

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 and PROFESSIONAL QUALIFICATIONS

Starting and Ending Dates

EDUCATION

December 2000-August 2003

Doctor of Philosophy, University of Georgia, Athens, GA

Major: Foods and Nutrition

September 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

Major: Nutrition and Dietetics Emphasis: Fitness

September 1991-December 1992

Dickinson College, Carlisle, PA Major: Undeclared

Starting and Ending Dates

PROFESSIONAL CREDENTIALS

June 2022-present

National Spokesperson, Academy of Nutrition and Dietetics

January 2021-present

Fellow, Academy of Nutrition and Dietetics

October 1997-present

Registered Dietitian Nutritionist, USA (Registration# 837953)

February 1998-present

Licensed Dietitian, Georgia (License# LD001880)

CURRENT CERTIFICATIONS

Active Learning Leader, UGA Center for Teaching and Learning

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

Human Subjects Collaborative Institutional Training Initiative (CITI) Training

Collaborative Institutional Training Initiative CITI Training

LGBT Safe Space, The University of Georgia LGBT Resource Center

Starting and Ending Dates

ACADEMIC POSITIONS and ASSISTANTSHIPS

July 2021-present

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

July 2017-June 2021

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

February 2015-June 2017

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

November 2009-February 2015

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

September 2008-October 2009

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

September 2003-August 2008

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

September 1997-August 2003

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

September 1997-May 1999

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

Winter and Fall 1997

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

Fall 1995

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

Starting and Ending Dates

OTHER PROFESSIONAL EMPLOYMENT

May 1995-August 1996

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

HONORS and AWARDS

Dates Received

February 2023
December 2022

December 2022
November 2022
August 2022
February 2022
Fall & Spring 2015-2022
April 2021
April 2021

March 2021
March 2021
March 2020

October 2019

September 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
June 2012
September 2011

October 2010
September 2009
March 2003
March 2003

June 2002
August 2001
May 2001
February 2001
April 1999

March 1999

ACHIEVEMENTS and RECOGNITIONS

Active Learning Leader Certificate, UGA Center for Teaching and Learning
Nominee, Outstanding Undergraduate Faculty Advisor, UGA Department of Nutritional Sciences
Nominee, Distinguished Alumni Award, UGA College of FACS Alumni Association
Nominee, Research Communications Award, UGA Office of Research
Thank-a-Teacher Recognition, UGA Center for Teaching and Learning
Professional Award of Excellence, Georgia Nutrition Council
Student Career Development Recognition, UGA Career Development Center
Bill and June Flatt Outstanding Teacher of the Year, UGA College of FACS
Student Organization Achievement and Recognition (SOAR) "Outstanding Campus Event" Award (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, Georgia Academy of Nutrition and Dietetics
Distinguished Service for Media Excellence, Georgia Academy of Nutrition and Dietetics (nominated by Northeast Georgia Dietetic Association)
Nominee, Emily Quinn Puro Professional Achievement Award, UGA College of FACS Alumni Association
Nominee, Felton Jenkins, Jr. Hall of Fame Faculty Awards, UGA Center for Teaching and Learning
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 Family and Consumer Sciences
Nominee, Athens Area Chamber of Commerce ATHENA Award
Nominee, UGA Alumni Association, 2012 40 Under 40
Nominee, Athens Area Chamber of Commerce ATHENA Award, Athens, GA
President's Poster Award (Ferira et al. and Hill et al.), American Society for Bone and Mineral Research (ASBMR) Annual Meeting, San Diego, CA
Nominee, President's Poster Award (Laing et al.), ASBMR, Toronto, ON
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
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

CONTRIBUTION TO DIETETICS STUDENTS and THE PROFESSION

Semester TEACHING EVALUATIONS (The University of Georgia)

