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Saint Louis University
Department of Nutrition and Dietetics
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St. Louis, MO 63104
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Updated September 2, 2025

EDUCATION

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| 2017 | PhD in Higher Education Administration
Saint Louis University
St. Louis, MO |
| 2012 | MS in Nutrition and Culinary Entrepreneurship
Saint Louis University
St. Louis, MO |
| 2011 | Dietetic Internship
Saint Louis University
St. Louis, MO |
| 2010 | Honors BS in Nutrition and Dietetics with an Emphasis in Culinary Arts
Saint Louis University
St. Louis, MO |

LICENSURE AND CERTIFICATION

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| 2011 | Registered Dietitian
Commission on Dietetic Registration
#1010832, registered through 2023 |
| 2011 | Licensed Dietitian
Missouri Division of Professional Registration
#2011035397, licensed through 2024 |

PROFESSIONAL EXPERIENCE AND ACADEMIC APPOINTMENTS

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|----------------------------|---|
| 2018-2027 | National Spokesperson, Academy of Nutrition and Dietetics
Chicago, IL |
| 2019-Present | Assistant Professor, Department of Nutrition and Dietetics
Doisy College of Health Sciences
Saint Louis University
St. Louis, MO |
| 2024-Present,
2019-2021 | Director of the Didactic Program in Dietetics, Department of Nutrition and Dietetics
Doisy College of Health Sciences
Saint Louis University
St. Louis, MO |
| 2013-2019 | Instructor, Department of Nutrition and Dietetics
Doisy College of Health Sciences
Saint Louis University
St. Louis, MO |

2019-2024	Graduate Faculty Scholar Member, School of Interdisciplinary Health Professions College of Health and Human Sciences Northern Illinois University DeKalb, IL
2013	Adjunct Instructor, Culinary Arts Program The Art Institute of St. Louis St. Charles, MO
2012-2013	School Meal Program Manager, Department of Nutrition and Dietetics Doisy College of Health Sciences Saint Louis University St. Louis, MO
2012-2013	Adjunct Instructor, Hospitality Studies St. Louis Community College at Forest Park St Louis, MO
2011-2012	Graduate Assistant, Department of Nutrition and Dietetics Doisy College of Health Sciences Saint Louis University St. Louis, MO

GRANTS

Funded

10/25-4/26	Saint Louis University, 1818 Grant, Project Transcend, \$1,800. Role: Project Leader.
8/25-7/29	Canadian Institute of Health Research. Exploring LGBTQ+ Disparities in Eating Disorder Care Through Qualitative Research: Development of an Arts-Informed Toolkit for Healthcare Professionals, \$581,400. Role: Co-Investigator.
1/24-12/24	Josiah Macy Junior Foundation. President's Grant. Transgender Health Collaborative and the Interprofessional Transgender Health Education Day, \$25,000. Role: Primary Investigator.
1/23-12/23	Washington University in St. Louis, Institute of Clinical and Translational Sciences, Just in Time Research Funding Program. Food Insecurity Among Transgender Adults: An Analysis of the 2015 USTS Data, \$3,600. Role: Primary Investigator.
3/23-2/24	Washington University in St. Louis, Institute of Clinical and Translational Sciences, Clinical and Translational Research Funding Program. Free to Flex: Evaluation of a YMCA-Based Initiative to Support Physical Activity Among Transgender and Gender Diverse Youth in St. Louis, \$50,000. Role: Primary Investigator.
10/22-5/23	Saint Louis University, 1818 Grant, Advancing Inclusion of Transgender and Gender Diverse Identities in Clinical Education, \$1,800. Role: Project Leader.
6/22-6/23	BarBend. The TRANSforming Power of Strength Sports and Nutrition, \$5,000. Role: Primary Investigator.
7/20-6/22	Missouri Foundation for Health. Improving the Health and Safety of Missouri Transgender and Queer Youth, \$113,561. Role: Research Evaluator.
8/21-5/22	Reinert Center for Transformative Teaching and Learning, Saint Louis University, Inclusive Practice Grant. Advancing Inclusion of Transgender and Gender Diverse Identities in Clinical Education, \$2,500. Role: Project Team Leader.

9/21-3/22	Association of Schools Advancing Health Professions, Interprofessional Innovation Grant Program. Advancing Inclusion of Transgender and Gender Diverse Identities in Clinical Education: The Interprofessional Transgender Health Education Day, \$2,000. Role: Primary Investigator.
7/19-6/20	Saint Louis University, Applied Health Sciences Research Grant Program. Transgender Health Collaborative, \$19,980. Role: Primary Investigator.
4/19-7/19	Saint Louis University Spark Microgrant. Nutrition, Cooking and Budgeting: A Pilot Program for Single Parents with Young Children, \$1,000. Role: Co-Investigator.
9/18-12/18	Saint Louis University Spark Microgrant. Diet and Nutrition Considerations of Transgender Patients: A Mixed Methods Cohort Study, \$1,000. Role: Primary Investigator.
1/17-12/17	Foodservice Systems Management Education Council (FSMEC). The Future of Food Service Management Practitioners: Workforce Demands and Millennial Students' Career Aspirations, \$2,000, Role: Primary Investigator.
7/20-6/21	Chaifetz Fellow, \$1,000. Role: Veteran Fellow.
7/19-6/20	Chaifetz Fellow, \$1,000. Role: Veteran Fellow.
7/18-6/19	Coleman Foundation Fellow, \$1,000. Role: Veteran Fellow.
7/17-6/18	Coleman Foundation Fellow, \$1,500. Role: Veteran Fellow.
7/16-6/17	Coleman Foundation Fellow, \$1,500. Role: Veteran Fellow.
7/15-6/16	Coleman Foundation Fellows, \$2,000. Role: Veteran Fellow.
7/14-6/15	Coleman Foundation Fellows, \$5,000. Role: Fellow.
9/14-8/15	National Food Service Management Institute, Applied Research Division (NFSMI, ARD), Exploring how Elementary and Middle/Jr High Students' Preferences Impact Their Milk Selection in Schools, \$23,846.00. Role: Primary Investigator.

Under review

8/25	Roblee Foundation. A Family and Community-Centered Approach to Support TGNC Youth and Parents, \$30,000, Proposed Role: Co-I.
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Not funded

5/25	William T. Grant Foundation. Nourishing TransJoy: A Family and Community-Centered Approach to Support TGNC Youth and Parents, \$510,746, Proposed Role: Co-I. \$510,746
3/25	Gamma Mu Foundation, TransJoy. Advancing Inclusion of Transgender and Gender Diverse Identities in Clinical Education, \$15,000. Propose Role: PI.
2/25	National Institutes of Health, National Institute of Nursing Research, R01. FOODVITAL: Understanding the Vital Relationships Between Social Determinants of Health, Food Security, and Mental Health in Transgender and Gender Diverse People. Proposed Role: MPI.

- 10/24 National Institutes of Health, R34. Nourishing TransJoy: A Family and Community-Centered Approach to Support TGNC Youth and Parents. Proposed Role: Co-I.
- 7/24 National Institutes of Health, National Institute of Nursing Research, R01. FOODVITAL: Understanding the Vital Relationships Between Social Determinants of Health, Food Security, and Mental Health in Transgender and Gender Diverse People. Proposed Role: MPI.
- 4/24 Robert Wood Johnson Foundation. Concept Paper: Does State LGBT Policy Environment Help or Harm Adolescent Nutrition? A Mixed Methods Analysis of Policy Environment and LGBT Adolescent Nutrition. Proposed Role: Co-Primary Investigator.
- 9/23 Research Nova Scotia. Addressing eating disorders disparities within 2SLGBTQI+ communities in Nova Scotia through the development of a healthcare training toolkit. Proposed Role: Co-Investigator.
- 7/23 Canadian Institutes of Health Research. Wicked Bodies. Proposed Role: Co-Investigator.
- 9/23 1818 Grant. Cura Personalis and Magis for our Transgender Patients: The Interprofessional Transgender Health Education Day. Proposed Role: Project Lead.
- 8/23 JustPax Fund. Transgender Health Collaborative. Proposed Role: Project Lead.
- 7/23 Substance Abuse and Mental Health Services. LGBTQI+ Family Support. Proposed Role: Program Evaluator.
- 6/23 Association of Schools Advancing Health Professions. Advancing Inclusion of Transgender and Gender Diverse Identities in Clinical Education: Translating Knowledge to Clinical Skills. Proposed Role: Primary Investigator.
- 9/23 Episcopal Presbyterian Health Trust. Transgender Health Collaborative and the Interprofessional Transgender Health Education Day (LOI). Proposed Role: Primary Investigator.
- 8/23 Josiah Macy Junior Foundation. Board Grant. Transgender Health Collaborative and the Interprofessional Transgender Health Education Day. Proposed Role: Primary Investigator.
- 6/22 Oncology Nursing Foundation. Bon Appetit: Dining Interventions for Taste Disorders in Head and Neck Cancer Survivors. Proposed Role: Co-Investigator.
- 6/22 Association of Schools Advancing Health Professions, Interprofessional Grant Program. Advancing Inclusion of Transgender and Gender Diverse Identities in Clinical Education: From Knowledge to Clinical Skills. Proposed Role: Primary Investigator.
- 11/21 Washington University in St. Louis, Institute of Clinical and Translational Sciences, Clinical and Translational Sciences Research Funding Program. Free to Flex: Development of a YMCA-Based Initiative to Support Physical Activity Among Transgender and Gender Diverse Youth in St Louis. Propose Role: Primary Investigator.
- 6/21 National Institutes of Health R21. A Family Resilience Investigation into Critical Family Processes Influencing Transgender and Gender Non-Conforming Adolescent Health and Development. Proposed Role: Co-Investigator.

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| 11/18 | Research Growth Fund. Transgender Health Collaborative, \$20,920. Proposed Role: Primary Investigator. |
| 6/18 | Wayne F. Placek Grant. Food and Nutrition Considerations of Transgender Clients in an Underserved Community: An Exploratory Ethnographic Pilot Study, \$10,000. Proposed Role: Primary Investigator. |
| 9/14 | Foodservice Systems Management Education Council (FSMEC). Motivating Factors of Undergraduate Dietetics Students to Earn a Combined Degree in Nutrition and Culinary Arts, \$2,000. Proposed Role: Primary Investigator. |

PROFESSIONAL ORGANIZATION MEMBERSHIPS

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| 2022-Present | World Critical Dietetics, Member. |
| 2020-Present | Nutrition and Dietetics Educators and Preceptors, Member. |
| 2020-Present | American Society for Nutrition, Member. |
| 2018-Present | Les Dames d'Escoffier, St. Louis Chapter, Member. |
| 2016-Present | Academy of Nutrition and Dietetics, Member. |
| 2016-Present | Missouri Academy of Nutrition and Dietetics, Member. |
| 2016-Present | St. Louis Chapter, Academy of Nutrition and Dietetics, Member. |
| 2016-Present | Alpha Eta Honors Society, Member. |
| 2015-Present | Foodservice Systems Management Education Council, Member. |
| 2014-Present | Coleman Foundation, Fellow. |
| 2015-2017 | American College Personnel Association, Member. |
| 2015-2017 | Missouri College Personnel Association, Member. |
| 2008-2010 | American Culinary Federation, Member. |

