

Curriculum Vitae

Sandra G. Lorenz, MS, RDN, LD

Department of Nutrition
Texas A&M University
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EDUCATION

M.S. Nutrition, Texas A&M University, College Station, TX, 2002

- Thesis: "Improving vegetable preference and consumption among preschool children: evaluating results from an educational intervention using vegetable gardening."

R.D.N. Dietetic Internship, Texas A&M Health Science Center, Temple, TX, 1998

B.S. Nutritional Sciences, Texas A&M University, College Station, TX, 1995

B.A. English (Minor, History), Texas A&M University, College Station, TX, 1992

PROFESSIONAL CERTIFICATION AND LICENSURE

Registered Dietitian Nutritionist (RDN-00838625), Commission on Dietetic Registration, 1998-Present

Licensed Dietitian (DT06956), Texas Department of Licensing and Regulation, 2004-Present

PROFESSIONAL EXPERIENCE

Current Academic Appointment

Senior Lecturer, Department of Nutrition (NUTR), Texas A&M University, College Station, 9/2018 – Present.

Previous Academic Appointments

Lecturer, Department of Nutrition (NUTR), Texas A&M University, 9/2005-8/2018.

Assistant Lecturer, Department of Animal Science (ANSC), Human Nutrition Section, TAMU, College Station, TX, 8/2002 – 5/2003; 1/2004 – 8/2005.

Non-Academic Experience

Long-term Care Consultant Dietitian, Crestview Retirement Community, Bryan, TX, 9/2002 – 5/2006. Provided nutritional care to skilled nursing residents by completing nutritional assessments, developing, and implementing care plans and documenting dietary information about residents. Responsibilities as a private consultant included:

- Ensured state regulatory compliance related to nutrition assessment of skilled nursing residents.
- Integrated nutrition aspects of patient care into the resident care plan by communicating specialized information to the interdisciplinary care team and contributed relevant information to patient assessment.

- Interpreted assessment data to determine regular and therapeutic dietary needs and counseled patients and their families regarding diet orders.
- Assisted Food Service Director with dietary guidelines to maintain high quality nutrition services.

Clinic Pediatric Dietitian, Scott & White Hospital and Clinics, Temple, TX, 8/1998 – 9/1999; PRN. Provided nutrition services, including medical nutrition therapy, in coordination with a group of pediatric sub-specialist physicians (Endocrinology, Gastroenterology, Pulmonology, Neurology). Responsibilities of position included:

- Collaborated with interdisciplinary team to meet the nutritional needs of high-risk pediatric patients.
- Assessed and monitored nutrition status of children with chronic illnesses, including those with diabetes, cystic fibrosis, inborn errors of metabolism, and seizure disorders.
- Calculated nutrition requirements and assessed dietary adequacy, including nutrition support.
- Provided education to patients and families about therapeutic diets for disease management.

PROFESSIONAL AFFILIATIONS

American Society for Nutrition (ASN), 2019-21

Mid-East Texas Dietetic Association (METDA), 2002-2013

- Secretary (2011-13)
- Legislative chair (2004–05)

Academy of Nutrition and Dietetics (AND), 1998-Present

- Past and current Dietetic Practice Groups (DPG): Food and Culinary Professional; Hunger and Environmental Nutrition; Public Health and Community Nutrition; Dietetic Educators of Practitioners; Sports, Cardiovascular, and Wellness Nutrition

Texas Academy of Nutrition and Dietetics (TAND), 1998-Present

AWARDS AND HONORS

Center for Teaching Excellence (CTE), Program (Re)Design Fellowship Award, Texas A&M University, 2021

COALS Critical Thinking Academy Fellow, Neuhaus-Shepardson Faculty Development Grant, Texas A&M University, 2015

Texas Dietetic Association Outstanding Dietetic Educator Award (DPD), 2010

TEACHING EXPERIENCE

Summary of teaching approach

My teaching program in NUTR is designed to help undergraduate students achieve their academic, career, and personal goals. By using educational strategies that encourage students to become independent learners and to think critically about nutrition information, students gain knowledge and skills about nutrition that are essential for competent practice by registered dietitian nutritionists (RDNs) and for application to modify their own diets for health promotion. Students acquire skills to analyze and evaluate new information that will affect their personal and professional decision-making. Learner-centered case studies, group discussion, simulation, experiential activities, and

structured writing assignments facilitate and reinforce learning and higher-level thinking, providing opportunities for application of course content that is relevant to their professional and personal lives. My courses are also required of students in the nationally accredited (Accreditation Council for Education in Nutrition and Dietetics (ACEND)) Didactic Program in Dietetics (DPD) program at Texas A&M University. Community Nutrition (NUTR 430) and Scientific Principles of Foods (NUTR 211) meet and are assessed for core knowledge and skills competencies in this program, a required component of dietetic education to become a RDN.

Course responsibilities at Texas A&M University

NUTR 430 Community Nutrition (fall, spring, summer 2005-Present)

NUTR 430 Honors Contract/Undergraduate Service Scholar (fall 2014 - spring 2016, spring 2023)

NUTR 211 Scientific Principle of Foods (summer 2006-07; fall and spring 2009-Present)

NUTR 285 Current Perspectives in Nutrition (spring 2017)

NUTR 485 Directed Studies (summers 2016-2018, fall 2016, fall 2010, summer 2008)

NUTR 404 Nutrition Assessment and Planning (spring 2007, spring and fall 2008)

NUTR 202 Fundamentals of Human Nutrition (fall 2005, spring and fall 2006)

NUTR 481 Seminar (fall 2005, spring and fall 2006, spring 2007)

SERVICE

Summary of service approach

Service activities support my teaching role at Texas A&M University. Collaborations with department faculty support students by providing relevant knowledge and skills to meet professional and life goals and create new opportunities to improve student learning outcomes that are associated with academic and career success. Service activities engage and support nutrition faculty to gain experience in planning and implementing teaching activities that promote independent and higher-level thinking, which contributes to critical thinking being reinforced throughout the nutrition.

