

## Julie Plasencia, PhD, RDN

Department of Dietetics and Human Nutrition  
Assistant Professor  
Updated May 2020

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### 1. EDUCATION

- 2017 Ph.D. Human Nutrition, Michigan State University, East Lansing, MI
- 2015 Certification in Teaching College Science, Michigan State University, East Lansing, MI
- 2008 M.S. Human Nutrition, Michigan State University, East Lansing, MI
- 2007 R.D.N., Dietetic Internship, University of Nevada Reno, Las Vegas, NV
- 2003 B.A. International Business Administration, Alma College, Alma, MI

### 2. PROFESSIONAL EXPERIENCE

- 2016 – Present Assistant Professor, Department of Dietetics and Human Nutrition, University of Kentucky, Lexington, KY
- 2019 – Present Assistant Professor, College of Dentistry, University of Kentucky, Lexington, KY
- 2011 – 2016 Graduate Research and Teaching Assistant, Department of Food Science and Human Nutrition, Michigan State University, East Lansing, MI
- 2009 – 2011 Area Extension Specialist, University of Nevada Cooperative Extension, Las Vegas, NV
- 2007 – 2009 Community Nutrition Educator, University of Nevada Cooperative Extension, Las Vegas, NV
- 2008 – 2009 Diabetes Educator, Desert Springs Hospital Diabetes Treatment Center, Las Vegas, NV
- 2007 – 2009 Clinical Dietitian, St. Rose Dominican Hospitals, Henderson, NV
- 2003 – 2006 Graduate Research and Teaching Assistant, Department of Food Science and Human Nutrition, Michigan State University, East Lansing, MI
- 2003 Human Resources Intern, General Motors Headquarters, Detroit, MI

### 3. RESEARCH

#### GRANT FUNDING

##### Nationally Competitive

- |                  |  |                  |
|------------------|--|------------------|
| <b>2020-2025</b> | <b>USDA National Institute of Food and Agriculture</b><br>Bridge Scholars Program - Bridging Disease Prevention Through Nutrition Focused Education In Community Clinics   | <b>\$499,960</b> |
|                  | <ul style="list-style-type: none"><li>• <b>Plasencia J (Principal 5%)</b>., Co-Investigators: Brewer D., P., Ceballos Osorio J., Grubbs A., B., Miller C., S., Norman-Burgdolf H.; Dietetics and Human Nutrition, College of Dentistry, College of Medicine, Cooperative Extension</li></ul> |                  |

**2019-2022 Robert Wood Johnson Foundation Clinical Scholars Program** \$525,00  
 “Countermeasure Activities to Support Empowerment of Youth (CASEY) Health”

- **Plasencia, Julie (Co-Principal Investigator, 20%),** Miller, Craig S. (Co-Principal, Team Leader), Carlson, Charles (Co-Principal Investigator), Darville, Audrey (Co-Principal Investigator), Grubbs, Angela Ballard (Co-Principal Investigator); College of Agriculture, Food, and Environment (Dietetics and Human Nutrition), College of Dentistry, College of Nursing, College of Arts and Sciences (Psychology)

### Internal Funding

**2020** CAFE Research Activity Award \$2,250  
 Focus Groups with stakeholders with Coordinating Activities to Support Empowerment of Youth Health – Focus groups with children and stakeholders were planned as part of community-based research approach for development of a health curriculum for elementary school children. *COVID-19, delayed focus groups with parents and teacher until Fall 2020.*

**2017-2018** CAFE Research Activity Award \$1,888  
 “Cultural Sensitivity in Cooperative Extension Nutrition Education Programming in Kentucky.”

**2017** CAFE Research Activity Award \$1,365  
 “Assessment & development of transferable skills & professional readiness in Dietetics & Human Nutrition students.”  
 Plasencia, Julie (Co-Principal Investigator), Norman-Burgdolf, Heather (Co-Principal Investigator)

**2010** **University of Nevada, Reno Cooperative Extension - Supplemental Nutrition Assistance Program Education (Matched Funds)** \$36,577  
 Successfully applied for Supplemental Nutrition Assistance Program Education funds for expansion of “An Ounce of Prevention” diabetes prevention program and hired one bilingual, full-time community based instructor.