PROFESSIONAL SERVICE

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| 2025-Present | Guest Editor, Healthcare, Special Issue on Promoting Health for Transgender and Gender Diverse People |
| 2022-2025 | Member, Council on Research, Dissemination Subcommittee Academy of Nutrition and Dietetics |
| 2023-2024 | Associate Editor, <i>Frontiers in Nutrition</i> , Special Issue on Nutrition and Eating Behaviors in the Transgender and Gender Nonconforming Population |
| 2024-Present | Reviewer, <i>Health Promotion Practice</i> |
| 2024-Present | Reviewer, <i>Communications Medicine</i> |
| 2023 | Reviewer, Robert Wood Johnson Foundation, Healthy Eating Research Grant Program |

2022-Present	Reviewer, <i>Journal of Nutrition Education and Behavior</i>
2020-Present	Reviewer, <i>Journal of the Academy of Nutrition and Dietetics</i>
2019-Present	Reviewer, <i>Transgender Health</i>
2018-Present	Reviewer, <i>Journal of Child Nutrition and Management</i> , School Nutrition Association.
2017-Present	Secretary, Alpha Eta Honors Society, Doisy College of Health Sciences Chapter.
2018-2021	Mentorship Chair, Research Dietetic Practice Group, Academy of Nutrition and Dietetics.
2019-2021	Green Tables Chair, Les Dames d'Escoffier, St. Louis Chapter.
2016-2017	Social Media Chair, Academy of Nutrition and Dietetics, St. Louis Chapter.
2016-2017	Member, Conference Planning Committee, American College Personnel Association Midwest Drive-In Conference.
2016-2017	Member, Wellness and Accessibility Committee, American College Personnel Association Midwest Conference.
2016	Participant, Advisory Roundtable, Midwest Dairy Council: Milk & Dairy Imitators.
2015-2017	Assistant Editor, Journal of the 21 st Century Academic Forum.
2015	Member, Ad Hoc Food and Nutrition Conference Expo Committee, Foodservice Systems Management Education Council.
2015	Participant, Advisory Roundtable, Midwest Dairy Council: DASH Diet.
2015	Participant, Advisory Roundtable, Midwest Dairy Council: Sustainability.
2015	Participant, Advisory Roundtable, Midwest Dairy Council: Health and Wellness.

ENTREPRENEURIAL/CLINICAL SERVICE

2020-2021	Staff Dietitian, Transgender Clinic, SLUCare, Saint Louis University.
2016-2020	Staff Dietitian, Student Health, Saint Louis University.
2019	Visiting Dietitian, Transgender Center, Children's Hospital in St. Louis.
2014-2015	Manager, Fresh Gatherings Café, Saint Louis University.
2014	Manager, School Meal Program, Saint Louis University.

UNIVERSITY SERVICE

University Service

2024-Present	Co-Chair, Norman White Award for Engaged Scholarship and Service Committee, Faculty Senate
2020-Present	Member, Qualitative Research Committee

2020-Present	Co-Founder, Transgender Health Collaborative
2023	Participant, Think Tank on Community-Engaged and Applied Scholarship
2021-2022	Member, Provost's Student Well-being Task Force
2019	Member, Search Committee, Director of the Center for Entrepreneurship
2016	Member, Sustainability Council.
2016	Member, Saint Louis University Ecosystem "Kitchen Cabinet."
2016	Grant Reviewer, President's Research Fund.
2016	Judge, Angels in the Outfield, Saint Louis University Center for Entrepreneurship.
2015-2016	Faculty Advisor, Culinary Club, Saint Louis University.

College

2024-Present 2019-2021	Member, Doisy College Education Council, Doisy College of Health Sciences, Saint Louis University
2023-2024 2015-2019	Member, Awards Committee, Doisy College of Health Sciences, Saint Louis University.
2020-2022	Member, Dean Search Committee, Doisy College of Health Sciences, Saint Louis University.
2019-2021	Member, Doisy College Assessment Advisory Group, Doisy College of Health Sciences, Saint Louis University.
2019-2021	Strategic Map Implementation Team, Doisy College of Health Sciences, Saint Louis University.
2018	Member, Summer Minor Committee, Doisy College of Health Sciences, Saint Louis University.
2016	Member, Search Committee for Medical Imaging and Radiation Therapeutics faculty member, Doisy College of Health Sciences, Saint Louis University.
2010-2015	Member, Alumni Committee, Doisy College of Health Sciences, Saint Louis University.

Department

2023	Member, Culinary Arts and Operations Strategic Planning, Department of Nutrition and Dietetics, Saint Louis University
2023	Assessor, Comprehensive Exams for Doctoral Students, Department of Nutrition and Dietetics, Saint Louis University
2014-Present	Member, Dietetic Intern Selection Committee, Department of Nutrition and Dietetics, Saint Louis University
2022-2023	Member, Faculty Search Committee, Department of Nutrition and Dietetics, Saint Louis

University

2022	Member, Staff Search Committee, Department of Nutrition and Dietetics, Saint Louis University
2020-2022	Co-Chair, Recruitment Committee, Department of Nutrition and Dietetics, Saint Louis University
2020-2022	Co-Chair, Curriculum Committee, Department of Nutrition and Dietetics, Saint Louis University
2014-2016	Preceptor, Dietetic Internship, Department of Nutrition and Dietetics, Saint Louis University

Media Presentations

2025	The alkaline diet, Everyday Health, October 2025 Dietitians' favorite Halloween candy, Today.com, October 2025 Strategies to manage your kids' Halloween candy, Great Day St. Louis, October 2025 Fatty acids and metabolic health, Medscape, October 2015 Vitamin D2 supplementation and vitamin D3 serum levels, MedCentral, September 2025 Health claims about magnesium, Great Day St. Louis, September 2025 Efficacy and safety of magnesium supplementation in teens, Parents.com, September 2025 Healthy after school and bedtime snacking, Great Day St. Louis, August 2025 Green drinks, MarthaStewart.com, August 2025 Food and mood, What's Up Magazine, August 2025 Insects as a food source, Great Day St. Louis, July 2025 High-protein food craze, Health.com, June 2025 Budget-friendly superfoods, Great Day St. Louis, June 2025 Crunchy teen trend on TikTok, Great Day St. Louis, May 2025 Gut-brain connection and anxiety, Everyday Health, May 2025 TikTok trend on vegetables, Great Day St. Louis, April 2025 Micronutrient supplementation and COPD, Everyday Health, April 2025 Healthy eating for athletes of all ages, Channel 5 Five on Your Side, March 2025 Healthy snacking during spring break Great Day St. Louis, March 2025 What to know about protein for weight loss, EveryDay Health, March 2025 Eating for heart health, Great Day St. Louis, February 2025 Food addiction, LoseIt!, February 2025 Nutritional profile of dairy alternatives, VeryWell Health, February 2025 Food safety and vegetable preparation, KMOX, January 2025
2024	Health benefits of tea, National Geographic, December 2024 Healthy holiday gifting, Great Day St. Louis, December 2024 Emotional eating during the holidays, Medscape, December 2024 Navigating alcohol and added sugars during the holidays, Ladue News, November 2024 Thanksgiving and picky eaters, Great Day St. Louis, November 2024 Healthy eating during the holidays, Well Well Podcast, October 2024 Liquid aminos and soy sauce, Today.com, October 2024 Prunes and prune juice, Today.com, October 2024 Ultra-processed foods, Consumer Reports, October 2024 Balkan breakfast, Great Day St. Louis, October 2024 Nutritional quality of grassfed milk, Lose It! September 2024 Iron-rich foods, Great Day St. Louis, September 2024 Mindful eating, BBC, September 2024 Cooking with stock and broth, Simply Recipes, August 2024 Fruit forms: Fresh, frozen, canned, dried, freeze dried, Great Day St. Louis, August 2024 Safety of saccharin, HealthDay News, July 2024 New guidelines on alcohol intake, HealthDay News, July 2024

2023

Hydrating summer snacks, Great Day St. Louis, July 2024
 Free to Flex, St. Louis Post Dispatch, July 2024
 Food Insecurity and Produce Prescriptions, St. Louis Post Dispatch, June 2024
 Nutritional value of egg yolk versus white, Today.com, June 2024
 Nutritional content of dark versus white meat chicken, Today.com, June 2024
 Safety of non-nutritive sweeteners, Consumer Reports, June 2024
 Transgender health education, *Health Promotion and Practice* Podcast, June 2024
 Caffeine anxiety and low-caffeine beverage alternatives, EveryDay Health, June 2024
 Red flags of fad diets, May 2024
 The carnivore diet, The New York Times, April 2024
 Mindful and intuitive eating, The Guardian, April 2024
 The link between diet and anxiety, Great Day St. Louis, April 2024
 Food deserts and food swamps, Environmental Nutrition Newsletter, April 2024
 Healthiest yogurt options, Today.com, March 2024
 Healthiest bread options, Today.com, March 2024
 Pre-biotic sodas, Great Day St. Louis, March 2024
 Healthfulness of protein bars, Today.com, February 2024
 Green drinks and cleanses, Great Day St. Louis, February 2024
 Nutrition and brain health, NewsMax, January 2024
 Easy changes to boost your diet in the new year, Great Day St. Louis, January 2024
 Red yeast rice, Today's Dietitian, December 2023
 Nutrition for transgender clients, RS vs BS Podcast, December 2023
 Nutrition considerations and trans youth, TransParent Newsletter, December 2023
 Safety and efficacy of adaptogens, Ladue News, December 2023
 The versatile canned pumpkin, Great Day St. Louis, November 2023
 Diet trends on TikTok, Woman's World, November 2023
 High fiber vegetables, Today.com, November 2023
 Snack foods and fiber, Today.com, November 2023
 High protein desserts, Today.com, November 2023
 Hacks to get more fiber in your diet, Today.com, November 2023
 DASH diet and PTSD, WebMD, October 2023
 Teal pumpkin project, Great Day St. Louis, October 2023
 Green juices and powders, Consumer Reports, October 2023
 Health benefits of beets, Future Publishing, October 2023
 Aspartame and health risks during pregnancy, Great Day St. Louis, September 2023
 Milk and the USDA lunch program, Great Day St. Louis, August 2023
 Baking in aluminum pans, Hamodia, August 2023
 Nutritional value of peanut butter and peanut butter powder, Women's Health, July 2023
 What dietitians eat for dessert, Today.com, July 2023
 No-cook meals for St. Louis summers, Great Day St. Louis, July 2023
 Healthy eating trend on TikTok, Great Day St. Louis, July 2023
 BMI and your health, Great Day St. Louis, June 2023
 Nutritional benefits of corn, Consumer Reports, June 2023
 The American Medical Association and BMI, Contemporary Pediatrics, June 2023
 Staying hydrated in a St. Louis Summer, Great Day St. Louis, May 2023
 USDA ban on chocolate milk, Verify This, May 2023
 Feeding picky eaters, Great Day St. Louis, April 2023
 Science behind yogurt as a marinade, Spruce Eats, April 2023
 Safety of nonstick cookware, Simply Recipes, April 2023
 Anti-inflammatory foods, U.S. News and World Report, April 2023
 BMI and gender-affirming surgeries, *AMA Journal of Ethics* Podcast, April 2023
 Erythritol and cardiovascular health, Great Day St. Louis, March 2023
 Erythritol and cardiovascular health, Today.com, March 2023
 The influence of gender on inflammatory bowel disease, WebMD, March 2023
 Recommendation for flavon-3-ols, Great Day St. Louis, February 2023
 Flavon-3-ols, HealthCall Live Radio, February 2023