Semester	Course Title	Course Number	# Students	% Response	Score/5.00
Spring 2021-	Uncomplicate Your Food (every Fall & Spring)	FYOS 1001	variable	n/a	n/a
Fall 2017-	Dietetics Practicum (every Fall & Spring)	NUTR 5910	variable	n/a	n/a
Spring 2023	Clinical Nutrition Interventions	NUTR 4520/6520			
Spring 2023	Medical Nutrition Therapy-II	NUTR 4530/6500			
Spring 2023	Professional Development in Foods & Nutrition	NUTR 5900			
Fall 2022	Medical Nutrition Therapy-I	NUTR 4500/6500	46	96	
Fall 2022	Nutrition and Disease Processes-I	NUTR 8530	12	100	
Fall 2022	Special Problems in Foods and Nutrition	FDNS 3010	1; independent study		
Spring 2022	Clinical Nutrition Interventions	FDNS 4520/6520	42	95	5.00
Spring 2022	Medical Nutrition Therapy-II	FDNS 4530/6500	101	98	5.00
Spring 2022	Professional Development in Foods & Nutrition	FDNS 5900	47	85	4.88
Fall 2021	Medical Nutrition Therapy-I	FDNS 4500/6500	39	100	5.00
Spring 2021	Clinical Nutrition Interventions	FDNS 4520/6520	55	84	4.96
Spring 2021	Medical Nutrition Therapy-II	FDNS 4530/6500	113	89	4.86
Spring 2021	Professional Development in Foods & Nutrition	FDNS 5900	45	91	4.94
Fall 2020	Medical Nutrition Therapy-I	FDNS 4500/6500	55	93	4.94
Fall 2020	Nutrition and Disease Processes-I	FDNS 8530	11	91	4.93
Spring 2020	Clinical Nutrition Interventions (COVID-19)	FDNS 4520/6520	54; only comments collected		
Spring 2020	Medical Nutrition Therapy-II (COVID-19)	FDNS 4530/6500	101; only comments collected		
Fall 2019	Medical Nutrition Therapy-I	FDNS 4500/6500	52	98	4.97
Fall 2019	Professional Development in Foods & Nutrition	FDNS 5900	10	100	4.90
Spring 2019	Management of Foodservice Organizations	FDNS 4620	33	91	4.96
Spring 2019	Clinical Nutrition Interventions	FDNS 4520/6520	41	88	4.88
Spring 2019	New: Management of Foodservice Orgs (grad)	FDNS 6620E	12	100	4.60
Fall 2018	New: Prof Development in Foods and Nutrition	FDNS 5900	10	100	4.80
Fall 2018	Revised: Nutrition and Disease Processes-I	FDNS 8530	10	100	4.93
Fall 2018	Medical Nutrition Therapy-I	FDNS 4500/6500	38	92	4.92
Spring 2018	Management of Foodservice Organizations	FDNS 4620/6620	48	100	4.97
Spring 2018	Clinical Nutrition Interventions	FDNS 4520/6520	41	100	4.98
Fall 2017	Medical Nutrition Therapy-I	FDNS 4500/6500	42	95	4.97
Fall 2015	Human Nutrition and Food	FDNS 2100	79	92	4.91
Fall 2015	Special Problems in Foods and Nutrition	FDNS 3010	1; independent study		
Summer 2015	Human Nutrition and Food	FDNS 2100	17	100	4.94
Spring 2015	Nutrition in Physical Activity, Exercise, & Sport	FDNS 4220/6220	41	90	4.85
Fall 2014	Nutrition Related to the Human Lifecycle	FDNS 4510	65	83	4.92
Fall 2004	Human Nutrition and Food	FDNS 2100	46	n/a	4.85
Summer 2004	Human Nutrition and Food	FDNS 2100	57	n/a	4.88

MENTORING STUDENTS: GRADUATE COMMITTEE MEMBERSHIPS (*indicates Nutritional Sciences or Dietetics students)

Active

*Gene Rodrick, Ph.D. student, U of Georgia, Chair: Joe Kindler, 2024
*Josephine Shieh, Ph.D. student, U of Georgia, Chair: Caree Cotwright, 2023

