

Kyle Flack, PhD., RD
206E Funkhouser Building
Lexington, KY 40506
859-257-3707
Kyle.Flack@uky.edu

Last updated: 03/13/2018

PROFILE

Assistant Professor in the Department of Dietetics & Human Nutrition in the College of Agriculture, Food, and Environment at the University of Kentucky.

EDUCATION

Doctor of Philosophy (Received Jan 2014) <i>Human Nutrition, Foods and Exercise</i> <i>Virginia Polytechnic Institute and State University</i>	Fall 2009- Spring 2014
Bachelor of Science (Received 05/2009) <i>Major: Health Sciences</i> <i>Minors: Biology and Chemistry</i> <i>Ferrum College</i>	Fall 2004- Spring 2009

RESEARCH AND TEACHING EXPERIENCE

Assistant Professor <i>University of Kentucky</i> <i>Department of Dietetics and Human Nutrition</i> <i>College of Agriculture, Food, and Environment</i> <i>Courses: Seminar in Nutrition and Food Systems (DHN-774)</i>	Fall 2017- Current
Research Molecular Biologist (Post-Doc) <i>USDA-ARS-NPA</i> <i>Grand Forks Human Nutrition Research Center, Grand Forks, ND</i> <i>Human Obesity Prevention Research Project, Healthy Body Weight Research Unit</i> <i>Research Leader: James Roemmich, PhD</i>	Fall 2014- August 2017
Graduate Research Assistant <i>Resist-Diabetes NIH funded research study</i> <i>Virginia Polytechnic Institute and State University</i> <i>Department of Human Nutrition, Foods and Exercise; Department of Psychology</i> <i>Principal Investigators: Brenda M Davy, PhD, RD, FACSM, Richard Winett, PhD</i>	Fall 2011- Spring 2014
Graduate Research Assistant <i>Human Nutrition, Foods and Exercise</i> <i>Virginia Polytechnic Institute and State University</i> <i>Laboratory of Eating Behaviors and Weight Management</i> <i>Director: Brenda M Davy, PhD, RD, FACSM</i>	Fall 2010- Fall 2011
Graduate Teaching Assistant <i>Human Nutrition, Foods and Exercise</i> <i>Virginia Polytechnic Institute and State University</i> <i>Courses: Metabolic Nutrition (HNFE3025); Nutrition and Physical performance (HNFE 4174)</i>	Fall 2009- Spring 2010

RESEARCH INTERESTS

- The interplay of nutrition and exercise in the role of obesity, disease management and

- prevention
- The link between behavioral and physiological factors that influence nutrition/exercise interventions and health.
- Sport nutrition and physical performance
- Metabolic aspects of nutrition, exercise, and body weight regulation

PUBLICATIONS

Flack KD, Ufholz K, Johnson L, Roemmich JN. Incentive Sensitization of Exercise Reinforcement in Adults- a Randomized Controlled Trial. *International Journal of Behavioral Nutrition and Physical Activity*, in review.

Flack KD, Ufholz K, Johnson L, Roemmich JN. Increasing the Reinforcing Value of Exercise in Overweight Adults. *Psychology of Sport and Exercise*, in review.

Flack KD, Ufholz K, Johnson L, Fitzgerald JS, Roemmich JN. Energy Compensation in Response to Aerobic Exercise Training in Overweight, Adults. *Comprehensive Physiology*, in review.

Flack KD. The Utility of Exercise for Weight Control. *Advances in Obesity, Weight Management & Control*, 7 (3): 00201, 2017.

Flack KD, Johnson L, Roemmich JN. The Reinforcing Value and Liking of Resistance Training and Aerobic Exercise as Predictors of Adult's Physical Activity. *Physiology and Behavior*, 2017;179:284-9.

Davy BM, Winett RA, Savla J, Marinik EL, Baugh ME, **Flack KD**, Halliday TM, Kelleher SA, Winett SG, Williams DM, Boshra S. Resist diabetes: A randomized clinical trial for resistance training maintenance in adults with prediabetes. *PLOS ONE*, 12 (2):e0172610, 2017.

Flack KD, Johnson L, Roemmich JN. Aerobic and Resistance Exercise Reinforcement and Discomfort Tolerance Predict Meeting Activity Guidelines. *Physiology and Behavior*, 170:32-36, 2016.

Flack KD, Siders WA, Johnson L, Roemmich JN. Cross-Validation of Recent and Longstanding Resting Metabolic Rate Prediction Equations. *Journal of the Academy of Nutrition and Dietetics*, 116 (9): 1413-22, 2016.

Flack KD, Davy BM, DeBerdinis M, Boutagy N, McMillan RP, Hulver MW, Frisard MI, Anderson A, Salva JT, Davy KP. Resistance Exercise Training and in Vitro Skeletal Muscle Oxidative Capacity in Older Adults. *Physiology Reports*, 4(13) pii:e12849, 2016

Eikenberg JD, Savla J, Marinik EL, Davy KP, Pownall J, Baugh ME, **Flack KD**, Boshra S, Winett RA, Davy BM. Prediabetes phenotype influences improvements in glucose homeostasis with resistance training. *PLOS ONE*, 11(2):e0148009, 2016.

Winett RA, Davy BM, Savla J, Marinik EL, Winett SG, Baugh ME, **Flack KD**. Using response variation to develop more effective, personalized behavioral medicine?: evidence from the Resist Diabetes study. *Translational Behavioral Medicine*, 4(3):333-8, 2014.

Halliday TM, Davy BM, Clark AG, Baugh ME, Hedrick VE, Marinik EL, **Flack KD**, Savla J, Winett S, Winett RA. Dietary intake modification in response to a participation in a resistance training program for sedentary older adults with prediabetes: findings from the Resist Diabetes study. *Eating Behaviors*, 15(3):379-82, 2014.