- **Plasencia, Julie** (Principal)

### AWARDS

**2016-2017** **The Kentucky Council on Postsecondary Education**  
 • Academic Leadership Development Institute  
**North American Colleges and Teachers of Agriculture**

**2016** • Graduate Student Teaching Award of Merit

- 2014-2015** **Academy of Nutrition and Dietetics**
  - Commission on Dietetic Registration Doctoral Scholarship Recipient
- 2011**
  - Recognized Young Dietitian of the Year, Nevada
- 2012** **Minorities in Agriculture and Natural Resources and Related Sciences**
  - First place Graduate Student Oral Research, Division II-Education, Social Sciences and Business
- 2006** **Society for Nutrition Education**
  - Student Scholarship Recipient

#### 4. PUBLICATIONS

##### Peer-Reviewed Journal Publications

(\*indicates corresponding/senior author, †indicates a student in my program I advised, ‡indicates student I co-advised)

##### ***Published, Peer-Reviewed***

Norman-Burgdolf, H, Dewitt, E, Vanderford, NL, **Plasencia, J**. Date Accepted: (February, 2020). Assessment of Dietetics and Human Nutrition Undergraduates' Ability to Communicate Professional Readiness: A Pilot Study, *NACTA Journal*.

Dorrance Hall, E, Ma, M, Azimova, D, Ellithorpe, M, **Plasencia, J**, D, N. L., Manuel, C, Zeldes GA, TakahashiB, Bleakley A, Henessey M. Date Accepted: (January, 2020). The Mediating Role of Family and Cultural Food Beliefs on the Relationship between Family Communication Patterns and Diet and Health Issues across Racial/Ethnic Groups, *Health Communication*.

Earnesty, DS, Mphwanthe, G, Shipp, GM, Kelleher, D, **Plasencia, J**, Quilliam, ET, Rifon, NJ, Weatherspoon, LJ (2019). The association between parental views on dietary quality and physical activity levels. *Health Education Journal*.

Quilliam, E, McKay, B, Lapinski, MK, Viken, G, **Plasencia, J**, Zhangqi Wang, AF. (2018). A Content Analysis of Hand Hygiene Educational Materials Targeting Elementary-Age Children, *Health Education Research*.

**Plasencia, J\***, Hoerr, S, Carolan, M, Weatherspoon, LJ. (2017). Acculturation and Self-Management Perceptions Among Mexican American Adults With Type 2 Diabetes, (2 ed., vol. 40, pp. 121-131) *Family & Community Health*.

Weatherspoon LJ, Quilliam ET, Paek H, Kim S, Venkatesh S, **Plasencia J**, et al. 2013 Consistency of Nutrition Recommendations for Foods Marketed to Children in the United States, 2009-2010. *Prev Chronic Dis* 10:130099

##### ***Peer Reviewed Extension Publications***

**Plasencia J**, 2010 "An Ounce of Prevention" revision. University of Nevada Cooperative Extension. CM-10-01. (curriculum)

**Plasencia J**, 2010 "Más Vale Prevenir" revision. University of Nevada Cooperative Extension. UNR KC Government Publications 29-Un3AC 7A:2010-02. (curriculum)

**Plasencia J**, Braxton-Calhoun M, Woodson J. 2008 "Cocinando Delicioso y Saludable." University of Nevada Cooperative Extension. UNR KC Government Publications 29-Un3AC 7A:2008-11. (Bilingual curriculum)

### PEER-REVIEWED ABSTRACTS

(\*indicates corresponding/senior author, †indicates a student in my program I advised, ‡indicates student I co-advised)