Completed

*Rebecca Mergy, MS-NT advising, U of Georgia, Chair: Emma Laing 2022
*Liana Guarneiri, Ph.D. student, U of Georgia, Chair: Jamie Cooper, 2022
*Yuta Ishikawa, Ph.D. student, U of Georgia, Chair: Lilian Sattler, 2021
*Caroline Cerminaro, M.S. student, U of Georgia, Chair: Alex Anderson, 2021
*Amanda Paige Porter, MS-NT advising, U of Georgia, Chair: Emma Laing 2020
*Lauren Coheley, Ph.D. student, U of Georgia, Chair: Richard Lewis, 2020
*Elizabeth Klingbeil, Ph.D. student, U of Georgia, Chair: Claire de La Serre, 2020
*Hannah Winston, M.S. student, U of Georgia, Chair: Richard Lewis, 2019
*Kendall Farr, M.S. student, U of Georgia, Chair: Jamie Cooper, 2018
*Emily Rollins, M.S. student, U of Georgia, Chair: Richard Lewis, 2018
*Joseph Kindler, Ph.D. student, University of Georgia, Chair: Richard Lewis, 2017
Alisha Lewis, M.Ed. student, University of Georgia, Chair: Bud Cooper, 2015
*Paige Berger, Ph.D. student, University of Georgia, Chair: Richard Lewis, 2015
*Anne Armstrong, MS, University of Georgia, Chair: Alex Anderson, 2014
*Christina Whitworth, MS, University of Georgia, Chair: Alex Anderson, 2013
*Stephanie Foss, MS, University of Georgia, Chair: Richard Lewis, 2013
*Valerie Chertin, MS, University of Georgia, Chair: Richard Lewis, 2013
*Christian Wright, MS, University of Georgia, Chair: Richard Lewis, 2013

External Theses Examined

Lindsay Elaine Brandon, Ph.D. student, Queensland University of Technology (QUT), Brisbane, AUS Chair: Michael Kimlin (November 2015)
Yue Wu, Ph.D. student, QUT, Brisbane, AUS Chair: Michael Kimlin (May 2013)
David Borrodale, Ph.D. student, QUT, Brisbane, AUS Chair: Michael Kimlin (November 2013)

MENTORING STUDENTS: DEVELOPMENT OF RESEARCH SKILLS (*indicates Nutritional Sciences or Dietetics students)

Completed

Mackenzie Rush, AP student, West Forsyth High School, 2017
*Staci Belcher, M.S. student, University of Georgia, Chair: R. Lewis, 2017
Kayla Patel, UGA CURO Undergraduate Award Recipient, Chair: R. Lewis, 2016
*Emily Rollins, UGA CURO Award Recipient, Chair: R. Lewis, 2016
*Andrea Lobene, M.S. student, University of Georgia, Chair: R. Lewis, 2016
*Jenissa Gordon, UGA CURO Award Recipient, Chair: H. Park, 2016
Derek Coger, UGA CURO Award Recipient, Chair: R. Lewis, 2015
*Jordan Sylvester, UGA CURO Award Recipient, Chair: R. Lewis, 2015
*Madalene Dawson, UGA CURO Award Recipient, Chair: R. Lewis, 2015
*Lauren Kort, MS, University of Georgia, Chair: R. Lewis, 2014
*Hannah (Goff) Ross, MS, University of Georgia, Chair: R. Lewis, 2012
*Ashley Ferreira, Ph.D., University of Georgia, Chair: R. Lewis, 2011
*Jamie Williams, MS, University of Georgia, Chair: R. Lewis, 2011
*Katherine (Harris) Barnette, MS, University of Georgia, Chair: R. Lewis, 2010
*Claire (Maust) McDaniel, MS, University of Georgia, Chair: R. Lewis, 2010
*Maria Breen, MS, University of Georgia, Chair: R. Lewis, 2009

MENTORING STUDENTS: SUPERVISED TEACHING

Active

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

Completed

Alyssa Guadagni, January 2022-present; 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

MENTORING STUDENTS: POST-BACCALAUREATE ADVISING

Active

Celia Croxton, August 2022
Gabrielle Arters, August 2022
Allison Arters, August 2022
Whit Cooney, August 2022
Melissa Cruz, August 2022
Dianna Thomas, August 2021-
Alissa Pantuosco, August 2021-
Kassidy Sharpe, August 2020-

