

Emma M. Laing

Curriculum Vitae

PERSONAL INFORMATION

Full Name: Emma E.S. Monkhouse Laing
Campus Address: 390 Dawson Hall, The University of Georgia, Athens, GA 30602
Email Address: emonk@uga.edu *Campus Phone:* 706.542.7983

EDUCATION, EMPLOYMENT, and HONORS

Enrollment Dates

December 2000-August 2003

EDUCATION

Doctor of Philosophy, University of Georgia, Athens, GA

Major: Foods and Nutrition

August 1997-December 2000

Master of Science, University of Georgia, Athens, GA

Major: Foods and Nutrition

September 1996-May 1997

Emory University Hospital Dietetic Internship Program, Atlanta, GA

December 1992-December 1995

Bachelor of Science, Cum Laude, University of Delaware, Newark, DE

September 1991-December 1992

Major: Nutrition and Dietetics Emphasis: Fitness

Dickinson College, Carlisle, PA Major: Undeclared

Participation Dates

January 2021-present

PROFESSIONAL ROLES and CREDENTIALS

October 1997-present

Fellow, Academy of Nutrition and Dietetics

February 1998-in process

Registered Dietitian Nutritionist, USA (Registration# 837953)

Current Only

Licensed Dietitian, Georgia (License# LD001880)

ACADEMIC CERTIFICATIONS

Active Learning Leader, UGA Center for Teaching and Learning

Adult, Child and Infant CPR, First Aid, and Fire Safety

Career Ambassador, UGA Career Center

Dawg Ally, UGA Pride Center

Employment Dates

July 2021-present

ACADEMIC POSITIONS

July 2017-June 2021

Clinical Professor and Director of the Didactic Program in Dietetics, Department of Nutritional Sciences, The University of Georgia (UGA), Athens, GA

February 2015-June 2017

Clinical Associate Professor and Director of the Didactic Program in Dietetics, UGA Department of Foods and Nutrition, Athens, GA

November 2009-February 2015

Associate Research Scientist, UGA Department of Foods and Nutrition, Athens, GA

September 2008-October 2009

Assistant Research Scientist, UGA Department of Foods and Nutrition, Athens, GA

September 2003-August 2008

Research Professional III, UGA Department of Foods and Nutrition, Athens, GA

September 1997-August 2003

Postdoctoral Research Associate, UGA Dept of Foods and Nutrition, Athens, GA

September 1997-May 1999

Graduate Research Assistant, UGA Department of Foods and Nutrition, Athens, GA

Winter and Fall 1997

Sports Nutrition Graduate Assistant, UGA Department of Foods and Nutrition, Athens, GA

Fall 1995

Graduate Teaching Assistant, *Quantity Food Production and Service; Introduction to Foods*, UGA Department of Foods and Nutrition, Athens, GA

Employment Dates

May 1995-August 1996

Undergraduate Teaching Assistant, *Honors Nutrition Concepts*, Department of Nutrition and Dietetics, University of Delaware, Newark, DE

OTHER EMPLOYMENT

Diet Technician/Nutritionist, Wood Company, ManorCare at Devon, Devon, PA

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Dates Received

Consecutive 2015-2025
September 2019, 2023, 2025
Consecutive 2022-2025
August 2025
December 2024
December 2024
May 2024
February 2024
December 2023
October 2023
April 2023
March 2023
March 2023

February 2023
November 2022
February 2022
April 2021
April 2021

March 2021
March 2021
March 2020
October 2019

February 2018, 2019
January 2016, 2018
February 2017

November 2016
November 2016
October 2016
October 2013, 2014, 2016
October 2015
April 2013
November 2012
July 2012
September 2011

September 2009
March 2003
March 2003
June 2002
August 2001

May 2001

February 2001
April 1999
March 1999

AWARDS and RECOGNITIONS

Student Career Success Influencer Award/Certificate, UGA Career Center
Nominee, Felton Jenkins, Jr. Hall of Fame Faculty Awards, UGA CTL
Thank-a-Teacher Recognition, UGA Center for Teaching and Learning
Career Ambassador Award/Certificate, UGA Career Center
UGA Teaching Academy, Carnegie Foundation for the Advancement of Teaching
FACS Faculty Marshal, UGA Commencement Ceremony
Career Champion Award/Certificate, UGA Career Center
Lee Anne Seawell Faculty Recognition Award, UGA Career Center
Career Advocate Award/Certificate, UGA Career Center
Relentless Welcome Initiative Recognition, UGA Center for Teaching and Learning
Outstanding Undergraduate Student Faculty Advisor Award, UGA College of FACS
Distinguished Alumni Award, UGA College of FACS Alumni Association
Nominee, Student Engagement Award: Advisor of the Year, UGA Center for Student Activities and Involvement
Active Learning Leader Certificate, UGA Center for Teaching and Learning
Nominee, Research Communications Award, UGA Office of Research
Professional Award of Excellence, Georgia Nutrition Council
Bill and June Flatt Outstanding Teacher of the Year Award, UGA College of FACS
Student Organization Achievement and Recognition (SOAR) Award for "Outstanding Campus Event" (on behalf of the UGA Student Dietetic Association), UGA Center for Student Activities and Involvement
Creswell Mentoring Award (2020), UGA College of FACS Alumni Association
Outstanding Dietitian of the Year Award, Georgia Academy of Nutrition and Dietetics
Distinguished Service for Media Excellence, GA Academy of Nutrition and Dietetics
Nominee, Emily Quinn Pou Professional Achievement Award, UGA College of FACS Alumni Association
Outstanding Undergraduate Faculty Advisor, UGA Department of Foods and Nutrition
Nominee, Outstanding Dietetics Educator, Northeast Georgia Dietetic Association
Outstanding Dietetic Educator Award, Area 3, Nutrition and Dietetic Educators and Preceptors, Academy of Nutrition and Dietetics
Nominee, Creative Teaching Award, UGA Office of Instruction
Nominee, Graduate Faculty Diversity Award, UGA Graduate School
Super-Includer Diversity Award, UGA College of FACS
Nominee, UGA FACS Alumni Association Outstanding Service Award
UGA Center for Teaching and Learning Teacher of the Week
Certificate of Achievement for 10 years of Service to UGA College of FACS
Nominee, Athens Area Chamber of Commerce ATHENA Award
Nominee, UGA Alumni Association, 2012 40 Under 40
President's Poster Award (Ferira et al. and Hill et al.), American Society for Bone and Mineral Research (ASBMR) Annual Meeting, San Diego, CA
American Dietetic Association Foundation Scholarship
North Fulton Regional Hospital Volunteer Scholarship
June and Bill Flatt Nutrition Excellence Scholarship
First Place, Graduate Student Research Competition (Laing et al.), GNC, Atlanta, GA
First Place, Graduate Student Poster Competition (Laing et al.) University System of Georgia Research Symposium, Augusta, GA
Outstanding Performance Award for service as Sports Nutritionist, University of Georgia Department of Athletics
Plenary Poster Award (Ferira et al. and Breen et al.), ASBMR, Denver, CO
Endsley-Peifer Student Research Award, UGA College of FACS
First Place, Graduate Student Research Competition (Laing et al.), Georgia Nutrition Council (GNC) Annual Meeting, Valdosta, GA

INSTRUCTION

Semester TEACHING EVALUATIONS/STUDENT EXPERIENCE (The University of Georgia)

| Semester | Course Title | Course Number | # Students | % Response | Score/5.00 |
|--------------------|---|----------------|-------------------------------------|------------|------------|
| Spring 2021- | Uncomplicate Your Food (every Fall &/or Spr) | FYOS 1001 | variable | n/a | n/a |
| Fall 2017- | Dietetics Practicum (every Fall & Spring) | NUTR 5910 | variable | n/a | n/a |
| Fall 2015- | Special Problems in NUTR (as needed) | NUTR 3010 | variable | n/a | n/a |
| <i>Fall 2025</i> | Professional Development in Foods & Nutrition | NUTR 5900 | 27 | 89 | 4.79 |
| <i>Fall 2025</i> | Medical Nutrition Therapy-I | NUTR 4500/6500 | 49 | 94 | 5.00 |
| <i>Spring 2025</i> | Clinical Nutrition Interventions | NUTR 4520/6520 | 28 | 71 | 4.75 |
| <i>Spring 2025</i> | Medical Nutrition Therapy-II | NUTR 4530/6500 | 75 | 95 | 4.77 |
| <i>Fall 2024</i> | Professional Development in Foods & Nutrition | NUTR 5900 | 38 | 84 | 4.81 |
| <i>Fall 2024</i> | Medical Nutrition Therapy-I | NUTR 4500/6500 | 27 | 100 | 4.96 |
| <i>Fall 2024</i> | Nutrition and Disease Processes-I | NUTR 8530 | 12 | 92 | 5.00 |
| <i>Spring 2024</i> | Clinical Nutrition Interventions | NUTR 4520/6520 | 50 | 92 | 4.93 |
| <i>Spring 2024</i> | Medical Nutrition Therapy-II | NUTR 4530/6500 | 101 | 78 | 4.92 |
| <i>Spring 2024</i> | Professional Development in Foods & Nutrition | NUTR 5900 | 50 | 88 | 4.89 |
| <i>Fall 2023</i> | Medical Nutrition Therapy-I | NUTR 4500/6500 | 53 | 83 | 4.84 |
| <i>Spring 2023</i> | Clinical Nutrition Interventions | NUTR 4520/6520 | 45 | 76 | 4.85 |
| <i>Spring 2023</i> | Medical Nutrition Therapy-II | NUTR 4530/6500 | 100 | 96 | 4.77 |
| <i>Spring 2023</i> | Professional Development in Foods & Nutrition | NUTR 5900 | 56 | 89 | 4.88 |
| <i>Fall 2022</i> | Medical Nutrition Therapy-I | NUTR 4500/6500 | 46 | 96 | n/a |
| <i>Fall 2022</i> | Nutrition and Disease Processes-I | NUTR 8530 | 12 | 100 | n/a |
| <i>Spring 2022</i> | Clinical Nutrition Interventions | FDNS 4520/6520 | 42 | 95 | 5.00 |
| <i>Spring 2022</i> | Medical Nutrition Therapy-II | FDNS 4530/6500 | 101 | 98 | 5.00 |
| <i>Spring 2022</i> | Professional Development in Foods & Nutrition | FDNS 5900 | 47 | 85 | 4.88 |
| <i>Fall 2021</i> | Medical Nutrition Therapy-I | FDNS 4500/6500 | 39 | 100 | 5.00 |
| <i>Spring 2021</i> | Clinical Nutrition Interventions | FDNS 4520/6520 | 55 | 84 | 4.96 |
| <i>Spring 2021</i> | Medical Nutrition Therapy-II | FDNS 4530/6500 | 113 | 89 | 4.86 |
| <i>Spring 2021</i> | Professional Development in Foods & Nutrition | FDNS 5900 | 45 | 91 | 4.94 |
| <i>Fall 2020</i> | Medical Nutrition Therapy-I | FDNS 4500/6500 | 55 | 93 | 4.94 |
| <i>Fall 2020</i> | Nutrition and Disease Processes-I | FDNS 8530 | 11 | 91 | 4.93 |
| <i>Spring 2020</i> | Clinical Nutrition Interventions (<i>COVID-19</i>) | FDNS 4520/6520 | <i>54; only comments collected</i> | | |
| <i>Spring 2020</i> | Medical Nutrition Therapy-II (<i>COVID-19</i>) | FDNS 4530/6500 | <i>101; only comments collected</i> | | |
| <i>Fall 2019</i> | Medical Nutrition Therapy-I | FDNS 4500/6500 | 52 | 98 | 4.97 |
| <i>Fall 2019</i> | Professional Development in Foods & Nutrition | FDNS 5900 | 10 | 100 | 4.90 |
| <i>Spring 2019</i> | Management of Foodservice Organizations | FDNS 4620 | 33 | 91 | 4.96 |
| <i>Spring 2019</i> | Clinical Nutrition Interventions | FDNS 4520/6520 | 41 | 88 | 4.88 |
| <i>Spring 2019</i> | New: Management of Foodservice Orgs (grad) | FDNS 6620E | 12 | 100 | 4.60 |
| <i>Fall 2018</i> | New: Prof Development in Foods and Nutrition | FDNS 5900 | 10 | 100 | 4.80 |
| <i>Fall 2018</i> | Revised: Nutrition and Disease Processes-I | FDNS 8530 | 10 | 100 | 4.93 |
| <i>Fall 2018</i> | Medical Nutrition Therapy-I | FDNS 4500/6500 | 38 | 92 | 4.92 |
| <i>Spring 2018</i> | Management of Foodservice Organizations | FDNS 4620/6620 | 48 | 100 | 4.97 |
| <i>Spring 2018</i> | Clinical Nutrition Interventions | FDNS 4520/6520 | 41 | 100 | 4.98 |
| <i>Fall 2017</i> | Medical Nutrition Therapy-I | FDNS 4500/6500 | 42 | 95 | 4.97 |
| <i>Fall 2015</i> | Human Nutrition and Food | FDNS 2100 | 79 | 92 | 4.91 |
| <i>Summer 2015</i> | Human Nutrition and Food | FDNS 2100 | 17 | 100 | 4.94 |
| <i>Spring 2015</i> | Nutrition in Physical Activity, Exercise, & Sport | FDNS 4220/6220 | 41 | 90 | 4.85 |
| <i>Fall 2014</i> | Nutrition Related to the Human Lifecycle | FDNS 4510 | 65 | 83 | 4.92 |
| <i>Fall 2004</i> | Human Nutrition and Food | FDNS 2100 | 46 | n/a | 4.85 |
| <i>Summer 2004</i> | Human Nutrition and Food | FDNS 2100 | 57 | n/a | 4.88 |

ADVISING and MENTORING

CAREER ADVISING

Ongoing

Provide reference letters for current and former students to supervised practice programs, graduate schools, jobs, and scholarships (~200 letters written annually)

