

**Kelly H. Webber, Ph.D., MPH, R.D.**  
Curriculum Vitae

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College of Agriculture, Food, and Environment  
School of Human Environmental Sciences  
Department of Dietetics and Human Nutrition  
University of Kentucky  
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**EDUCATION**

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- Ph.D.                    **University of North Carolina at Chapel Hill**, December 2007  
Gillings School of Global Public Health  
Major: Nutrition  
Dissertation Title: Evaluating the Efficacy of Internet Behavioral  
Motivational Interviewing Group Treatment for Weight Loss
- MPH                     **University of North Carolina at Chapel Hill**, May 2007  
Gillings School of Global Public Health  
Major: Nutrition, Coordinated Dietetics Program
- M.S.                    **North Carolina State University**, December 2000  
Major: Nutrition  
Thesis Title: The Applicability of the Transtheoretical Model of Behavior  
Change to the Eastern Band of Cherokee Indians for Diabetes Prevention
- B.S.                     **University of Kentucky**, December 1993  
Major: Botany

**PROFESSIONAL EXPERIENCE**

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- 2014-present            **Associate Professor & Director of Graduate Studies**  
Department of Dietetics and Human Nutrition  
School of Human Environmental Sciences  
College of Agriculture, Food, and Environment  
University of Kentucky, Lexington, Kentucky
- 2008 - 2013            **Assistant Professor & Graduate Faculty**  
Department of Dietetics and Human Nutrition  
School of Human Environmental Sciences  
College of Agriculture, Food, and Environment  
University of Kentucky, Lexington, Kentucky

2007                    **Adjunct Lecturer**  
 Department of Exercise and Sport Science  
 University of North Carolina at Chapel Hill  
 Chapel Hill, North Carolina

2007                    **Adjunct Lecturer**  
 Department of Human Environmental Sciences  
 Meredith College  
 Raleigh, North Carolina

2005-2006            **Graduate Research Assistant, Weight Loss Counselor**  
 Department of Nutrition  
 University of North Carolina at Chapel Hill  
 Chapel Hill, North Carolina

2002-2007            **Graduate Research Assistant**  
 Department of Nutrition  
 University of North Carolina at Chapel Hill  
 Chapel Hill, North Carolina

2001-2002            **Extension Associate**  
 North Carolina State University  
 Raleigh, North Carolina

## **PROFESSIONAL CREDENTIALS**

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Year	Organization	Credential	Number
2007-present	Commission on Dietetic Registration	Registered Dietitian	991139
2008-present	Kentucky Board of Licensure & Certification	Licensed Dietitian	123902

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## **RESEARCH**

### **GRANTS**

#### **Funded External Grants (nationally competitive)**

1. Vail, Ann [PI], Mullins, J. [Co-PI], **Webber, K** [Co-I], et al. *Collaborative Environmental Approaches to Reduce Obesity Disparities in Kentucky*. Centers for Disease Control and Prevention. **\$1.798 million**. Sept. 2014- Sept. 2017.

2. Rieske-Kinney, L (PI), **Webber KH** (Co-I), 2016-2018. Healthy People, Healthy Trees. USDA Farm Bill, **\$34,000**.
3. **Webber, KH [PI]**, Schoenberg N [Co-I], Fardo D [Co-I], Rose, SA [Co-I], Mays, G [Co-I]. 2013-2014. *Enhancing Internet behavioral weight loss programs with portion controlled foods*. NIH R56, **\$348,500**, Sept. 2013- Feb. 2015.
4. **Webber, KH [PI]**, Rose, SA [Co-I]. 2010-2011. *The Effect of a Behavioral Weight Loss Program with Nutrisystem Meal Provision on Change in Weight, Fasting Blood Glucose, Cholesterol, and Blood Pressure over 12 weeks*. The Obesity Society and Nutrisystem Inc. **\$25,000**. As the PI, I recruited and screened participants, developed the website and lessons, conducted orientation and initial group weight loss sessions, collected and analyzed the data.
5. Rose, SA [PI], **Webber, KH [Co-I]**. 2011-2013. *Improvement in Patient and Provider Self-efficacy in Weight Loss in Primary Care*. The Obesity Society and Nutrisystem Inc. **\$25,000**. My main responsibility in this project is training the physician participants in delivering motivational interviewing weight loss counseling to patients.
6. Dignan, M [PI-UK], Schoenberg, N [PI-UK], **Webber, KH [Co-I]**, Shelton, B [Co-I], Paskett, E [PI-OSU], Buckworth, J [Co-I], Katz, M [Co-I], Lengerich [PI-PSU], Lesko, S [PI-NERCI], Kennedy, S [PI-WVU], Roberto, K [PI-VTU]. 09/01/2010-08/31/17. *Appalachia Community Cancer Network II U54*. National Cancer Institute. **\$6.135 million** (~one-third of funding stays at UK).

**Funded Internal Grants (internally competitive)**

1. Rieske-Kinney L, Bibbs G, Radtke R, Segura C, **Webber K**, 2017. Connectivity promotes community: Refurbishing a major pedestrian conduit to improve safety, aesthetics, and sustainability. University of Kentucky Sustainability Challenge Grant, **\$20,000**.
2. Fettrow, L (PI), **Webber KH** (research mentor), 2015. *Promoting healthy eating among members of the Boys & Girls Club of Greater Kentucky*. University of Kentucky Center for Clinical and Translational Science (CCTS) Small Grants Program, **\$5,000**.
3. **Webber, KH**, 2013. *Emotional Brain Training for Weight Loss*. Research Activity Award, College of Agriculture, Food, and the Environment, University of Kentucky. **\$2,500**.
4. **Webber, KH**. 2010. *Assessment of Weight Change in College Students*. Research Activity Award, College of Agriculture, University of Kentucky. **\$2,625**.
5. **Webber, KH**. 2008-2009. *Appalachian Weight Loss Survey*. Health Education through Extension Leadership Grant, University of Kentucky, **\$10,000**.