Completed

Rebecca Mergy, August 2021-December 2022
Kate Levinson, August 2021-December 2022
Tevin Duncan, June 2020-December 2022
Carley Mullins, August 2020-May 2022
Taylor Lowe, December 2021
Anna Thompson, August 2021
Chisom Okoli, December 2020
Nicholas Slagel, May 2020
Lydia Averette, May 2020
Jiyoung 'Sammi' Kim, May 2020

MENTORING STUDENTS: CAREER ADVISING

Ongoing

Student and former student recommendation letters to supervised practice programs, graduate schools, jobs, and scholarships (200+ letters written annually)

PROFESSIONAL and COMMUNITY SERVICE ACTIVITIES

CURRENT PROFESSIONAL AFFILIATIONS

Academy of Nutrition and Dietetics (AND)
Association for Size Diversity and Health
Georgia Academy of Nutrition and Dietetics
Georgia Nutrition Council
Northeast Georgia Dietetic Association
Nutrition and Dietetic Educators and Preceptors (AND Group)
Nutrition Educators of Health Professionals (AND Dietetics Practice Group)

Dates

March 2022

November 2003-2020

February 2012

September 2001-August 2010

July-September 2007

July-September 2007

Starting and Ending Dates

January 2023-present

February 2022-present

October 2020-present

September 2020-present

February 2020-January 2022

February 2020-January 2021

July 2021-September 2021

March 2017-July 2021

February 2019-January 2020

November 2011-August 2016

October 2004-September 2013

September 2001-August 2010

August 2008-June 2009

August 2007-July 2008

August 2004-February 2005

October 1999

Starting and Ending Dates

November 2022-present

October 2021-present

August 2021-present

August 2017-present

July 2017-present

REVIEWING/REFEREEING: JOURNALS and GRANTS

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

Member, Wellness Program Grants Review Committee, "Caregivers Promoting Healthy Habits," Bright From the Start, GA DECAL (State)

Member, Georgia Osteoporosis Initiative (GOI) Small Grants Review Committee, Atlanta, GA (State)

Peer Reviewer, Self-Study Module "Soy and Health" 2 CEUs for RDNs and NDTRs, Pharmavite LLC, Northridge, CA (National)

Peer Reviewer, Self-Study Module "Soy Nutrition Basics: Composition, Processing and Soy Foods," 2 CEUs for RDNs and NDTRs, Pharmavite LLC, Northridge, CA (National)

PROFESSIONAL SERVICE ACTIVITIES in DIETETICS

Member, Advisory Board, Emory Hospital Dietetic Internship, Atlanta, GA (Local)

Secretary, Georgia Nutrition Council (State)

Member, Advisory Board, WIC Dietetic Internship, GA DPH (State)

Communications Coordinator, Nutrition Educators of Health Professionals Dietetic Practice Group, Academy of Nutrition and Dietetics (National)

Member, Georgia Nutrition Council Annual Conference Planning Committee (State)

Chair, Nominating Committee, Georgia Nutrition Council (State)

External Reviewer, Dossier for Promotion and Tenure, University of North Florida (University)

Chair, Membership, Nutrition Educators of Health Professionals Dietetic Practice Group, Academy of Nutrition and Dietetics (National)

Chair, Scholarship Committee, Georgia Nutrition Council (State)

Member, Advisory Council, Nutrition, Athens MOVE Magazine, Athens, GA (Local)

Member, Policy Leadership for Active Youth (PLAY) Statewide Leadership Council, Atlanta, GA (State)

Member, Georgia Osteoporosis Initiative (GOI) Children and Youth Subcommittee, Atlanta, GA (State)

Chair, Nominating Committee, Northeast Georgia Dietetic Association (Local)

Co-Chair, Nominating Committee, Northeast Georgia Dietetic Association (Local)

Co-Chair, Nominating Committee, Northeast Georgia Dietetic Association (Local)

Member, Gatorade Sports Nutrition Focus Group, Atlanta, GA (National)

UNIVERSITY SERVICE and OUTREACH ACTIVITIES

Chair, Clinical Faculty Position Search Committee (Department)