Active

Renee Hutton, Ph.D., UGA NUTR, Chair: Ginnefer Cox, 2026

Helen DuPree, Ph.D., UGA Public Health, Chair: Jessica Muilenburg, 2026

Completed

Gene Rodrick, Ph.D., UGA NUTR, Chair: Connie Rogers, 2025

Josephine Shieh, Ph.D., UGA NUTR, Chair: Caree Cotwright, 2023

Liana Guarneiri, Ph.D., UGA NUTR, Chair: Jamie Cooper, 2022

Yuta Ishikawa, Ph.D., UGA NUTR, Chair: Lilian Sattler, 2021

Caroline Cerminaro, MS, UGA NUTR, Chair: Alex Anderson, 2021

Lauren Coheley, Ph.D., UGA NUTR, Chair: Richard Lewis, 2020

Elizabeth Klingbeil, Ph.D., UGA NUTR, Chair: Claire de La Serre, 2020

Hannah Winston, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2019

Kendall Farr, MS-thesis, UGA NUTR, Chair: Jamie Cooper, 2018

Emily Rollins, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2018

Joseph Kindler, Ph.D., UGA NUTR, Chair: Richard Lewis, 2017

Paige Berger, Ph.D., UGA NUTR, Chair: Richard Lewis, 2015

Anne Armstrong, MS-thesis, UGA NUTR, Chair: Alex Anderson, 2014

Christina Whitworth, MS-thesis, UGA NUTR, Chair: Alex Anderson, 2013

Stephanie Foss, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2013

Valerie Chertin, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2013

Christian Wright, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2013

External Theses Examined

Lindsay Elaine Brandon, Ph.D., QUT, Brisbane, AUS, Chair: Michael Kimlin, 2015

Yue Wu, Ph.D., QUT, Brisbane, AUS, Chair: Michael Kimlin, 2013

David Borrodale, Ph.D., QUT, Brisbane, AUS, Chair: Michael Kimlin, 2013

OTHER RESEARCH MENTORING

Completed

Mohana Malapati, UGA CURO Award Recipient, Chair: Emma Laing, 2025

Mackenzie Rush, AP student, West Forsyth High School, 2017

Staci Belcher, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2017

Kayla Patel, UGA CURO Award Recipient, Chair: Richard Lewis, 2016

Emily Rollins, UGA CURO Award Recipient, Chair: Richard Lewis, 2016

Andrea Lobene, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2016

Jenissa Gordon, UGA CURO Award Recipient, Chair: Hea Jin Park, 2016

Derek Coger, UGA CURO Award Recipient, Chair: Richard Lewis, 2015

Jordan Sylvester, UGA CURO Award Recipient, Chair: Richard Lewis, 2015

Madalene Dawson, UGA CURO Award Recipient, Chair: Richard Lewis, 2015

Lauren Kort, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2014

Hannah (Goff) Ross, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2012

Ashley Ferira, Ph.D. student, UGA NUTR, Chair: Richard Lewis, 2011

Jamie Williams, MS-thesis student, UGA NUTR, Chair: Richard Lewis, 2011

Katherine (Harris) Barnette, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2010

Claire (Maust) McDaniel, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2010

Maria (Breen) Williams, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2009

GRADUATE STUDENT DPD ADVISING

Active

Lindsey Redeke, DPD, UGA NUTR, Chair: Emma Laing 2027

Sydney Silverstein, DPD, UGA NUTR, Chair: Emma Laing 2027

Jackie Amaya, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2027

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Kate Lower, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2026
Hollan Rabensdorf, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2026
Colleen O'Mahoney, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2026
Kelly Quinn-Echevarria, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2026
Elizabeth Blanckard, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2026
Victoria Gonzales, Ph.D.+DPD, UGA NUTR, Chair: Jung Sun Lee 2028
Joshua Siger, MSNT+DPD, UGA NUTR, Chair: Jung Sun Lee 2026
Sara Purba, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2026
Jade Johnson, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2026

Completed

Eli Whitaker, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2025
Payton Brewer, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2025
Kassidy Sharpe, Ph.D.+DPD, UGA NUTR, Chair: Caree Cotwright 2024
Gabrielle Arters, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2023
Allison Arters, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2023
Celia Croxton, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2023
Whit Cooney, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2023
Dianna Thomas, MS-thesis+DPD, UGA NUTR, Chair: Ali Berg 2023
Alissa Pantuoso, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2023
Melissa Cruz, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2023
Grace Burton, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2023
Rebecca Mergy, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2022
Kate Levinson, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2022
Chisom Okoli, Ph.D.+DPD, UGA NUTR, Chair: Caree Cotwright 2020
Nicholas Slagel, Ph.D.+DPD, UGA NUTR, Chair: Jung Sun Lee 2020
Jiyoung Kim, Ph.D.+DPD, UGA NUTR, Chair: Claire de La Serre 2020

OTHER MSNT ADVISING

Completed

William Jennings, MSNT advising, UGA NUTR, Chair: Emma Laing 2024
Amanda Paige Porter, MSNT advising, UGA NUTR, Chair: Emma Laing 2020
Alisha Lewis, M.Ed. advising, UGA Kinesiology, Chair: Bud Cooper, 2015

SUPERVISED TEACHING

Active

Mary Lazzaro, January 2026-May 2026; TA for NUTR 4530
Anoosh Mahum, January 2026-May 2026; TA for NUTR 4520

Completed

Mary Lazzaro, August 2025-December 2025; TA for NUTR 4500 and 5900
Joan Song, January 2025-May 2025; TA for NUTR 4530
Claire Mouser, January 2025-May 2025; TA for NUTR 4520
Mary Lazzaro, August 2024-December 2024; TA for NUTR 4500
Joan Song, August 2024-December 2024; TA for NUTR 5900
Megan Appelbaum, January 2024-May 2024; TA for NUTR 4530
Yu-Chen (Jenny) Lin, January 2024-May 2024; TA for NUTR 4520
Leah Halls, January 2024-May 2024; TA for NUTR 5900
Claire Mouser, August 2023-December 2023; TA for NUTR 4500
Mai Spaulding, January 2023-May 2023; TA for NUTR 4520
Grace Madu, January 2023-May 2023; TA for NUTR 5900
Megan Appelbaum, January 2023-May 2023; TA for NUTR 4530
Alyssa Guadagni, August 2022-May 2023; TA for FDNS 4530 and NUTR 4500
Sitara Cullinan, January 2022-May 2022; TA for FDNS 4520
Jessica Beasley, August 2021-December 2021; TA for FDNS 4500
Abigail Starcher, January 2021-May 2021; TA for FDNS 4520
Catherine Prater, August 2020-May 2021; TA for FDNS 4500 and 4530
Olivia Delgado, August 2019-May 2020; TA for FDNS 4500 and 4530
Liana Rodrigues, January 2020-May 2020; TA for FDNS 4520

Carolina Cawthon, August 2017–December 2019; TA for FDNS 4500, 4520, 4620
Zachary Grunewald, August–December 2015; TA for FDNS 2100
Kathleen Norris, August–December 2014; TA for FDNS 4510
Elizabeth Stein August–December 2004; TA for FDNS 2100

PROFESSIONAL and COMMUNITY SERVICE ACTIVITIES

Current Only

May 1994-present
May 2024-December 2025
December 2016-present
March 2017-present
October 2023-present

Participation Dates

2003-2023

Participation Dates

February 2012
September 2001-August 2010
July-September 2007

Participation Dates

June 2025-present

October 2023-present
May 2024-present
January 2023-present
March 2017-present

June 2022-May 2025
August 2004-December 2024

August 1998-December 2024

May 2021-December 2024
July 2023-September 2024
November 2023
October 2020-November 2023
August 2023

PROFESSIONAL AFFILIATIONS

Academy of Nutrition and Dietetics (AND) / GAND (State Affiliate)
Diversify Dietetics
Nutrition and Dietetic Educators and Preceptors (AND Group)
Nutrition Educators of Health Professionals (AND Dietetics Practice Group)
Weight Inclusive Research and Education (WIRED) Collaborative

JOURNAL REVIEWS

Journal of Dietetic Education, Nutrition in Clinical Practice, Journal of Food Studies, Journal of Photochemistry and Photobiology B: Biology, Journal of Medicine and Science in Sport and Exercise, Osteoporosis International, Pediatrics & Therapeutics: Current Research, International Journal of Obesity, International Journal for Vitamin and Nutrition Research

GRANT REVIEWS

Member, Wellness Program Grants Review Committee, “Caregivers Promoting Healthy Habits,” Bright From the Start, GA DECAL (State)
Member, GA Osteoporosis Initiative Grants Review Committee, Atlanta, GA (State)
Peer Reviewer, Self-Study Modules “Soy and Health” and “Soy Nutrition Basics” 2 CEUs each for RDNs and NDTRs, Pharmavite LLC, Northridge, CA

PROFESSIONAL SERVICE ACTIVITIES in DIETETICS

Executive Board, Georgia Academy of Nutrition and Dietetics (State): Co-Chair, Dietetics and Nutrition Education Program Committee (June 2025-present); Member (1997-present)
Member, Weight Inclusive Research & Education Collaborative (International)
Member, Diversify Dietetics (National)
Advisory Board, Emory Hospital Dietetic Internship, Atlanta, GA (Local)
Executive Board, Nutrition Educators of Health Professionals Dietetic Practice Group, Academy of Nutrition and Dietetics (National): Communications Coordinator (2020-2023), Membership Chair (2017-2021); Member (2017-present)
National Media Spokesperson, Academy of Nutrition and Dietetics
Executive Board, Northeast Georgia Dietetic Association (Local): Nominating Committee Chair/Co-Chair (2004-2005; 2007-2009); Member (2004-2024)
Executive Board, Georgia Nutrition Council (State): Secretary (2022-2024), Nominating Committee Chair (2020-2021), Annual Conference Planning Committee Member (2020-2022), Scholarship Committee Chair (2019-2020); Member (1998-2024)
Member, Association for Size, Diversity, and Health (National)
Member, Weight Inclusive Nutrition and Dietetics (National)
External Reviewer, Dossier for P&T, University of Houston (University)
Advisory Board, WIC Dietetic Internship, GA DPH (State)
External Reviewer, Dossier for P&T, University of Washington (University)

July 2021-September 2021
November 2016-October 2018
November 2016-October 2018
August 1998-October 2018
November 2011-August 2016
October 2004-September 2013
September 2001-August 2010
October 1999

Participation Dates

September 2025-present
January 2025-present
November 2024-present
September 2024-present
August 2017-present
July 2017-present
May 2015-present
October 2024-February 2025
March 2025
December 2024
August 2021-December 2024
November 2022-July 2024
December & May 2014-2023
October 2021-November 2022
June 2022-August 2022
August 2021-April 2022
November 2021-December 2021
July 2021-September 2021
February 2021-August 2021
February 2021-August 2021
August 2017-July 2021
January 2021
December 2020
August 2019-July 2020
August 2016-May 2020
August 2019-May 2020
August 2017-August 2020
February 2020
October 2017
August 2019
November 2017-February 2018
August 2017-January 2018
October 2017
July 2015, June 2017
August 2016-June 2017
August 2013-2016
December 2014-May 2016
December 2014-2016
October 2011-2016
January-August 2016
February 2016
October 2015-December 2015

External Reviewer, Dossier for P&T, University of North Florida (University)
Member, Sports, Cardiovascular and Wellness Nutrition AND DPG (National)
Member, American Society for Nutrition (International)
Member, American Society for Bone and Mineral Research (International)
Advisory Council, Nutrition, Athens MOVE Magazine, Athens, GA (Local)
Leadership Council, Policy Leadership for Active Youth, Atlanta, GA (State)
Member, Georgia Osteoporosis Initiative Youth Subcommittee, Atlanta, GA (State)
Member, Gatorade Sports Nutrition Focus Group, Atlanta, GA (National)

UNIVERSITY SERVICE and OUTREACH ACTIVITIES

Member, Professional & Applied Studies University Review Committee (University)
Chair, MS Nutritional Sciences Online Degree, Community Nutrition (Department)
Chair, Non-Thesis Programs Graduate Subcommittee (Department)
Member, FACS Teaching and Learning Faculty Learning Community (College)
Faculty Advisor, Student Dietetic Association (College)
Member, Curriculum Committee (Department); Member (College: 2017-2022)
Director, Nutritional Sciences Communications Committee (Department)
Member, Asst. Prof. of Nutrition and Bone Health Search Committee (Department)
Facilitator, Morehead Honors College Book Discussion (University)
Marshal, Undergraduate Commencement Ceremony (University)
Interim Chair, MS Nutrition On-Line Degree Program Committee (Department)
Chair, New Clinical Faculty Position Search Committee (Department)
Faculty Reader, FACS Convocation Ceremony, University of Georgia (College)
Member, Clinical Faculty Search Committee, College of Public Health (College)
Member, SSAC Academic Advisor Search Committee (College)
Member, Nutritional Sciences Department Head Search Committee (College)
Member, FACS Alumni Awards Selection Committee (College)
Member, Research Professional Search Committee for Dr. Cotwright (Department)
Member, Departmental Name Change Communication Committee (Department)
Chair, Clinical Faculty Position Search Committee (Department)
Chair, Foods and Nutrition Curriculum Committee (Department); Member (College)
Host, Departmental Seminar speaker, Jeffrey Hunger (Department)
Moderator, Rick Lewis Retirement (virtual) Event (Department)
Member, New Tenure Track Faculty Position Search Committee (Department)
Member, Foods and Nutrition Awards Committee (Department)
Member, Foods and Nutrition Alumni Relations Committee (Department)
Attendee, FACS Leadership Retreat (College)
Host, Departmental Seminar Speaker, Sylvia Poulos (Department)
Host, Departmental Seminar Speaker, Amy Goss (Department)
Planning Committee & Attendee, UGA Health Center Fresh Check (University)
Interim Chair, Foods and Nutrition Alumni Relations Committee (Department)
Member, MLK Day Centennial committee (College)
Member, Foods and Nutrition Double Dawgs Committee (Department)
Member, FACS Celebrating Excellence Committee (College)
Member, Foods and Nutrition Curriculum Committee (Department)
Member, University Council Committee on Facilities (University)
Faculty Mentor, Whatever It Takes at UGA (University)
Member, Communications Committee (College)
Member, UGA Obesity Initiative teams: Maternal and Childhood Obesity, Obesity and Immunology, and Bone and Fat (University)
Faculty Mentor, Sports Nutritionist to Row for Hemophilia (University)
Award Presenter, 39th Annual FACS Alumni Awards Luncheon (College)
Member, Vending Machine Project, University of Georgia (Department/College)

November 2014-December 2015

Member, Task Force on Facilities, Office of the University Architects and the Facilities Management Division (University)

December 2014-May 2015

FDN Faculty Representative, Gonfalon Committee (College)

December 2014-May 2015

Chair, Foods and Nutrition Communications Sub-Committee (Department)

September 2004-December 2005

Member, University of Georgia Athletic Association and Health Services Eating Disorder Team (University)