**Proposals Pending Decision (nationally competitive)**

1. Webber K (PI), Plasencia J (Co-I), Samuel J (Co-I), Werner-Wilson R (Co-I). Involving fathers in childhood obesity prevention programs. National Institutes of Health, R21. \$280,000. October 2016.

**Proposals Pending Decision (internally competitive)**

**Unfunded External Grants (nationally competitive)**

1. **Webber, Kelly** [PI], Schoenberg N [Co-I], Keller P [Co-I], Cardarelli R [Co-I], Westgate P [Co-I]. Exploring new behavioral approaches for decreasing obesity and risk of cardiovascular disease. National Institutes of Health. \$2.66 million. November, 2015. (re-submission)
2. **Webber, Kelly** [PI], Schoenberg N [Co-I], Cardarelli R [Co-I], Westgate P [Co-I]. Exploring new behavioral approaches for decreasing obesity and risk of cardiovascular disease. National Institutes of Health. \$2.7 million. February, 2015.
3. Smyth, Susan [PI], University of Kentucky Strategically Focused Prevention Network. Subproject, led by Nancy Schoenberg, *Cardiovascular Disease Risk Reduction in Socioeconomically Austere Rural Environments*. American Heart Association. \$3.7 million. February, 2014.
4. Schoenberg, N [PI], Studts, CR [Co-I], **Webber, KH** [Co-I], Bush, H [Co-I]. 2012. *Put it out & keep it off: An Appalachian CBPR smoking & weight control program*. NIH. RO1. \$2.4 million.
5. **Webber, KH** [PI], Stephenson, T [Co-I], Combs, E [Co-I], Forsythe, H [Co-I]. 2012. *Development of Realistic and Professional Counseling Simulations and Related Online Learning Modules*. Commission on Dietetic Registration, \$72,085
6. **Webber, KH** [PI], Schoenberg, N [Co-I], Fardo D [Co-I], Rose, SA [Co-I], Mays, G [Co-I]. 2012. *Enhancing Internet behavioral weight loss programs with portion controlled foods*. NIH R01, \$2.19 million.
7. Cassis, L [PI], Kern, P [Co-I], Morris, A [Co-I], Charnigo, R [Co-I], **Webber, KH** [Co-I], et al. 2011. P30 Kentucky Nutrition and Obesity Research Center. NIH.
8. Murray, D [PI], **Webber, KH** [Co-I], Kurzynske, J [Co-I], Ward, D [Co-I], Clasey, J [Co-I], Real, K [Co-I], Anyaegbunam, C [Co-I]. 2011. *A Multilevel Community Approach to Understanding and Preventing Early Childhood Obesity: Creating Ideal (Identifying Dietary, Environmental, and Lifestyle Factors) for Community Action*, USDA, \$2.5 million.
9. Bruckner, G [PI], **Webber, KH** [Co-I], Thomas, T [Co-I], Feltner, F [Co-I], Clasey, J [Co-I], Rose, S [Co-I], Radulescu, A [Co-I], Dignan, M [Co-I]. 2011. *Impact of Student*

*Health Navigators on Promoting Changes in Health Behaviors of Pre and Adolescent Children in Appalachian Communities*, USDA, \$2.5 million.

10. Murray, D [PI], Gustafson, A [Co-I], Real, K [Co-I], **Webber, KH [Co-I]**. 2011. *Magoffin County CAN! A Community-Centered Approach for Reducing Obesity and Related Risk Factors*, CDC, \$6.725 million.
11. **Webber, KH [PI]**, Dignan, M [Co-I], Stoops, W [Co-I]. 2010. *Contingency Management for Self-monitoring and Weight Loss*, NIH R21, \$374,000.
12. **Webber, KH [PI]**, Tietyen, J [Co-I], Bush, H [Co-I], Tate, D [Co-I]. 2010. *Development and testing of behavioral weight loss treatment for Appalachian adults*. American Heart Association, \$308,000 (resubmission).
13. Swanson, M [PI], **Webber, KH [Co-I]**, Dignan, M [Co-I], Huang, B [Co-I]. 2010. *Promoting Healthy Eating among Colorectal Cancer Survivors*, NIH, R21, \$250,000.
14. Davis, A [PI], **Webber, KH [Co-I]**, Hu, W [Co-I], Clasey, J [Co-I]. 2009. *Are Financial Incentives Necessary in the Fight Against Childhood Obesity?* NIH, R21, \$250,000.
15. Davis, A [PI], **Webber, KH [Co-I]**, Hu, W [Co-I], Clasey, J [Co-I]. 2009. *Are Financial Incentives Necessary in the Fight Against Childhood Obesity?* CSREES AFRI, \$821,065.
16. **Webber, KH [PI]**, Tietyen, J [Co-I]. 2009. *Development and testing of behavioral weight loss treatment for Appalachian adults*. American Heart Association, \$308,000.
17. Rose, S [PI], **Webber, KH [Co-I]**, Murray, D [Co-I]. 2009. *Evaluating the Impact of a Built Environment Intervention on the Physical Activity of Children within the Context of a Family and Community Support System*. Robert Wood Johnson Foundation, \$150,000.
18. **Webber, KH [PI]**, Tietyen, J. 2009. *A comparison of two self-directed behavioral weight loss treatments for adults in Appalachian Kentucky*. NIH Challenge Grant, \$ 470,927
19. **Webber, KH [PI]**, Kurzynske, J [Co-I], Forsythe, H [Co-I]. 2008. *Unintended Consequences of Kentucky's School Foods Policy SB 172*. Robert Wood Johnson Foundation, \$99,998.
20. Roseman, M [PI], **Webber, KH [Co-I]**. 2008. *Study of a Behavioral Economics Intervention on Healthy Menu Choices*. Economic Research Service. \$50,000.