Member, Clinical Faculty Search Committee, College of Public Health (College)

Member, Nutritional Sciences Graduate Committee (Department)

Faculty Advisor, Student Dietetic Association (College)

Member, Nutritional Sciences Curriculum Committee (Department); Member (College)

<i>May 2015-present</i>	Director, Nutritional Sciences Communications Committee (Department)
<i>August 2021-November 2022</i>	Co-Chair, MS Nutrition On-Line Degree Program Committee (Department)
<i>June 2022-August 2022</i>	Member, SSAC Academic Advisor Search Committee (College)
<i>August 2021-April 2022</i>	Member, Nutritional Sciences Department Head Search Committee (College)
<i>November 2021-December 2021</i>	Member, FACS Alumni Awards Selection Committee (College)
<i>July 2021-September 2021</i>	Member, Research Professional Search Committee for Dr. Cotwright (Department)
<i>February 2021-August 2021</i>	Member, Departmental Name Change Communication Committee (Department)
<i>February 2021-August 2021</i>	Chair, Clinical Faculty Position Search Committee (Department)
<i>August 2017-July 2021</i>	Chair, Foods and Nutrition Curriculum Committee (Department); Member (College)
<i>January 2021</i>	Host, Departmental Seminar speaker, Jeffrey Hunger (Department)
<i>December 2020</i>	Moderator, Rick Lewis Retirement (virtual) Event (Department)
<i>August 2019-July 2020</i>	Member, New Tenure Track Faculty Position Search Committee (Department)
<i>August 2016-May 2020</i>	Member, Foods and Nutrition Awards Committee (Department)
<i>August 2019-May 2020</i>	Member, Foods and Nutrition Alumni Relations Committee (Department)
<i>August 2017, 2018, 2019, 2020</i>	Attendee, FACS Leadership Retreat (College)
<i>February 2020</i>	Host, Departmental Seminar speaker, Sylvia Poulos (Department)
<i>December & May 2014-2019</i>	Faculty Reader, FACS Convocation Ceremony, University of Georgia (College)
<i>October 2017</i>	Host, Departmental Seminar speaker, Amy Goss (Department)
<i>August 2019</i>	Planning Committee & attendee, UGA Health Center Fresh Check Event (University)
<i>November 2017-February 2018</i>	Interim Chair, Foods and Nutrition Alumni Relations Committee (Department)
<i>August 2017-January 2018</i>	Member, MLK Day Centennial committee (College)
<i>October 2017</i>	Member, Foods and Nutrition Double Dawgs Committee (Department)
<i>July 2015, June 2017</i>	Member, FACS Celebrating Excellence Committee (College)
<i>August 2016-June 2017</i>	Member, Foods and Nutrition Curriculum Committee (Department)
<i>August 2013-2016</i>	Member, University Council Committee on Facilities (University)
<i>December 2014-2016</i>	Faculty Mentor, Whatever It Takes at UGA, The University of Georgia (University)
<i>December 2014-2016</i>	Member, Communications Committee (College)
<i>October 2011-2016</i>	Member, UGA Obesity Initiative teams: Maternal and Childhood Obesity, Obesity and Immunology, and Bone and Fat (University)
<i>January-August 2016</i>	Faculty Mentor, Sports Nutritionist to Row for Hemophilia (University)
<i>February 2016</i>	Award Presenter, 39 th Annual FACS Alumni Awards Luncheon (College)
<i>October 2015-December 2015</i>	Member, Vending Machine Project, University of Georgia (Department/College)
<i>November 2014-December 2015</i>	Member, Task Force on Facilities, Office of the University Architects and the Facilities Management Division (University)
<i>December 2014-May 2015</i>	FDN Faculty Representative, Gonfalon Committee (College)
<i>December 2014-May 2015</i>	Chair, Foods and Nutrition Communications Sub-Committee (Department)
<i>September 2004-December 2005</i>	Member, University of Georgia Athletic Association and Health Services Eating Disorder Team (University)
<i>September 1998-May 1999</i>	President, Foods and Nutrition Graduate Student Organization (Department)
<i>October 1996-March 1997</i>	Chair, National Nutrition Month Committee, Emory University Hospital, Atlanta, GA (Department)