September 1998-May 1999

President, Foods and Nutrition Graduate Student Organization (Department)

October 1996-March 1997

Chair, National Nutrition Month Committee, Emory University Hospital, Atlanta, GA (Department)

Participation Dates

February 2002-present

COMMUNITY SERVICE and OUTREACH ACTIVITIES

Organize and collect clothing, toy, and food donations for the Athens Inter-Community Council, DFCS, Salvation Army, Project Safe, The Cottage, Extra Special People, Inc. and the Little Free Pantry; Serve as social media and website admin for local community organizations, Athens, GA (Local)

Nutrition Director, Lifespan Montessori of Athens, Inc., a childcare program serving children ages 6 weeks to 5 years, Athens, GA; Led the program through achievement of national and state accreditations, as well as several school-wide and individual teaching and administrative awards (Local)

Member, 100+ Women Who Care Athens (Local)

Member, St. Gregory the Great Episcopal Church, Athens, GA (Local)

Member, Georgia Association on the Education of Young Children (State)

Member, National Association on the Education of Young Children (NAEYC)

Member, Southern Early Childhood Association (Regional)

Chair, Newsletter Committee, Georgia Association on Young Children (State)

Member, Board of Directors, District 8 Representative, Georgia Association on Young Children (State)

Invited Participant, Frontiers of Innovation Georgia Design Workshop on Social-Emotional Development, facilitated by the Center on the Developing Child at Harvard University and Georgia Early Education Alliance for Ready Students, Atlanta, GA (State)

Recipient, Governor's Childhood Obesity Initiative, Georgia SHAPE award; Lifespan was recognized as a "Model Early Care and Learning Program in Nutrition and Physical Activity;" criteria included outstanding nutrition policies, breastfeeding support, and physical activity curricula (State)

Volunteer for the YWCO "Kids Tri the Y" Triathlon for ages 6 to 12 years (Local)

Volunteer for Athens Run/Walk for Home; beneficiaries included the Homeless Shelter, Salvation Army, Project Safe, The Ark, and others, Athens, GA (Local)

Outreach Coordinator, Athens Canine Rescue, Athens, GA (Local)

Adoption Coordinator, Athens Canine Rescue, Athens, GA (Local)

Volunteer for Delaware Department of Health and Human Services (DHHS) RD; conducted home visits of failure-to-thrive children, Wilmington, DE (Local)

Prepared food for Ronald McDonald House, Wilmington, DE (Local)

Volunteer for Delaware Food Bank, Wilmington, DE and Newark, DE (Local)

Volunteer in OBGYN Clinic; shadowed DHHS RD with nutrition counseling of high-risk prenatal cases, Wilmington Hospital, Wilmington, DE (Local)

Aided radio station (FM 102.3 WHYL) with the promotion of a tennis tournament to benefit youth Drug Awareness Resistance Education, Carlisle, PA (Local)

Volunteer for Meals on Wheels, prepared and distributed food to homebound elders, Brisbane, AUS (Local)

November 2013

November 2012

April 1999-April 2005

January 2005-February 2006

November 2003-December 2004

February 1996-March 1996

April 1995-August 1995

January 1995-July 1995

October 1994

September 1992-December 1992

October 1991-December 1991

FUNDING CONTRIBUTIONS TO NUTRITION RESEARCH and OUTREACH

Project Start Dates

March 2024

April 2021

September 2017

October 2017

April 2017

August 2016

October 2014

October 2014

June 2014

October 2012

July 2012

August 2009
(No-cost Extension: July 2013)

June 2009
(No-cost Extension: May 2012)

February 2007
(No-cost Extension: Jan 2011)

September 2004

GRANTS and PROJECTS FUNDED

Laing E.M., Bobbi Meeler Sahm Service and Outreach Award in partnership with the Athens YMCA. The University of Georgia. July 2024-April 2025.

Laing E.M., Lewis R.D. Supplement to the Egg Consumption, Skeletal Health, and Cognition in Obese and Normal Weight Children: A Randomized-Controlled Feeding Trial; Phase 2: Biochemical Analyses (PI). The Egg Nutrition Center. American Egg Board. 2021-2022.

Lewis R.D., **Laing E.M.**, Oshri A., Kealey K., Tripp R.A. Effects of Egg Consumption on Skeletal and Cardiovascular Health in Children: A Long-Term Feeding Trial; Phase 2 (Clinical Trial) (Co-I). \$564,302. The Egg Nutrition Center. American Egg Board. 2017-2020.

Lewis R.D., **Laing E.M.**, de La Serre C.B., Oshri A., Loechner K., Fialkowski A., Duckham R. Autism Spectrum Disorder: The Role of Diet, Physical Activity, and Gut Microbiome on Bone Strength. University of Georgia CTRU Seed Grant. \$38,639.40. 2017-2018.

Duckham R.L., Teo W.P., Lewis R.D., **Laing E.M.**, Lee-Brennan S., Rodda C. What is the association between dietary intake, bone health and gut function in children with Autism Spectrum Disorder? Institute for Physical Activity and Nutrition Seed Grant, Deakin University. 2017-2018.

Lewis R.D., **Laing E.M.**, Oshri A., Kealey K., Tripp R.A., Phillips R.D. Effects of Egg Consumption on Bone Strength in Children: Phase 1: Prototype design and testing of egg and placebo products (Co-I). Egg Nutrition Center. \$48,590. 2016-7.

Lewis, R.D., **Laing, E.M.**, Kindler, J.M., Berger, P.K. Diet and Obesity: Impact on Skeletal Health During the Growing Years (Co-I). The Coca-Cola Company. \$45,000. 2014-2016.

Lewis, R.D., **Laing, E.M.**, Berger, P.K., Oshri, A., Tripp, R.A. "Egg consumption, inflammation and bone health in children (Co-I). Egg Nutrition Center, \$54,999. 2014-2016.

Lewis R.D., **Laing E.M.**, de la Serre C., Berger P.K., Harn D. Filipov N. UGA "Obesity, Inflammation and Bone Architecture." Obesity Initiative Research Grant (Co-I), \$1,600. 2014-2015.

Lewis R.D., **Laing E.M.**, Tripp R.A., Tompkins S.M. "Adenovirus, Obesity and Bone Strength in Preadolescent Children" UGA Obesity Initiative Research Grant (Co-I), \$25,000. 2012-2013.

Laing E.M. UGA Junior Faculty Research Grant, (PI), Office of the Vice President for Research, \$9,896. "Vitamin D and Muscle in Early Adolescents: Serum Insulin-Like Growth Factor and Myostatin Responses to Vitamin D Supplementation" 2012-2013.

Lewis R.D., **Laing E.M.**, Weaver C.M., Martin B., Hall D.B., Hausman D.B., McCabe G.M., Warden S.J. Peacock M. R01HD57126-01 (Co-I); National Institutes of Health, NICHD, \$2,221,951 "Supplemental Vitamin D and Functional Outcomes in Early Adolescence." 2009-2013

Lewis, R.D., **Laing, E.M.**, Hausman, D.B., Hall, D.B., Pollock, N.K., Baile, C.A., Brody, G. 2.008.319 (Co-I); Allen Foundation, Inc., \$54,561 "The Effect of Vitamin D Supplementation on Pre-Diabetes in Obese Adolescents." 2009-2012.

Lewis, R.D., Laing, E.M., Grider, A., & Hall, D.B. 1R03HD054630-01 (Co-I); National Institutes of Health, \$147,500 "Supplemental Zinc and Bone Turnover in Early Pubertal Females." 2007-2011.

Laing, E.M. 10-21-RR581-373 (PI); National Osteoporosis Foundation, \$57,000 "A Prospective Analysis of Geometric Changes in the Proximal Femur in Young Female Gymnasts." 2004-2005.

Project Start Dates

Spring 2021-Fall 2025
Apr 2019, Oct 2024, 2025

Oct 2023, 2024, 2025

July 2024, 2025

October 2022

February 2021
December 2020
October 2015

October 2012
October 2010

Project Start Dates

May 2016

April 2016

July 2012

July 2008

Submission Dates

February 2022, 2023

October 2016

July 2016

December 2015

December 2015

November 2015

July 2014

ADMINISTRATIVE GRANTS AND TRAVEL AWARDS

Laing E.M. UGA First Year Odyssey funds for out-of-class activity, \$300
Laing E.M. UGA Student/Faculty Enrichment Fund, UGA Office of Vice President for Student Affairs, \$300
Laing E.M. UGA FACS Student Technology Fee funding allocation (AND membership for \$4,060; eNCPT for \$2,100 and NCM for \$790)
Laing E.M. UGA Office of Instruction Teaching Enhancement and Innovation Fund (Essential Pocket Guide for Clinical Nutrition 4th Ed) FY25 \$3,049, FY26 \$2500
Laing E.M. UGA FACS Student Technology Fee funding allocation FY23 (eNCPT for \$2,100 and NCM for \$790)
Laing E.M. UGA Active Learning Summer Institute, \$7,500K
Laing E.M. UGA Obesity Initiative Statistical Consulting Award, \$750 total costs
Laing E.M. University of Georgia: The Graduate School Recruitment Enhancement Grant, \$2,000 total costs
Laing E.M. UGA Provost's Travel Funds to attend ASBMR, Minneapolis, MN
Laing E.M. UGA Provost's Travel Funds to attend ASBMR, Toronto, ON

PARTIALLY FUNDED HATCH PROJECTS

Laing, E.M. (PI) Dietary Influences on Childhood Musculoskeletal Health, Variable amounts, USDA, CSRS, National Institute of Food and Agriculture GEO00798. 2016-2020.
Lewis R.D., **Laing E.M.** (Co-I) Obesity, Physical Activity and Bone Strength in Children and Adults, Variable amounts, USDA, CSRS, National Institute of Food and Agriculture GEO00797. 2016-2021
Laing, E.M. (PI) Vitamin D Supplementation and Muscle Responses in Early Adolescence, Variable amounts. USDA, CSRS, National Institute of Food and Agriculture GEO00700. 2012-2015.
Lewis R.D., **Laing E.M.** (Co-I) Interrelationships Among Bone Strength, Diet and Physical Activity in Children and Adults. Variable amounts, USDA, CSRS, National Institute of Food and Agriculture Hatch Project GEO00647. 2008-2013.

GRANTS and PROJECTS NOT FUNDED

Laing E.M. Margene Wagstaff Fellowship for Innovation in Dietetics Education (PI). Academy of Nutrition and Dietetics Foundation.
Lewis R.D., **Laing E.M.**, Oshri A., Grider A., Kindler J.K. Supplemental Zinc and Bone Strength in Early Adolescence (Co-I). NICHD National Institutes of Health.
Lewis R.D., **Laing E.M.**, Oshri A., Kealey K., Tripp R.A. Egg Consumption, Inflammation and Skeletal Health in Obese Children: A Randomized-Controlled Feeding Trial. The United States Department of Agriculture (Co-PD).
Lewis R.D., **Laing E.M.**, Oshri A., Ward K. Promoting Health and Preventing Excessive Weight Gain in Obese ACC Youth. Mulherin Foundation.
Yli-Piipari S. (PI), Lewis R.D., Young H.N., Shen Y., **Laing E.M.**, Udwadia J. National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention Childhood Obesity Research Demonstration 2.0, RFA- DP-16-004. Confidence Ownership Responsibility Exercise, LLC (CORE).
Yli-Piipari S. (PI), Lewis R.D., Young H.N., Shen Y., **Laing E.M.**, Udwadia J. An Examination of the CORE Lifestyle Program on the Cardio-Metabolic and Behavioral Outcomes among High-Risk Hispanic Children with Multiple Weight-Related Health Risks UGA CTRU SEED GRANT PROPOSAL.
Lewis R.D., Tripp R.A., **Laing E.M.**, Weaver C.M., Peacock M. Sayers A. Adenovirus Influences on Childhood Obesity, Inflammation and Bone: The Use of MicroRNAs (miRNA) as Biomarkers of Disease. UGA Office of the Vice President for Research Interdisciplinary Proposal Development Program, \$52,000.

May 2014 Pollock N.K., Lewis R.D., **Laing E.M.** National Institutes of Health, \$1,309,536. Adolescent Obesity, Bone Development, and Cardiometabolic Risk Factors.

April 2014 Kindler J.M., Lewis R.D., **Laing E.M.** Obesity, type 2 diabetes, and skeletal architecture in late adolescent females. Amy Joye Memorial Research Award, Academy of Nutrition and Dietetics Foundation, \$5,000.

March 2014 **Laing E.M.**, Lewis R.D., Miller S.L., Kindler J.M. UGA Junior Faculty Research Grant, (PI), Office of the Vice President for Research, \$9,981. "Obesity, Cardiometabolic Risk Factors and Bone Architecture."

February 2014 Lewis R.D., **Laing E.M.**, Berger P.K., McCabe G.P., Tripp R.A. American Society for Bone and Mineral Research Grants in Aid Program, \$50,000. "Adenovirus 36, Obesity and Inflammation Related to Bone Development During Puberty: A 3 to 4 Year Follow-Up."

January 2014 Lewis R.D., **Laing E.M.**, Berger P.K., Pollock N.P. Egg Nutrition Center/American Egg Board, \$198,755. "Effects of Egg Consumption on Inflammation and Bone Turnover in Obese Adolescents Infected with Adenovirus 36."

December 2013 Lewis R.D., **Laing E.M.** Allen Foundation, \$303,176. "Supplemental Zinc and Bone Strength in Early Adolescence."

November 2013 **Laing E.M.** International Osteoporosis Foundation SERVIER Young Investigator Grant, Euro 40,000. "Adenovirus 36, Obesity and Inflammation Related to Bone Development During Puberty: A 3 to 4 Year Follow-Up."

October 2013 Kort L, **Laing E.M.**, Pollock N.K., Lewis R.D. National Collegiate Athletic Association, \$7,500. "Do Former NCAA Gymnasts Maintain Higher Bone Density Three Decades After Retirement from the Sport?"

October 2013 Lewis R.D., Zhao Q., **Laing E.M.**, Kindler J.M. UGA Obesity Initiative, \$25,000. "Cortical Porosity, Bone Marrow, and Bone Strength in Young Obese Adults."

September 2013 Lewis R.D., **Laing E.M.**, Berger P.K., Tripp R.A. UGA Obesity Initiative, \$25,000. "Adenovirus 36, Obesity and Inflammation Related to Bone Development During Puberty: A 3 to 4 Year Follow-Up."

