

**KAREN M. BEATHARD, PhD, RDN, LD, FAND**

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Registered Dietitian 726461 | Licensed Dietitian

**EDUCATION**

**Texas A&M University, College Station, TX, Doctor of Philosophy, *Nutrition*, 2021**  
**Michael DeBakey Veteran Affairs (Accreditation Council for Education in Nutrition and Dietetics) Dietetic Internship, Houston, TX, 1990**  
**Texas Woman's University, Houston, TX, Master of Science, *Nutritional Science*, 1990**  
**Texas A&M University, College Station, TX, Bachelor of Science, *Food Science*, 1986**

**PROFESSIONAL EXPERIENCE**

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

Instructional Professor, ACEND Didactic Program in Dietetics Director, Aug 1998-Present  
Member, Graduate Curriculum Committee, September 2023-Present  
Member, Nutrition Recruitment and Retention Committee, July 2023-Present  
Chair, Department of Nutrition Faculty Advisory Committee, April 2023-Present  
Co-Chair, Department of Nutrition Undergraduate Curriculum Redesign Committee, Jan 2021-Present  
Member, Department of Nutrition Climate Committee, August 2019-Present  
Past-Chair, Department of Nutrition Scholarship Committee, Aug 2016-Present  
Department of Nutrition Assessment Liaison to the College of Agriculture and Life Sciences, Sept 2014-Present  
Member, Department of Nutrition Dietetic Internship Committee, Sept 2010-Present  
Chair, Department of Nutrition Assessment Committee, Sept 2009-Present  
Chair, DPD Accreditation Advisory Subcommittee, Sept 2006-Present  
Faculty Advisory, Nutrition and Dietetic Association, Sept 2005-Present  
Member, Department of Nutrition Undergraduate Curriculum Committee, Sept 2004-Present  
Member, ACES Selection Committee, Dec 2020-Dec 2022  
Member, Department of Nutrition Strategic Planning Committee, June 2020-Dec 2020  
Member, Department of Nutrition and Food Science Climate Committee, Sept 2016- Dec 2019  
Member, College of Agriculture and Life Sciences Critical Thinking Academy, Sept 2015-Aug 2016  
Member, Department of Nutrition and Food Science Faculty Advisory Committee, Sept 2006-Aug 2013  
Member, Subcommittee for Curriculum Review, Sept 2010-Sept 2012  
Member, Department of Nutrition and Food Science Awards Committee, Sept 2006- Sept 2008  
Member, Interdisciplinary/ Inquiry-based Learning Community, Sept 2007-Sept 2008  
Member, Department of Animal Science Nutritional Sciences Curriculum Committee, Sept 1998 -Dec 2004  
Senior Undergraduate Advisor, Department of Animal Science, Nutritional Science Section, June 2002-Dec 2004  
Undergraduate Advisor, Department of Animal Science, Nutritional Science Section, Aug 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*

**ACTIVE RESEARCH PROJECTS**

Beathard, KM. *The Role of Lutein, Zeaxanthin, and Fish Oil on Cognitive Function and Bone Health in Healthy Young Adults*

Hicks-Roof K, Beathard, KM, Booe, H. *RD Mentorship Program*

Riechman, S, Beathard, KM. *Dairy Consumption Benefits on Cognitive Performance in E-Sport Gaming Athletes*

**GRANTS**

- Beathard, KM (PI). The Role of Lutein, Zeaxanthin, and Fish Oil on Cognitive Function and Bone Health in Healthy Young Adults, *Allen Foundation* (June 1, 2023-June 1, 2024), USD \$34,680.00
- Beathard, KM (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, KM (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, KM (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, KM (Other) Nutrition, Vision, And Cognition In Health Study: Egg, *American Egg Board/* (October 4, 2017 - March 31, 2021) , USD 39,092.00
- Beathard, KM (CoPI) Dairy Consumption Benefits on Cognitive Performance in E-Sport Gaming Athletes, *DairyMax* (September 1, 2021 - August 31, 2023) , USD 176,454.00
- Beathard, KM (PI), Talcott, S (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 (not awarded)
- Beathard, K (PI), The Role of Lutein, Zeaxanthin, and Fish Oil on Cognitive Function and Bone Health in Healthy Young Adults, *Sydney and J.L. Huffines Institute for Sports Medicine and Human Performance*, July 2022. (not awarded)

## OTHER INSTITUTIONAL SERVICE

- ¡Qué Sabor! MiPlato Project with Dairy MAX (Spring 2023-Present)
- Nutrition and Dietetics Career Workshop and Fair (Previously known as the 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 Border Health Preparedness (Previously known as Operation Lone Star) 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)

## RECOGNITION AND HONORS

- The Association of Former Student College Distinguished Teaching Award, 2023
- 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