**Unfunded Internal Grants (internally competitive)**

1. **Webber, KH [Co-PI]**, Ickes, M [Co-PI], Rose, S [Co-I], Radulescu, A [Co-I], Vazsonyi, A [Co-I]. 2013. *Does the addition of text messaging improve the outcomes of the*

*Shapedown Weight Management for Teens?* University of Kentucky Center for Clinical and Translational Sciences. \$50,000.

2. Gustafson, A [PI], **Webber KH [Co-I]**. 2011. *Project GO! Web Based Learning for Improved Childhood Health Behaviors: A Catholic Elementary School Pilot*, University of Kentucky Center for Clinical and Translational Sciences, \$25,000.
3. Wood, N [PI], **Webber, KH [Co-I]**. 2011. *Testing mediation/moderation effects of attachment environments between daily stress and dietary intake*, University of Kentucky Center for Clinical and Translational Sciences, \$25,000.
4. Smith, L [PI], Murray, D [Co-I], **Webber, KH [Co-I]**, Peritore, N [Co-I]. 2011. *Building Partnerships to Promote Child Health in Appalachia: A Family Focused Community-Based Participatory Project*, University of Kentucky and Ohio State University Center for Clinical and Translational Sciences, \$50,000.

## **PUBLICATIONS**

### **Peer-Reviewed Journal Articles** ^corresponding author, \*student author

1. **Webber KH**, Mellin L, Mayes L, Mitrovic I, Saulnier M\*. Pilot Investigation of Two Non-Diet Approaches to Improve Weight and Health. *Alternative Therapies in Health and Medicine*. Accepted 2016. In Press.
2. **Webber KH**, Casey E\*, Mayes L, Katsumata Y\*, Mellin L. A comparison of a standard behavioral weight loss program to a stress management program: Results from a pilot study. *Nutrition Journal*, 2016; 32:904-909. <http://dx.doi.org/10.1016/j.nut.2016.01.008>
3. Stephenson T, Mayes L, Combs E, and **Webber K**. Developing Communication Skills of Undergraduate Students through Innovative Teaching Approaches. *Journal of the North American Association of Colleges and Teachers of Agriculture (NACTA) Journal*, 59 (4), December 2015.
4. **Webber KH**, Vaught J\*, Ireland-Stoess A\*, Forsythe H, Kurzynske J. Diet Quality of Collegiate Athletes. *College Student Journal*. Vol. 49 (2). June 2015.
5. Stephenson TJ, Mayes L\*, Stephenson L, **Webber KH**. *Plate It Up! Kentucky Proud: A case study of a local food system fruit and vegetable point of purchase social marketing campaign*. *Cases in Public Health Communication and Marketing*, Volume 7. 2014.
6. ^**Webber KH**, Rose SA. A pilot Internet-based behavioral weight loss intervention with or without commercially available portion-controlled foods. *Obesity* (2013) 21, E354-E359. doi:10.1002/oby.20331.
7. ^**Webber KH**, Stephenson TJ, Mayes L\*, Stephenson L. Characteristics of farmers market patrons: implications for promoting consumption of locally-grown produce. *World Applied Sciences Journal*, 23 (2): 267-271, 2013.

8. Stephenson TJ, Peritore N, **Webber K**, Kurzynske J. A Learner-Centered Teaching Model Integrating Undergraduate Research and Service Learning. *North America Colleges and Teachers of Agriculture Journal*, September, 2013, pp. 40-46.
9. **Webber, KH**, Quintiliani, L. Development of a weight loss program for Appalachian Kentucky adults: a formative research survey. *Family and Consumer Sciences Research Journal*, 2011, 40:74-84.
10. **Webber KH**, Lee E\*. The Diet Quality of Adult U.S. Women Participating in a Behavioral Weight Loss Program. *Journal of Human Nutrition and Dietetics*, 2011, 24:360-369.
11. **Webber KH**, Gabriele JM, Tate DF, Dignan MB. The effect of a motivational intervention on weight loss is moderated by level of baseline controlled motivation. *International Journal of Behavioral Nutrition and Physical Activity*, 2010, 7:4.
12. **Webber KH**, Tate DF, Ward, DS, Bowling JM. Motivation, adherence, and weight loss in a 16-week Internet behavioral weight loss intervention. *Journal of Nutrition Education and Behavior*, 2010, 42:161-167.
13. **Webber KH**, Tate DF, Quintiliani LM. Motivational interviewing in Internet groups: A pilot study for weight loss. *Journal of the American Dietetic Association*, 2008, 108:1029-1032.
14. **Webber KH**, Tate DF, Bowling JM. A Randomized Comparison of Two Motivationally Enhanced Internet Weight Loss Programs. *Behaviour Research and Therapy*, 2008, 46:1090–1095.
15. Carpenter WR, Beskow LM, Blocker DE, Forlenza MJ, Kim AE, Pevzner ES, Rose JM, Tran AN, **Webber KH**, Knight K, and O'Malley MS. Towards a more comprehensive understanding of cancer burden in North Carolina: Priorities for intervention. *North Carolina Medical Journal*, 2008, 69:275-282.
16. Quintiliani LM, Campbell MK, Hanes PS, **Webber KH**. The use of the pile sort method in identifying groups of healthy lifestyle behaviors among female community college students. *Journal of the American Dietetic Association*, 2008, 108:1503-1507.
17. Dunn C, Thomas C, Ward D, Pegram L, Schmal S, **Webber K**, Cullitan C, Mustian D. Design and implementation of a nutrition and physical activity curriculum for child care settings. *Preventing Chronic Disease* (on-line pub), April 2006.