1. Tucker, R, **Plasencia, J**, Jackson, Y. Training in cultural influences on dietary practices necessary for dietetics students to increase counseling confidence with people of different backgrounds. International Congress of Dietetics. Capetown, South Africa, (September 15-18, 2020).
2. Durr, A. C.†, Norman-Burgdolf, H. Mullins, J. L. Vail, A. Cotterill, D. **Plasencia, J**. Food and Nutrition Conference and Expo, "Cultural Sensitivity in Nutrition Education for Hispanics/Latinos: Perceptions of Paraprofessionals," Academy of Nutrition and Dietetics, Philadelphia, PA, United States. (October 28, 2019).
3. Jackson, Y. Tucker, R. **Plasencia, J**. Food and Nutrition Conference and Expo, "Increased Curricular Exposure to Culture-based Food Practices Increases Dietetic Interns' Likelihood in Working with Diverse Patient Groups," Academy of Nutrition and Dietetics, Philadelphia, PA, United States. (October 28, 2019).
4. **Plasencia, J**. Jackson, Y. Tucker, R. The 2019 6th National CIRTL Forum, "Curricular Exposure to Culture-based Food Practices Increases Dietetic Interns' Self-Reported Confidence in Working with Diverse Patient Groups," Center for the Integration of Research Teaching and Learning, Philadelphia, PA. (October 13, 2019).
5. Hall, E. D., Mengyan Ma, D. A., Campbell, N., Ellithorpe, M., **Plasencia, J**., Chavez, M., Zeldes, G., Takahashi, B., 105th Annual Convention, "Linking Family Influence on Diet and Health Issues through Meat-Centric Family and Cultural Food Beliefs," National Communication Association, Baltimore, MD, United States. (November 14, 2019).
6. Oo, T. N. S.‡, Stephenson, T. J., Hege, A., Pennell, M., Revlett, B., VanMeter, C., Stahl, D., **Plasencia, J**., Academy of Nutrition & Dietetics FNCE Annual Meeting, "Dive into the Hunger Pool: Exploring Students' Self-reported Challenges, Coping Strategies, and Recommendations Related to Food Insecurity at the University of Kentucky.," Washington DC. (October 2018).
7. Hege, A., Stephenson, T. J., Pennell, M., Revlett, B., VanMeter, C., Stahl, D., **Plasencia, J**., Academy of Nutrition & Dietetics FNCE Annual Meeting, "Food and Housing Security: A Prerequisite for Student Success at a Large Public University.," Washington DC. (October 2018).
8. Oo, T. N.S.‡, Hege, A., Pennell, M., Revlett, B., VanMeter, C., Stahl, D., **Plasencia, J**., Stephenson, T. J., Food and Nutrition Conference and Expo, "Dive into the Hunger Pool:

- Exploring Students' Self-reported Challenges, Coping Strategies, and Recommendations Related to Food Insecurity at the University of Kentucky," Academy of Nutrition and Dietetics, Washington, DC, United States. (October 22, 2018).
9. **Plasencia, J.**, Minority Women Research Network Symposium, "Defining Cultural Influences of Disease Self-Management by Mexican-Americans with Type 2 Diabetes Mellitus: A Qualitative Synthesis," Minority Women Research Network, Accepted, Regional, Atlanta, GA, United States. (October 15, 2018).
  10. **Plasencia, J.** Balcazar, H., Hoerr, S., Lapinski, M., & Weatherspoon, L. (2018). Defining Cultural Influences of Disease Self-Management by Mexican-Americans with Type 2 Diabetes Mellitus: A Qualitative Synthesis. *Minority Women's Research Network Symposium*. Minority Women's Research Network, Atlanta, GA.
  11. **Plasencia, J.** Hoerr, S. Balcazar, H. Lapinski, M. Weatherspoon, L. J. Food and Nutrition Conference and Expo, "Cultural Sensitivity Among Registered Dietitians Counseling Mexican-Americans with Type 2 Diabetes," Academy of Nutrition and Dietetics, Chicago, IL, United States. (October 22, 2017).
  12. **Plasencia, J.** Hoerr, S., Balcazar, H., Lapinski, M., & Weatherspoon, L. (2017). Cultural Sensitivity among Registered Dietitians Counseling Mexican-Americans with Type 2 Diabetes. *Journal of the Academy of Nutrition and Dietetics*, 117(10), A128. Academy of Nutrition and Dietetics Food Nutrition and Expo, Chicago, IL.
  13. **Plasencia, J.** Balcazar, H., Hoerr, S., Lapinski, M., & Weatherspoon, L. (2017). Cultural Influences of Diet and Physical Activity by Mexican-Americans with Type 2 Diabetes. *Journal of Nutrition Education and Behavior*, 49(7), S39. Society for Nutrition Education and Behavior National Conference, Washington, D.C.
  14. **Plasencia, J.**, Quilliam, E. T., Kim, S., Rifon, N., & Weatherspoon, L. (2015). Food, Fun and Games: Food Advertising in Computers versus Mobile Devices. *Journal of the Academy of Nutrition and Dietetics*, 115(9), A35. Academy of Nutrition and Dietetics Conference and Expo, Nashville, TN.
  15. **Plasencia, J.** and Weatherspoon, L. (2015) Assessment of Cultural Knowledge and Skills Application in Dietetics Education. *Journal of Nutrition Education and Behavior*, 47(4), S4-S5. Society for Nutrition Education and Behavior Annual Conference, Pittsburg, PA.
  16. **Plasencia, J.** and Weatherspoon, L. (2015) Assessment of Cultural Knowledge and Skills Transfer in Undergraduate Dietetics Education. Center for the Integration of Research, Teaching and Learning Biennial Forum, College Station, TX.
  17. Quilliam, E.R., Fraser, A., Lapinski, M., Balogh, B., Viken, G., **Plasencia, J.**, and Wang, Z. (2014), "Sing Happy Birthday Twice While Washing Your Hands: A Content Analysis of Hand Hygiene Curricula Targeting Elementary-Age Children." American Public Health Association Annual Meeting, New Orleans, LA.
  18. **Plasencia, J.**, Weatherspoon, L., Kim, S., Venkatesh, S., Paek, H., Taylor Quilliam, E., Rifon, N., et. al. (2014) "Food, Fun and Advergames: Food Advertising in Computer Games" Minorities in Agriculture and Natural Resources and Related Sciences Annual Meeting, Birmingham, AL.
  19. Weatherspoon, L., Kim, S., Venkatesh, S., Paek, H., Taylor Quilliam, E., Rifon, N., **Plasencia, J.**, & Lee, M. (2012). Regulatory Agency Consistency with Food Label Guidance. *Journal of*

- Nutrition Education and Behavior*, 44(4), S68. doi: 10.1016/j.jneb.2012.03.159 Society for Nutrition Education and Behavior National Conference, Washington, D.C.
20. **Plasencia, J.**, Weatherspoon, L., Hoerr, S., Carolan, M. (2012) "Diabetes self-management: Perceived Barriers and Facilitators among Hispanic adults" Minorities in Agriculture and Natural Resources and Related Sciences Annual Meeting, Atlanta, GA.
  21. **Plasencia, J.**, Hoerr, S. L., Carolan, M., Griffore, R., & Weatherspoon, L. (2007). P36: Facilitators and Barriers to Self-Management of Diabetes in Hispanic Adults. *Journal of Nutrition Education and Behavior*, 39(4), S118-S119. Nutrition Education National Conference Chicago, IL.
  22. **Plasencia, J.**, Weatherspoon, L., & Hoerr, S. (2006). Increasing the number of underrepresented students in Dietetics at Michigan State University. Michigan Dietetic Association Conference, Livonia, MI. Livonia, MI.