Sex/gender in the Nutrition Care Process, *AMA Journal of Ethics* Podcast, February 2023
 The Tufts Food Compass, *Verify This*, January 2023
 Weight loss myths, *Great Day St. Louis*, January 2023
 Health benefits of beans, *Consumer Reports*, January 2023
 Ultra-processed foods, *New York Times*, January 2023
 Sea moss, *Wall Street Journal*, January 2023

2022
 Avoiding a holiday hangover, *Great Day St. Louis*, December 2022
 Nutrition content of jarred pasta sauces, *Consumer Reports*, December 2022
 Super foods at the Thanksgiving table, *Great Day St. Louis*, November 2022
 Healthy eating during the holidays, *KMOV*, November 2022
 Keto 2.0 diet, *Health.com*, November 2022
 Managing your kids' Halloween candy, *Great Day St. Louis*, October 2022
 Safety of food additives, *Live Science*, October 2022
 White House Conference on Hunger, Health and Nutrition, September 2022
 Gut-brain relationship, *American Legion Magazine*, September 2022
 Transgender health and nutrition, *Fit to Transform Training* podcast, September 2022
 Choosing canned foods wisely, *Consumer Reports*, September 2022
 Diet and cognitive health, *Today's Dietitian*, August 2022
 Hydrating in the St. Louis heat, *Great Day St. Louis*, July 2022
 Health risks associated with red meat intake, *Health Day*, July 2022
 Seed cycling, *NBC*, July 2022
 Adding salt at the table and health risks, *Health Day*, July 2022
 Fish and methylmercury levels, *Healthline*, June 2022
 Grant awarded on strength training and nutrition, *Saint Louis University News*, June 2022
 Cranberries and cognitive health, *VeryWell Health*, June 2022
 Food safety mantra for summer picnics, *Great Day St. Louis*, May 2022
 Anti-inflammatory diets, *The Complete Guide to Anti-Inflammation*, May 2022
 Pantry staples on a budget, *Great Day St. Louis*, March 2022

2021
 Coffee and cognitive health research, *VeryWellHealth*, December 2021
 Older adults and healthy snacking, *Consumer Reports*, December 2021
 Health merits of prebiotic drinks, *www.everydayhealth.com*, December 2021
 Strategies to avoid holiday overeating, *Great Day St. Louis*, November 2021
 Winter weight gain and seasonal affective disorder, *Livestrong*, November 2021
 Health effects of ginger, *Eat This Not That*, November 2021
 Food-drug interactions, *New York Times*, November 2021
 Transgender health and nutrition, *Livestrong*, November 2021
 Food additives, *Sunday Edit*, October 2021
 Older adults and picky eating, *Seniors Matter*, October 2021
 Fiber and weight loss, *verifythis.com*, October 2021
 Food-drug interactions, *NY Times*, September 2021
 Natural preservatives and the food industry, *Food Dive*, September 2021
 The merits of canned cranberry sauce, *Huffington Post*, September 2021
 Halloween candy and added sugars, *Huffington Post*, September 2021
 The history of food guides in the United States, *verifythis.com*, September 2021
 Packing a healthy lunch for your picky eater, *Great Day St. Louis*, August 2021
 Getting back on track with healthy eating after vacation, *Great Day St. Louis*, August 2021
 Game plan to reduce salt intake, *HealthCentral.com*, July 2021
 Dietary strategies to manage psoriasis, *Dermatology Times*, June 2021
 Eating disorders among registered dietitians, *Bustle*, June 2021
 Transgender health and nutrition, *Weight Watchers (WW)*, June 2021
 Transgender health and nutrition, *Academy of Nutrition and Dietetics Podcast*, June 2021
 PRIDE month and transgender health, *American Society of Nutrition Blog*, June 2021
 Food safety and your backyard BBQ, *Great Day St. Louis*, June 2021

Eating disorders and the transgender community, EveryDayHealth, May 2021
 Transgender health and nutrition, Health Highlights with Dr. Kay Podcast, May 2021
 Disease risk and foods, HealthDay, April 2021
 Dietitians in research, AND Healthy Aging Podcast, March 2021
 Healthy wine choices, Eat This Not That, March 2021
 Seed cycling, Great Day St. Louis, March 2021
 Ingredient profile on lard, Food Dive, March 2021
 Seed cycling, Reader's Digest, March 2021
 Transgender nutrition, Nutrition Pro, February 2021
 The microbiome and the gut-brain connection, SLU Newslink, February 2021
 COVID-19 and taste changes, EveryDayHealth, February 2021
 Healthy wine choices, Great Day St. Louis, January 2021
 Multiple sclerosis and diet, WebMD, January 2021
 Say goodbye to dieting, Mindfulness for Women Magazine, January 2021
 Health benefits of collagen, Weight Watchers Magazine, January 2021

2020
 Habits for long-term weight loss, Great Day St. Louis, December 2020
 Nutrition and transgender individuals, Men's Health, December 2020
 Hypercalcemia and low calcium diets, Livestrong, December 2020
 Mononucleosis and nutrition, Livestrong, December 2020
 COVID-19 and malnutrition, Today's Dietitian, December 2020
 Detox diets and juice cleanses, www.fasting.com, December 2020
 Eating for eye health, NRA Women, November 2020
 Detox diets, Livestrong, November 2020
 Health benefits of berries, Reader's Digest, November 2020
 Taste changes during COVID19, The Washington Post, November 2020
 Managing your kids' Halloween candy, Great Day St. Louis, October 2020
 Healthy eating on-campus, The University Network, October 2020
 Tips on adding big flavor, SELF Magazine, September 2020
 Xylitol, Natural Foods Merchandiser, September 2020
 Artificial sweeteners, Gannett, September 2020
 Family mealtime strategies while online learning, Great Day St. Louis, August 2020
 Making healthy soups, Real Simple Magazine, August 2020
 Habits that hurt your metabolism, MyFitnessPal, July 2020
 The keto diet, Health Magazine, June 2020
 Dietitians and transgender health, Nutrition411, June 2020
 Summer cooking projects for kids, Great Day St. Louis, June 2020
 Debunking fad diets, The Essential Guide to Nutrition, May 2020
 Meal planning and adaptive cooking, Push Living, May 2020
 Safety of women's vitamins, The Checkup, May 2020
 Food safety and COVID19, Great Day St. Louis, April 2020
 Filtered versus unfiltered coffee, TODAY Health, April 2020
 Unfiltered coffee and ischemic heart disease risk, Health Day, April 2020
 Orthorexia, Push Living, March 2020
 Eating well during quarantine, Saint Louis University Newslink, March 2020
 Nutrients of concern during quarantine, Eat This Not That, March 2020
 Cruciferous vegetables, Under Armour, March 2020
 Sugar detox, Great Day St. Louis, February 2020
 Dietitians and eating disorders, Nutrition 411, February 2020
 Red meat recommendations, Nutrition411, February 2020
 Keto diet, St. Louis Public Radio, January 2020
 Health benefits of green tea, HealthDay, January 2020
 Eating disorder treatment, Abilities Expo Chicago, January 2020
 Diet and mental health, OnlineCounselingPrograms.com, January 2020
 Food cravings, Prevention Magazine, January 2020

- 2019
- Health benefits of sprouted grains, Huffington Post, December 2019
 - Sorghum culinary history, benefits, and availability, Today's Dietitian, December 2019
 - The keto diet, The New York Times, November 2019
 - Health benefits of cinnamon, Eat This, Not That! November 2019
 - The downside of cheat days, MyFitnessPal, October 2019
 - Managing your kid's Halloween candy, Great Day St. Louis, October 2019
 - Disordered eating and fad diets, Well + Good, October 2019
 - Cooking with whole pumpkins, The New York Times, October 2019
 - Health benefits of dark chocolate, Prevention Magazine, September 2019
 - Low-fat diets and breast cancer, HealthDay, August 2019
 - The freshmen 15, Great Day St. Louis, August 2019
 - Talking to teens about the nutrition facts panel, KOMO Newsradio Seattle, August 2019
 - Diet, exercise and osteoporosis risk, USA Today, August 2019
 - Anti-inflammatory diets, U.S. News & World Report, August 2019
 - Food sources and health benefits of anthocyanin, EatingWell Magazine, July 2019
 - Protein powders, SELF Magazine, July 2019
 - Glycemic response, SELF Magazine, July 2019
 - Intermittent fasting, Great Day St. Louis, June 2019
 - Protein metabolism, SELF Magazine, June 2019
 - Caffeine and the cardiovascular system, Healthline.com, June 2019
 - Ultra-processed vs. unprocessed foods, HealthDay, May 2019
 - Cellulose in FDA-cleared weight-loss device, Great Day St. Louis, April 2019
 - Macronutrient digestion, absorption and metabolism, SELF Magazine, April 2019
 - Intermittent fasting, Under Armour, April 2019.
 - Marketing of "healthy" foods, Consumer Reports, March 2019
 - Talking about healthy habits with children, New York Times, March 2019
 - Dairy is a local food, Great Day St. Louis, February 2019
 - Is granola good for you? Consumer Reports, February 2019
 - Diet and depression, MyFitnessPal, February 2019
 - Adapting the Okinawan diet, Huffington Post, February 2019
 - Responding to the *EAT-Lancet Commission* diet, U.S. News & World Report, January 2019
 - Folate deficiency, Furthermore from Equinox, January 2019
 - Tips for weight loss in 2019, health.com, January 2019
 - Intermittent fasting, MyFitnessPal, January 2019
- 2018
- Interpreting nutrition research, *Time Magazine*, December 2018
 - Healthy-ish dark chocolate bark, Great Day St. Louis, December 2018
 - Food safety and your fridge, Channel 2, November 2018
 - Healthfulness of sushi, How Stuff Works, November 2018
 - Medicinal properties of beets, Consumer Reports, November 2018
 - Appetite changes during holiday travel, MyFitnessPal, November 2018
 - The science (or lack of) behind fat diets, Good Housekeeping, November 2018
 - Danger of dietary cleanses, Great Day St. Louis, November 2018
 - Flexitarian diet, Rally Health, October 2018
 - Staying healthy during the holidays, Appetite for Health, October 2018
 - Safety of edible gold leaf, The Takeout, October 2018
 - Health benefits of vinegar, Consumer Reports, September 2018.
 - Dangers of extreme dieting, U.S. News & World Report, September 2018.
 - Microwave cooking and nutrient retention, CNN, September 2018.
 - Healthy cooking in foil packets, FitBit, August 2018.
 - The keto diet, Great Day St. Louis, August 2018.
 - Healthy brunch ideas, ShareCare.com, August 2018.
 - School lunch and social stigmatization. *Huffington Post*, July 2018.
 - Celebrating National Blueberry Month. Great Day St. Louis, July 2018.
 - Dangers of water fasting. *Women's Health*, July 2018.
 - How long can you survive without food or water? *Shape Magazine*, July 2018.