## PROFESSIONAL AND HONORARY MEMBERSHIPS

### THE ACADEMY OF NUTRITION AND DIETETICS (The Academy)

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

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

*Council on Future Practice's (CFP) "Core Think Tank," 2023-Present*

*Finance Committee, 2021-2023*

#### 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, 2013-2022*

**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 (Texas Academy)**

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

*Strategic Alliance Chair-Elect, 2023-Present*

*Annual Conference and Expo Poster Chair, 2022-2023*

*Board of Directors, 2006-2007, 2010-2019*

*Chair of Delegates, 2015-2016, 2018-2019*

*President-Elect, President, Past President, 2010-2013*

**TEXAS STUDENT DIETETIC ASSOCIATION**

*Co-Advisor, 2012-2013, 2015-Present*

**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**

**FORK FRIENDLY ADVISORY BOARD**

*Advisory Committee Member, Fall 2105-Present*

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

*Primary Advisor, Spring 2014-Present*

**MAROON AND WHITE LEADERSHIP FELLOWS COACH AND MENTOR**

*Mentor, Fall 2017 – Fall 2023*

*Mentor undergraduate students seeking leadership, professional growth and development*

*Motivate and support student mentees through leadership reflection experiences*

*Challenge mentees 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*

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

*Creator, Co-Facilitator, April 2006-December 2023*

**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*

**REGENTS SCHOLAR MENTOR PROGRAM**

*Mentor, 2004*

**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*

**PUBLICATIONS**

- Ghosh NR, Esmaeilinezhad Z, Zajac, Creasy RA, Lorenz SG, Klatt, K, Bala, MM, Beathard KM, Johnston BC. (2024) Evidence-based practice competencies among nutrition professionals and students: a systematic review. *J Nutrition*, 154(4):1414-1427 doi: 10.1016/j.tjn.2023.12.044. PMID: 38159813.
- Beathard KM, Georgiades N, Goulart JB, Riviere AJ, Sullivan C, Mascarro, Riechman SE. (2023) The impact of nutrition on visual cognitive performance in nutrition, vision, and cognition in sport study. *Front. Nutr.* 10: <https://doi.org/10.3389/fnut.2023.1208890>.
- Goulart JB, Aitken LS, Siddiqui S, Cuevas M, Cardenas J, Beathard KM, Riechman SE. (2023) Nutrition, lifestyle, and cognitive performance in esports athletes. *Front. Nutr.* 10:1120303. doi: 10.3389/fnut.2023.1120303
- Hicks-Roof K, Beathard KM. (2022, Spring). A Mentoring Program Builds the Bridge with Nutrition Students and Healthcare Professionals. *J Allied Health*, 51(1):31-37. PMID: 35239758.
- Hicks-Roof KK, Beathard KM. (2018) Development of a sustainable mentorship program: registered dietitian nutritionists mentoring undergraduate dietetics students. *J Allied Health* 47(2): e49-51. PMID: 29868703.

## **NATIONAL CONFERENCE PRESENTATIONS**

### The Academy Food and Nutrition Conference and Expo (FNCE), Poster Presentation (Virtual) Oct 2022

Nichols J\*, Countryman J\*, Bell C\*, Culpepper E\*, McCary K\*, Beathard K, Hicks-Roof K. Expanding the Reach of Nutrition Students and Professionals Through Virtual Mentoring via the RD Mentorship Program. Journal of the Academy of Nutrition and Dietetics. 2022 Sep 1;122(9):A18.

### American Society of Nutrition, Poster Presentation (Virtual) June 2021

Beathard KM. The Impact of Egg Consumption on Visual Cognitive Performance and Training in the Nutrition, Vision, and Cognition in Health: Egg (IONHealth-Egg) Study.

### Today's Dietitian, Denver, CO, Session Presentation (Virtual) May 2021

Hicks-Roof KK, Beathard K. What is the ME in Mentoring?

### Florida Gulf South Summit, Virtual, Poster Presentation Mar 2021

Hicks-Roof KK, Beathard K. Mentoring in Dietetics: A Community-Based Partnership

### The Academy FNCE, Indianapolis, IA, Poster Presentation (Virtual) Oct 2020

Hicks-Roof K, Howell M\*, Chizmar L\*, Beathard K. RD Mentorship Program: Building the Bridge Between Student and Practitioner. Journal of the Academy of Nutrition and Dietetics. 2020 Sep 1;120(9):A41.

### Mentoring Institute, Albuquerque, NM, Oral Presentation (Virtual) Oct 2020

Hicks-Roof KK, Beathard K. A Mentoring Program Builds the Bridge with Nutrition Students and Healthcare Professionals.

### The Academy FNCE, Chicago, IL, Poster Presentation Oct 2017

Hicks KK, Beathard K. Dietitian-Led Project Based Mentoring Program for Undergraduate DPD Students Journal of Academy of Nutrition and Dietetics, 2017. 117 (10), p.135

### American Dietetic Association Annual Meeting & Exhibition, Poster Presentation, Dallas, TX, Oct 1991

Beathard KM. Behavioral Modification Weight Loss Program For Spinal Cord Injury Patients.