1. Gustafson A, McGladrey M, **Webber K**, Peritore N, Butterworth B, Vail A. Examining key stakeholder and community residents understanding of environmental influences to inform place-based interventions to reduce obesity in rural communities, Kentucky 2015. *Journal of Rural Health*.
2. Gustafson A, DeWitt E, McGladrey M, Lui E, Peritore N, **Webber K**, Butterworth B, Vail A. Social Marketing Campaign at Farmers' Markets as a Way to Encourage Fruit and Vegetable Purchases Among Rural Obese Counties, Kentucky, 2015-2016. *Preventing Chronic Disease*.

**Peer-Reviewed Presentations, Posters, and Published Abstracts** \*student author

1. Casey E\*, Bastin S, **Webber K**. Identifying and Targeting Population-Specific Barriers: Strategies for a Weight Loss Web-App in Rural Kentucky. ATRN Summit, Cincinnati, OH. November 2016.
2. **Webber KH**, Casey E\*, Gustafson A, Bastin S. Phone app development: Promoting healthy behaviors in a rural obese population. 15<sup>th</sup> Annual Meeting, International Society of Behavioral Nutrition and Physical Activity, Cape Town, South Africa, June 2016, poster.
3. Kurzynske J, Ludwig E\*, **Webber K**, Forsythe H. Fruit and vegetable consumption of Division I collegiate football and volleyball players pre and post deregulation of snacks. Society of Nutrition Education and Behavior Annual Meeting, San Diego, CA, July 2016, poster.
4. Ashton E\*, **Webber K**, Schwartz A, and Stephenson T. The Effects of a 16-week Introductory Nutrition Course on the Dietary Habits and Body Composition of College Students. Society for Nutrition Education and Behavior Annual Meeting, San Diego, CA, July 2016.
5. Cardarelli KM, Brewer D, Peritore N, **Webber K**, Carman A, McGladrey M. Multi-sector collaboration to reduce obesity disparities in rural Kentucky. Kentucky Public Health Association, Owensboro, KY, April 2016, presentation.
6. **Webber K**, Mayes L, Frassetto L, Mitrovic I, Schoenberg N, Mellin L. Short-term stress management program produces improvements in BMI, blood pressure, depression, perceived stress, and quality of life. Barnstable Brown Diabetes and Obesity Center Annual Research Day, Lexington, KY, May 2016, poster.
7. **Webber K**, Mayes L, Frassetto L, Mitrovic I, Schoenberg N, Mellin L. Short-term stress management program produces improvements in BMI, blood pressure, depression, perceived stress, and quality of life. Annual Meeting, Obesity Society, Boston, MA, Nov. 2014, poster.



8. Vaught J\*, **Webber K**, Mellin L, Barry-Greb T, Greene B\*. Exploring new approaches for weight loss maintenance. SEC Symposium, Atlanta, GA, Sept. 2014.
9. **Webber K**, Mellin L, Barry-Greb T, Vaught J\*, Greene B\*. A Stress Management-Based Approach to Weight Loss Produces Changes in Weight, Blood Pressure, and Perceived Stress. 13<sup>th</sup> Annual Meeting, International Society of Behavioral Nutrition and Physical Activity, San Diego, CA, May 2014, poster.
10. Kurzynske J, **Webber K**, Forsythe H, Fowler M\*. Quick Methods for Determining Body Composition in Diverse Populations. International Society for Body Composition Research. 10th Triennial Symposium, Lisbon, Portugal. June 2014, poster.
11. Rose SA, **Webber KH**. Relationship between obesity and comorbidities. SSGIM Annual Meeting 2014, New Orleans, LA, poster.
12. S Schuetz\*, C Masero\*, D Zephyr, K Real, **K Webber**, S Rose. Relationship between Obesity and Comorbidities and Weight Loss Motivation. SSGIM Annual Meeting 2014, New Orleans, LA, presentation.
13. **Webber KH**, Stephenson T, Combs E. Development of an Interactive Dietetics Counseling Course. Annual Meeting of the Academy of Nutrition and Dietetics. Oct. 2013. Houston, TX, poster.
14. Rose SA, **Webber KH**. Improvement in Provider and Patient Self-Efficacy in Weight Loss in Primary Care. Obesity Society Annual Meeting, Atlanta, GA, poster, 2013.
15. Rose SA, Zephyr D, Smith T, Masero C\*, **Webber K**. Motivation, Self-efficacy, and Weight Loss in a Clinic-based Weight Loss Program. Society of General Internal Medicine Annual Meeting, 2013, presentation.
16. **Webber KH**, Ireland A\*, Kurzynske J, Forsythe H. Diet Quality in Collegiate Athletes. International Conference on Sport and Society, Chicago, IL, June 2013, poster.
17. **Webber KH**, Rose SA. An Internet-Based Behavioral Weight Loss Intervention with or without Commercially Available Portion-Controlled Foods: A Pilot Study. Annual Barnstable Brown Diabetes and Obesity Research Day, UK, May, 2012, poster.
18. Foster M\*, **Webber KH**. Availability of Nutritional Information in Dining Facilities at the University of Kentucky. 8<sup>th</sup> Annual Meeting, Center for Clinical and Translational Sciences, University of Kentucky, March 2012, poster.
19. Rose SA, Shen S, **Webber K**. Motivation, self-efficacy, and perceived autonomy support in a group of patients enrolled in a clinic-based behavioral weight loss program. Annual Barnstable Brown Diabetes and Obesity Research Day, UK, May, 2012, poster.