- Alcohol and cancer risk, Great Day St. Louis, June 2018
 Iron 101, Great Day St. Louis, April 2018
 Healthy choices on spring break, Great Day St. Louis, March 2018
- 2017 The versatile canned pumpkin, Great Day St. Louis, November 2017
 Oktoberfest beer and your diet, Great Day St. Louis, September 2017
 Demystifying milk alternatives, Great Day St. Louis, August 2017
 No-cook meals for St. Louis summers, Great Day St. Louis, July 2017
 All things coconut, Great Day St. Louis, June 2017
- 2016 Ranking of holiday meats, poultry, and fish, KMOX, December 2016
 Healthiest meats at your holiday buffet, Channel 2, December 2016
 Food safety for the holidays, Great Day St. Louis, December 2016
 Calorie counts influence just 8% of fast food eaters, Channel 2, December 2016
 Eating the rainbow on Thanksgiving, Channel 2, November 2016
 Sugar coated: the great sugar debate, Channel 2, November 2016
 The power of pumpkin, Great Day St. Louis, October 2016
 Eating healthy on-the-road, Channel 2, October 2016
 Back-to-school breakfasts, Great Day St. Louis, August 2016
 Ugly fruits & vegetables, Great Day St. Louis, July 2016
 New food labels to show added sugar, Channel 2, May 2016
 FODMAP diet, Channel 2, May 2016
 Feasting on asparagus, Great Day St. Louis, April 2016
 New dietary guidelines, Channel 2, January 2016
- 2015 Hangover cures, Great Day St. Louis, December 2015
 Nutrition labeling on wine bottles, Channel 2, December 2015
 The great cranberry, Great Day St. Louis, November 2015
 Clean eating on Thanksgiving, Channel 2, November 2015
 Roasting fresh pumpkin seeds, Channel 2, October 2015
 Health benefits of beer, Great Day St. Louis, September 2015
 Packing a power lunch for your kids, Great Day St. Louis, August 2015
 Getting the most bang for your buck, Great Day St. Louis, July 2015
 Storing shelf-stable pantry items, Channel 2, April 2015
- 2014 Cooking demonstration of homemade granola, Channel 2, April 2014

COMMUNITY SERVICE

- 2023-Present Soccer Coach, Flynn Park Elementary School, University City
- 2023-Present Library Volunteer, Flynn Park Elementary School, University City
- 2015-2020 Pre-School Team Member, One Family Church
- 2019-2020 English tutor, Immigrant and Refugee Women's Program
- 2015-2016 Secretary, Tiffany Neighborhood Association
- 2014-2015 Standing Member, Tiffany Neighborhood Association

HONORS AND AWARDS

- 2025 John Ditiberio Award, Saint Louis University School of Medicine
- 2024 Distinguished Teaching Award, Doisy College of Health Sciences, Saint Louis University

2023	Dr. Norman White Award for Engaged Scholarship and Service, Faculty Senate, Saint Louis University
2023	Scholarly Works Award for Public Work, Office of the Vice President for Research, Saint Louis University
2021	Excellence in Scholarship Award, Doisy College of Health Sciences, Saint Louis University
2017	Exemplary Achievement in Leadership and Service, Saint Louis University
2017	John B. Muir Editor Award, National Association for College Admission Counseling
2016	Excellence in Entrepreneurial Teaching, University of Florida at Gainesville Experiential Classroom
2016	Faculty Mentor of a Spirit of the Billiken Award recipient, Saint Louis University
2016	Brennan Service Award, Saint Louis University

PUBLICATIONS

Peer Reviewed Manuscripts (*indicates a student contribution)

2025	Linsenmeyer W , Heiden-Rootes K, Burch L, Del Rosario G, Sniffen K, Schmuke AD, Richter K, Dalton MR, Rahman R, Drallmeier T, Hollinger R*. Advancing transgender health education for health professional students: A faculty fellowship model for capacity building and curricular change. <i>Healthcare</i> , 13(17):2124.
2025	Linsenmeyer, WR , Dalton, MR, Hollinger, R*, Huang, R, Heiden-Rootes, K. Food insecurity in the United States LGBTQ+ population: A cross-sectional analysis of <i>All of Us</i> data. <i>Food and Nutrition Bulletin</i> , 2025.
2025	Febres-Codero, S, Sherman, ADF, Kumsa, B, Klepper, M, Shanun, F, Grant, S, Duroseau, B, Leslie, SL, Gupta, P, Beliveau, A, Landerfelt, P, Cohen, S, Lawrence, C, Linsenmeyer, W , Szcaech, M, Balthazar, MS, Operario, D. A scoping review of graphic medicine interventions to promote changes in health behavior, health service engagement, and health outcomes. <i>International Journal of Environmental Research and Public Health</i> , 22(5):657.
2025	Linsenmeyer, W , McGuire, J, Patel, M*, Theobald, N, Helein, A. Conducting a nutrition-focused physical examination on a transgender patient: Considerations for Registered Dietitian Nutritionists. <i>Journal of the Academy of Nutrition and Dietetics</i> (in press).
2025	Schier, H, Chetty, K, Induri, S, Gallagher, L, Knopp, M, Kennel, J, Linsenmeyer, W , Anderson, AM, Adkins, M, Hatsu, IE, Stephens, JD, Gunther, C. Project gender NutriScope: Methods of a mixed methods, community-engaged study design to explore the nutritional needs of transgender and gender-diverse youth and young adults, <i>Journal of Nutrition Education and Behavior</i> (accepted).
2025	Heiden-Rootes, K, Linsenmeyer, W , Russon, J, Levy, S, Diamond, G. Attachment-based family therapy for LGBTQ youth in a community setting: A community engaged, qualitative pilot study of youth and parent experiences, <i>Journal of Marital and Family Therapy</i> , 2025, 51(1):e12765.

- 2025 Garwood, SK, Stiles, D, Snyder-Warwick, AK, Walcott, K*, **Linsenmeyer, WR**. Body mass index and complication rates among patients undergoing gender-affirming surgeries: An analysis of the National Surgical Quality Improvement Project Database. *Annals of Plastic Surgery*, 94(1):84-93.
- 2024 Landry MJ, Ledoux TA, Collins SC, **Linsenmeyer W**, Gonzalez AL, Wall-Bassett EZ, Wijayatunga NN, Rozga M. Communicating nutrition and dietetics research: A crucial step to advancing evidence-based practice. *Journal of the Academy of Nutrition and Dietetics*, 124(12):1668-1678.
- 2024 **Linsenmeyer, W**, Glassman, B, Tomasiello, N, Walcott, K*. Nutrition and training recommendations for transgender and gender diverse athletes involved in strength sports and resistance training: A case series of nine athletes assigned female at birth. *Health Promotion Practice*, 26(5):870-879.
- 2024 **Linsenmeyer, W**, Heiden-Rootes, K, Drallmeier, T, Rahman, R, Buxbaum, E, Rosen, W, Gombos, B, Otte, A. Advancing inclusion of transgender and gender diverse identities in clinical education: A toolkit for clinical educators. *Health Promotion Practice*, 2024;25(5):741-743.
- 2024 **Linsenmeyer, W**, Heiden-Rootes, K, Dalton, MR, Chrusciel T. Availability of sex, gender identity, and sexual orientation data: An electronic medical record review of a Catholic healthcare system from 2012-2023. *Perspectives in Health Information Management*, 21(1).
- 2024 Waters, J, **Linsenmeyer, W**. The impact of gender-affirming hormone therapy on nutrition-relevant biochemical measures. *Frontiers in Nutrition*. 11:1339311.
- 2024 **Linsenmeyer, W**, Stiles, D, Garwood, S, Giedinghagen, A, Lewis, C, Strand, G. The Sick, Control, One Stone, Fat, Food (SCOFF) is a Valid Eating Disorder Questionnaire to use with Transgender Youth. *Clinical Pediatrics*, 63(7):971-976.
- 2024 **Linsenmeyer, W**. Nutrition research and practice with transgender and gender nonconforming populations. *Proceedings of the Nutrition Society*, 83(2):76-81 (Invited article).
- 2023 Heiden-Rootes, K, Meyer, D, Sledge, R, Davis, B, Drallmeier, T, **Linsenmeyer, W**, Levine, S, Dalton, M. Seeking gender-affirming medical care: A phenomenological inquiry on skillful coping with transgender and non-binary adults in the United States Midwest. *Qualitative Research in Medicine & Healthcare*, 7:3.
- 2023 **Linsenmeyer, W**, Heiden-Rootes, K, Drallmeier, T, Rahman, R, Buxbaum, E, Walcott, K*, Rosen, W, Gombos, B. The power to help or harm: Student perceptions of transgender health education using a qualitative approach. *BMC Medical Education*, 23:386.
- 2023 Heiden-Rootes, K, **Linsenmeyer, W**, Levine, S*, Oliveras, M*, Joseph, M. A scoping review of the research literature on eating and body image for transgender and nonbinary youth. *Journal of Eating Disorders*, 11:168.
- 2023 Heiden-Rootes K, **Linsenmeyer W**, Levine S*, Oliveras M*, Joseph M. A scoping review of the research literature on eating and body image for transgender and nonbinary adults. *Journal of Eating Disorders*, 11(1):111.

- 2023 **Linsenmeyer, W**, Stiles, D, Garwood, S, Giedinghagen, A, Lewis, C, Strand, G. Validation of the adolescent binge eating disorder measure (ADO-BED) among transgender youth and young adults. *Journal of Eating Disorders*, 11:91.
- 2023 **Linsenmeyer, W**. Should clinicians care about how food behaviors express gender identity? *American Medical Association Journal of Ethics*, 25(4):E287-293. (Invited Article).
- 2023 **Linsenmeyer, W**, Garwood, S. A patient-centered approach to evaluating gender-affirming eligibility with respect to body mass index. *American Medical Association Journal of Ethics*. 2023;25(6):E398-406.
- 2023 **Linsenmeyer, W**, Stiles, D, Drallmeier, T, Heiden-Rootes, K, Rahman, R, Buxbaum, E, Gombos, B, Harris, N, Johnson, S, Lantz, C, Otte, A, Rosen, W, Lillioja, S. Advancing inclusion of transgender identities in health professional education programs: The interprofessional transgender health education day. *Journal of Allied Health*, 51(1),24-35.
- 2023 Zickgraf HF, Garwood SK, Lewis CB, Giedinghagen AM, Reed JL, **Linsenmeyer WR**. Validation of the nine-item avoidant/restrictive food intake disorder screen (NIAS) among transgender and nonbinary youth and young adults. *Transgender Health*. 2023;8(2):159-167.
- 2023 Heather, S, **Linsenmeyer, W**, Ohlhorst, S, Landry, M, Gunther, C. Sex and gender data collection in nutrition research: Considerations through an Inclusion, Diversity, Equity and Access lens. *Journal of the Academy of Nutrition and Dietetics*, 123(2),247-252.
- 2022 **Linsenmeyer, W**, Heiden-Rootes, K, Drallmeier, T, Thomure, M, Nye, E, Armstrong, E*. Nutrition and exercise as a 'source of empowerment': A narrative inquiry of transgender men. *Social Science and Medicine (SSM) – Qualitative Research in Health*, 2:100128.
- 2022 **Linsenmeyer, W**, Garwood, S, Waters, J. An examination of the sex-specific nature of nutrition assessment within the nutrition care process: Considerations for nutrition and dietetics practitioners working with transgender and gender diverse clients. *Journal of the Academy of Nutrition and Dietetics*, 122(6), 1081-1086.
- 2022 **Linsenmeyer, W**, Rahman, R, Stewart, D*. The evolution of a FtM transgender male's relationship with food and exercise: A narrative inquiry. *Journal of Creativity in Mental Health*, 17(1),2-14.
- 2021 **Linsenmeyer, W**, Rahman, R. Caring for transgender and gender diverse patients: Considerations for the clinical nutrition manager. *Future Dimensions in Clinical Nutrition Practice, Academy of Nutrition and Dietetics*, Special Edition on Diversity, Equity and Inclusion, Spring 2021, 15-22. Reprinted in the Academy of Nutrition and Dietetics Nutrition Care Manual® in 2021.
- 2021 **Linsenmeyer, WR**, Katz, IM, Reed, JL, Giedinghagen, AM Lewis, CB, Garwood, SK. Disordered eating, food insecurity, and weight status among transgender and gender nonbinary youth and young adults: A cross-sectional study using a nutrition screening protocol. *LGBT Health*, 8(5), 359-366.
- 2021 **Linsenmeyer, W**, Waters, J. Sex and gender differences in nutrition research: Considerations with the transgender and gender nonconforming population. *Nutrition Journal*, 20(6),1-3.
- 2021 **Linsenmeyer, W**, Rahman, R. Working with transgender and gender nonconforming

youth: Considerations for registered dietitian nutritionists. *Weight Management Matters, Academy of Nutrition and Dietetics*, 19(3), 8-14.

