTOR

Mentor, Fall 2017 - Present

Provide mentorship to undergraduate students seeking leadership, professional growth and development

Motivate and support student mentees by promoting reflection of leadership experiences, challenging them to make connections between involvement and other life experiences

Guide mentees in leadership identity development and provide feedback on their Leadership Engagement Project.

Supported two mentees who were successfully inducted as Maroon and White Fellows

FORK FRIENDLY ADVISORY BOARD

Advisory Committee Member, Fall 2105-Present

AGGIES FOR CHRIST ON CAMPUS (AFC-OC) STUDENT ORGANIZATION

Primary Advisor, Spring 2014-Present

EATING DISORDER SUPPORT GROUP, CHI-St. Joseph Hospital Healthy Communities

Creator, Co-Facilitator, April 2006-Present

COLLEGE STATION ISD STUDENT HEALTH ADVISORY COMMITTEE (SHAC)

Co-Chair, Fall 2015-2019

Council Committee Member, Fall 2012-2019

ARAMARK DIETETIC INTERNSHIP ADVISORY COMMITTEE

Advisory Committee Member, 2015-2017

DAIRY MAX HEALTH AND WELLNESS ADVISORY COUNCIL

Council Committee Member, 2012-2015

THE GOOD CALORIE! ADVISORY BOARD

Advisory Board Committee Member, 2012-2015

CENTURY SCHOLARS FORMER STUDENT MENTOR PROGRAM

Mentor, 2012-2014

WALKER COUNTY AMERICAN HEART ASSOCIATION

Program Coordinator, 1991-1993

Executive Board Member, 1990-1993

TEXAS HOMES AND SERVICES FOR THE AGING

Chair, Dietetics Education Committee, 1991-1992

Member, Dietetics Education Committee, 1990-1991

SHAPE DOWN WEIGHT CONTROL PROGRAM, Huntsville Memorial Hospital

Co-Instructor, 1991

RECOGNITION AND HONORS

- Nutrition and Dietetic Educators and Preceptors (NDEP) Western Central Region Outstanding Dietetic Educator Award in the Didactic Program in Dietetics, 2018
- Egg Nutrition Center (ENC) Young Investigator Award, 2017
- College of Agriculture and Life Sciences Critical Thinking Faculty Fellow, 2015
- College of Agriculture and Life Sciences Dean's Outstanding Achievement Student Award for Service, 2015
- Texas Academy of Nutrition and Dietetics Outstanding Dietitian of the Year, 2013
- Texas A&M University Mentoring Award, Department of Nutrition and Food Science, 2010
- Presidential Professor for Teaching Excellence Award, Texas A&M University Nominee, 2009, 2008
- Texas Dietetic Association Dietetic Educator of the Year, 2004
- Fish Camp Namesake, Texas A&M University, 2003

GRANTS

- Beathard, Karen (CoPI) Interactions of Probiotics with Tannins in Intestinal Dysbiosis and Inflammation in Obesity, *USDA-National Institute of Food And Agriculture* (September 1, 2020 - August 31, 2025), USD 999,460.00
- Beathard, Karen (Other) Nutrition, Vision, and Cognition in Health Study: Egg (IONHealth-Egg), *American Egg Board* (January 1, 2020 - March 31, 2021), USD 21,001.00
- Beathard, Karen (Other) Nutrition, Vision, and Cognition in Health Study: Egg (IONHealth-Egg), *American Egg Board* (August 1, 2017 - July 31, 2018), USD 20,000.00
- Beathard, Karen (Other) Nutrition, Vision, And Cognition In Health Study: Egg, *American Egg Board/* (October 4, 2017 - March 31, 2021) , USD 39,092.00
- Beathard, Karen (CoPI) Dairy Consumption Benefits on Cognitive Performance in E-Sport Gaming Athletes, *DairyMax* (September 1, 2021 - August 31, 2023) , USD 176,454.00
- Beathard, Karen (CoInvestigator) Dairy Consumption Benefits on Cognitive Performance in E-Sport Gaming Athletes, *DairyMax*, (September 1, 2021 - August 31, 2023), USD 176,454.00
- Beathard, Karen (PI), Talcott, Stephen (CoPI) The Impact of Dietary Grape Supplementation on Cognitive Function in Lean and Obese Aging Adults, *California Table Grape Commission* (August 1, 2022 - July 31, 2023), USD 35,000.00

OTHER INSTITUTIONAL SERVICE

- Faculty Initiator and Lead of the DPD Diversity and Inclusion Ambassadors, Texas A&M AgriLife (Summer 2021-Present)
- Dietetic Internship Preparation Workshop, Texas A&M AgriLife (Spring 2010-Present)
- Department of Nutrition Undergraduate Assessment Liaison to the College of Agriculture and Life Sciences, Texas A&M AgriLife (Spring 2021-Present)
- Operation Lone Star (OLS) Department of Nutrition Coordinator and Lead, Texas A&M AgriLife (Spring 2018-Present)
- Study Abroad Texas Coordinator and Co-Leader, Nutrition and Food Science (NFSC) (Summer 2019-Summer 2019)

- Interprofessional Education & Research Symposium (IPER 4) Planning Committee & Moderator, Nutrition and Food Science (NFSC) (Spring 2017-Fall 2018)