20. Peritore N, Montgomery S, **Webber KH**, Reeves C, Murray D. Utilizing America on the Move - Bringing Physical Activity into Low Income Communities. The 15<sup>th</sup> Annual Priester Conference, Washington D.C., April 2012, presentation.
21. Hagan KA\*, **Webber KH**, Gustafson A, Addo K. Breast Cancer Trends Among Kentucky Women, 2004-2007. Health Equity Summit II, Louisville, KY, April 2012, poster. **Outstanding student poster award.**
22. **Webber KH**, Rose SA. An Internet-Based Behavioral Weight Loss Intervention with or without Commercially Available Portion-Controlled Foods: A Pilot Study. Annual UK CCTS Conference, March, 2012, poster.
23. Rose SA, Shen S, **Webber K**. Motivation, self-efficacy, and perceived autonomy support in a group of patients enrolled in a clinic-based behavioral weight loss program. Society of General Internal Medicine Annual Meeting. Orlando, FL, May 2012, poster.
24. **Webber KH**, Rose SA. An Internet-Based Behavioral Weight Loss Intervention with or without Commercially Available Portion-Controlled Foods: A Pilot Study. The 29<sup>th</sup> Annual Scientific Meeting of The Obesity Society, Orlando, FL, October 2011, poster.
25. Wong, FV.\*, **Webber KH**, Kidwell B. The Associations among Eating Behaviors, Emotional Intelligence and Body Mass Index in Female College Students. The 29<sup>th</sup> Annual Meeting of The Obesity Society, Orlando, FL, October 2011, poster.
26. Stephenson T, **Webber KH**, Doggett D, Bentley K\*, Ernst J\*, Oduro H\*. Educating future dietitians and health professionals through integration of a service learning project in multiple classes and across disciplines: Student attitudes towards Second Sunday Service Learning Project. Annual Meeting, American Dietetic Association, San Diego, CA, September 2011, poster.
27. Hagan K\*, **Webber KH**. Breast Cancer Trends among Appalachian Versus non-Appalachian Kentucky Women. 13<sup>th</sup> Annual Conference of the Kentucky Rural Health Association. Bowling Green, KY, July 2011, poster.
28. **Webber KH**, Werner-Wilson R, Oliver V\*, Perry M\*. Two low-intensity interventions for weight maintenance in college students. 10<sup>th</sup> Annual Meeting, International Society of Behavioral Nutrition and Physical Activity, Melbourne, Australia, June 2011, poster.
29. **Webber KH**, Quintiliani LM. Developing a weight loss intervention for Appalachian adults: A descriptive survey. 6<sup>th</sup> Annual Meeting, Center for Clinical and Translational Sciences, University of Kentucky, April 2011, poster.
30. Hoisington R, **Webber KH**, Bosaw S. Project GO! Web Based Learning for Improved Childhood Health Behaviors: A Catholic Elementary School Pilot. 17<sup>th</sup> Annual Practice-Based Research Network Conference, Lexington, KY, April 2011, poster.

31. Peritore N\*, **Webber KH**, Murray D, Kurzynske J, Doggett D, Purschwitz M. Families on the Move- Physical Activity Can Be Family Time. RWJF Active Living Research Annual Conference, San Diego, CA, Feb. 2011, poster.
32. **Webber KH**, Willett E\*. A behavioral weight loss intervention uses journal writing to enhance weight loss. Annual Meeting, American Dietetic Association, Boston, MA, November 2010, poster.
33. Murphy M\*, Mullins JT, **Webber KH**. Do Wellness Policies Create a Healthier School Environment? A Kentucky Policy Analysis. Annual Meeting, American Dietetic Association, Boston, MA, November 2010, poster.
34. **Webber KH**, Bryla-McNees K, Moseley H, Ensslin K\*. A pilot study to determine the effectiveness of delivering a behavioral weight loss program via a human-supported web-based program. 9<sup>th</sup> Annual Meeting, International Society of Behavioral Nutrition and Physical Activity, Minneapolis, MN, June 2010, poster.
35. **Webber KH**, Quintiliani LM. Developing a weight loss intervention for Appalachian adults: A descriptive survey. 43<sup>rd</sup> Annual Meeting, Society of Nutrition Education, Reno, NV, July 2010, poster.
36. Lee E\*, **Webber KH**. Impact of a 16-week behavioral weight loss program on diet quality. Annual Meeting, Experimental Biology, Los Angeles, CA, April 2010, poster.
37. **Webber KH**, Gabriele JM, Tate DF, Dignan M. Enhancing motivation in a weight loss intervention. 5<sup>th</sup> Annual Meeting, Center for Clinical and Translational Sciences, University of Kentucky, March 2010, presentation.
38. **Webber KH**, Gabriele JM, Tate DF, Dignan M. Enhancing motivation in a weight loss intervention. 8<sup>th</sup> Annual Meeting, International Society of Behavioral Nutrition and Physical Activity, Lisbon, Portugal, June 2009, poster.
39. **Webber KH**, Tate DF. The impact of motivational treatment on early motivation and weight loss. 30<sup>th</sup> Annual Meeting, Society of Behavioral Medicine, Montreal, Canada, April 2009, presentation.
40. **Webber KH**, Tate DF, Ward DS, Bowling JM. Relationships Among Motivation, Adherence, and Weight Loss in a 16-week Internet Behavioral Weight Loss Intervention. 29<sup>th</sup> Annual Meeting, Society of Behavioral Medicine, San Diego, CA, March 2008, presentation.
41. **Webber KH**, Tate DF. Comparison of two Internet weight loss programs enhanced by motivational interviewing. 28<sup>th</sup> Annual Meeting, Society of Behavioral Medicine, Washington, DC, March 2007, presentation.

42. **Webber K**, Tate D. Motivational interviewing in Internet groups: A pilot study for weight loss. 27<sup>th</sup> Annual Meeting, Society of Behavioral Medicine, San Francisco, CA, March 2006, poster.

**Presentations/ Posters/ Published Abstracts under review** \*student author

1. **Webber KH**, Lengerich E, Lesko S, Roberto K, Kennedy S, Paskett E, Baltic R, Young G. Diet Quality in a Rural U.S. Population. 16<sup>th</sup> Annual Meeting, International Society of Behavioral Nutrition and Physical Activity, Victoria, BC, Canada. Submitted Dec. 2016.
2. Lee T\*, **Webber KH**. Comparing Mindfulness-Based Weight Management to Current Standard Practices. Annual Meeting of the Society of Behavioral Medicine, San Diego, CA. Submitted Dec. 2016.