- 2021 **Linsenmeyer, W**, Rahman, R. Career motivations and aspirations of dietetic students: Applying the social cognitive career theory. *Internet Journal of Allied Health Sciences and Practice*, 19(1):2.
- 2020 Rozga, M, **Linsenmeyer, W**, Cantell Wood, J Darst, V, Gradwell, EK. Hormone therapy, health outcomes and the role of nutrition in transgender individuals: A scoping review. *Clinical Nutrition ESPN*, 40(December 2020), 42-56. *Published in the Evidence Analysis Library (EAL®) of the Academy of Nutrition and Dietetics.
- 2020 **Linsenmeyer, W**, Drallmeier, T, Thomure, M. Towards gender-affirming nutrition assessment: A case series of adult transgender men with distinct nutrition considerations. *Nutrition Journal*, 19(74), 1-8.
- 2020 Lewis, J*, Pole, D, **Linsenmeyer, W**, Rahman, R, Briggs, E, Eliot, K. The relationship between interprofessional education experience and perceptions, values, and attitudes towards interprofessional collaboration in dietetics practice. *Journal of Interprofessional Education and Practice*. 2020;20(100236):1-5.
- 2019 Schier, H*, **Linsenmeyer, W**. Nutrition-related messages shared among the online transgender community: A netnography of YouTube vloggers. *Transgender Health*, 4(1), 340-349.
- 2019 Rahman, R, **Linsenmeyer, W**. Caring for our transgender patients and clients: Nutrition-related clinical and psychosocial considerations. *Journal of the Academy of Nutrition and Dietetics*, 119(5), 727-732.
- 2019 **Linsenmeyer, R**, McNair, M*. Catalog of nutrition and dietetics journals. *The Digest, Academy of Nutrition and Dietetics*, 54(1), 1-9.
- 2019 Lucas, T*, **Linsenmeyer, W**. The student experience: Perceptions of administrative leadership on-campus during the Occupy SLU social justice movement. *Missouri Electronic Journal of Sociology*. Fall 2019, 16(1).
- 2019 Finocchiaro, E*, **Linsenmeyer, W**, Lucas, T*. When social media & crisis converge: The student experience during the civil unrest in Ferguson, Missouri. *Missouri Electronic Journal of Sociology*. Fall 2019, 16(1).
- 2019 Wright-Jones, L*, Linsenmeyer, J, Finocchiaro, E*, **Linsenmeyer, W**, Lucas, T*. Leading through crisis: Assessing higher education executive communications after the Darren Wilson Grand Jury Decision. *Missouri Electronic Journal of Sociology*. Fall 2019, 16(1).
- 2018 **Linsenmeyer, W**, Rahman, R. Diet and nutritional considerations for a FtM transgender male: A case report. *Journal of American College Health*, 66(7), 533-536.
- 2018 **Linsenmeyer, W**, Rahman, R. The future of registered dietitian nutritionists in foodservice management: Millennial students' career motivations and aspirations. *Journal of Foodservice Management & Education*, (12)1, 7-12.
- 2018 **Linsenmeyer, W**, Daugherty, J. Career exploration of culinary nutrition: Motivations and career aspirations of undergraduate students. *The Journal of Family and Consumer Sciences Education*, 25, 1-13.

- 2018 **Linsenmeyer, W**, Rahman, R. Validation of the Career Aspirations and Motivations of Dietetics Students (CAMDS) instrument using content validity index methodology. *The Digest, Academy of Nutrition and Dietetics*, 53(2), 1-5.
- 2017 **Linsenmeyer, W**, Lucas, T*. Student development during the Occupy SLU movement through the lens of Perry. *Jesuit Higher Education*, 6(1), 33-43.
- 2017 Lucas, T*, **Linsenmeyer, W**, Finocchiaro, E*. The impact of flag desecration on social justice movements: The case of Occupy SLU. *Jesuit Higher Education*, 6(1).
- 2017 **Linsenmeyer, W**, Lucas, T*. Student perceptions of the faculty response during the civil unrest in Ferguson, Missouri. *International Journal of Teaching and Learning in Higher Education*, 29(3).
- 2016 Lucas, T*, **Linsenmeyer, W**. Cutting through a crisis: Guiding prospective students and families during times of unrest. *The Journal of College Admission*, 231, 30-32.
- 2015 Lucas T*, **Linsenmeyer W**, O'Brien K*. Crisis management: An assessment of the college and university executive communications prior to the release of the Darren Wilson grand jury decision. *Western Journal of Black Studies*, (39)4, 299-311.
- 2013 **Linsenmeyer W**, Kelly P, Jenkins S, Mattfeldt-Beman M. School food environment of charter schools in St. Louis. *Journal of Child Nutrition Management*, 37(2). Retrieved from www.schoolnutrition.org

Book Contributions

- 2023 **Linsenmeyer, W**, Coffey, M. "Going from Invisible to Visible": Challenging the "Normal" Ranges, Cut-Offs and Labels used to Describe the Sizes and Shapes of Transgender and Gender Diverse Bodies. In: P. Joy & M. Aston (Eds), *Queering Nutrition and Dietetics: LGBTQ+ Reflections on Food Through Art*. New York, New York, United States: Routledge.
- 2022 Waters, J, **Linsenmeyer, W**. "Transgender health and nutrition." In: J. Raymond & K. Morrow (Eds), *Krause and Mahan's Food & the Nutrition Care Process*, 16e. St. Louis, Missouri, United States: Elsevier.
- 2021 **Linsenmeyer W**, Price J, Clark C. "Nutrition Guidance for Transgender and Gender Diverse Individuals." In: *Nutrition Care Manual® of the Academy of Nutrition and Dietetics*. Chicago, Illinois, United States: Academy of Nutrition and Dietetics.
- 2016 **Linsenmeyer, W**. Free degree? Sure, why not? In: C. Artnie & D.J. Davis & (Eds.), *Specialists: Passions and Careers*. Montreal, Canada: Universitas Press; 2016.

Non-peer Reviewed Manuscripts and Submissions

- 2025 Heiden-Rootes, K, **Linsenmeyer, W**, Drallmeier, T, Buxbaum, E, Dalton, M, Rahman, R. 2024 Missouri LGBTQ Political Climate Survey.
- 2024 Heiden-Rootes, K, **Linsenmeyer, W**, Drallmeier, T, Buxbaum, E, Dalton, M, Rahman, R. 2023 Missouri LGBTQ Political Climate Survey. <https://www.slu.edu/doisy/clinics-and-community/docs/2023-mo-lgbtq-survey.pdf>
- 2024 **Linsenmeyer, W**. How to approach sex-specific nutrition recommendations for transgender people. Published September 20, 2024.

<https://www.eatright.org/health/wellness/healthful-habits/how-to-approach-sex-specific-nutrition-recommendations-for-transgender-people>

- 2024 **Linsenmeyer, W.** Nutrition and heart health for transgender people on hormone therapy. Academy of Nutrition and Dietetics website. Published June 21, 2024.
<https://www.eatright.org/health/health-conditions/cardiovascular-health-heart-disease-hypertension/nutrition-and-heart-health-for-transgender-people-on-hormone-therapy>
- 2023 **Linsenmeyer, W.** Landry, MJ. What to eat when transitioning with hormone therapy. Academy of Nutrition and Dietetics website. Published February 15, 2023.
<https://www.eatright.org/health/wellness/weight-and-body-positivity/what-to-eat-when-transitioning-with-hormone-therapy>
- 2022 Schier, H, **Linsenmeyer, W**, Sauer, K, DeBiase, M, Wallace, T, Gunther, C, Lewis, C, Garwood, S, Waters, J, Joy, P, Brady, J. Sex, gender identity, and sexual orientation data. 2024 National Health and Nutrition Examination Survey (NHANES) Content Solicitation.
- 2015 **Linsenmeyer, W** & Lucas, T. An assessment of college and university executive communication to key stakeholders prior to the unrest in Ferguson, Missouri. Proceedings from the International Conference on Advances in Management.

PEER REVIEWED PRESENTATIONS

International

- 2016 Linsenmeyer, W, Lucas, T*. Crisis management: An assessment of executive officer communications to key stakeholders prior to the release of the Ferguson grand jury decision. Paper presentation at the American College Personnel Association Conference, Montreal, QE, March 2016.
- 2016 Lucas, T*, Linsenmeyer, W. A time for healing: An analysis of university executive communication following the Ferguson, Missouri grand jury decision. Paper presentation at the Hawaii International Conference on Education, Honolulu, HI, January 2016.
- 2015 Linsenmeyer, W, Lucas, T*, O'Brien, K*. Crisis management: An assessment of college and university executive communication to key stakeholders prior to the unrest in Ferguson, Missouri. Paper presentation at the International Conference on Advances in Management, Boston, MA, July 2015.

National

- 2025 Hollinger, R, Linsenmeyer, W, Glassman, B, Walcott, K. The TRANSforming power of nutrition and physical activity: Exploring the lived experiences of transgender and gender diverse athletes in strength sports. Poster presentation at the Academy of Nutrition and Dietetics Food and Nutrition Conference Expo, Nashville, TN, October 2025. Published abstracted in the *Journal of the Academy of Nutrition and Dietetics*, 125(10)Supplement A63.
- 2025 Linsenmeyer, WR, Heiden-Rootes, K, Rahman, R, Del Rosario, G, Sniffen, K, Schmukey, A, Richter, KS, Hollinger, R*, Dalton, S. Advancing transgender health education for health professional students: A faculty fellowship model for capacity building and curricular change. Poster presentation at the Academy of Nutrition and Dietetics Food and Nutrition Conference Expo, Nashville, TN, October 2025. Published abstracted in the *Journal of the Academy of Nutrition and Dietetics*, 125(10)Supplement A17.
- 2025 Linsenmeyer, WR, Chrusciel, T, Schier, H, Hollinger, R*, Sherman, A. Transgender and gender diverse adults are under-enrolled in food assistance programs and report negative experiences when accessing benefits: An analysis of the United States Transgender Survey.