Starting and Ending Dates

COMMUNITY SERVICE and OUTREACH ACTIVITIES

<i>May 2019-present</i>	Member, 100+ Women Who Care Athens (Local)
<i>August 2009-present</i>	Nutrition Director, Lifespan Montessori of Athens, Inc., a childcare program serving children ages 6 weeks to 5 years, Athens, GA (local). I led the program through achievement of national and state accreditations, as well as several school-wide and individual teaching and administrative awards (Local)
<i>February 2002-present</i>	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 (also serve as social media and website admin for local community organizations), Athens, GA (Local)
<i>August 1998-present</i>	Member, St. Gregory the Great Episcopal Church, Athens, GA (Local)

<i>July 2009-2017</i>	Member, Georgia Association on the Education of Young Children (State)
<i>July 2009-2017</i>	Member, National Association on the Education of Young Children (NAEYC)
<i>July 2009-2017</i>	Member, Southern Early Childhood Association (Regional)
<i>September 2012-July 2015</i>	Chair, Newsletter Committee, Georgia Association on Young Children (State)
<i>January 2012-July 2015</i>	Member, Board of Directors, District 8 Representative, Georgia Association on Young Children (State)
<i>June 2014</i>	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)
<i>November 2013</i>	The Governor's Childhood Obesity Initiative, Georgia SHAPE, recognized Lifespan as a "Model Early Care and Learning Program in Nutrition and Physical Activity (State);" Lifespan was chosen because of its outstanding nutrition policies, breastfeeding support and physical activity curricula, which help to combat childhood obesity
<i>November 2012</i>	Volunteer for the YWCO "Kids Tri the Y" Triathlon for children ages 6 to 12 years.
<i>April 1999-April 2005</i>	Volunteer for Athens Run/Walk for Home; beneficiaries of the event include the Homeless Shelter, Salvation Army, Project Safe, The Ark, and others, Athens, GA
<i>January 2005-February 2006</i>	Outreach Coordinator, Athens Canine Rescue, Athens, GA
<i>November 2003-December 2004</i>	Adoption Coordinator, Athens Canine Rescue, Athens, GA
<i>February 1996-March 1996</i>	Volunteer for Delaware Department of Health and Human Services (DHHS) nutritionist; assisted with home visits of failure-to-thrive children, Wilmington, DE
<i>April 1995-August 1995</i>	Prepared food for Ronald McDonald House Breakfast Program, Wilmington, DE
<i>January 1995-July 1995</i>	Volunteer for Delaware Food Bank, Wilmington, DE and Newark, DE
<i>October 1994</i>	Volunteer in OBGYN Clinic, assisted Delaware DHHS nutritionist with nutrition counseling of high-risk prenatal cases, Wilmington Hospital, Wilmington, DE
<i>September 1992-December 1992</i>	Assisted radio station (FM 102.3 WHYL) with the promotion/organization of a tennis tournament to benefit youth Drug Awareness Resistance Education, Carlisle, PA
<i>October 1991-December 1991</i>	Volunteer for Meals on Wheels, prepared and distributed food to homebound elders, Brisbane, AUS

CONTRIBUTION TO NUTRITION RESEARCH

<i>Project Start Dates</i>	RESEARCH GRANTS and PROJECTS AWARDED
<i>April 2021</i>	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.
<i>September 2017</i>	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.
<i>October 2017</i>	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.
<i>April 2017</i>	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.

<i>August 2016</i>	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 I: Prototype design and testing of egg and placebo products (Co-I). Egg Nutrition Center. \$48,590. 2016-7.
<i>October 2014</i>	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.
<i>October 2014</i>	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.
<i>June 2014-June 2015</i>	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.
<i>October 2012-July 2013</i>	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.
<i>July 2012-July 2013</i>	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.
<i>August 2009-July 2011</i> <i>(No-cost Extension: July 2013)</i>	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.
<i>June 2009-May 2010</i> <i>(No-cost Extension: May 2012)</i>	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.
<i>February 2007-January 2009</i> <i>(No-cost Extension: Jan 2011)</i>	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.
<i>September 2004-August 2005</i>	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.