**Press Coverage of Research Outcomes**

“How to Build Confidence in Yourself”, June 27, 2016

<https://www.verywell.com/how-to-build-confidence-in-yourself-3495184>

“Is De-Stressing the Key to Weight Loss?” Feb. 25, 2014, Women’s Health

<http://www.womenshealthmag.com/weight-loss/managing-stress>

“Activate Your Motivation Button” pg. 75-80, Fitness Magazine, Nov/Dec 2012

“Keep Your Drive Alive” pg. 118, Women’s Health Magazine, March 2012

“Attacking Obesity” October 6, 2011

<http://egmnblog.wordpress.com/2011/10/06/attacking-obesity/>

“Nutrisystem Studies to be Presented at the Obesity Society Annual Conference” The Miami Herald, September 19, 2011

Motivation, Behavior Change, and Weight Management: *Motivation-enforced weight loss programs conducted via the Internet may be the silver bullet for the nation’s obesity epidemic*” DukeMedicine Health News, June 2011.

“How do I Have the Determination to Lose Weight?” June 14, 2011

<http://www.livestrong.com/article/311276-how-do-i-have-the-determination-to-lose-weight/>

“Motivation Matters in Weight Loss Efforts” June 21, 2011

<http://70.32.73.82/blog/category/health-wellness/weight-loss/page/2/>

“UK researcher studies link between motivation and weight loss” May 18, 2011

<http://www.ca.uky.edu/news/?c=n&d=618>

“The diet quality of adult women participating in a behavioural weight-loss programme” March 25, 2011

<http://www.bioportfolio.com/news/article/563578/The-Diet-Quality-Of-Adult-Women-Participating-In-A-Behavioural-Weight-loss.html>

“Eat-right Flash” pg. 110, Self Magazine, September 2010

“Stick-With-It-Secrets” pg. 91, Fitness Magazine, September 2010

“The Key to Weight Loss? Write It Down” May 10, 2010

<http://www.rodale.com/motivation-lose-weight>

“5 Ways to Crash Diet: What’s New What’s Safe” May 25, 2010

<http://shine.yahoo.com/event/bikini/5-ways-to-crash-dieta-whats-new-whats-safe-1539198>

“Diet diary key to weight loss” April 28, 2010

<http://www.brisbanetimes.com.au/lifestyle/diet-and-fitness/diet-diary-key-to-weight-loss-20100428-tqp3.html>

“What’s Motivation Got to Do with Weight Loss?” April 26, 2010

[http://www.elsevier.com/wps/find/authored\\_newsitem.cws\\_home/companynews05\\_01509](http://www.elsevier.com/wps/find/authored_newsitem.cws_home/companynews05_01509)

“Motivation a Major Factor in Successful Weight Loss” April 25, 2010

<http://www.emaxhealth.com/1506/motivation-major-factor-successful-weight-loss.html>

Daily food journal key to losing weight: study” April 28, 2010

<http://news.nationalpost.com/tag/weight-loss/>

“Want to lose weight? Keep a journal of what you eat” April 28, 2010

<http://www.foxnews.com/health/2010/04/28/want-lose-weight-journal-eat/>

<http://216.64.210.36/articles/news-want-to-lose-weight-keep-a-journal-of-what-you-eat.htm>

<http://www.health.am/weightloss/more/want-to-lose-weight-keep-a-journal/>

[http://www.chinadaily.com.cn/world/2010-04/28/content\\_9785065.htm](http://www.chinadaily.com.cn/world/2010-04/28/content_9785065.htm)

“Diet diary key to weight loss” April 28, 2010

<http://www.smh.com.au/lifestyle/diet-and-fitness/diet-diary-key-to-weight-loss-20100428-tqp3.html>

“What’s Motivation Got to Do with Weight Loss?”

<http://www.newsrx.com/press-releases/10719.html>

“Types of Journal Writing”

[http://www.ehow.com/list\\_6469137\\_types-journal-writing.html](http://www.ehow.com/list_6469137_types-journal-writing.html)

“Write down what you eat to lose weight”

<http://www.weightlossny.com/blog/write-down-what-you-eat-to-lose-weight>

“Motivational Interviewing Via the Internet” Reprinted from *Eating Disorders Review*  
January/February 2009 Volume 20, Number 3

[http://www.eatingdisordersreview.com/nl/nl\\_edr\\_20\\_3\\_8.html](http://www.eatingdisordersreview.com/nl/nl_edr_20_3_8.html)

## **INVITED PRESENTATIONS**

- December 2016      Food Addiction and Stress. 2016 International Society of Neurogastronomy Symposium. Lexington, KY.
- December 2016      Development of an app to promote healthy weight behaviors in rural Kentucky. School of Human Environmental Sciences Research Presentation. Lexington, KY.
- May 2016            Short-term stress management intervention produces improvements in BMI, blood pressure, stress, depression, and quality of life. Barnstable Brown Diabetes and Obesity Center Annual Research Day. Lexington, KY.
- March 2014         Short-term Emotional Brain Training (EBT) Intervention Decreases Stress, Weight, and Blood Pressure. Annual Meeting of EBT providers, San Francisco, CA.
- October 2012        What is motivation and how does it apply to everyday life? Phi U Conclave, Lexington, KY.
- March 2012         Addressing patient motivation in a behavioral weight loss program. Weight Management Dietetics Practice Group Annual Symposium. Las Vegas, NV.
- October 2011        Motivational and Behavioral Aspects of Obesity Treatment. University of Kentucky, Grand Rounds. Lexington, KY.
- February 2011      An introduction to Motivational Interviewing. Bluegrass District Dietetic Association Annual Conference. Lexington, KY.
- February 2011      Self-monitoring and weight loss. WTVQ Health news segment. Lexington, KY.
- July 2010            Second Sunday Policy Implications, Growing Healthy Kids Conference. Lexington, KY.
- September 2010    Results of a Motivation-based Weight Loss Intervention. Kentucky Association of State Extension Professionals. Lexington, KY.
- May 2009            Maximizing Patient Engagement: Successful Strategies for Keeping Patients Motivated. Conference on Early Detection & Management of Metabolic Syndrome to Reduce Obesity, Cardiovascular Disease & Diabetes. Las Vegas, NV.