- Poster presentation at the University of California San Francisco Transgender Health Summit, San Francisco, CA, June 2025.
- 2025 Linsenmeyer, WR, Chrusciel, T, Schier, H, Hollinger, R*, Sherman, A. Transgender and gender diverse adults are under-enrolled in food assistance programs and report negative experiences when accessing benefits: An analysis of the United States Transgender Survey. Poster presentation at the University of California San Francisco Transgender Health Summit, San Francisco, CA, May 2025.
- 2024 Linsenmeyer, W, Stiles, D, Walcott*, K, Garwood, WK, Snyder-Warwick, AK. Body mass index and surgical outcomes among patients undergoing gender-affirming surgeries. Poster presentation at the Food and Nutrition Conference Expo. Minneapolis, MN, October 2024. Abstract published in the *Journal of the Academy of Nutrition and Dietetics*, 124(10):SA20.
- 2024 Heiden-Rootes, K, Linsenmeyer, W, Rosen, W, Dalton, M, Gombos, B. Advancing inclusion of transgender and gender diverse identities in clinical education. American Association of Sexuality Educators, Counselors, and Therapists. St. Louis, MO, June 2024.
- 2024 Heiden-Rootes, K, Dalton, M, Linsenmeyer, W, Campos, Y. Assessing the impact of LGBTQ legislation on the Missouri community and healthcare providers. American Association of Sexuality Educators, Counselors, and Therapists. St. Louis, MO, June 2024.
- 2024 Linsenmeyer, W, Glassman, B, Tomasiello, N, Walcott, K*. Nutrition and training recommendations for transgender and gender diverse athletes involved in strength sports and resistance training: A case series. Poster presentation at the American Society for Nutrition Conference, Chicago, IL. Abstract published in *Current Developments in Nutrition*, 8, Supplement 2: 103705.
- 2023 Heiden-Rootes, K, Linsenmeyer, W, Morgan, A*, Seevers, J*. Advancing inclusion of transgender and gender diverse identities in clinical education. National Council on Family Relations Conference, Orlando, FL, November 2023.
- 2023 Heiden-Rootes, K, Linsenmeyer, W, Morgan, A*, Russon, J. LGBTQ youth go to family therapy: Stories of opening up, listening to feelings, and taking on ghosts. National Council on Family Relations Conference, Orlando, FL, November 2023.
- 2023 Linsenmeyer, W, Glassman, B, Neafsy, L*. Gender-affirming nutrition in sports: Providing excellent care for transgender and gender diverse individuals. Food and Nutrition Conference Expo, Denver, CO, October 2023.
- 2023 Linsenmeyer, W, Heiden-Rootes, K, Drallmeier, T, Rahman, R, Buxbaum, E, Rosen, W, Otte, A, Harris, N, Lillioja, S, Coffey, M. Advancing inclusion of transgender and gender diverse identities in clinical education: A toolkit for clinical educators in nutrition and dietetics and the allied health professions. Poster presentation at the Food and Nutrition Conference Expo, Denver, CO, October 2023. Abstract published in the *Journal of the Academy of Nutrition and Dietetics*, 2023;123(9)Supplement A10.
- 2022 Linsenmeyer, W, Stiles, D, Drallmeier, T, Heiden-Rootes, K, Rahman, R, Buxbaum, E, Gombos, B, Johnson, S, Lantz, C, Otte, A, Rosen, W, Lillioja, S. Advancing inclusion of transgender and gender diverse identities in clinical education. Poster presentation at the

- Association of Schools Advancing Health Professions Annual Conference, Long Beach PA, October 2022. *Abstract published in the Journal of Allied Health* (in press).
- 2022 Linsenmeyer, W, Rahman, R. Advancing inclusion of transgender and gender diverse identities in clinical education. MSU Denver-POHA Nutrition Diversity Conference. Virtual/Online, September 2022.
- 2022 Linsenmeyer W, Garwood S, Waters J. Evaluation of the sex-specific nature of nutrition assessment within the Nutrition Care Process: Case study vignettes of transgender and gender diverse patients. Poster Presentation at Nutrition 2022, Live/Online, June 2022. Abstract published in *Current Developments in Nutrition*, 2022;6(S1):746.
- 2022 Linsenmeyer W, Rabia R. Advancing inclusion of transgender and gender diverse identities in clinical education. Nutrition and Dietetic Educators and Preceptors (NDEP) Spring Meeting, Academy of Nutrition and Dietetics. Virtual/Online, April 2022.
- 2021 Linsenmeyer W, Zickgraf HF, Garwood SK, Lewis CB, Giedinghagen AM, Reed J. Validation of the nine-item avoidant/restrictive food intake disorder screen among transgender and nonbinary youth and young adults. Poster Presentation and the Food and Nutrition Conference Expo, Virtual/Online, October 2021. Abstract published in the *Journal of the Academy of Nutrition and Dietetics*. 2021;121(SA63).
- 2021 Linsenmeyer WR, Heiden-Rootes K, Drallmeier TM, Armstrong E, Thomure M. The evolving role of nutrition and exercise in the lives of transgender men: A narrative inquiry. Poster Presentation at Nutrition 2021, Live/Online, June 2021. Abstract published in *Current Developments in Nutrition*. 2021;5(S2):4247.
- 2020 Linsenmeyer, WR, Reed, JK, Giedinghagen, AM, Lewis, CB, Garwood, SK. Nutrition considerations for transgender adolescents and young adults: Screening for disordered eating and food insecurity at a Midwestern transgender center. Poster presentation at Nutrition 2020, Live/Online, June 2020. Abstract published in *Current Developments in Nutrition*. 2020;4(S2):1130.
- 2020 Rozga, M, Gradwell, E, Cantell Wood, J, Darst, V, Linsenmeyer, WR. Hormone therapy, health outcomes and the role of nutrition in transgender individuals: A scoping review. Poster presentation at Nutrition 2020, Live/Online, June 2020. Abstract published in *Current Developments in Nutrition*. 2020;4(S2):1481.
- 2019 Linsenmeyer, W, Heather, S*. Nutrition-related messages shared among the online transgender community: A netnography of YouTube vloggers. Poster presentation at the Food and Nutrition Conference Expo, 2019, Philadelphia PA, October 2019. Abstract published in the *Journal of the Academy of Nutrition and Dietetics*. 2019;S1:A70.
- 2019 Linsenmeyer, W. Nutrition care for the transgender population. Food and Nutrition Conference Expo, Academy of Nutrition and Dietetics Spokesperson Program. Philadelphia, PA, October 2019.
- 2019 Linsenmeyer, W, Rahman, R. The future of registered dietitian nutritionists in foodservice management: Millennial students' career motivations and aspirations. Foodservice Systems Management Education Council 2019 Conference. Savannah, GA, March 2019.
- 2018 Linsenmeyer, W, Rahman, R. Evidence-based care for our transgender patients and clients. Presentation at the Food and Nutrition Conference Expo, 2018, Washington D.C., October 2018.

- 2017 Lucas, T*, Linsenmeyer, W, Goff, J, Hamstra-Smith, W, Steinlage, M. Cutting through a crisis: Guiding prospective students and families through times of unrest. Panel discussion at the 2017 National Association of College Admission Counseling National Conference. Boston, MA, September 2017.
- 2017 Lucas, T*, Finocchario, E*, Linsenmeyer, W. Student social media use during crisis: Lessons learned post-Ferguson. Paper presentation at the American Association of University Professors National Conference, Washington D.C., June 2017.
- 2017 Blisset, R, Baker, D, Lucas, T, Linsenmeyer, W. Leading through crisis: Assessing higher education executive communications and management Styles after the Darren Wilson grand jury decision. Paper presentation at the Annual Meeting of the American Educational Research Association in San Antonio, TX, April 2017.
- 2017 Lucas, T, Linsenmeyer, W, Finocchario, E. Burning the flag: An artistic means for promoting social justice. Paper presentation at the National Conference of the American College Personnel Association in Columbus, Ohio, March 2017.
- 2017 Lucas, T*, Linsenmeyer, W, Finocchario, E*. Student social media use during crisis: Lessons learned post-Ferguson. Paper presentation at the National Conference of the American College Personnel Association in Columbus, Ohio, March 2017.
- 2016 Lucas, T*, Linsenmeyer, W. Burning the flag: An artistic means for promoting social justice. Research presentation at the American Association of University Professors, Washington D.C., June 2016.
- 2016 Lucas, T*, Linsenmeyer, W. The student experience: On-campus social justice and the crisis in Ferguson, Missouri. Research presentation at the American Association of University Professors, Washington D.C., June 2016.
- 2016 Linsenmeyer, W, Lucas, T*. Student voices during the civil unrest in Ferguson, Missouri. Research presentation at the Memphis in May Student Affairs Conference, Memphis, TN, May 2016.
- 2015 Lucas, T*, Linsenmeyer, W. Crisis management communication: Evaluating university executive communications to key stakeholders with relation to the Darren Wilson grand jury decision. Common Core and More: Research and Practice, Philadelphia, PA, October 2015.
- 2015 Lucas, T*, Linsenmeyer, W. Crisis management: Evaluating communication with stakeholders exemplified by the unrest in Ferguson, Missouri. Paper presentation at the Art Institute Professional Development Series, Denver, CO, July 2015.
- 2015 Longley, C, Shanley, E, Lewis, K, Arendt, S, Burgess-Champoux, T, Linsenmeyer, W, Rice, B, Rosen, R, Strohhahn, C, Cosby, R, English, S, Faivre, H*. Want milk! Exploring students' milk preferences and perceptions. Research presentation at the Food and Nutrition Conference and Expo, Nashville, TN, October 2015.
- 2015 Arendt, S, Burgess-Champoux, T, Linsenmeyer, W, Lewis, K, Longley, C, Rice, B, Rosen, R, Shanley, E, Strohhahn, C, Cosby, R, English, S, Faivre, H*. Kids talk milk: Best practices in conducting student focus groups. Poster presentation at the School Nutrition Association Annual Conference, Salt Lake City, UT, July 2015.
- 2015 Rice, B, Lewis, K, Linsenmeyer, W. Want milk! Exploring students' milk preferences and perceptions. Research brief at the Foodservice Systems Management Education Council Conference, Memphis, TN, March 2015.

2014 Linsenmeyer, W. Achieving 70% local sourcing in a free and reduced-price school lunch program. Poster presentation at the biennial Farm to Cafeteria Conference, Austin, TX, April 2014.

2014 Linsenmeyer, W, Jenkins, S, Brewer, D, Mattfeldt-Beman, M. Vertical integration in a local food hub. Poster presentation at the biennial Farm to Cafeteria Conference, Austin, TX, April 2014.

State

2019 Wilson, M*, Linsenmeyer, W, Rahman, R, Jones, L. Clinical care programs for transgender populations in the U.S.: Nutrition-related assessment tools. Poster presentation at the Missouri Academy of Nutrition and Dietetics Conference, St. Louis, MO, April 2019.

2017 Linsenmeyer, W, Lucas, T*. Let's talk about it: Addressing student questions about civil unrest on a college campus. Oral presentation at the Missouri Association of College Admissions Counselors College Counseling Institute, St. Louis, MO, October 2017.

2016 Linsenmeyer, W, Lucas, T*, Finocchiaro, E*. The Ferguson riots. Paper presentation at the National Association of Multicultural Education Conference, Missouri Chapter, Kansas City, MO, October 2016.

2016 Linsenmeyer, W, Lucas, T*. The student voice: How the civil unrest in Ferguson affected SLU students. Paper presentation at the American College Personnel Association Midwest Conference, Kansas City, MO, October 2016.

2015 Linsenmeyer, W. Employing students in a sustainable food service operation. Paper presentation at the Missouri College Personnel Association Conference, Osage Beach, MO, October 2015.

2015 Lucas, T*, Linsenmeyer, W. Assessment of college and university communications: Ferguson grand jury decision. Paper presentation at the Missouri College Personnel Association Conference, Osage Beach, MO, October 2015.