April 2013 Bryant C., Lewis R.D., Bales D. Crawley C., Grossman B., Johnson L., **Laing E.M.**, Mancini J., Oshri A. United States Department of Agriculture, \$2,942,541. "Obesity Prevention for Children and Adolescents: A Home-Based Family Systems & Community Capacity Intervention."

March 2013 **Laing E.M.** American Society for Bone and Mineral Research Career Enhancement/Young Investigator General Research Award, \$55,000. "Adenovirus 36, Obesity and Bone Development during Puberty: the Role of Inflammation."

March 2013 Grider, A., Lewis, R.D., & **Laing, E.M.** Serum Biomarkers of Zinc Supplemented Early Pubertal Females. National Institutes of Health. \$74,250.

October 2012 & Feb 2013 Tripp R.A., Lewis R.D., **Laing E.M.** Tompkins S.M. National Institutes of Health, \$423,361. "Adenovirus, Obesity and Bone Strength in Preadolescent Children."

June 2012 **Laing E.M.** American Society for Bone and Mineral Research Career Development Award, \$55,000. "Serum IGF-I and Myostatin Responses to Vitamin D Supplementation in Adolescents."

September 2012 Grider A., Lewis R.D., **Laing E.M.** National Institutes of Health, \$74,250. Serum Biomarkers of Zinc Supplemented Early Pubertal Females.

September 2012 Lewis R.D., **Laing E.M.**, Baxter-Jones A, Grider A., Isales C., Pollock NK. National Institutes of Health, NICHD, \$1,536,851. Supplemental Zinc and Bone Strength in Early Adolescence.

April 2011 Lewis R.D., **Laing E.M.**, Anderson K., Bailey L.B., Della-Fera M.A., Baile, C.A. March of Dimes, \$501,106. Effects of Maternal Adiposity and Vitamin D Supplementation on Infant Bone Health.

February 2011 Anderson A.K., **Laing, E.M.**, Hausman D.B. Maternal Vitamin D During Pregnancy and Neonatal Outcomes in a Diverse Population, Children's Healthcare of Atlanta. \$49,976. *Letter of Intent Submitted.*

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| February 2011 | RHD071287A. Laing E.M. , Hall D.B., Hausman D.B., Lewis R.D. Vitamin D Supplementation and Muscle Responses in Early Adolescence. National Institute of Child Health and Human Development. \$74,250. |
| February 2011 | Anderson A.K., Laing E.M. , Hausman D.B., Helfgott A., Fisher S., Lewis R.D. Association between Maternal Vitamin D Status and Preterm Birth. Centers for Disease Control and Prevention. <i>Letter of Intent Submitted</i> . |
| April 2010 | Pollock N.K., Laing E.M. , Davis C., Young-Hyman D., Dong Y., Zhu H., Bernard P., Lewis R.D., Mullis R., Hausman D., Baile C. Vitamin K2 and the Metabolism of Glucose, Insulin, and Adipokines in Prepubertal Overweight Children with Pre-Diabetes, University System of Georgia Childhood Obesity Proposal, \$25,000. |
| June 2010 | Preliminary Data: Vitamin D Supplementation and Muscle Strength In Adolescents, American Society for Bone and Mineral Research Career Development Award, Laing, E.M. (Principal Investigator), \$55,000. |
| July 2010 | Preliminary Data: Vitamin D Supplementation and Muscle Strength In Adolescents, American Society for Bone and Mineral Research Junior Faculty Award, Laing, E.M. (Principal Investigator), \$55,000. |

DISSEMINATION OF RESEARCH

BOOK CHAPTERS

Publication Dates

| | |
|---------------|--|
| 2018 | (* Indicates invited submission) * Laing E.M. and Lewis R.D. New concepts in vitamin D requirements for children and adolescents: a controversy revisited. (2018) In: Giustina and Bilezikian (Eds.) <u>Frontiers in Hormone Research: Vitamin D in clinical medicine</u> , Vol 50, pp 42-65, Switzerland, Karger. |
| 2018 | *Lewis R.D., Laing E.M. , Weaver C.M. Chapter 41: Adolescence and Acquisition of Peak Bone Mass. (2018) In: Feldman D., Pike J.W., & Adams J.S. (Eds.) <u>Vitamin D, Volume 1: Biochemistry, Physiology And Diagnostics, Fourth Edition</u> , pp 731-753, San Diego, CA: Elsevier, Inc. |
| 2016 | *Lewis R.D., Kindler J.M., Laing E.M. Chapter 3: Obesity, Insulin Resistance and Pediatric Bone (2016) In: Weaver C.M., et al. (Eds.) <u>Nutritional Influences on Bone Health</u> , 9 th International Symposium on Nutritional Aspects of Osteoporosis. Switzerland, Springer International Publishing. Available via eBbook. Pages 21-33. |
| 2015 | *Lewis R.D., Laing E.M. , Foss S.M. Chapter 6: The War on Hunger to the Fight Against Obesity (2015) In: Nickols S.M. and Kay G. (Eds.) <u>Remaking Home Economics: Resourcefulness and Innovation in Changing Times</u> , UGA Press. |
| 2013 | *Lewis R.D. and Laing E.M. Chapter 23: Vitamin D Supplementation and Changes in Vitamin D and Bone Metabolites in Children (2013) In: Burckhardt P., et al. (Eds.) <u>Nutritional Influences on Bone Health</u> , London, Springer-Verlag, 227-236. |
| 2013 | * Laing E.M. Chapter 23: Exercise and Nutrient Need (2013) In: Berdanier C.D., Dwyer J. & Heber D. (Eds.) <u>Handbook of Nutrition and Food, 3rd Edition</u> , Boca Raton, FL: Taylor & Francis Group, LLC., 359-371. |
| November 2011 | *Weaver C.M., Lewis R.D., Laing E.M. (2011) Vitamin D in Skeletal Growth and Development. In: <u>Translational Endocrinology & Metabolism: Vitamin D Update</u> , Volume 2, Number 3 (pp. 43-60). The Endocrine Society, Chevy Chase, MD. |
| June 2011 | *Weaver C.M., Laing E.M. , & Lewis R.D. Chapter 37: Adolescence and Acquisition of Peak Bone Mass. (2011) In: Feldman D., Pike J.W., & Adams J.S. (Eds.) <u>Vitamin D, Third Edition</u> , San Diego, CA: Elsevier, Inc. 657-677. |
| Winter 2007 | * Laing E.M. Chapter 19: Exercise and Nutrient Need. (2007) In: Berdanier C.D., Feldman E. & Dwyer J. (Eds.) <u>Handbook of Nutrition and Food, 2nd Edition</u> , Boca Raton, FL: CRC Press, Inc. 373-388. |

Publication Dates

In press (online Dec 2025)

July 2025

July 2025

April 2025

December 2024

October 2024

December 2023

January 2023

December 2022

May 2022

August 2022

February 2022

August 2019

November 2018

REFEREED JOURNAL PUBLICATIONS

(* Indicates publications of national or international standing)

Slagel NW, Hall DB., Wang Y, Clifford DE, Harris CL, Hunger J.M., Duran Z, Crawley K, **Laing EM**. In Response to “Toward Balanced Curricula: Advancing Nondiet and Weight-Neutral Education in Dietetics.” *J Nutr Educ Behav*.

Levinson J, Harris CL, **Laing EM**, Squires ND, Clifford DE, Hunger JM. Reply to: Letter to the Editor in Response to “Weight-Inclusive Approaches to Nutrition and Dietetics: A Needed Paradigm Shift.” 2025 *J Nutr Educ Behav*, 57(7):698-699.

*Clifford DE, **Laing EM**, Harris CL, Slagel NW, Levinson J, Squires ND, Hunger JM. Incorporating Weight-Inclusive Approaches in Higher Education Curriculum for Future Nutrition and Dietetics Professionals. 2025 *J Nutr Educ Behav*, 57(7):680-9.

*Slagel NW, Hall DB., Wang Y, Clifford DE, Harris CL, Hunger J.M., Duran Z, Crawley K, **Laing EM**. Incorporating Nondiet and Weight-Neutral Principles in a University Dietetics Curriculum. 2025 *J Nutr Educ Behav*, 57:703-715.

*Levinson J, Harris CL, **Laing EM**, Squires ND, Clifford DE, Hunger JM. Weight-Inclusive Approaches to Nutrition and Dietetics: A Needed Paradigm Shift. 2024 *Journal of Nutrition Education and Behavior*, 56(12):923-930.

*Squires ND, Goode M, Pye A, Papini NM, Lopez NV, Harris CL, Dillon JD, **Laing EM**, Lee S, Clifford DE. Weight-Inclusive Podcasts Improved Intuitive Eating, Body Appreciation, and Anti-Fat Attitudes Among Nutrition Students. 2024 *J Nutr Educ Behav*, 56(10):710-718.

*Coheley LM, Yu M, Chen X, O'Connor PJ, Kealey KS, **Laing EM**, Oshri A, Marand AK, Lance JM, Kindler JM, Lewis RD. The Impact of Whole Egg Consumption on Bone Accrual in Healthy Children: A Randomized Controlled Trial. 2023 *J Bone Miner Res*, 38(12):1809-1821.

*Ishikawa Y, **Laing EM**, Anderson AK, Zhang D, Kindler J., Trivedi R., Sattler E. Comparison of Diagnostic Methods for Type 2 Diabetes in Patients with Heart Failure. 2023 *Diab Epidemiol Manag*, 9:Fe.

*O'Connor PJ, Chen X, Coheley LM, Yu M, **Laing EM**, Oshri A, Marand A, Lance JM, Lewis RD. The effects of 9 months of formulated whole-egg or milk powder food products as meal or snack replacements on executive function in preadolescents: A randomized placebo-controlled trial. 2022 *Am J Clin Nutr*, 116(6):1663-71.

*Cerminaro C, Sazonov E, McCrory M, Steiner-Asiedu M, Bhaskar V, Gallo S, **Laing EM**, Anderson AK, Feasibility of the Automatic Ingestion Monitor (AIM-2) for the assessment of infant feeding: a pilot study among breastfeeding mothers from Ghana. 2022 *Public Health Nutrition*, May 26;1-11.

*Ishikawa Y., **Laing EM**, Anderson AK, Zhang D, Kindler J., Trivedi R., Sattler E. Adherence to the Dietary Approaches to Stop Hypertension Diet is Associated with Low Levels of Insulin Resistance among Heart Failure Patients, 2022 *Nutrition, Metabolism and Cardiovascular Diseases*, Aug;32(8):1841-1850.

*Ishikawa Y, Lewis R, **Laing EM**, Anderson AK, Zhang D, Quyyumi A, Dunbar S, Trivedi R., Sattler E, Prevalence and Trends of Type 2 Diabetes Mellitus and Prediabetes among Community-Dwelling Heart Failure Patients in the United States. 2022 *Diabetes Research and Clinical Practice*, Feb;184:109191.

*Kindler JM, **Laing EM**, Liu W, Dain JA, Lewis RD. Pentosidine is Associated with Cortical Bone Geometry and Insulin Resistance in Otherwise Healthy Children. 2019 *J Bone Miner Res*, Aug;34(8):1446-1450.

*Wright C.S., **Laing E.M.**, Pollock N.K., Hausman D.B., Weaver C.M., Martin B.R., McCabe G.P., Peacock M., Warden S.J., Hill Gallant K.M., Lewis R.D. Serum 25-hydroxyvitamin D and intact parathyroid hormone influence muscle outcomes in children and adolescents. 2018 *J Bone Miner Res*, Nov;33(11):1940-1947.

August 2018

*Coheley L.M., Kindler J.M., Laing E.M., Oshri A., Hausman D.B., McCabe G.P., Martin B.R., Hill Gallant K.M., Warden S.J., Weaver C.M., Peacock M., Lewis R.D. Whole egg consumption and cortical bone in healthy children. 2018 *Osteoporosis International*, Aug;29(8):1783-1791.

February 2018

*Yli-Piipari, S., Berg, A., **Laing, E.M.**, Hartzell, D.L., Parris, K.O., Udwadia, J., and Lewis, R.D. A 12-Week Lifestyle Program to Improve Cardiometabolic, Behavioral, and Psychological Health in Hispanic Children and Adolescents. 2018 *Journal of Alternative and Complementary Medicine*, Feb;24(2):132-138.

November 2017

*Kindler J.M., Pollock N.K., Ross H.L., Modlesky C.M., Singh, H., **Laing E.M.**, Lewis R.D. Obese versus normal-weight late-adolescent females have inferior trabecular bone microarchitecture: a pilot case-control study. 2017 *Calcified Tissue International*, Nov;101(5):479-488.

July 2017

*Kindler J.M., Pollock N.K., **Laing E.M.**, Oshri A., Jenkins N.T., Isales C.M., Hamrick M.W., Ding K.H., Hausman D.B., McCabe G.P., Martin B.R., Hill Gallant K.M., Warden S.J., Weaver C.M., Peacock M., Lewis R.D. Insulin resistance and the IGF-I-cortical bone in children ages 9-13 years. 2017 *J Bone Miner Res*, 32(7):1537-1545

July 2017

*Lobene A.J., Kindler J.M., Jenkins N.T., Pollock N.K., **Laing E.M.**, Grider A. Lewis R.D. Zinc supplementation does not alter indicators of insulin secretion and sensitivity in black and white female adolescents, 2017 *J Nutr*, 147(7):1296-1300.

March 2017

*Grider A., Bakre, A.A. **Laing, E.M.**, Lewis, R.D. In Silico Analysis of MicroRNA Regulation of Bone Development: Metal Response Element-Binding Transcription Factor 1 and Bone Signaling Pathways. 2017 *Austin J Nutr & Metab*, 4(1):1042.

March 2017

*Giudici K.V., Kindler J.M., Martin B.R., **Laing E.M.**, McCabe G.P., McCabe L.D., Hausman D.B., Martini L.A., Lewis R.D., Weaver C.M., Peacock M., Hill Gallant K.M. Associations among osteocalcin, leptin and metabolic health in children ages 9-13 years in the United States. 2017, *Nutrition & Metabolism*, 7:14:25.

April 2016

*Ferira A.J., **Laing E.M.**, Hausman D.B., Hall D.B., McCabe G.P., Martin B.R., Hill Gallant K.M., Warden S.J., Weaver C.M., Peacock M., Lewis R.D. Vitamin D Supplementation Effects on Insulin Sensitivity and Resistance in Early Pubertal White and Black Children. 2016 *J Clin Endocrinol Metab*. Apr;101(4):1710-8.