Projected Start Dates

ADMINISTRATIVE GRANTS AND TRAVEL AWARDS

<i>Spring & Fall 2021-present</i>	Laing E.M. UGA First Year Odyssey funds for out-of-class activity, \$300+
<i>February 2021</i>	Laing E.M. UGA Active Learning Summer Institute, \$7,500K
<i>December 2020</i>	Laing E.M. UGA Obesity Initiative Statistical Consulting Award, \$750 total costs
<i>April 2019</i>	Laing E.M. UGA Student/Faculty Enrichment Fund provided by the UGA Office of Vice President for Student Affairs to fund an out-of-class student/faculty gathering not associated with course material
<i>October 2015</i>	Laing E.M. University of Georgia: The Graduate School Recruitment Enhancement Grant, \$2,000 total costs
<i>October 2012</i>	Laing E.M. UGA Provost's Travel Funds to attend ASBMR, Minneapolis, MN
<i>October 2010</i>	Laing E.M. UGA Provost's Travel Funds to attend ASBMR, Toronto, ON

Projected Start Dates

PARTIALLY FUNDED HATCH PROJECTS

<i>May 2016-December 2020</i>	Laing, E.M. (PI) Dietary Influences on Childhood Musculoskeletal Health, Variable amounts, USDA, CSRS, National Institute of Food and Agriculture GEO00798
<i>April 2016-May 2021</i>	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

July 2012-June 2015

Laing, E.M. (PI) Vitamin D Supplementation and Muscle Responses in Early Adolescence, Variable amounts. USDA, CSRS, National Institute of Food and Agriculture GEO00700

2008-2013

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

Submission Dates

RESEARCH GRANTS and PROJECTS NOT FUNDED

October 2016

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.

July 2016

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).

December 2015

Lewis R.D., **Laing E.M.**, Oshri A., Ward K. Promoting Health and Preventing Excessive Weight Gain in Obese Athens-Clarke County Youth. Mulherin Foundation.

December 2015

Yli-Piipari S. (PI), Lewis R.D., Young H.N., Shen Y., **Laing E.M.**, Udwardia 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). Schuster, B. (PI). Letter of Intent submitted in December 2015.

November 2015

Yli-Piipari S. (PI), Lewis R.D., Young H.N., Shen Y., **Laing E.M.**, Udwardia 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.

July 2014

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. University of Georgia 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. University of Georgia 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.*
- 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. *Letter of Intent Submitted.*
- 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 FINDINGS

WORKING PAPERS

- Laing E.M.**, Slagel NW, Clifford DE, Hightower W, Harris CL, Hunger JM. Weight Inclusivity: How and why classroom nutrition educators need to tackle the subject of weight bias.
- Laing E.M.**, Slagel NW, Clifford DE, Hightower W, Harris CL, Wang Y, Hunger J.M., Hall DB. Imparting Anti-Diet and Weight Inclusive Approaches in a University Dietetics Curriculum.
- Coheley L.M., **Laing E.M.**, Duckham, R., Lewis R.D. Dietary protein and pediatric bone health: a systematic review.
- Laing E.M.**, Pollock N.K., Ferira A.J., Taylor R.G., Bernard P.J., & Lewis R.D. Breastfeeding Duration is a Positive Independent Predictor of Trabecular and Cortical Bone Parameters at Age 21 Years.

Publication Dates

BOOK CHAPTERS

(* Indicates invited submission)

- 2018 ***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.) Frontiers in Hormone Research: Vitamin D in clinical medicine, 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.) Vitamin D, Volume 1: Biochemistry, Physiology And Diagnostics, Fourth Edition, 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.) Nutritional Influences on Bone Health, 9th International Symposium on Nutritional Aspects of Osteoporosis. Switzerland, Springer International Publishing. *Available via eBook*. 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.) Remaking Home Economics: Resourcefulness and Innovation in Changing Times, 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.) Nutritional Influences on Bone Health, 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.) Handbook of Nutrition and Food, 3rd Edition, 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: Translational Endocrinology & Metabolism: Vitamin D Update, 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.) Vitamin D, Third Edition, 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.) Handbook of Nutrition and Food, 2nd Edition, Boca Raton, FL: CRC Press, Inc. 373-388.