Local

2025 Linsenmeyer, WR, Chrusciel, T, Schier, H, Hollinger, R*, Sherman, A. Transgender and gender diverse adults are under-enrolled in food assistance programs and report negative experiences when accessing benefits: An analysis of the United States Transgender Survey. Poster presentation at the DCHS Scholarship Week, St. Louis, MO, April 2025.

2025 Hollinger, R*, Linsenmeyer, W, Glassman, B, Walcott, K*. The TRANSforming power of physical activity and sports: Exploring the lived experiences of transgender and gender diverse athletes in strength sports. Poster presentation at the DCHS Scholarship Week, St. Louis, MO, April 2025.

2024 Linsenmeyer, W, Stiles, D, Walcott, K*, Garwood, WK, Snyder-Warwick, AK. Body mass index is an unreliable predictor of surgical complications among patients undergoing gender-affirming surgeries: An analysis of the National Surgical Quality Improvement Project database. Poster presentation at the 2024 Institute of Clinical and Translational Sciences (ICTS) Big Data Research Symposium, St. Louis, MO, October 2024.

2024 Walcott, K*, Glassman, B, Tomasiello, N, Linsenmeyer, W. Nutrition and training recommendations for transgender and gender diverse athletes involved in strength sports and resistance training: A case series. Poster presentation at the Missouri Academy of Nutrition and Dietetics Conference, St. Louis, MO, April 2024.

- 2023 Linsenmeyer, W, Heiden-Rootes, K, Drallmeier, T, Rahman, R, Buxbaum, E, Walcott, K*, Rosen, W, Gombos, B. The power to help or harm: Student perceptions of transgender health education using a critical qualitative approach. Oral presentation at the DCHS Research Symposium, Saint Louis University, Louis, MO, April 2023.
- 2023 Linsenmeyer, W, Garwood, S. Patient-center approaches to using BMI to evaluate gender-affirming surgeries. Poster presentation at the DCHS Research Symposium, Saint Louis University St. Louis, MO, April 2023.
- 2023 Linsenmeyer, W, Heiden-Rootes, K, Drallmeier, T, Rahman, R, Buxbaum, E. Advancing inclusion of transgender and gender diverse identities in clinical education. Webinar Presentation by the Transgender Health Collaborative at Saint Louis University, St. Louis, MO, March 2023.
- 2023 Linsenmeyer, W, Heiden-Rootes, K, Drallmeier, T, Rahman, R, Buxbaum, E, Walcott, K*, Rosen, W, Gombos, B. The power to help or harm: Student perceptions of transgender health education using a critical qualitative approach. Poster presentation at the Saint Louis University Reinert Center for Transformative Teaching and Learning Scholarship of Teaching and Learning Symposium, St. Louis, MO, February 2023.
- 2018 Linsenmeyer, W, Rahman, R. Caring for our transgender patients and clients: Nutrition-related clinical and psychosocial considerations. Paper presentation at the Health and Social Justice Conference, St. Louis, MO.
- 2017 Linsenmeyer, W, Lucas, T*. Student development during the Occupy SLU movement through the lens of Perry. Paper presentation at the 2017 Graduate Student Association Research Symposium, St. Louis, MO, March 2017.
- 2017 Linsenmeyer, W, Lucas, T*. Student perceptions of the faculty response during the civil unrest in Ferguson, Missouri. Poster presentation at the Doisy College of Health Sciences Research Symposium, St. Louis, MO, February 2017.
- 2016 Linsenmeyer, W. Student perceptions of the faculty response during the civil unrest in Ferguson, Missouri. Poster presentation at the 3rd Annual Scholarship of Teaching and Learning Symposium, St. Louis, MO, October 2016.
- 2016 Linsenmeyer, W, Lucas*, T. The student experience on-campus related to the unrest in Ferguson, Missouri during the 2014-2015 school year. Poster presentation at the Sigma Xi Research Symposium, St. Louis, MO, May 2016.
- 2016 Linsenmeyer, W, Lucas, T*. The student experience on-campus during the crisis in Ferguson, Missouri. Paper presentation at the 2016 Graduate Student Association Research Symposium, St. Louis, MO, April 2016.
- 2016 Linsenmeyer, W. Using appreciative inquiry to develop an entrepreneurial mindset in a graduate-level management course. Poster presentation at the Doisy College of Health Sciences Research Symposium, St. Louis, MO, March 2016.
- 2016 Linsenmeyer, W, Lucas, T*. The student experience on-campus related to the unrest in Ferguson, Missouri during the 2014-2015 school year. Poster presentation at the Doisy College of Health Sciences Research Symposium, St. Louis, MO, March 2016.
- 2016 Linsenmeyer, W, Lucas, T*. The student experience on-campus related to the unrest in Ferguson, Missouri during the 2014-2015 school year. Paper presentation at the Global and Local Social Justice Conference, St. Louis, MO, February 2016.

- 2015 Lucas, T*, Linsenmeyer, W, O'Brien, K*. Crisis management: An assessment of university president communications with relation to the Darren Wilson grand jury decision. Presentation at round table discussion at Ferguson: Talking and Teaching Through our National Crisis Symposium, St. Louis, MO, May 2015.
- 2015 Linsenmeyer, W, O'Brien, K*, Lucas, T*. Crisis management: An assessment of university president communications with relation to the Darren Wilson grand jury decision. Paper presentation at the 2015 Graduate Student Association Research Symposium, St. Louis, MO, April 2015.
- 2015 Lucas, T*, Linsenmeyer, W, O'Brien, K*. Crisis management: An assessment of university president communications with relation to the Darren Wilson grand jury decision. Poster presentation at the Doisy College of Health Sciences Research Symposium, St. Louis, MO, February 2015.

INVITED PRESENTATIONS

- 2025 Linsenmeyer, W, Jones-Johnson, K, Price-Williams, S. Mental health and higher education. Atlas Week, Saint Louis University.
- 2025 Linsenmeyer, W, Heiden-Rootes, K, Dalton, S. Availability of sex, gender identity, and sexual orientation data. AHEAD Dine with Data Webinar, Saint Louis University. (Virtual Presentation)
- 2024 Linsenmeyer, W. Transgender health, nutrition, and eating disorders. Missouri Telehealth Network, University of Missouri, Project ECHO. (Virtual Presentation).
- 2024 Linsenmeyer, W, Dalton, S, Gombos, B. Health and nutrition considerations for transgender clients and patients. 35th Annual Summer Geriatric Institute, Saint Louis University. St. Louis, MO.
- 2024 Heiden-Rootes, K, Linsenmeyer, W. The Transgender Health Collaborative at SLU. Ignatian Q Conference. St. Louis, MO.
- 2024 Linsenmeyer, W. Nutrition Research and Practice with Transgender and Gender Diverse Populations. University of Alabama at Birmingham, Nutrition Obesity Research Center Seminar Series. Birmingham, AL.
- 2024 Linsenmeyer, W. Gender-Affirming Nutrition Care for Transgender and Gender Diverse Clients. Academy of Nutrition and Dietetics, Rhode Island Dietetic Practice Group. (Virtual Presentation).
- 2023 Linsenmeyer, W, Glassman, B, Neafsy, L. Gender-affirming Nutrition in Sports: Providing Excellent Care for Transgender and Gender Diverse Individuals. Academy of Nutrition and Dietetics, Food and Nutrition Conference Expo. Denver, CO.
- 2023 Linsenmeyer, W. Nutrition research and practice with transgender and gender nonconforming populations. Nutrition Society, Irish Section. Athlone, Ireland.
- 2023 Linsenmeyer, W, Waters, J. Gender-affirming nutrition care for transgender patients on hormone therapy: Considerations for cardiovascular health. Academy of Nutrition and Dietetics, Cardiovascular Health and Well-Being Dietetics Practice Group. (Webinar).
- 2023 Linsenmeyer, W. Sex and gender data collection in nutrition science: Inclusion, visibility, and accuracy. American Society of Parental and Enteral Nutrition (ASPEN) 2023 Annual Conference. (Virtual Presentation).

- 2023 Linsenmeyer, W, Harrell, B. Gender-affirming nutrition care for transgender and gender diverse clients. Missouri Academy of Nutrition and Dietetics, Kansas City, MO.
- 2023 Linsenmeyer, W. Gender-affirming nutrition care for transgender patients and clients. Dayton Dietetics Association. (Virtual Presentation).
- 2023 Waters, J, Linsenmeyer W. Nutritional considerations for the care of transgender and gender-diverse patients. West Suburban Academy of Nutrition and Dietetics. (Virtual Presentation).
- 2022 Linsenmeyer, W. Gender-affirming nutrition care for transgender and gender diverse clients. El Rio Community Health Center. (Virtual Presentation)
- 2022 Linsenmeyer, W, Waters, J. Nutrition care for the transgender and gender diverse community. Michigan Institute for Care Management & Transformation. (Webinar)
- 2022 Mattfeldt-Beman, M, Linsenmeyer, W. Entrepreneurship in dietetics education. Universitas Brawijaya. (Virtual Workshop).
- 2022 Mattfeldt-Beman, M, Rahman, R, Linsenmeyer, W. Dietetics curriculum workshop. Universitas Brawijaya. (Virtual Workshop).
- 2022 Linsenmeyer, W, Waters, J. Strategies for RDNs to manage sex-specific data of nutrition assessment when caring for transgender and gender diverse patients. Academy of Nutrition and Dietetics (Webinar Series, Part 2).
- 2022 Linsenmeyer W, Waters J. Gender-affirming nutrition care for transgender and gender diverse clients. Academy of Nutrition and Dietetics (Webinar Series, Part 1).
- 2022 Linsenmeyer, W, Waters, J. Nutrition Care for Transgender Patients and Clients. Houston Pediatric Nutrition Group. (Virtual Presentation)
- 2022 Linsenmeyer, W, Schier, H, Alt, H. LGBTQIA+ Nutrition and Health. American Public Health Association, Food and Nutrition Section. (Webinar).
- 2022 Linsenmeyer, W. Body size, shape, and gender expression: Considerations for working with transgender and gender diverse clients. Weight Management Dietetic Practice Group, Academy of Nutrition and Dietetics. (Webinar)
- 2022 Linsenmeyer, W. Nutrition care for transgender patients and clients. University of California Health System. (Virtual Presentation)
- 2022 Linsenmeyer, W. Nutrition care for transgender patients and clients. Family Care Health Center. St. Louis, MO.
- 2022 Linsenmeyer, W. Food as medicine to address chronic disease and health outcomes. Food Outreach Education Session. RUNG for Women, St. Louis, MO.
- 2022 Linsenmeyer, W. Nutrition care for transgender patients and clients. Memorial Healthcare System. (Virtual Presentation)
- 2022 Linsenmeyer, W. Nutrition care for trans and non-binary youth: eating disorder prevalence, management and considerations. University of Alabama Birmingham School of Medicine, Pediatric Nutrition Intensive Course (Virtual Presentation).