January 2016

*Gordon J.D., Hausman D.B., Bailey L.B., Lewis R.D., **Laing E.M.**, Park H.J. Impact of gluten-containing foods on folate intake of women of childbearing age. 2016 *The Digest*, Research Dietetic Group, Academy of Nutrition and Dietetics, 51(1), 2-7.

January 2016

*Kindler J.M., Pollock N.K., **Laing E.M.**, Jenkins N.T., Oshri A., Isales C., Hamrick M.W., Lewis R.D. Insulin resistance negatively influences the muscle-dependent IGF-I-bone mass relationship in pre-menarcheal girls. 2016 *J Clin Endocrinol Metab*. Jan;101(1):199-205.

October 2015

*Berger P.K., **Laing E.M.**, Pollock N.K., Chertin V., Grider A., Shapses S.A., Ding K.H., Isales C.M., Lewis R.D. Zinc supplementation enhances procollagen Type 1 amino-terminal propeptide in premenarcheal girls: a randomized controlled trial. 2015 *J Nutr*. 145(12):2699-704.

December 2015

*Grider A., Lewis R.D., **Laing E.M.**, Bakre, A.A., Tripp, R.A. Zinc Affects miR-548n, SMAD4, SMAD5 Expression in HepG2 Hepatocyte and HEp-2 Lung Cell Lines, 2015 *Biometals*. Dec;28(6):959-66.

May 2015

*Lewis R.D. and **Laing E.M.** Conflicting reports on vitamin D supplementation: Evidence from randomized controlled trials. SI: Bone Health & Nutrition; 2015 *Molecular and Cellular Endocrinology (Invited)*. 410:11-18.

July 2014

*Kindler J.M., Goff-Ross H.L., **Laing, E.M.**, Modlesky C.M., Pollock N.K., Baile C.A., Lewis R.D. Load-specific physical activity scores are related to tibia bone architecture. 2015 *Int J Sport Nutr Exerc Metab*. Apr;25(2):136-44.

June 2014 *Berger P.K., Pollock N.K., **Laing E.M.**, Warden S.J., Hill Gallant K.M., Hausman D.B., Baile C.A., Tripp R.A., McCabe L.D., McCabe G.P., Weaver C.M., Peacock M., Lewis, R.D. Adenovirus 36 infection, adiposity and inflammation-related markers in children. 2014 *J Clin Endocrinol Metab.* 99(9):3240-6.

January 2014 *Berger P.K., Principe-Craig J.L., **Laing E.M.**, Henley E.C., Pollock N.K., Blair R.M., Baile C.A., Hall D.B., Lewis R.D. Weight gain in college females is not prevented by isoflavone-rich soy protein: a randomized controlled trial. 2014 *Nutr Res.* 66-73.

December 2013 *Lewis R.D., **Laing E.M.**, Hill Gallant K.M., Hall D.B., McCabe G.P., Martin B.R., Warden S.J., Peacock M., Weaver C.M. A randomized trial of vitamin D3 supplementation in children: dose-response effects on vitamin D metabolites and calcium absorption. 2013 *J Clin Endocrinol & Metab.* 98(12):4816-4825.

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April 2007 Principe J.L., **Laing E.M.**, Henley E.C., Blair R.M., Baile C.A., Gildea R.A., Pollock N.K., Hall D.B., & Lewis R.D. (2007) Effects of 16 Weeks of Isoflavone-Rich Soy Protein on Weight and Fat Gain in Female College Students. *J FASEB*; 21:551.4.

September 2006 **Laing E.M.**, Willis C.M., Hall D.B., Hausman D.B., & Lewis R.D. (2006) A Prospective Analysis of Plasma 25-Hydroxyvitamin D and Bone Mass in White and Black Prepubertal Females. *J Bone Miner Res* 21(SU002): S205.

September 2006 Pollock N.K., **Laing E.M.**, Baile C.A., Hamrick M.W., & Lewis R.D. (2006) Body Fat is Negatively Associated with Bone Strength and Geometric Indices of the Tibia and Radius in Adolescent Females. *J Bone Miner Res* 21(M189): S377.

September 2005 **Laing E.M.**, Modlesky C.M., Wilson A.R., Hall D.B., Beck T.J., & Lewis R.D. (2005) A Prospective Analysis of Geometric Changes in the Proximal Femur in Young Female Gymnasts. *J Bone Miner Res* 20(M020): S318.

September 2005 Pollock N.K., **Laing E.M.**, Wilson A.R., Modlesky C.M., Beck T.J., & Lewis R.D. (2005) Body Fatness and Bone Properties in Prepubertal Females: A Two Year Prospective Study *J Bone Miner Res* 20(M021): S318.

September 2005 Gildea R.A., **Laing E.M.**, Hall D.B., Modlesky C.M., Beck T.J., Wilson A.R., Baile C.A., & Lewis R.D. (2005) 24-months of Gymnastics Training on Insulin-like Growth Factors in Prepubertal Females. *J Bone Miner Res* 20(SA150): S130.

April 2005 Stein E.M., **Laing E.M.**, Wilson A.M.R., Modlesky, C.M., Kimlin, M.G., Hall D.B. & Lewis R.D. (2005) Serum 25-Hydroxy-Vitamin D Levels and Bone in Prepubertal Females Living in a Southern Latitude. *J FASEB* (62.6): A169.

October 2004 Pollock N.K., **Laing E.M.**, & Lewis R.D. (2004) Retired Gymnasts Retain Higher Bone Mass: A 10-Year Follow Up. *J Bone Miner Res* 19(M207): S393.

October 2004 **Laing E.M.**, Yurman K.H., Modlesky C.M., Hall D.B., Wilson A.R., & Lewis R.D. (2004) Bone Turnover Markers Predict Changes Over Three Years in Pubertal, But Not Prepubertal Females. *J Bone Miner Res* 19(M121): S373.

May 2003 **Laing E.M.**, Wilson A.R., Modlesky C.M., O'Connor P.J., & Lewis R.D. (2003) Two Years of Recreational Artistic Gymnastics Improves Lumbar Spine Bone Mineral Density in Young Girls. *Med Sci Sport Exer* 35(5).

April 2003 Aburto N.J., **Laing E.M.**, Wilson A.R., Hardy K.H., Modlesky C.M., & Lewis R.D. (2003) Zinc Intake is Positively Correlated with Bone in Prepubertal Girls. *J FASEB*. Apr 17(4).

GRADUATE THESIS and DISSERTATION

August 2003 Doctor of Philosophy Dissertation, "Changes in Bone Mass and Strength Properties in Female Gymnasts 4 to 10 Years of Age," The University of Georgia
August 2000 Master of Science Thesis, "Bone Mass and Body Composition Changes in Female Adolescent Gymnasts," The University of Georgia

PRESENTATION of RESEARCH, GUEST LECTURES, and WORKSHOPS

Presentation Dates

RESEARCH PRESENTATIONS as PRESENTING AUTHOR

(* Indicates meetings at the national or international level)

| | |
|----------------|--|
| August 2021 | *Imparting Anti-Diet and Weight Inclusive Approaches in a University Dietetics Curriculum. 2021 <i>Society for Nutrition Education and Behavior</i> Annual Meeting Poster P87, Virtual |
| October 2012 | *Adenovirus 36, adiposity and bone strength in late-adolescent females (poster): American Society for Bone and Mineral Research (ASBMR) Annual Meeting, Minneapolis, MN |
| July 2012 | Effects of Maternal Adiposity and Vitamin D Supplementation on Infant Bone Health (oral): Obesity Initiative-sponsored meeting with Brenda Fitzgerald, MD, Commissioner, Georgia Department of Public Health, Athens, GA |
| September 2011 | *25-Hydroxyvitamin D, Parathyroid Hormone and Muscle Relationships in Early Pubertal Adolescents (poster): ASBMR Annual Meeting, San Diego, CA |
| October 2010 | *Breastfeeding Duration is a Positive Independent Predictor of Trabecular and Cortical Bone Parameters at Age 21 Years (poster): ASBMR Annual Meeting, Toronto, Canada (President's Poster Competition Award Nominee) |
| September 2006 | *A Prospective Analysis of Plasma 25(OH)D and Bone Mass in White and Black Prepubertal Females (poster): ASBMR Annual Meeting, Philadelphia, PA |
| September 2005 | *A Prospective Analysis of Geometric Changes in the Proximal Femur in Young Female Gymnasts (poster): ASBMR Annual Meeting, Nashville, TN |

October 2004 *Bone Turnover Markers Predict Changes Over Three Years in Pubertal, But Not Prepubertal Females (poster); ASBMR Annual Meeting, Seattle, WA

May 2003 *Two Years of Recreational Artistic Gymnastics Improves Lumbar Spine Bone Mineral Density in Young Girls; American College of Sports Medicine (ACSM) Annual Meeting, San Francisco, CA

March 2003 Recreational Artistic Gymnastics Improves Lumbar Spine Bone Mineral Density in Young Girls, Georgia Nutrition Council Annual Meeting, Valdosta, GA

May 2002 *Effects of a Two-Year Gymnastics Intervention on Bone Mass and Body Composition in Young Females; ACSM Annual Meeting, St. Louis, MO

April 2002 Two-Year Gymnastics Intervention on Bone Mass and Body Composition in Young Females (poster); Georgia Dietetic Association Annual Meeting, Jekyll Island, GA

May 2001 *A Prospective Study of Bone Mass and Body Composition in Female Adolescent Gymnasts; ACSM Annual Meeting, Baltimore, MD

February 2001 Bone Mass and Body Composition Changes in Adolescent Female Gymnasts; Georgia Nutrition Council Annual Meeting, Atlanta, GA

April 1999 *Longitudinal Changes in Bone Mineral Density and Body Composition in Adolescent Female Gymnasts (poster); Federation of American Societies for Experimental Biology meeting, Washington, DC

Presentation Dates

September 2023, 2024 **CLASSROOM GUEST LECTURES and SEMINARS (University)**

January 2024 Weight-Inclusive Practices in Promoting Health, senior Medical Nutrition Therapy-I class, NUTR 415, Northern Illinois University (Department)

November 2022 Pathway to becoming a Nutrition Professor, junior Career Pathways in Nutrition and Dietetics class, FCS 328, Jacksonville State University (Department)

January and February 2020-21 Spotlight on the UGA Dietetics Major, NUTR 2100 (Department)

October 2015, January 2021 Obesity: Prevalence, Evaluation, Treatment, UGA/Augusta Medical School Partnership (2nd [January] and 1st [February] year medical students; University)

October 2019 Overview of the Department of Foods and Nutrition, Introduction to Family and Consumer Sciences, FACS 2000 (College)

October 2019 SAFCS Alumni Panel member (College)

February 2019 Student Engagement: Why it Matters in Teaching, GRSC 7770 (College)

Fall 2018 & 2019 FACS Alumni Panel member, FACS 2000 (College)

February 2017 Introduction to Dietetics seminar series (Department)

November 2016 The often confusing and overwhelming principals of nutrition. UGA Medical Roundtable, Athens, GA (University)

January 2015, October 2016 School age nutrition, graduate/undergraduate Lifecycle Nutrition class, FDNS 4510 (Department)

October 2016 Update on Bone Health Research Program, undergraduate Introduction to Nutrition Science class, FDNS 2400 (Department)

April 2016 Infant nutrition, graduate/undergraduate Lifecycle Nutrition class, FDNS 4510 (Department)

February 2016 Pregnancy and Lactation, undergraduate Human Nutrition and Food class, FDNS 2100 (Department)

November 2015 Panelist, FACS Authors and Experts, along with Sharon Nickols, editor of "Remaking Home Economics: Resourcefulness and Innovation in Changing Times" (College)

September 2013 Adolescent and elderly nutrition, graduate/undergraduate Lifecycle Nutrition class, FDNS 4510 (Department)

April 2012 Lactation, graduate/undergraduate Lifecycle Nutrition class, FDNS 4510 (Department)

August 2012 Renal Disease, graduate/undergraduate Medical Nutrition Therapy class, FDNS 4530 (Department)

April 2011 Physiology of Pregnancy, graduate/undergraduate Lifecycle Nutrition class, FDNS 4510 (Department)

April 2011 Osteoporosis, graduate/undergraduate Medical Nutrition Therapy class, FDNS 4530 (Department)

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| February 2011 | Hypertension, graduate/undergraduate Medical Nutrition Therapy class, FDNS 4530 (Department) |
| September 2010 | Nutritional Needs During Pregnancy, graduate/undergraduate Lifecycle Nutrition class (FDNS 4510): The University of Georgia, Athens, GA |
| November 2009 | Childhood and Early Adolescence, graduate/undergraduate Lifecycle Nutrition class (FDNS 4510): The University of Georgia, Athens, GA |
| August 2009 | Physiology of Pregnancy, graduate/undergraduate Lifecycle Nutrition class (FDNS 4510): The University of Georgia, Athens, GA |
| November 2008 | Childhood and Early Adolescence, graduate/undergraduate Lifecycle Nutrition class (FDNS 4510): The University of Georgia, Athens, GA |
| August 2008 | Physiology of Pregnancy, graduate/undergraduate Lifecycle Nutrition class (FDNS 4510): The University of Georgia, Athens, GA |
| November 2007 | Childhood and Early Adolescence, graduate/undergraduate Lifecycle Nutrition class (FDNS 4510): The University of Georgia, Athens, GA |
| August 2007 | Physiology of Pregnancy, graduate/undergraduate Lifecycle Nutrition class (FDNS 4510): The University of Georgia, Athens, GA |
| August 2006 | Physiology of Pregnancy, graduate/undergraduate Lifecycle Nutrition class (FDNS 4510): The University of Georgia, Athens, GA |
| November 2005 | Lactation Issues for Mother and Infant, undergraduate Lifecycle Nutrition class (FDNS 2100); The University of Georgia, Athens, GA |
| April 2005 | Lactation Issues for Mother and Infant, undergraduate Lifecycle Nutrition class (FDNS 2100); The University of Georgia, Athens, GA |
| July 2005 | Sports Nutrition: Fueling the Athlete, undergraduate Nutrition (FDNS 2100, 5800) and Health Advocacy (ECHD 3010) classes; The University of Georgia, Athens, GA |
| March 2002 | Vitamin D and the Progression of Multiple Sclerosis, Department of Foods and Nutrition Seminar; The University of Georgia, Athens, GA |
| February 2002 | Childhood Nutrition Practices and Health Implications, graduate-level Child Development class (EDEC 7200); The University of Georgia, Athens, GA |
| December 2000 | Sarcopenia in the Elderly, Department of Foods and Nutrition Seminar, The University of Georgia, Athens, GA |
| April 1999 | Sports Nutrition: Fueling the Athlete, undergraduate Nutrition (FDNS 2100, 5800) and Health Advocacy (ECHD 3010) classes; The University of Georgia, Athens, GA |
| Presentation Dates | |
| August & January 2017-present | WORKSHOP, TRAINING and OTHER PRESENTATIONS (University/Community/Sate/Regional) |
| March 2025 | DICAS Workshop (2-part series) for dietetics majors entering dietetic internship matching, Student Dietetic Association Meeting (Department) |
| January 2022 | Presenter, "UGA Dietetics and MS-Online Programs," Texas A&M Extension Professional Development Visit (College) |
| December 2021 | Presenter, "Professional Development in Foods and Nutrition course re-design: featuring work from the 2021 Active Learning Summer Institute," UGA InterActive Colloquium (University) |
| November 2021 | Presenter, "Non-diet approaches to health: How to establish a comprehensive approach with your patients," Georgia Nutrition Council Professional Development Webinar (State) |
| September 2021 | Presenter, "You are NOT what you eat: Exploring non-diet approaches to health," NEHP Symposium: Training Compassionate Educators - A Focus on Marginalized Communities (National) |
| August 2021 | Presenter, "Maintaining a Healthy Lifestyle While Going Through a Work Transition," Dickinson College Center for Advising, Internships & Lifelong Career Development Industry Immersion Series (University) |
| July 2021 | Presenter, "You are NOT what you eat: exploring non-diet approaches to health," UGA Training & Development course (University) |