### PRESENTATIONS AND INVITED TALKS

1. **Plasencia, J.**, Epidemiology Seminar Series, "Cultural Influences on Diet of Mexican-Americans: Implications for Health Interventions," University of Alabama at Birmingham, School of Public Health, Invited, Regional, Birmingham, AL, United States. (March 18, 2019).
2. **Plasencia, J.**, Food and Nutrition Conference and Expo/House of Delegates Meeting, "Growing My Future with the Academy Foundation," Academy of Nutrition and Dietetics, Invited, National, Washington, DC, United States. (October 19, 2018)
3. **Plasencia, J.**, Food and Nutrition Conference and Expo/50 Year Member Celebration, "Growing My Future with the Academy Foundation," Academy of Nutrition and Dietetics, Invited, National, Washington, DC, United States. (October 20, 2018).
4. **Plasencia, J.**, Food and Nutrition Conference and Expo, "Learning Lounge: Growing Your Future with the Academy Foundation," Academy of Nutrition and Dietetics, Invited, National, Washington, DC, United States. (2018).
5. Oo, TNS. Stephenson, TJ, Hege, A, Pennell, M, Revlett, B, VanMeter, C, Stahl, D, **Plasencia, J.**, Academy of Nutrition & Dietetics FNCE Annual Meeting, "Dive into the Hunger Pool: Exploring Students' Self-reported Challenges, Coping Strategies, and Recommendations Related to Food Insecurity at the University of Kentucky," Washington DC. (2018).
6. Hege, A, Stephenson, TJ, Pennell, M, Revlett, B, VanMeter, C, Stahl, D, **Plasencia, J.**, Academy of Nutrition & Dietetics FNCE Annual Meeting, "Food and Housing Security: A Prerequisite for Student Success at a Large Public University," Washington DC. (2018).
7. **Plasencia, J.**, Minority Women Research Network Symposium, "Defining Cultural Influences of Disease Self-Management by Mexican-Americans with Type 2 Diabetes Mellitus: A Qualitative Synthesis," Minority Women Research Network, Regional, Atlanta, GA, United States. (2018).
8. Norman-Burgdolf, H., **Plasencia, J.**, Dewitt, E., Human Environmental Sciences Research Seminar Series, "Assessment and development of transferable skills and professional readiness in dietetics and human nutrition undergraduates," School of Human Environmental Sciences, Invited, College, Lexington, KY, United States. (October 5, 2018).

9. **Plasencia, J.**, Human Environmental Sciences Research Seminar Series, "Cultural Sensitivity in Medical Nutrition Therapy Counseling for Mexican Americans with Diabetes," School of Human Environmental Sciences, Invited, Lexington, KY, United States. (October 6, 2017).
10. **Plasencia, J.** "Course 2: An Introduction to Evidence-Based Undergraduate STEM Teaching" Massive Open Online Course, Center for the Integration of Research, Teaching and Learning, online MOOC 2016. Invited to as expert on Learning Through Diversity module.

## 5. TEACHING AND ADVISING

### Graduate Student Instruction

#### Master's Thesis Committee Chair

- Nasreen Omran, RDN
- Austyn Erickson (2020)
- Anna Caroline Durr (2018)

#### Master's Thesis Committee Member

- Abbey Moellering (May 2019)
- Fnu The Nu Sandar (Kendra) Oo (2019)
- Kelci McHugh (2019)
- Thomas Ard (2017)
- Kevin Richie (2019)
- Umaima Sidra Afsheen Syeda (2019)
- Jordan McDonald (2017)
- Teresa Lee (2017)

### Academic Advising

Advising undergraduates on courses and developing professional portfolio for post-graduate goals. Undergraduate students (Undergrad) meet with me to review courses for graduation and discuss strategies for applying to graduate school or professional programs. Advising master's student regarding coursework needed for graduation and to provide training for thesis research. Graduate students (Grad) meet with me on a weekly basis to discuss and obtain feedback on thesis projects and current research in the field.