- 2021 Linsenmeyer, W. Transgender health and nutrition. Interprofessional Transgender Health Education Day. Saint Louis University, St. Louis, MO.
- 2021 Linsenmeyer, W, Waters, J. Lactation support for your transgender patients. Food and Nutrition Conference Expo (Virtual Presentation).
- 2021 Linsenmeyer, W, Waters, J. Nutrition care for transgender and non-binary individuals. Tec de Monterrey University, Monterrey, Mexico (Virtual Presentation).
- 2021 Waters, J, Linsenmeyer, W. Nutrition care for transgender and non-binary patients. Suncoast Academy of Nutrition and Dietetics Winter Symposium (Virtual Presentation).
- 2021 Linsenmeyer, W. Nutrition and Diabetes. Family Medicine Residency Diabetes Day. Saint Louis University School of Medicine, St. Louis, MO.
- 2021 Linsenmeyer, W. Mindful and intuitive eating. The Aging and Memory Clinic Speaker Series. Saint Louis University School of Medicine, St. Louis, MO.
- 2019 Brammer, M, Breitbach, T, Frye, S, Landfried, L, Linsenmeyer, W, Owwoeye, O. Five-minute research presentations. Doisy College of Health Sciences Scholarship Committee Colloquium, Saint Louis University, St. Louis, MO.
- 2018 Randolph, T, Landfried, L, Jaegers, L, Ezekiel, U, C, Yi-Fang, Newsham, K, Garcia-Martinez, J, Salsich, G, Breitbach, T, Heuert, R, Linsenmeyer, W. Three-minute “thesis” faculty scientist edition. Doisy College of Health Sciences Scholarship Committee Colloquium, Saint Louis University, St. Louis, MO.
- 2017 Linsenmeyer, W, Ahmad, O. Case reports for advancing research and clinical practice: A practical guide and discussion. Doisy College of Health Sciences Scholarship Committee Colloquium, Saint Louis University, St. Louis, MO.
- 2017 Linsenmeyer, W. Mindful eating. Dietetic Internship, Saint Louis University, St. Louis, MO, September 2017.
- 2017 Linsenmeyer, W. Maximizing research and publishing productivity during your doctoral studies. School of Education, Saint Louis University, St. Louis, MO, May 2017.
- 2016 Linsenmeyer, W, Ohmes, K, Karnas, M, Presley, C. Everything you want to know about conferences and publications. Professional Development Committee, School of Education, St. Louis University, St. Louis, MO, November 2016.
- 2016 Linsenmeyer, W. Nutrition and mindful eating. Our Lady of Lourdes Parent Teacher Association Meeting, Our Lady of Lourdes, St. Louis, MO, September 2016.
- 2016 Linsenmeyer, W. Mindful eating and weight management. Saint Louis University Dietetic Internship, Saint Louis University, St. Louis, MO, September 2016.
- 2016 Davis, D, Ashwaq, AM, Borgeson, MA, Daniels, R, Lim, Youngsun, Lin, Jiaxin, Linsenmeyer, W, Mostafa, H, Qahwaji, S. Why are we here? Perspectives of female doctoral students from five countries. Atlas Week, Saint Louis University, St. Louis, MO, April 2016.
- 2016 Linsenmeyer, W, Lucas, T. The student experience on-campus related to the crisis in Ferguson. Atlas Week, Saint Louis University, St. Louis, MO, April 2016.
- 2016 Linsenmeyer, W. Nutrition and the ADA. Missouri College Personnel Association Professional Staff Drive-In Conference, Saint Louis University, St. Louis, MO, April 2016.

- 2016 Lucas T, Linsenmeyer, W. Presenting at professional conferences. Graduate Student Association Professional Development Series, Saint Louis University, St. Louis, MO, March 2016.
- 2016 Linsenmeyer, W, Mackey, J. Dairy update, Academy of Nutrition and Dietetics, St. Louis Chapter, St. Louis, MO, February 2016.
- 2016 Linsenmeyer W, Nutrition 101, The University City Family Church Wellness Conference, St. Louis, MO, January 2016.
- 2015 Lucas T, Linsenmeyer W, Crisis management in relation to the unrest in Ferguson, Missouri, Current Issues in Higher Education, Saint Louis University, St. Louis, MO, June 2015.
- 2015 Linsenmeyer, W. Mindful eating and weight management. Saint Louis University Dietetic Internship, Saint Louis University, St. Louis, MO, September 2015.
- 2014 Linsenmeyer W, Grocery cart IQ, The Wilson School Speaker Series, St. Louis, MO, April 2014.
- 2014 Linsenmeyer, W. Mindful eating and weight management. Saint Louis University Dietetic Internship, Saint Louis University, St. Louis, MO, September 2014.

TEACHING EXPERIENCE

Thesis and Dissertation Mentorship

- 2025 Invisible No More: Understanding Transgender Health and Nutrition Disparities through the Canadian Community Health Survey. Student: Rowan Hollinger, Saint Louis University (Thesis). Role: Chair.

Eating Disorder Experiences of Transgender and Gender Diverse (TGD) and Black, Indigenous People of Color (BIPOC). Student: Finn Corkum-Plaster, Saint Louis University (Thesis). Role: Chair.

Development and Assessment of Fidelity for the GENDIET Program in Nutrition & Dietetics Students. Student: Emma Bigalke, Appalachian State University (Thesis). Role: Committee Member.
- 2022 Nutritional Considerations in the Care of Transgender and Gender-Diverse Individuals: Exploring the Knowledge, Attitudes, Beliefs, and Roles of Registered Dietitian Nutritionists and Nutrition Professions. Student: Jennifer M. Waters, Northern Illinois University (Dissertation), Role: Committee Member.

Implications of the Family Gender Environment on Food Security among Transgender and Gender Diverse Youth and Young Adults. Student: Sarah Bostic, Saint Louis University (Thesis). Role: Chair.
- 2019 Clinical Care Programs for Transgender Populations in the United States: Nutrition-Related Assessment Tools. Student: Michelle Wilson, Saint Louis University (Thesis). Role: Chair.

Saint Louis University

- 2025 Foundations in Nutrition, DIET 2080, Primary Instructor
Research Seminar I/II, DIET 4870/4880, Primary Instructor
Advanced Nutrition, DIET 3850, Primary Instructor
Nutrition Thesis, DIET 5990, Primary Instructor

2024	Foundations in Nutrition, DIET 2080, Primary Instructor Research Seminar I/II, DIET 4870/4880, Primary Instructor Advanced Nutrition, DIET 3850, Primary Instructor Nutrition Thesis, DIET 5990, Primary Instructor
2023	Foundations in Nutrition, DIET 2080, Primary Instructor Critical Readings of Research Material I/II, DIET 4870/4880, Primary Instructor Nutrition Capstone, DIET 5960, Primary Instructor
2022	Food Science, DIET 3600, Primary Instructor Foundations in Nutrition, DIET 2080, Primary Instructor Critical Readings of Research Material, DIET 4880, Primary Instructor
2021	Advanced Nutrition, DIET 3850, Primary Instructor Clinical Practicum Lab II, DIET 4160, Primary Instructor Bioenergetics of Athletic Performance, MAT 5160, Primary Instructor Foundations in Nutrition, DIET 2080, Primary Instructor
2020	Advanced Nutrition, DIET 3850, Primary Instructor Clinical Practicum Lab I, DIET 4110, Primary Instructor Clinical Practicum Lab II, DIET 4160, Primary Instructor Innovation in Dietetics Practice, DIET 5350, Primary Instructor Aspects of Nutrition in Physical Therapy, DPT 5137, Primary Instructor Bioenergetics of Athletic Performance, MAT 5160, Primary Instructor
2019	Advanced Nutrition, DIET 3850, Primary Instructor Foundations in Nutrition, DIET 2080, Primary Instructor Clinical Practicum Lab I, DIET 4110, Primary Instructor Clinical Practicum Lab II, DIET 4160, Primary Instructor Clinical Systems Management, DIET 5350, Primary Instructor Aspects of Nutrition in Physical Therapy, DPT 5137, Primary Instructor Bioenergetics of Athletic Performance, MAT 5160, Primary Instructor
2018	Advanced Nutrition, DIET 3850, Primary Instructor Foundations in Nutrition, DIET 2080, Primary Instructor Seminar in Dietetics Research, DIET 5870, Primary Instructor Clinical Practicum Lab I, DIET 4110, Primary Instructor Clinical Systems Management, DIET 5350, Primary Instructor Culinary Medicinal Herbs, DIET 4070/5070, Co-Instructor Nutrition Capstone, DIET 5960, Primary Instructor Nutrition Thesis, DIET 5990, Primary Instructor Aspects of Nutrition in Physical Therapy, DPT 5137, Primary Instructor Bioenergetics of Athletic Performance, MAT 5160, Primary Instructor
2017	Advanced Nutrition, DIET 3850, Co-Instructor Clinical Systems Management, DIET 5350, Primary Instructor Foundations in Nutrition, DIET 2080, Primary Instructor Nutrition Capstone, DIET 5960, Primary Instructor Pastry Lecture, DIET 4270, Primary Instructor Aspects of Nutrition in Physical Therapy, DPT 5137, Primary Instructor
2016	Foundations in Nutrition, DIET 2080, Primary Instructor Clinical Systems Management, DIET 5350, Primary Instructor Baking Lecture, DIET 4250, Primary Instructor Pastry Lecture, DIET 4270, Primary Instructor Culinary Medicinal Herbs, DIET 4070/5070, Primary Instructor

Bioenergetics of Athletic Performance, MAT 5160, Primary Instructor
 Aspects of Nutrition in Physical Therapy, DPT 5137, Primary Instructor
 Crossroads: Intro to Honors, HR 1900-02, Primary Instructor

2015 Foundations in Nutrition, DIET 2080, Primary Instructor
 Clinical Systems Management, DIET 535, Primary Instructor
 Dietetic Internship, DIET 5910, Course Coordinator
 Baking Lecture, DIET 4250, Primary Instructor
 Baking Lab, DIET 4250, Co-Instructor
 Pastry Lecture, DIET 4270, Primary Instructor
 Culinary Medicinal Herbs, DIET 4070/5070, Co-Instructor

2014 Nutrition in the Lifecycle, DIET 210, Primary Instructor
 Hot Topics in Nutrition, DIET 100, Co-Instructor
 Clinical Systems Management, DIET 535, Primary Instructor
 Dietetic Internship, DIET 5910, Course Coordinator
 Pastry Lecture, DIET 4270, Primary Instructor
 Culinary Medicinal Herbs, DIET 4070/5070, Co-Instructor

2013 Ethnic Meal Management, DIET 251, Co-Instructor

Prior Institutions

2012-2013 Nutrition for the Culinarian, HRM 128, St. Louis Community College, Primary Instructor

2013 Nutritional Science, SCI 156, The Art Institute of St. Louis, Primary Instructor

FACULTY DEVELOPMENT ACTIVITIES

2025 Teaching Fellowship, Reinert Center for Transformative Teaching and Learning, Saint Louis University

2024 Academic Portfolio Workshop, Reinert Center for Transformative Teaching and Learning, Saint Louis University

2022 Community Engagement Studios, Center for Community Health Partnership and Research, Institute of Clinical and Translational Sciences, Washington University in St. Louis

2021 BILCN Research Program, Saint Louis University

2019 Workload Release Program, Saint Louis University

2019 Online Teaching Seminar, Saint Louis University

2018 Small Group Instructional Feedback Session for DIET 3850, Saint Louis University

2017 Grantsmanship Workshop, Saint Louis University

2016 The Experiential Classroom, University of Florida at Gainesville

2016 19th Annual Academic Portfolio Retreat, Saint Louis University

2016 Winter Institute 2016: Thinking Critically, Thinking Creatively about Teaching, Saint Louis University

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| 2016 | Small Group Instructional Feedback Session for MAT 5160, Saint Louis University |
| 2013 | Online Teaching Skills Certificate, St. Louis Community College |