March 2021
Presenter, "Exploring non-diet approaches in the COVID-19 pandemic and beyond," Health & Wellness Remote Learning Circle, UGA Division of Development and Alumni Relations (University)

March 2021
Facilitator, "Chat with Chums & Alums: Circle of 7" event, UGA Department of Foods and Nutrition Virtual Event (Department)

February 2001
Presenter, "You are NOT what you eat: Exploring non-diet approaches in the COVID-19 pandemic and beyond," Georgia Nutrition Council Annual Meeting (State)

May 2019
Keynote Speaker, Emory University Hospital Dietetic Internship Graduation Ceremony (University)

August-December 2017
Facilitator, FACS Regional Development Lunch and Learn, tour of Bone and Body Composition Laboratory (College)

February 2017
Presenter, Overview of the Department of Foods and Nutrition, Coffee & Conversation Alumni Event, Athens, GA (Department)

July 2015
Facilitator, Girl Talk Summer Camp Bone Health Unit (4 60-minute visits in summer 2015), University of Georgia Department of Kinesiology (University)

September 2014
Update on Bone Health Research Program, FDN Faculty Meeting, Athens, GA (Department); Created one-page document for circulation by Extension.

August 2013
Update on Bone and Fat Research, Bone and Fat UGA Obesity Initiative Team Meeting, Athens, GA (University)

February 2013
Obesity-Bone Connection, Maternal and Childhood Obesity Initiative Team Meeting, Athens, GA (University)

November 2010
Feeding Your Child for Lifelong Health, Athens Montessori School Parent Education Event, Athens, GA (open to AMS families and Athens Community)

October 2010
Bone and Joint Decade, Athens-Clarke County Healthy Hour 2010, Athens, GA

April 2010
Osteoporosis on the Mind, Athens-Clarke County Healthy Hour 2010, Athens, GA

November 2006
Women Empowerment: Taking Back Our Bones & Bodies, Delta Phi Lambda Sorority Inc. Annual Osteoporosis Seminar, University of Georgia, Athens, GA

October 2006
Optimizing Bone Health in Childhood, Pennsylvania State University Bone Health and Nutrition Conference, State College, PA

October 2005
Nutritional Issues During Lactation, NEGA Dietetic Assoc Meeting, Athens, GA

June 2005
Osteoporosis: Are You at Risk? Total Knowledge: Family and Consumer Sciences Alumni Summer College Event, Athens, GA

May 2005
Beyond Sticks and Stones: A New Take on Osteoporosis, Nutrition Education Coalition Meeting, Athens, GA

September 2004
Dietary and Physical Activity Patterns in School-Aged Children, Northeast Georgia Dietetic Association Meeting, Athens, GA

September 2004
Health implications of childhood nutrition and physical activity practices, Georgia Public Health Association Annual Meeting, Savannah, GA

September 2004
Emerging Issues in Bone Health Research, Georgia Public Health Association Annual Meeting, Savannah, GA

May 2004
Achieving Optimal Physical Performance with Nutrition, Northeast Georgia Dietetic Association Meeting, Athens, GA

March 2004
Osteoporosis and Better Bone Health, Volunteers of the Georgia Hospital Association, Council on Auxiliary, Athens, GA and Thomson, GA

March 2004
Research in Foods and Nutrition, Clinical Orientation Training Workshop for Georgia Public Health Dietetic Interns, Atlanta, GA

April 2004
Sports Nutrition for the Young Tennis Player, Youth Education Through Sport Tennis Clinic, Athens, GA

May 2003
Childhood Nutrition Paradox, Childcare Providers Training Program, Athens, GA

April 2023
Are You Getting Enough Calcium?: Osteoporosis Update, Georgia Commission on Women-sponsored Wellness Summit for Women and Girls, Augusta, GA

March 2003
Exercise and Cardiac Health, School Food Service Employee Training, Athens, GA

July 2002
Special Diets for Adolescents, Dept. of Juvenile Justice Food Service Training Workshop, Athens, GA

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| July 2002 | Research in Foods and Nutrition, Clinical Orientation Training Workshop for Georgia Public Health Dietetic Interns, Atlanta, GA |
| July 2002 | Sports Nutrition for Peak Performance (with translator), Athletic Training Workshop for visiting Japanese students, University of Georgia, Athens, GA |
| June 2002 | Are You Getting Enough Calcium?: Osteoporosis Update, Georgia Commission on Women-sponsored Wellness Summit for Women and Girls, Augusta, GA |
| April 2001 | Determinants of Bone Health in Children, Georgia Nutrition Council Annual Meeting, Concurrent Session, Atlanta, GA |
| February 2001 | Nutrition Recommendations for the Collegiate Athlete, National Strength and Conditioning Association Clinic for collegiate trainers and coaches, Athens, GA |
| November 2000 | Sports Supplements, Georgia Dietetic Association Meeting, Kennesaw, GA |
| May 1999 | Nutrition Needs for the High School Athlete, Southeastern Conference Student Athlete Trainer Workshop for high school trainers and coaches, Atlanta, GA |
| March 1999 | Special Nutrition Needs for the Young Athlete, Competency Based Skills Nutrition Workshop for public health nutritionists and nurses, Macon, GA |
| April 1998 | Sports Nutrition: How to Maximize Your Training While Off the Court, Women's Basketball Camp: Dickinson College, Carlisle, PA |

Participation Dates

November 2019-present

Publication Dates

Spring 2021

August 2020

Spring 2020

Spring 2020

Summer 2012

Spring 2012

Winter 2012

Spring 2009

Spring 2008

Fall 2007

Fall 2006

Winter 2006

Summer 2005

EVENT COORDINATION and PARTICIPATION (Department)

Supervised Practice Forum/Open House Event: Sponsored by the UGA Student Dietetic Association, this annual DI Open House forum has over 10 universities represented from the southeast who presented in person or via Zoom about their programs. As the faculty advisor for SDA, I am involved in the planning and coordination of the event.

PUBLISHED BULLETINS and REPORTS (National/State/Local)

Laing EM. Weight-Inclusivity: How and why classroom nutrition educators need to tackle the subject of weight bias in healthcare. The Educator's Resource, Nutrition Educators of Health Professionals Didactic Practice Group of the Academy of Nutrition and Dietetics, Spring 2021, Volume 77, Issue 3

Laing EM. "You are NOT what you eat: Exploring Intuitive Eating's gentle nutrition principle" ProcessedFoodSite: <https://tinyurl.com/y6pfwdc9>

Laing EM, Berg, AC. Beware of claims of 'immune boosting' diets and pills, Diabetes Life Lines Newsletter, Vol. 34, No. 1, Apr 2020 - COVID-19

Laing EM. University of Georgia Programs help Students Who Might go Hungry, Nutrition for Educators and Health Professionals Newsletter, Spring 2020

Laing EM. Summarizing Georgia's SHAPE Initiative, Together for Children, Georgia Association on Young Children Newsletter

Laing EM. Focus on Nutrition: Eating Healthy in Child Care, Together for Children, Georgia Association on Young Children Newsletter

Laing EM. Leaving the extra holiday package behind, Athens MOVE, Jan/Feb 2012
Eriksen M., Hepburn V., **Laing E.**, et al. Addressing Overweight: Model Nutrition Practices for Children and Families 2009 Policy Leadership for Active Youth (PLAY) Policy Brief

Eriksen M., Hepburn V., Okosun I., **Laing E.** et al. Addressing Overweight: The Role of Communities in Promoting Physical Activity 2008 PLAY Policy Brief.

Eriksen M., Hepburn V., Okosun I., **Laing E.** et al. Addressing Overweight: The Role of Parents and Families 2007 PLAY Policy Brief

Lewis R., Teems J., **Laing E.** et al. Addressing Overweight Severity in Children & Adolescents 2006 PLAY Policy Brief

Eriksen M., Hepburn V., Okosun I., **Laing E.** et al. Addressing Overweight: The Role of Physical Activity 2006 PLAY Policy Brief

Eriksen M., Hepburn V., Okosun I., **Laing E.** et al. Addressing Overweight: Interventions Tailored to the Rural South 2005 PLAY Policy Brief

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|----------------|---|
| Winter 2005 | Eriksen M., Hepburn V., Okosun I., Laing E. et al. Addressing Overweight- The Role of Physical Activity in Schools 2005 PLAY Policy Brief |
| January 2005 | Barbeau P., Eriksen M., Laing E. et al. School-based physical activity interventions to prevent or treat childhood overweight: A Summary of Research and Findings 2005 PLAY Research Paper |
| September 2002 | Lewis R., Laing E. , Duke N. & Gearing J. Strategic Plan 2002 Georgia Osteoporosis Initiative |

WEBSITE ADMINISTRATION and MEDIA APPEARANCES

Web Profiles (active)

UGA NUTR Faculty webpage: <https://tinyurl.com/ydftobup>
UGA Emma Laing Press page: <https://www.fcs.uga.edu/fdn/emma-laing>
UGA NUTR Featured Faculty profile: <https://t.uga.edu/2Kf>
UGA Online Faculty profile: <https://tinyurl.com/ycjjeehk>
Research Gate: <https://tinyurl.com/ycdfrqvn>
LinkedIn: <https://www.linkedin.com/in/emmamlaing/>
X (Twitter): <https://x.com/emmamlaing>
Qwoted: <https://app.qwoted.com/sources/emma-laing>

Page Administrator (current)

UGA NUTR webpages: <https://www.fcs.uga.edu/fdn>
UGA NUTR Kudos Corner: <https://www.fcs.uga.edu/fdn/kudos-corner/>
UGA NUTR Facebook: <https://www.facebook.com/ugafdn/>
UGA NUTR Instagram: <https://www.instagram.com/ugafdn/>
UGA SDA Facebook: <https://www.facebook.com/sdaatuga>
UGA SDA Instagram: https://www.instagram.com/uga_sda
UGA Laing Facebook student/alumni group: <https://tinyurl.com/yapx9jh3>
UGA Housley Facebook alumni group: <https://tinyurl.com/4chvkkn4>

Media Appearances

January 2026

Are you eating enough protein?
UGA Today <https://tinyurl.com/3dn52wek>

Why You're Hungrier in Winter (and What to Do About It)
LoseIt! <https://tinyurl.com/ykujh6vp>

December 2025

Is beef tallow healthier than seed oils?
Health <https://tinyurl.com/bdf2t6zf>

Mentioned in 'Featured Graduate' profile (Jayla Justice)
UGA FACS <https://tinyurl.com/bdzbtdu3>

Dietitian shares verdict on 'meal sequencing' diet trend
Food Bible <https://tinyurl.com/bdj76mvv>

November 2025

4 Drinks That Can Help You Get More Vitamin D Every Day
Health <https://tinyurl.com/ym4wf4bm>

Dietetics director discusses health benefits of spicy food
UGA Today <https://tinyurl.com/4abewhvr>

Thanksgiving with a walk: Why to hit the trails after dinner
Tallahassee.com <https://tinyurl.com/yc87k6fd>

Here's What To Do After a Big Holiday Meal, According to Experts
Life & Style <https://tinyurl.com/yck87zdn>

October 2025

This underappreciated fish in the US packs a powerful punch for your heart
Okdiario <https://tinyurl.com/4yaz3n8y>

Mentioned in ‘Georgia Girls: Skye Estroff’
Bulldawg Illustrated <https://tinyurl.com/kf69rs2w>

Mentioned in ‘Featured Alumni’ profile (Caroline Hughes)
UGA FACS <https://tinyurl.com/bddyzv3x>

Sardines vs. Fish Oil Supplements: Which Is Better for Your Heart?
Verywell Health <https://tinyurl.com/2sfbush3>

7 Foods to Avoid When Taking Zinc Supplements
Verywell Health <https://tinyurl.com/3ska3cvf>

Why most vitamins and supplements won’t improve your health
Verywell Health <https://tinyurl.com/y85rbuw4>

September 2025

When Is the Best Time to Take Protein for Muscle Gain?
Verywell Health <https://tinyurl.com/yp9wx22h>

Can spicy foods boost your metabolism?
Verywell Health <https://tinyurl.com/ydzunkva>
SmartBrief <https://tinyurl.com/3d83a7r7>

How to prevent osteoporosis in your 40s and 50s-expert advice that may surprise you
Yahoo! Health <https://tinyurl.com/3bvsy764>

August 2025

Seven eating tips to help you age healthier-backed by new research from 2025
Health <https://tinyurl.com/3c454zsf>

July 2025

Brain-boosting supplements: All hype or some hope?
Medscape <https://tinyurl.com/4tr3punv>

Eight low-sugar fruits that won’t spike your blood sugar
VeryWell Health <https://tinyurl.com/yhrn7hmt>

Green Tea May Just Be the World’s Healthiest Drink
Men’s Health <https://tinyurl.com/yfvp4h6f>

The unexpected benefits of eating hot peppers
Advisory Board <https://tinyurl.com/tumba4wz>