## TEACHING

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### Courses Taught

<b>Course</b>	<b>Semester Taught</b>	<b>Enrollment</b>
DHN 600 <i>Research Methods in Nutrition and Food Systems</i>	Spring 2017	9
DHN 774 <i>Current Topics in Nutrition and Food Systems</i>	Fall 2016	7
DHN 774 <i>Current Topics in Nutrition and Food Systems</i>	Spring 2016	5
DHN 600 <i>Research Methods in Nutrition and Food Systems</i>	Spring 2016	9
DHN 600 <i>Research Methods in Nutrition and Food Systems</i>	Spring 2015	8
DHN 772 <i>Current Topics in Dietetics and Hospitality Man.</i>	Spring 2014	9
DHN 514 <i>Dietetics Counseling and Communications</i>	Fall 2013	53
DHN 408G <i>Seminar in Dietetics and Nutrition</i>	Spring 2013	26
DHN 772 <i>Current Topics in Dietetics and Hospitality Man.</i>	Spring 2013	13
NFS 408G <i>Seminar in Dietetics and Nutrition</i>	Fall 2012	22
NFS 514 <i>Dietetics Counseling and Communications</i>	Fall 2012	41
NFS 408G	Spring	23



<i>Seminar in Dietetics and Nutrition</i>	2012	
NFS 772	Spring	9
<i>Current Topics in Dietetics and Hospitality Man.</i>	2012	
NFS 514	Fall	51
<i>Dietetics Counseling and Communications</i>	2011	
NFS 772	Spring	10
<i>Current Topics in Dietetics and Hospitality Man.</i>	2011	
NFS 101	Spring	300
<i>Human Nutrition and Wellness</i>	2011	
NFS 101	Fall	300
<i>Human Nutrition and Wellness</i>	2010	
NFS 514	Fall	44
<i>Dietetics Counseling and Communications</i>	2010	
NFS 101	Spring	300
<i>Human Nutrition and Wellness</i>	2010	
NFS 514	Fall	32
<i>Dietetics Counseling and Communications</i>	2009	
NFS 101	Fall	300
<i>Human Nutrition and Wellness</i>	2009	
NFS 101	Spring	300
<i>Human Nutrition and Wellness</i>	2009	
NFS 514	Fall	46
<i>Dietetics Counseling and Communications</i>	2008	
NFS 101	Fall	300
<i>Human Nutrition and Wellness</i>	2008	
NFS 101	Spring	300
<i>Human Nutrition and Wellness</i>	2008	

## ADVISING AND GRADUATE COMMITTEE SERVICE

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### GRADUATE STUDENT Advising Summary- Dietetics and Human Nutrition

<b>Master's Thesis Advisor</b>		
<b>Year</b>	<b>Thesis Defense Status</b>	<b>Student</b>
2009	Defended	Laura Walters
2010	Defended	Eunkyung Lee
2010	Defended	Erin Murnan
2010	Defended	Rachel Bayette
2011	Defended	Feai-voon Wong
2011	Defended	Sheena Patel
2011	Defended	Phil Pruett
2011	Defended	Kara Hagan
2013	Defended	Ann Armes
2013	Defended	Amanda Ireland
2013	Defended	Lindsey Mayes
2013	Defended	Taylor Stauble
2014	Defended	Aaron Schwartz
2014	Defended	Joy Vaught
2014	Defended	Bailey Greene
2014	Defended	Shawn Smith
2015	Defended	Matthew Majors
2015	Defended	John Rupp
2017	In progress	Erin Casey
2017	In progress	Teresa Lee
2017	In progress	Leslie Hildesheim
2017	In progress	Thomas Ard
<b>Master's Thesis Committees</b>		
<b>Year</b>	<b>Thesis Defense Status</b>	<b>Student</b>
2009	Defended	Maggie Murphy
2009	Defended	Hannah Thornton
2009	Defended	Christina Ashe Hiten
2010	Defended	Jessica Coffie
2010	Defended	Julie Peterson
2010	Defended	Jennifer Boyee
2011	Defended	Poonam Mahajan
2012	Defended	Adrienne Baker
2012	Defended	Kate Perkins
2012	Defended	Chris Morris
2013	Defended	Sarah Lewis
2014	Defended	Lila Farnsworth
2014	Defended	Jean Najor
2015	Defended	Whitney Asher

2015	Defended	Lindsey Goderwis
2015	Defended	Laura Tincher
2015	Defended	Emily Ludwig
2016	Defended	Mollie Dawahare
2016	Defended	Sean O’Nan
2016	Defended	Mandee Martin
2016	Defended	Brooke Butterworth
2017	In progress	Emily Ashton

<b>Doctoral Thesis Committees</b>		
<b>Year</b>	<b>Dissertation Defense Status</b>	<b>Student</b>
2014-2016	In Progress	Srihari Seshadri

  

<b>Doctoral Committee External Reviewer</b>		
<b>Year</b>	<b>Dissertation Defense Status</b>	<b>Student</b>
2016	Defended	Karina Christopher

**UNDERGRADUATE Student Advising Summary- Dietetics and Human Nutrition**

<b>Year</b>	<b>Number of Advisees Spring Semester</b>	<b>Number of Advisees Fall Semester</b>
2013	34	21
2012	26	47
2011	0	0
2010	32	40
2009	21	21
2008	0	9