## **STATE AND LOCAL PRESENTATIONS**

### Texas Academy Annual Conference and Expo (ACE), Austin, TX, Student Poster, April 2023

Chavez B, Chavez B, Courtier P, Desheva K, Gulick K, Beathard KM, Hicks-Roof KK. The benefits of the RD Mentorship Program for Mentees Participating in the Dietetic Internship Match.

### Texas Academy ACE, San Antonio, TX, Student Poster, April 2022

Culpepper E\*, Bell C\*, Countryman J\*, Nichols J\*, Beathard KM, Hicks-Roof K. Analyzing RD Mentorship Program Outcomes To Determine Satisfaction of Project-Based Virtual Mentorships.

### Texas A&M University Student Research Week, College Station, TX, Student Poster, March 2022

Bell C\*, Countryman J\*, Culpepper E\*, Nichols J\*, Beathard KM, Hicks-Roof K. Enhancing the Dietetic Profession Through the Registered Dietitian Mentorship Program.

### Florida Undergraduate Research Conference, Jacksonville, FL, Student Poster, Feb 2022

Countryman J\*, Nichols J\*, Bell C\*, Culpepper E\*, McCary K\*, Hicks-Roof K, Beathard KM, RD Mentorship: Diversifying the Profession through Mentoring

Department of Nutrition Symposium, College Station, TX, Student Poster, Oct 2021

Culpepper E, Beathard KM, Riechman SE. The Association of Dietary Vitamin D on Visual Cognitive Performance and Training in the IONSport Study.

Texas Academy ACE, Virtual Student Poster Presentation, April 2021

Rodriguez Sandoval M. Beathard KM, Hicks-Roof KK. Enhancing the Dietetic Profession Through Project-based Mentoring.

SOARS Undergraduate Research Conference, Virtual Student Poster, Apr 2021

Tarbell V, Cottey K, Rodriguez Sandoval M, McCleskey C, Krpec B, Beathard KM, Hicks-Roof K. How can Project-Based Mentorships Enhance the Dietetics Profession?

Texas Academy ACE, Houston, TX, Poster Presentation, Apr 2018

Beathard K, Hicks K. Dietitian-Led, Project-Based Mentoring Program for Undergraduate Students

Texas A&M University AgriLife Conference, College Station, TX, Panel Presentation, Jan 2017

Beathard KM. Panel on Engaging Pedagogy for Critical Thinking, Innovative Pedagogy to Engage Learners in the College.

The 3rd Annual Interprofessional Education and Research Symposium (IPER 3), College Station, TX, Sept 2017

Page R, White-Corey S, Bray A, Yeager L, Mendoza M, Beathard KM, 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.

Texas Association of Family and Consumer Sciences Annual Meeting, Waco, TX, March 2013

Beathard KM. The Consumer Impact of Obesity and How to Combat the Long Term Consequences,

### **INVITED PRESENTATIONS**

- Beathard KM. *Tackling Sports Nutrition Myths. A&M Consolidated High School Female Athletic Team.* College Station, TX: College Station Independent School District, Oct 2016
- Beathard KM. *Athletic Performance: What Fuel Do You Use? A&M Consolidated High School Female Athletic Team.* College Station: A&M Consolidated High School Female Athletic Program, Feb 2016
- Beathard KM. 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, Oct 2014
- Beathard KM. Nutritionally Caring for the Caregiver, Christian Counseling Center. College Station, TX, Oct 2014
- Beathard KM. 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
- Beathard KM. Nutrition Services Delivery & Payment: The Business of Every Academy Member, Texas Academy Virtual District and Tall Pines Academy of Nutrition and Dietetics, Oct 2013
- Beathard KM Eating Disorder Panel, Texas A&M University, College Station, TX. Feb 2011
- Beathard KM. Texans Supporting the ADA Foundation, TDA Leadership Conference, 2009, 2010, 2011
- Beathard KM. Preparing for a Career in Dietetics, Texas A&M University, 2001, 2002, 2003, 2004, 2005

- Beathard KM. Youth Career Fair Presenter, Texas A&M University, College Station, TX 2002
- Beathard KM. Keeping Fit Through the Holidays, Region VI, Huntsville, TX, 1992

### **CONTINUING EDUCATION PRESENTATIONS**

Hicks-Roof KK, Beathard KM. Cultivating and Sustaining Successful Team Dynamics, RD Mentorship Program, Oct 2022 (1 CEU)

Hicks-Roof KK, Beathard KM. Communication for the Modern World, RD Mentorship Program, Oct 2021 (1 CEU)

Hicks-Roof KK, Beathard KM. Cultivating Successful Mentoring Partnerships. The Academy Oncology Nutrition Dietetic Practice Group Webinar, Virtual Presentation, Aug 2021 (1 CEU)

Hicks-Roof KK, Beathard KM. Being An Exceptional Leader, RD Mentorship Program, Jan 2021 (1 CEU)

Hicks-Roof KK, Beathard KM. Enhancing Communication in a Mentor-Mentee Relationship, RD Mentorship Program, Nov 2020 (1 CEU)