June 2025

Dietetics director settles the egg yolk debate
UGA Today <https://tinyurl.com/2jwmpmt8>

The Surprising Health Benefits of Spicy Food
Time <https://tinyurl.com/8cd8ecjx>

Does Eating Spicy Foods Help You Lose Weight?
Verywell Health <https://tinyurl.com/3x2vymrm>
SmartBrief <https://tinyurl.com/4fx33b8p>

Can olive oil shots really improve your skin and reduce bloating?
Everyday Health <https://tinyurl.com/38nawery>

Dietetics students achieve milestone by securing postgraduate internships
UGA FACS News <https://tinyurl.com/y6e5hxpc>

May 2025
4 Warning Signs You're Not Eating Enough Fiber
Verywell Health <https://tinyurl.com/bdehv6tf>

Can Eating Red Meat on Your Period Really Help With Iron Loss?
Health <https://tinyurl.com/2kdem3yc>

The 1 Thing That'll Wash Pesticides Off Fruits and Vegetables
BuzzFeed <https://tinyurl.com/hm5zqx37>

How Meal Sequencing Could Prevent Blood Sugar Spikes
Verywell Health <https://tinyurl.com/26sepvt8>

Magnesium could relieve fibromyalgia and migraines, and how it works
Epoch Health <https://tinyurl.com/54bkhbnm>
NTD News <https://tinyurl.com/mrxw8hk6>

Would You Eat 'Human Kibble'? Dietitians Weigh In on the Viral Social Media Trend
Health <https://tinyurl.com/2ec6fs5s>

Educators offer strategies for implementing weight-inclusive approach in dietetics training
University of Washington News <https://tinyurl.com/wxs8bpt5>

April 2025
Dietetics director shares the benefits of exercise after eating
UGA Today <https://tinyurl.com/ypxd9k6j>

What to Know About Chlorella, the Algae Powder Packed with Omega-3s
Verywell Health <https://tinyurl.com/y7jy8prm>

Dietetics director shares health benefits of kiwis
UGA Today <https://tinyurl.com/44urekv9>

March 2025
Scientists Say This Simple Habit Could Add 10 Years to Your Life
Parade <https://tinyurl.com/mtu5pmzb>

Is MSG Bad for Your Health? Here's What You Need to Know
LoseIt! <https://tinyurl.com/46uu9k8n>

Dietetics director talks different types of carbs
UGA Today <https://tinyurl.com/5aj695f9>

February 2025

Water May Not Be the Best Way to Hydrate—Here's How to Optimize Hydration
Epoch Times <https://tinyurl.com/3r9yffkj>

Beef tallow controversy explained as RFK Jr vows to 'Make America Healthy Again'
Tyla <https://tinyurl.com/5n83mz8x>
Newsweek <https://tinyurl.com/2s2zjh9j>

January 2025

Are Eggs With Orange Yolks Healthier? A Nutritionist Settles the Debate
Real Simple <https://tinyurl.com/mpephf5c>

Steak 'n Shake Announces Major Change to Fries in RFK Jr.–Backed Move
Newsweek <https://tinyurl.com/yc7td5ws>

10 Ways to Eat Better
The New York Times <https://tinyurl.com/5bsn6vm7>

Dietetics director shares the benefits of walking after eating
UGA Today <https://tinyurl.com/ys64vz7t>

If Dry January Feels Impossible, Try a 'Damp' January
SELF Magazine <https://tinyurl.com/38a5as8a>

December 2024

Why Winter May Be the Hardest Season for Weight Loss, According to Experts
Health <https://tinyurl.com/2f9szfkj>
VOI <https://tinyurl.com/mufskaxm>

Here are 8 of the best comfort food restaurants in SC for the cold winter months
The State <https://tinyurl.com/nhkny258>

Dietetics director discusses fat-soluble vitamins
UGA Today <https://tinyurl.com/4mvechjr>

November 2024

Why Kiwis Are Better for Immune Health Than Vitamin C Pills, According to Experts
Verywell Health <https://tinyurl.com/y8fnecs24>
AND SmartBrief <https://tinyurl.com/2srekyhd>

Wellness influencers love bovine colostrum — but what is it?
The Guardian <https://tinyurl.com/56uwrh3f>

Is Beef Tallow a Healthier Alternative to Seed Oils?
Health <https://tinyurl.com/mwa5h22e>

8 Fenugreek Benefits for Women, According to Registered Dietitians
Prevention <https://tinyurl.com/226yxhw2>

October 2024

Tart Cherry Juice Could Be a Natural Sleep Aid
Epoch Times <https://tinyurl.com/4mcdy7av>

5 Expert-Approved Ways to Dress Up Naked Carbs to Make More Filling Meals
LoseIt! <https://tinyurl.com/3hsy7kv6>

Dietetics director discusses viral fitness trend
UGA Today <https://tinyurl.com/2ewa4mxt>

12 Science-Backed Foods That Give You Energy and Fight Fatigue, According to Dietitians
Prevention <https://tinyurl.com/bdfjpy3r>

Dietetics director discusses water-soluble vitamins
UGA Today <https://tinyurl.com/ytjj4ha5>

September 2024

How 'Oatzempic' Stacks up to Ozempic
MDEdge <https://tinyurl.com/52696x67>
Medscape <https://tinyurl.com/mwxbst4v>

Best Cities for Vegans & Vegetarians (2024)
WalletHub <https://tinyurl.com/jh5rafx5>
UGA FACS News <https://tinyurl.com/bdexep48>

August 2024

What Is The Valencia Diet For Weight Loss? Benefits, Risks, And How To Try It Safely
Women's Health <https://tinyurl.com/3p875ram>
AOL <https://tinyurl.com/hrr9e8uv>

Dietetics director talks about the difference in sizes, textures and styles of oats
UGA Today <https://tinyurl.com/5fcaj25p>

Is It Good To Walk After You Eat? Dietitians Weigh in on the Benefits
VeryWellFit <https://tinyurl.com/4kye633d>

The Ultimate Anti-Bloating Meal Plan: A Week of Delicious and Gut-Friendly Dishes
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UGA Today <https://tinyurl.com/2hb5d3fu>

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UGA Today <https://tinyurl.com/3ycda9cb>

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eatrightPRO <https://tinyurl.com/493k2dwi>

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The WellNEST <http://tinyurl.com/ms59he5n>

Weight Loss Reframed
EveryDay Health <http://tinyurl.com/3mden3ku>

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Live Science <http://tinyurl.com/34mmsu2y>

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EveryDay Health <http://tinyurl.com/34kc3ffk>

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MedPage Today <http://tinyurl.com/3ee3k9k7>

These 25 healthy desserts are delicious – and recommended by doctors and dietitians
Today <http://tinyurl.com/mr8key4w>

11 heart-healthy dessert ideas that dietitians love – and 2 ingredients they avoid
Today <http://tinyurl.com/yew7s7pf>

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Verywell Health <http://tinyurl.com/2na2sywu>

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November 2023

Here are 8 of the best comfort food restaurants in SC for the cold winter months
Yahoo! News <https://tinyurl.com/5dx3jf4r>
The State <https://tinyurl.com/ysujcmh8>

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EveryDay Health <https://tinyurl.com/yunp6kft>

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Aaptiv <https://tinyurl.com/u8k29ffy>

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UGA Today <https://tinyurl.com/yctxnybz>

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Forbes <https://tinyurl.com/mr2t3a3x>

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Bicycling <https://tinyurl.com/4cc2e45y>

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Is There A Difference Between Heavy Cream And Buttermilk? An Expert Weighs In
Southern Living <https://tinyurl.com/75prd3sz>
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Aaptiv <https://tinyurl.com/4t67ra3n>

Watercress: The 'Most Nutritious' Vegetable, Lowers Chronic Disease Risks, Strengthens Bones, Improves Gut Health
Epoch Times <https://tinyurl.com/yecfrmab>

Professor shares whether milk does a body good
UGA Today <https://tinyurl.com/muux9v4b>

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UGA Today <https://tinyurl.com/2kscvft5>

Just how bad is alcohol? Eight experts weigh in on the risks and supposed benefits of drinking

NBC News <https://tinyurl.com/u333xt8>

Time <https://tinyurl.com/36a5fjcx>

The ONE thing that'll wash pesticides off fruits and vegetables (and it's free)

The Huffington Post <https://tinyurl.com/mvecf9w5>

Yahoo!News <https://tinyurl.com/43m59r3r>

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Is milk good for you?

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Cottage cheese and mustard diet is the latest viral TikTok trend

The Messenger <https://tinyurl.com/y8p5hx8d>

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Athens Banner-Herald <https://tinyurl.com/43nkcxvt>

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Dietetics students achieve perfect match rate for internships

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Consumer HealthDay <https://tinyurl.com/yc525t3t>

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The WellNEST <https://tinyurl.com/pr6ymebk>

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UGA Today <https://tinyurl.com/mu856tty>

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UGA FACS <https://tinyurl.com/wujn2b4z>

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Glam <https://tinyurl.com/2p98zycy>

Four best habits for stronger bones at every age
The Healthy/Reader's Digest <https://tinyurl.com/2fzp4bbs>
West Daily Report <https://tinyurl.com/4b2e2h7f>

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The 12 Best Supplements, According to a Dietitian
VeryWellFit <https://tinyurl.com/yckdu9z6>

Do I Need More Iron in My Diet? 5 Ways to Incorporate It
Aaptiv <https://tinyurl.com/58f6ckfv>

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UGA Today <https://tinyurl.com/4u98hxus>

8 Ways To Make Eating Healthy Less Expensive
What's Good <https://tinyurl.com/2estz7na>

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U.S. News & World Report <https://tinyurl.com/37tha2ej>
Consumer HealthDay <https://tinyurl.com/djrsitpt>
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Language is important when talking to kids about food, dietician says
UGA Today <https://tinyurl.com/2p9yyzxn>

Impact of assigning a moral virtue to food, according to experts
VeryWellFit <https://tinyurl.com/k6ptw78m>

Honey as an alternative to sugar? New study indicates the health benefits
Fox News <https://tinyurl.com/v3suu7>
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Tell me Best <https://tinyurl.com/2nn4yer8>

December 2022
Study: Raw honey may improve blood sugar and cholesterol levels
Verywell Health <https://tinyurl.com/4twnzfbd>

The alcoholic drinks most likely to cause bloating, gas, and acid reflux, and what to sip instead
Business Insider South Africa <https://tinyurl.com/ye5pdm2k>

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UGA FACS <https://tinyurl.com/kk4xp72u>

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How Honey Can Help Lower Your Blood Sugar and Triglyceride Levels
Healthline <https://tinyurl.com/ym6raxhd>
Lifestyle Asia <https://tinyurl.com/3ae3vbrx>

How to know when you're stress eating (and how to stop)
Aaptiv <https://tinyurl.com/59rnmtey>

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Newsmax <https://tinyurl.com/ypzfzace>
Roanoke Times <https://tinyurl.com/2wa4v72w>
MedicineNet <https://tinyurl.com/36h65rvm>

Fish oil could strengthen your aging brain
U.S. News & World Report <https://tinyurl.com/266t7frt>
Consumer HealthDay <https://tinyurl.com/487bxnbj>
kxly.com <https://tinyurl.com/28dczxe2>

Spirulina Health Benefits, Risks, Side Effects, and How to Store
Prevention <https://tinyurl.com/36vjjrbb>
Delecious Food <https://tinyurl.com/4n7j2u65>

How to talk to your kids about food and nutrition
aSweatLife <https://tinyurl.com/5epddh5z>

The eight best ranked comfort food restaurants in SC for the chilly fall and winter months
The State <https://tinyurl.com/yv7f64jy>

Are You Making These Common Hydration Mistakes?
What's Good <https://tinyurl.com/4c2rzcvy>

5 health products that are worth the money (and 5 that aren't)
Optum Perks <https://tinyurl.com/5n6s22b3>

7 Steps to Fuel Your Body
Massage Magazine <https://tinyurl.com/32z9szpw>

September 2022

What Shopping Organic Means for You
VeryWell Fit <https://tinyurl.com/2ykdcpdd>

What's the Difference Between Vitamin K1 And Vitamin K2?
What's Good <https://tinyurl.com/bdzhmbn2>

Commenting on Appearance May Perpetuate Diet Culture, Here's What to Do Instead
VeryWell Fit <https://tinyurl.com/5n8pv6s5>

A guide to the flexitarian diet
US News & World Report <https://tinyurl.com/32nrndyh>

Most dietary supplements are a waste of money
Insider <https://tinyurl.com/5n7sr2z9>
Yahoo! News <https://tinyurl.com/4m4h22zy>
TDPel Media <https://tinyurl.com/3fukd54y>

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The Huffington Post <https://tinyurl.com/mvhm7r7h>
Yahoo!News <https://tinyurl.com/yctxfu3hx>

7 Unconventional Leafy Greens to Try Cooking With
Aaptiv <https://tinyurl.com/48j5p9u7>

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All About BMI
WW Canada <https://tinyurl.com/48r9a455>

Nine healthy snacks to pack in your kids' school lunches (that you'll want to eat too)
Eat This <https://tinyurl.com/mrxvcfut>
Yahoo! Life <https://tinyurl.com/mpa5kfyu>

The Rwanda Diet Will Surprise You
Ozy Media-The Daily Dose <https://tinyurl.com/2p8ash3h>

Can drinking French press coffee raise your cholesterol?
The Huffington Post <https://tinyurl.com/2n3f9dxf>
Yahoo!News <https://tinyurl.com/bdesfext>
HuffPost UK <https://tinyurl.com/4xjf2s4z>
Nation World News <https://tinyurl.com/2tr72haa>

Best yogurt combination to prevent your bones from aging
EatThis <https://tinyurl.com/2dbezyz2>

The alcoholic drinks most likely to cause bloating, gas, and acid reflux, and what to sip instead
Insider <https://tinyurl.com/2wdxab9>

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VeryWell Fit <https://tinyurl.com/bdh9ar4d>

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4 Surprising Side Effects of Eating Sardines
Eat This <https://tinyurl.com/3d69h8pp>

Sardines: The Stinky Little Fish You Should Be Eating
How Stuff Works <https://tinyurl.com/3vpsrkb5>

Prehistoric People Drank Animal Milk, Despite Lactose Intolerance
Health Day <https://tinyurl.com/2p8jrpe7>
US News & World Report <https://tinyurl.com/5fymhp4e>
MedicineNet <https://tinyurl.com/3h6txvvx>

If You Can't Do This, You May Be at High Risk of Dementia, New Study Says
BestLife <https://tinyurl.com/36f3zcds>

3 Morning Coffee Mistakes That Almost Always Lead to Indigestion
SheFinds <https://tinyurl.com/mrx7emuc>

Cleansing Conundrum: Experts caution against the risks of 'detoxifying'
Community Health <https://tinyurl.com/2p8kd3k4>

Beneficial Beverages: Experts explain what drinks should (and shouldn't) be part of one's diet

Community Health <https://tinyurl.com/4x239v79>

The Worst Drinking Habit Aging Your Brain Faster, New Study Finds

Eat This <https://tinyurl.com/f72u4rvp>

How to Prevent and Soothe Motion Sickness

The Vitamin Shoppe <https://tinyurl.com/bdd4p755>

Dietitians say vitamin C supplements and drinks are a waste of money — eating the right vegetables is a more efficient way to stay healthy

Insider <https://tinyurl.com/3bfkpknc>

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Are Vitamins and Supplements a Waste of Money?