Fall 2017, 8 Undergrad, 1 Grad  
 Spring 2018, 10 Undergrad, 2 Grad  
 Fall 2018, 9 Undergrad, 2 Grad

### Outside examiner

- Lillian Milanes (2018)

### Advisory Committees

- Breanna Williams, Science Translation and Outreach Program Advisory Committee

### Undergraduate Mentoring

- Huff, Erica (January-May 2019)
- Saleyka Calvillo (June 2018 – October 2019)
- Kathryn Porter (January 2017 – December 2017)
- Julia Nguyen. (September 2017 – May 2018)

Spring 2019, 4 Undergrad, 1 Grad  
 Fall 2019, 4 Undergrad, 2 Grad  
 Spring 2020, 1 Undergrad, 2 Grad

## COURSES TAUGHT

### List of Courses Taught:

DHN 101 Introduction to Human Nutrition and Wellness, Distance Learning  
 DHN 480 Pre-Professional Practice in Dietetics  
 HES 300/DHN 598 Global Foods, Diet, and Culture  
 DHN 598 Global Foods, Diet, and Culture, Distance Learning

DHN 374 Research and Writing in Dietetics

DHN 518 Evaluation of Dietetic Issues and Leadership

\*New Course Developed | +New Course Taught | ! indicates an individual TCE report was not generated as the threshold status was not met | D indicates Distance Learning Course

### Guest Lectures

- GEN 100 Expert Speaker Seminar (Fall 2016)
- GEN 100 Expert Speaker Seminar (Fall 2017)
- GEN 100 CAFÉ Perspectives Panel (Fall 2018)
- DHN 317 Obesity and Food Insecurity Paradigm (Fall 2018)
- A&S 300 Food Cultures in the Hispanic World (Spring 2019)
- CDS 680 Clinical Medicine for Postgraduate Dental Students, Enrollment 6 (Spring 2018, 2019, 2020)

## 6. SERVICE

### UNIVERSITY SERVICE

- |                     |   |
|---------------------|---|
| <b>2017</b>         | • Panel Member, CAFE New Faculty Workshop     |
| <b>2017-present</b> | • Dietetic Internship Advising                |
| <b>2017-present</b> | • DHN Coordinated Program Selection Committee |
| <b>2017-present</b> | • DHN Graduate Faculty Committee              |
| <b>2017-present</b> | • DHN MS 3:2 Program Curriculum Committee     |

### LEADERSHIP SERVICE

- |                     |  |
|---------------------|--|
| <b>2019-present</b> | • Nominating Committee Leader in Practice 15 years or less, <i>Academy of Nutrition and Dietetics</i> . (national position, elected) |
| <b>2019</b>         | • Reviewer, Grant Proposals. U.S. Department of Agriculture, National Institute of Food and Agriculture                              |
| <b>2019-present</b> | • Ad hoc reviewer. Journal of Immigrant and Minority Health  |
| <b>2019-present</b> | • Superintendent for Undergraduate Oral Research Contest, Minorities in Agriculture, Natural Resources, and Related Sciences         |
| <b>2018, 2020</b>   | • Invited Reviewer, Grant Proposals. U.S. Department of Agriculture, National Institute of Food and Agriculture                      |
| <b>2018-2019</b>    | • Conference Planning Chair, Kentucky Academy of Nutrition and Dietetics   |
| <b>2017-present</b> | • Ad hoc reviewer. Journal of the Academy of Nutrition and Dietetics   |
| <b>2017-present</b> | • Advisory Board Member, University of Kentucky, Nutrition Education Program   |



**PROFESSIONAL MEMBERSHIPS**

- 2004-present** Academy of Nutrition and Dietetics (AND)  
**2016-present** Kentucky Academy of Nutrition and Dietetics  
**2016-present** Bluegrass Academy of Nutrition and Dietetics  
**2006-present** Society for Nutrition Education and Behavior (SNEB)  
**2006-present** Minorities in Agriculture and Natural Resources and Related Sciences (MANRRS)  
**2008-present** American Association of Diabetes Educator (AADE)

**7. ADMINISTRATION**

- 2019-2020** **Universities Fighting World Hunger Summit  
Host Team Member**  
Supervised half-time graduate assistant, participate in host team meetings, developed and evaluated abstract peer-review procedures, reviewed and revised student grants, and guided graduate assistant in developing summit evaluation.