Hedrick VE, Savla JS, Comber DL, **Flack KD**, Estabrooks PA, Nsiah-Kumi P, Ortmeier S, Davy BM. Development of a brief questionnaire to assess habitual beverage intake (BEVQ-15): Sugar-sweetened beverages and total beverage energy intake. *Journal of the Academy of Nutrition and Dietetics*, 112:840-849, 2012.

Flack KD, Davy BM. Resistance training and increased protein intake: Strategies to treat prediabetes in older adults? *SCAN's Pulse*, 31(2), 2012.

Flack KD, Davy KP, Hulver MW, Winett RA, Frisard MI, Davy BM. Aging, resistance training, and diabetes prevention. *Journal of Aging Research*, 2011:127315, 2010.

Dennis EA, Dengo AL, Comber DL, **Flack KD**, Savla JS, Davy KP, Davy BM. Water consumption increases weight loss during a hypocaloric diet intervention in middle-aged and older adults. *Obesity*, 18(2):300-307, 2010.

Dennis EA, **Flack KD**, Davy BM. Beverage consumption and adult weight management: A review. *Eating Behaviors*, 10:237-246, 2009. (in the top ten "most downloaded" articles from the journal: 2010, 2011).

PUBLISHED ABSTRACTS / PRESENTATIONS

Flack KD, Casperson S, Jahns L, Johnson L, Roemmich J. Reducing Added Sugar Intake Increases the Relative Reinforcing Value of High-Sugar Foods. Accepted for Emerging Leaders poster competition at the 2017 Experimental Biology Conference, Chicago 2017.

Flack KD, Casperson S, Jahns L, Johnson L, Roemmich J. Reducing Added Sugar Intake Increases the Relative Reinforcing Value of High-Sugar Foods. Accepted for Oral presentation at the 2017 Experimental Biology Conference, Chicago 2017.

Roemmich J, **Flack KD**, Johnson L, Ufholz K. Increasing Discomfort Tolerance Predicts Incentive Sensitization of Exercise Reinforcement: Preliminary Results from a Randomized Controlled Intervention to Increase the Reinforcing Value of Exercise in Adults. Accepted for Poster Presentation at the 2017 Experimental Biology Conference, Chicago 2017.

Flack KD, Siders W, Johnson L, Roemmich J. Cross-Validation of Recent and Longstanding Resting Metabolic Rate Prediction Equations. Accepted for Poster Presentation at the 2016 Experimental Biology Conference, San Diego, CA 2016.

Flack KD, Davy KP, Hulver MW, Frisard MI, Anderson A, Boutagy N, Salva JT, Winett RA, Davy BM. *Resistance Training and Mitochondrial Metabolism*. Accepted for Poster Presentation at the 2015 Experimental Biology Conference, Boston, MA, 2015.

Halliday TM, Clark AG, Marinik EL, Baugh ME, **Flack KD**, Salva JT, Winett S, Winett RA, Davy BM. *Spontaneous Dietary Intake Modification in Response to Resistance Training: Findings from the Resist Diabetes*. Accepted for Thematic Poster Presentation at the 60th Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, 2013.

Winett RA, Marinik E, **Flack K**, Baugh ME, Boutagy N, Pownall J, Kelleher S, Hedrick V, Clark A, Savla JT, Davy BM, Boshra S, Winett SG, Blake C. A Trans-disciplinary Based Approach for Maintaining Resistance Training with Older Adults with Prediabetes. Presented at: 2012 National Strategic Summit: Roadmap for Physical Activity, Lifestyle, and Comparative Effectiveness Research, Phoenix, AZ; October 17, 2012.

Flack KD, Marinik E, Baugh ME, Gochenour D, Pownall J, Hedrick V, Clark A, Boshra S, Winett RA, Davy BM. Influence of dietary protein intake on lean body mass and glucose tolerance in prediabetic older adults who resistance train. Presented at the SCAN Annual Symposium, Baltimore MD; April 20-22, 2012.

Winett RA, Davy BM, Marinik E, Baugh ME, **Flack KD**, Gochenour D, Savla JS, Kelleher S, Winett SG, Blake C, Pownall J. The initial effects of intrinsic resistance training on strength development in older adults with prediabetes. Presented at the Society for Behavioral Medicine Annual Meeting, New Orleans, LA; April 11-14, 2012.

Hedrick VE, Comber DL, **Flack KD**, Estabrooks PA, Savla J, Davy BM. Development of a brief questionnaire to assess habitual beverage intake: Sugar sweetened beverages and total beverage energy intake. Presented at the American Dietetic Association annual meeting, Boston, MA; November 6-9, 2010.

AWARDS / HONORS RECEIVED

HNFE travel fund award- Fall 2012

Selected Participant at Integrated Life Science Institute student summit- Summer 2012

Summer Scholars graduate Journal club leader- Summer 2011

Dean's list all eight semesters at Ferrum College (4.0 career GPA)

ACA at UNCA- Undergraduate Research Symposium, oral presentation/ participant- September 25-26, 2009

Alpha Chi Honorary Society- 2008-2009

Health Sciences Award for outstanding work in health sciences, Ferrum College 2009

General Chemistry Award for outstanding work in general chemistry, Ferrum College 2008
Academic All-Conference 2006 and 2007
Who's Who Among American College Students selection

CERTIFICATIONS

Registered Dietitian Nutritionist (RDN)
American College of Sports Medicine, certified personal trainer
American Red Cross certified First Aid and CPR
Limited Radiologic Technologist CBDT, International Society of Clinical Densitometry