Departmental service

NUTR Undergraduate Program (Re)Design (CTE/NUTR Collaboration), Co-lead, spring 2021-Present

Nutritional Sciences Honors Program (NUSC), Program Coordinator, fall 2019-Present

NUTR/NFSC Undergraduate Program Committee (UPC), fall 2007-present. Chair, fall 2013-Present

NUTR/NFSC Subcommittee on Assessment, ex officio, 2013-Present

DPD Curriculum Committee Task Force, 2013-14 and 2017

NUTR/NFSC Dietetic Internship Selection Committee, 2012-Present

Ad hoc Selection Committee for DPD Accreditation Advisory Committee Student Representatives. Chair, 2010-2021

NUTR/NFSC Subcommittee on DPD Accreditation Advisory Committee, 2008-Present

NUTR/NFSC Subcommittee on Dietetic Internship Advisory Committee, 2008-Present

NFSC Subcommittee on Undergraduate Awards, Scholarships, and Fellowships, 2008-present. Chair, 2022-23, 2016-17

NUTR/NFSC Department Search Committees, 2008, 2015, 2017, 2018, 2020, 2021

NUTR/NFSC Awards Committee, 2005-06, 2008-2022

Other department service

Nutrition Honors Association (NHA), Faculty advisor, 2019-Present

Nutrition and Dietetic Association (NDA), Faculty Co-advisor, 2006-Present

Operation Lonestar Preceptor, summers 2018, 2019.

College (College of Agriculture and Life Sciences, COALS) service

- **Agricultural and Natural Resources Policy (ANRP) Internship Program Interview Panelist, spring 2018, fall 2019**

University service

- **Maroon & White Leadership Program Coach, 2019**
- **Transformational Teaching and Learning Conference (TTLC) Program Planning Committee Member, 2018-2021**
- **TAMHSC 4th Annual Interprofessional Education & Research (IPER) Symposium Faculty Facilitator, November 2018**
- **University community outreach, Collaborated with Mrs. Meghan Windham, MPH, RDN, LD (TAMU Student Health Services) to present a cooking demonstration titled, My Plate: Cooking Mushrooms the Healthy Way! for National Nutrition Month. Activity was open to TAMU students, faculty, and staff, 2013.**

Community service

Brazos Valley Food Bank (BVFB) Board of Directors, 7/2015-2021

- Provided advice within professional, nutrition expertise for BVFB programming and evaluation. Served as liaison between BVFB staff and TAMU nutrition students for nutrition-related employment and volunteer opportunities and between BVFB staff and community nutrition professionals for education outreach.

Other service

Thesis Committee Member. Lauren Cook, "Comparing Teacher and Parent Evaluations of a Backpack Program to Reduce Food Insecurity", M.S. in Nutritional Sciences, California State University-Long Beach, 2019

PUBLICATIONS

Ghosh NR, Esmaeilinezhad Z, Zazac J, Crews M, Creasy R, **Lorenz SG**, RD, Beathard KM, Bala M, Johnston, BC. Evidence-Based Practice Competencies among Nutrition Professionals and Students: Systematic Review. *BMJ*. 2023. Submitted.

Anding J, **Lorenz S**, Ishdorj A, Gonzalez D, Howe K. The Prevalence of Food Insecurity Among Land Grant University Students in Texas. *Journal of American College Health*. 2019. Submitted.

Ahluwalia N, Lönnerdal B, **Lorenz SG**, Allen LH. Spot ferritin assay for serum samples dried on filter paper. *Am J Clin Nutr*. 1998 Jan;67(1):88-92. doi: 10.1093/ajcn/67.1.88.

PUBLISHED ABSTRACTS

Ghosh N, **Lorenz S**, Creasy R, Sauers D, Johnston B. Evidence-Based Practice in the Field of Nutrition: A Systematic Review of Knowledge, Skills, Attitudes, Behaviors and Teaching Strategies. *Curr Dev Nutr*. 2022;6(suppl 1): 425. <https://doi.org/10.1093/cdn/nzac056.005>

PROFESSIONAL CONFERENCE ABSTRACTS

Ghosh NR, **Lorenz SG**, Zazac J, Boyce E, Esmaeilinezhad Z, Creasy RA, Bala M, Johnston BC. Evidence-Based Practice in the Field of Nutrition: A Systematic Review of Competencies and How They are Measured. Texas Academy Annual Conference & Exhibition. 2023.

Anding J, **Lorenz SG**, Gonzalez D, Howe KD. Hungry for More than Knowledge? The Prevalence of Food Insecurity Among College Students at a southeast Texas university. Texas Academy Annual Conference & Exhibition. 2018 **(Poster presentation)**

Lorenz SG, Zajicek J, Kubena KS. Vegetable Gardening and Preschooler's Attitudes towards Vegetables. American Dietetic Association Food & Nutrition Conference, Philadelphia, PA. 2002 **(Poster presentation)**

Lorenz SG, Van Elswyk ME. Chicken Breast Meat as a Food-Based Supplement for Dietary N-3 Fatty Acids. American Dietetic Association Annual Meeting & Exhibition, Boston, MA. 1997 **(Oral presentation)**