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Green Tea May Just Be the World's Healthiest Drink

Men's Health <https://tinyurl.com/vdt75cxd>

Can Olive Oil Shots Really Improve Your Skin and Reduce Bloating?

Every Day Health <https://tinyurl.com/2s3sf48r>

Dietetics students continue run of impressive results

UGA FACS <https://tinyurl.com/mppsc7jb>

4 useless supplements you're likely already getting enough of through your diet, according to nutrition experts

Insider <https://tinyurl.com/ypt2env9>

What Is a Low-Fat Diet Plan and Is It Right for You?

US News and World Report <https://tinyurl.com/yr3ezh67>

Can You Drink Day-Old Coffee?

Home Cook World <https://tinyurl.com/m4xtpyr4>

Laing named a national media spokesperson for AND

UGA FACS <https://tinyurl.com/594sb88y>

Academy of Nutrition and Dietetics <https://tinyurl.com/2un2yfpe>

March 2022

What are common mistakes that get in the way of losing weight?

The Express <https://tinyurl.com/4e6whs6u>

News.am Medicine <https://tinyurl.com/y22xwdev>

January 2022

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The List <https://tinyurl.com/2p8unyey>

October 2021

Laing highlighted by Academy of Nutrition and Dietetics

UGA FACS <https://tinyurl.com/cnevk9wz>

Appeared in “RDNs and NDTRs: Turning Passion into a Career” video shown during the 2021 Opening Session of the Food & Nutrition Conference & Expo™

Academy of Nutrition and Dietetics <https://youtu.be/-D9h4tDQxfY>

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Featured in “7th Annual Celebrating Excellence Recognition Program”

Bill and June Flatt Outstanding Teacher of the Year

UGA FACS <https://tinyurl.com/app26ndx>

Presentation Video by Peyton Ledford <https://tinyurl.com/nu3hrb9h>

The two-week ab shredder routine from fitness YouTuber Chloe Ting

The List <https://tinyurl.com/y32vjunm>

June 2021

Diet Culture: Definition, Examples, & Impacts

Choosing Therapy <https://tinyurl.com/bm6n3dx9>

April 2021

Dietetics Students Achieve Perfect Match Rate

UGA FACS <https://tinyurl.com/das4yj8w>

March 2021

2021’s Most Overweight and Obese Cities in the U.S.

WalletHub <https://tinyurl.com/2bf66mu3>

Atlanta Journal Constitution <https://tinyurl.com/3kn5486e>

Featured in “10 Women of UGA Online to Honor on International Woman’s Day”

UGA Online Learning <https://tinyurl.com/8beb3buv>

February 2021

Featured in “Creswell Award”

UGA FACS <https://tinyurl.com/kp5x5we9>

ISSUU.com <https://tinyurl.com/huf8ksf7>

Presentation Video by Dr. Rick Lewis <https://tinyurl.com/se7szrrm>

UGA students take a new approach to health and wellness in 2021

The Red & Black <https://tinyurl.com/1s6qbqb3>

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UGA FACS <https://tinyurl.com/y5xdgjjs>

January 2021

We need to talk about ... Obesity

Girls’ Life Magazine (Dec/Jan 2021 Vol 27 Issue 3) <https://www.girlslife.com>

Eat Healthier, Even During a Pandemic

Consumer Reports <https://tinyurl.com/y6dgdx5>

Press Form <https://tinyurl.com/y339m2gd>

December 2020

How to Ditch Weight Stigma and Reach your Goals

MyFitnessPal <https://tinyurl.com/yxzdprb6>

How to keep alcohol from ruining your sleep

Saatva <https://tinyurl.com/2p8km85v>

November 2020

Mentioned in ‘Featured Graduate’ biography (Caroline Wieler)

UGA FACS <https://tinyurl.com/y4e5qb8w>

Dietetics professor encourages students to challenge weight stigma

Today’s Dietitian <https://tinyurl.com/mujwbuap>

Healthy Aging and Bones

FoodTalk <https://tinyurl.com/y33j7jv6>

October 2020

Weightism and Its Impact: Professor Teaches ‘Health At Every Size’
UGA Grady News <https://tinyurl.com/y5jlypyg>

September 2020

How challenging my own fatphobia will make me a better parent
Healthline <https://tinyurl.com/y5l3novt>

10 nutrition books dietitians recommend
MyFitnessPal <https://tinyurl.com/y2lqg6e3>

August 2020

COVID-19 and the rise of the #ChloeTingChallenge
Elle Magazine <https://tinyurl.com/y3qed6sm>

June 2020

Professor challenges students on diet culture
UGA Today <https://tinyurl.com/ybj8ay96>

Snacking and working at home
WUGA Radio <https://tinyurl.com/y9x5qkbp>

May 2020

How to stop overeating and not be hungry
Summer Boomers Magazine <https://tinyurl.com/y77ksc6g>

How to avoid overeating while spending more time at home
WTIP Radio <https://tinyurl.com/y9c6sc2r>

Faculty member quoted in U.S. News & World Report story on staying slim during the pandemic
UGA Today <https://tinyurl.com/y2blcd72>

April 2020

Tips to Keeping Slim When You're Stuck at Home
US News and World Report <https://tinyurl.com/y7aqh7su>
Johns Hopkins Healthcare <https://tinyurl.com/2bs4mwhw>

Wellness woo surges
NBC News <https://tinyurl.com/y27e85s4>

Tips to avoid overeating while working from home
UGA Today <https://tinyurl.com/uv7k6t3>

Tips to prevent weight gain while at home during pandemic
CAES News <https://tinyurl.com/y83qczxt>
HealthDay <https://tinyurl.com/y9j9aes7>
Doctor's Lounge <https://tinyurl.com/yan8gasv>
NewsMax <https://tinyurl.com/y8g5e9xc>

March 2020

Be leery of ‘immune boosting’ diets and pills
UGA Today <https://tinyurl.com/unfhfrv>

February 2020

Intermittent Fasting — Fad or Foolproof?
WUGA Radio <https://tinyurl.com/sdp2qma>

January 2020

UGA Featured Faculty: Emma Laing
UGA Today <https://tinyurl.com/symz93t>

Detox science: How to boost the body's natural detoxification system. Skip a "detox diet" and follow study-backed advice

Inverse <https://tinyurl.com/yztgl8e3>

UGA Online Learning <https://tinyurl.com/yx8sm9qr>

College announces recipients of FACS Alumni Association Awards
UGA FACS <https://tinyurl.com/wj58sxz>

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Why do we crave comfort food when it gets cold outside?
KXRB <https://tinyurl.com/rhau2t3>

October 2019

Verify: Is colder weather to blame for cravings?
11Alive News <https://tinyurl.com/y2rtrd8b>

September 2019

SDA promotes community involvement, networking opportunities
UGA FACS <https://tinyurl.com/tzpkrr4>

August 2019

5 dangers of following fad diets
Vitacost <https://tinyurl.com/yynslf3u>

Mentioned in UGA Amazing Student profile: Lauren Coheley
UGA Today <https://tinyurl.com/t5vtxvp>

July 2019

Verify: Is high-fructose corn syrup to blame for obesity in America?
11Alive News <https://tinyurl.com/yy73tuor>

June 2019

Verify: What is the perfect ripeness for banana?
11Alive News <https://tinyurl.com/y6je9k3z>

Verify: Are there really six donuts in a soda?
11Alive News <https://tinyurl.com/y5uy2rbt>

May 2019

It's a match: UGA dietetics students enjoying unprecedented success
UGA FACS News <https://tinyurl.com/yxszvxlm>
FACS Magazine <https://facsmag.uga.edu/sections/21>

April 2019

Verify: Is celery juice the latest cure all?
11Alive News <https://tinyurl.com/y44chbn2>

February 2019

FACS Honor Hall of Recognition Bio for Dr. Carolyn Berdanier
UGA FACS <https://tinyurl.com/y2j4sve7>

FACS video honoring Dr. Carolyn Berdanier
UGA FACS <https://tinyurl.com/y4vgp4wy>

December 2018

Share your story
UGA FACS Alumni <https://tinyurl.com/y7uo88or> ; <https://tinyurl.com/ydbls3e6>

October 2018

Commitment to educating future dietitians
University of Georgia Online <https://tinyurl.com/ybnnbgqoz>

Student Dietetic Association promotes health through leadership
UGA FACS <https://tinyurl.com/y7yaql8z>

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June 2018 UGA researchers conduct first of its kind study on eggs
UGA Red & Black <https://tinyurl.com/ybo3mjs8>

May 2018 Egg Benefits
UGA College of Education News <https://tinyurl.com/y9cafmodo>

Eggs for stronger bones? Two-year study will measure impact
UGA FACS <https://tinyurl.com/y74jax47>

Can egg consumption improve bone strength in children?
UGA Today <https://tinyurl.com/ydelmd6q>

April 2018 Project shines new light on meaning of healthy living
UGA FACS News (also shared on the Academy of Nutrition and Dietetics Facebook page, EatRight Weekly, and Nutrition SmartBrief) <https://tinyurl.com/yaeeqaqt>

March 2018 Picture of Health Project (video)
UGA FACS YouTube <https://tinyurl.com/yaytcepq>

February 2018 FACS 100 Centennial (video)
UGA FACS (Wier/Stewart Productions) <https://tinyurl.com/y9qrq8u2>

January 2018 The dirty laundry of a college student's food affair
Lauren D'Ambra Journalist <https://tinyurl.com/y8el28zx>

November 2017 SDA members stock Little Free Pantries in Athens
UGA FACS <https://tinyurl.com/yc4n6npa>

October 2017 Student Dietetic Association promotes health, nutrition, exercise
UGA FACS <https://tinyurl.com/ycyg9yau>

May 2017 Why You Should be Eating More Yogurt
Martha Stewart Living Link not available

FDN alumna, faculty member quoted in Today's Dietitian
UGA FACS <https://tinyurl.com/l9zeh5b>

Mentioned in 'Amazing Student' biography (Annie Ladisic)
UGA FACS <https://tinyurl.com/m8mzqla>

April 2017 Strategies for Preventing Stress Fractures in Sports
Today's Dietitian <https://tinyurl.com/ltaxmyc>

FACS faculty member receives dietetic educator award
UGA Columns <https://tinyurl.com/l38exe3>

March 2017 FDN faculty member receives regional award for excellence in teaching
UGA FACS <https://tinyurl.com/knsnd9b>

December 2016 Mentioned in 'Amazing Student' biography (Nigel Brinson)
UGA FACS <http://tinyurl.com/hq59c4u>

October 2016 Foods and Nutrition Graduate Recruitment (video)
UGA FACS <http://tinyurl.com/hfbt2f2>

Emma M. Laing page 44

May 2016 Mentioned in ‘Amazing Student’ biography (Nadir Lalani)
UGA FACS <http://tinyurl.com/z3r4j3y>

November 2015 FDN’s Emma Laing named Teacher of the Week
UGA FACS <http://t.uga.edu/2zL> ; <http://tinyurl.com/zdgra9e>

Teacher of the Week - Emma Laing
UGA Center for Teaching and Learning <http://t.uga.edu/20w>

September 2015 Intro to nutrition course teaches about healthy eating
Discover UGA <http://t.uga.edu/1P0> ; <http://tinyurl.com/gpmlrgc>

April 2015 Remaking Home Economics Review
University of Georgia Press <http://tinyurl.com/gtja8g9>

November 2014 FDN class project serves as icebreaker and eye opener
UGA FACS <http://t.uga.edu/2zM>

November 2013 Dr. Bones
UGA Research Magazine, Fall 2013 <http://t.uga.edu/2zN>

February 2013 Research teams use grant to investigate vaccine for obesity
UGA Columns <http://t.uga.edu/2zO>

December 2012 Nominees Announced for the ATHENA Award
Online Athens <http://tinyurl.com/hyxgp79>

January 2012 Leaving the extra holiday package behind
Athens MOVE, Jan/Feb issue Link not available

May 2011 Early exercise and proper nutrition can help prevent later osteoporosis
Today’s Dietitian <http://tinyurl.com/h9plxt6>

September 2010 Kids, parents turn off the TV and go outside to play
Online Athens <http://tinyurl.com/hahrjyz>

October 2009 NIH shines spotlight on vitamin D
Nutraceuticals World <http://tinyurl.com/j7tnmof>

September 2009 UGA Researchers Awarded \$2.2 Million
WNEG32 TV Link not available

Research project studies effects of Vitamin D on children
UGA Red & Black <http://tinyurl.com/j8lu8qr>

August 2009 NIH Awards Research Grant for Vitamin D Study
Nutraceuticals World <http://tinyurl.com/jrr3lqg>

2007 Study looks at zinc’s effects on bone health
Oconee Leader Link not available

2006 Perfect 10: The UGA GymDogs and the rise of women’s college gymnastics in America (by: Suzanne Yoculan and Bill Donaldson) <http://tinyurl.com/hz7ncq4>

June 2003 Tumbling Bonus; Gymnastics does girls’ bones a lot of good
First for Women Link not available

November 2002 Is soy the key to reducing bone loss?
Online Athens <http://tinyurl.com/jeldv27>

September 2002

Gymnastics Strengthens Girls' Bones: Study
The Rave Diet and Lifestyle <http://tinyurl.com/jdwfvk9>

February 2002

Contemporary nutrition issues among children and adults
WGAU Radio, Barbara Dooley Show Link not available

September 2000

Healthy nutrition practices
WRFC Radio, Classic Clinic Link not available