**AWARDS AND HONORS**

<b>2016</b>	Selected to be a Global Thinking Fellow (Univ. of FL)
<b>2016</b>	Wethington Award, Department of Dietetics and Human Nutrition
<b>2016</b>	Elected as a University Faculty Senator from the CAFE
<b>2015</b>	Wethington Award, Department of Dietetics and Human Nutrition

- 2014** One of six representatives from the University of Kentucky to be selected to attend the first annual Academic Leadership Academy sponsored by the Bluegrass Higher Education Consortium
- 2014** Wethington Award, Department of Dietetics and Human Nutrition
- 2010-2015** Trainee, Appalachian Cancer Scholars Program, Appalachian Community Cancer Network, University of Kentucky
- 2012** Outstanding student poster award  
Hagan KA\*, **Webber KH**, Gustafson A, Addo K. Breast Cancer Trends Among Kentucky Women, 2004-2007. Health Equity Summit II, Louisville, KY, April 2012.
- 2012** Nominated for membership in Gamma Sigma Delta, Honor Society for Agriculture, at the University of Kentucky
- 2009** Kentucky Association of State Extension Professionals Outstanding Project Award for Second Sunday: A Built Environment Project
- 2003 & 2004** Received Pre-Doctoral Fellowship from the Lineberger Comprehensive Cancer Center, UNC

## **SERVICE**

### **Ad-Hoc Journal Reviews**

- American Journal of Preventive Medicine, 2013, 2015, 2016
- Journal of Nutrition Education and Behavior, 2009-2012, 2014, 2015, 2016
- Obesity, 2014, 2016
- BMC Public Health, 2016
- PLOS One, 2016
- Preventive Medicine, 2010, 2012, 2016
- Journal for Eating and Weight Disorders, 2016
- Journal of Human Nutrition and Dietetics, 2011, 2012, 2013, 2015
- Journal of the American Dietetic Association/Academy of Nutrition and Dietetics, 2008, 2009, 2011, 2013, 2014
- Frontiers in Public Health Service and Systems Research, 2013
- Journal of Rural Health, 2012, 2013
- Journal of Appalachian Studies, 2013
- Health Education Research, 2012
- The Forum for Family and Consumer Sciences, 2012
- European Journal of Clinical Nutrition, 2011
- Patient Preference and Adherence, 2011
- Preventing Chronic Disease, 2010 & 2011
- Food and Function, 2011

### Other Review Service

NIH R21: Reviewer for RFA HL12-020, Virtual Reality Technologies for Research and Education in Obesity and Diabetes, 2012.

Review Panel: Society of Behavioral Medicine Annual Conference, Health Communication and Technology Tract Abstracts, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015.

University of Kentucky Center for Clinical and Translational Research  
Community Engagement Grants, Fall 2011.

### National and Regional Service

**2016-2017**            **President Elect**, Bluegrass Academy of Nutrition and Dietetics

**2013-2014**            **Member**, University of Kentucky, Ag and HES Alumni Association Board

**2012-2013**            **Historian**, Bluegrass District Dietetic Association

**2010-2012**            **Treasurer**, Bluegrass District Dietetic Association

**2011-2013**            **Member**, Healthy Living Council, YMCA of Lexington, KY

**2009**                    **Chair**, Bluegrass District Dietetic Assoc., Nat'l Nutrition Month Committee

### College, School and Departmental Service

**2016-2018**            **University Faculty Senator**, CAFE representative

**2016**                    **NEP Mobile Technology Advisory Board Member**

**2016**                    **Member**, CAFE Strategic Plan Subcommittee

**2015-2016**            **Chair**, Faculty Search Committee

**2015**                    **Member**, Classroom Renovations Committee

**2014-2016**            **Member**, CAFE Appointment, Promotion & Tenure Committee

**2013-2016**            **Member**, Graduate Curriculum Committee

**2014-2015**            **President**, Gamma Sigma Delta Honor Society

**2013-2014**            **President Elect**, Gamma Sigma Delta Honor Society

**2013**                    **Member**, UK Coordinated Program Advisory Council

**2013**                    **HES Hall of Fame**, Selection Committee Member

**2012**                    **Expert Panel Member**, PhD candidate, Department of Kinesiology

<b>2012</b>	<b>Reviewer</b> , College of Agriculture Freshman Scholarship Applications
<b>2011-2013</b>	<b>Preceptor</b> , University of Kentucky DI/CP program, community rotation
<b>2010, 2013, 2014, 2017</b>	<b>Research Mentor</b> , Undergraduate Research Hours in DHN
<b>2008-2014</b>	<b>Research Mentor</b> , Dietetic Internship, community rotation
<b>2010-2012</b>	<b>Member</b> , Graduate Admissions Committee
<b>2008-2011</b>	<b>Chair</b> , HES Physical Activity/Built Environment Committee
<b>2011</b>	<b>Chair</b> , Academic Coordinator Search Committee
<b>2011-2012</b>	<b>Member</b> , NFS Chair Search Committee
<b>2010-2012</b>	<b>Member</b> , Faculty Search Committee
<b>2011</b>	<b>Member</b> , Administrative Assistant Search Committee
<b>2010</b>	<b>Member</b> , HES IT Search Committee

## **PROFESSIONAL ORGANIZATIONS**

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- Academy of Nutrition and Dietetics
- Kentucky Academy of Nutrition and Dietetics
- Bluegrass Academy of Nutrition and Dietetics

## **PROFESSIONAL DEVELOPMENT**

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- Completed The Magic of Pretest/Posttest and Longitudinal Data Analysis, August 2016
- Completed Body Project training, February 2016
- Completed Coursera course, “Inspiring and Motivating Individuals,” October 2015
- Completed Coursera course, “Managing Talent,” November 2015
- Completed Coursera course, “Influencing People,” December 2015
- Completed Coursera course, “Leading Teams,” January 2016
- Led eating disorder groups, Kentucky Center for Eating and Weight Disorders, 2013