SCHOLARLY CONTRIBUTIONS

- Beathard, K. M., & Roof, K. K. (2021, May). *What is the ME in Mentoring? Today's Dietitian*. Virtual: Today's Dietitian.
- Beathard, K. M., & Roof, K. K. (2021, March). *Mentoring in Dietetics: A Community-Based Partnership*. *Florida Gulf South Summit*. Virtual: The University of Alabama at Birmingham.
- Beathard, K. M. (2021, June). *The Impact of Egg Consumption on Visual Cognitive Performance and Training in the Nutrition, Vision, and Cognition in Health: Egg (IONHealth-Egg) Study*. *American Society of Nutrition*. Virtual: American Society of Nutrition.
- Beathard, K. M., & Roof, K. K. (2021, August). *Cultivating Successful Mentoring Partnerships*. *Academy of Nutrition and Dietetics Oncology Nutrition Dietetic Practice Group Webinar*. Virtual: Academy of Nutrition and Dietetics Oncology Nutrition Dietetic Practice Group.
- Rodriguez Sandoval, M. (2021, April). *Enhancing the Dietetic Profession Through Project-based Mentoring*. (K. M. Beathard, Ed.), *Texas Academy of Nutrition and Dietetics Annual Meeting*. Texas Academy of Nutrition and Dietetics.
- Culpepper, E. (2021, October). *The Association of Dietary Vitamin D on Visual Cognitive Performance and Training in the IONSport Study*. (K. M. Beathard & S. Riechman, Eds.), *Texas A&M University Department of Nutrition Symposium*. College Station, TX: Department of Nutrition.
- Beathard, K. M., & Roof, K. (2021). A Mentoring Program Builds the Bridge with Nutrition Students and Healthcare Professionals. *Journal of Allied Health*.
- Beathard, K. M. (2020, October). A Mentoring Program Builds the Bridge with Nutrition Students and Healthcare Professionals. University of New Mexico Mentoring Conference. Virtual: University of New Mexico.
- Hicks-Roof, K. K., & Beathard, K. (2018). Development of a Sustainable Mentorship Program: Registered Dietitian Nutritionists Mentoring Undergraduate Dietetics Students. *Journal of Allied Health*, 47(2), e49–e51.
- Beathard, K. M. (2018, April). *Dietitian-Led Project Based Mentoring Program for Undergraduate DPD Students*. *Texas Academy of Nutrition and Dietetics Annual Conference & Expo*. Houston, Texas: Texas Academy of Nutrition and Dietetics.
- Beathard, K. M. (2017, October). *Dietitian-Led Project Based Mentoring Program for Undergraduate DPD Students*. *Food & Nutrition Conference & Expo*. Chicago, IL: Academy of Nutrition and Dietetics.
- Beathard, K. M. (2017, September). *Page R, White-Corey S, Bray A, Yeager L., Mendoza M, Beathard K, Geismar K, McCord C, Kapusniak L, Watzak B. The prenatal clinic in Bryan, TX: an innovative interprofessional collaboration to deliver holistic care alongside prenatal care to the medically underserved. The 3rd Annual Interprofessional Education and Research Symposium (IPER 3); 2017 Sep 28; College Station, TX. The 3rd Annual Interprofessional Education and Research Symposium (IPER 3)*. College Station, TX: Texas A&M University School of Public Health.
- Page R, White-Corey S, Bray A, Yeager L., Mendoza M, Beathard K, Geismar K, McCord C, Kapusniak L, Watzak B. The prenatal clinic in Bryan, TX: an innovative interprofessional collaboration to deliver holistic care alongside prenatal care to the medically underserved.

The 3rd Annual Interprofessional Education and Research Symposium (IPER 3); 2017 Sep 28; College Station, TX.

- Beathard, K. M. (2017, Spring). *Panel on Engaging Pedagogy for Critical Thinking, Innovative Pedagogy to Engage Learners in the College*. Texas A&M University AgriLife Conference. College Station, Texas: Texas A&M University AgriLife.
- Beathard, K. M. (2016, Autumn). *Tackling Sports Nutrition Myths*. A&M Consolidated High School Female Athletic Team. College Station, TX: College Station Independent School District.
- Beathard, K. M. (2016, Spring). *Athletic Performance: What Fuel Do You Use?, May 2016*. A&M Consolidated High School Female Athletic Team. College Station: A&M Consolidated High School Female Athletic Program.
- Navigating the Dietetic Profession, Mid East Texas Academy of Nutrition and Dietetics, North Houston Academy of Nutrition and Dietetics, South Texas Academy of Nutrition and Dietetics, Fall 2014
- Nutritionally Caring for the Caregiver, Christian Counseling Center, October 2014
- Engaging Members in Research, East Texas Academy of Nutrition and Dietetics, Houston Area Academy of Nutrition and Dietetics, Mid East Texas Academy of Nutrition and Dietetics, Spring 2014
- Nutrition Services Delivery & Payment: The Business of Every Academy Member, Texas Academy Virtual District and Tall Pines Academy of Nutrition and Dietetics, Fall 2013
- The Consumer Impact of Obesity and How to Combat the Long Term Consequences, Texas Association of Family and Consumer Sciences Annual Meeting, 2012
- Eating Disorder Panel, Texas A&M University, College Station, TX, 2001, 2002, 2007, 2009, 2010, 2011
- Texans Supporting the ADA Foundation, TDA Leadership Conference, 2009, 2010
- Texans Supporting the ADA Foundation, TSDA Annual Meeting, 2009, 2010, 2011
- Preparing for a Career in Dietetics, Texas A&M University, 2001, 2002, 2003, 2004, 2005
- Career Opportunities for Students in Nutritional Sciences, Texas A&M University, 2002, 2003
- Youth Career Fair Presenter, Texas A&M University, College Station, TX 2002
- Keeping Fit Through the Holidays, Region VI, Huntsville, TX, 1992
- Beathard, K. Behavioral Modification Weight Loss Program For Spinal Cord Injury Patients. Poster session presented at: American Dietetic Association Annual Meeting & Exhibition; 1991 Oct; Dallas, TX.