Publication Dates

REFEREED JOURNAL PUBLICATIONS

(* Indicates those publications of national or international standing)

- January 2023 *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. *Diab Epidemiol Manag.* 2023;9:Fe.
- December 2022 *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. *Am J Clin Nutr.* 2022;116(6):1663-71.
- May 2022 *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.* 2022 May 26;1-11.
- August 2022 *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*, 2022 Aug;32(8):1841-1850.
- February 2022 *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. *Diabetes Research and Clinical Practice*, 2022 Feb;184:109191.
- August 2019 *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.
- November 2018 *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 *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.
- 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.
- 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 Journal of Nutrition & Metabolism*, 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 I 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 *Biomaterials.* 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.
- March 2013 ***Laing E.M.**, Tripp R.A., Pollock N.K., Baile C.A., Della-Fera, M.A., Rayalam S., Tompkins S.M., Keys D.A., Lewis R.D. Adenovirus 36, Adiposity and Bone Strength in Late-Adolescent Females. 2013 *J Bone Miner Res.* 28(3):489-96.
- January 2013 *Warden S.J., **Laing E.M.**, Ferira A.J., Hill K.H., Martin B.R., Weaver C.M., Peacock M., Hausman D.B., Lewis R.D. Racial Differences in Cortical Bone and their Relationship to Biochemical Variables in Early Pubertal Children. 2013 *Osteoporos Int.* 24:1869-1879.
- October 2012 *Hill K.M., **Laing E.M.**, Hausman D.B., Acton A., Martin B.R., McCabe G.P., Weaver C.M., Lewis R.D., Peacock M. Bone turnover is not influenced by serum 25-hydroxyvitamin D in Healthy Black and White Early-Pubertal Children. 2012 *Bone.* 51(4):795-9.
- January 2011 *Breen M.E., **Laing E.M.**, et al. 25-Hydroxyvitamin D, Insulin-Like Growth Factor-I and Bone Mineral Accrual During Growth. 2011 *J Clin Endocrinol & Metab.* 96:E89-E98.

January 2011 *Pollock N.K., **Laing, E.M.**, Hamrick, M.A., Baile, C.A., Hall, D.B., & Lewis, R.D. Bone and fat relationships in postadolescent black females: A pQCT study. 2011 *Osteoporos Int.* 22:655-665.

January 2011 *Pollock N.K., **Laing, E.M.**, Taylor, R.G., Baile, C.A., Hall, D.B., Hamrick, M.A., & Lewis, R.D. Comparisons of trabecular and cortical bone in late adolescent black and white females. 2011 *J Bone Miner Metab.* 29:44-53.

June 2008 *Pollock N.K., **Laing, E.M.**, Baile C.A., Lewis, R.D., Hamrick M.W., Hall D.B. Letter to the Editor: Reply to Cole, et al. 2008 *Am J Clin Nutr.* 87:1959-60.

November 2007 *Willis C.M, **Laing, E.M.**, Hall D.B., Hausman D.B., & Lewis R.D. A prospective analysis of plasma 25(OH)D concentrations in white and black prepubertal females in the southeastern United States. 2007 *Am J Clin Nutr.* 85:124-30.

January 2007 *Pollock N.K., **Laing, E.M.**, Baile C.A., Hammrick M.W., Hall D.B., & Lewis R.D. Is adiposity advantageous for bone strength? A pQCT study in late adolescent females. 2007 *Am J Clin Nutr.* 86:1530-38.

November 2006 *Stein E.M., **Laing E.M.**, Hall D.B., Hausman D.B., Kimlin M.G., Johnson M.A., Modlesky C.M., Wilson A.R., & Lewis R.D. Serum 25-hydroxyvitamin D concentrations in girls aged 4-8 y living in the southeastern United States. 2006 *Am J Clin Nutr.* 83:75-81.

January 2006 *Pollock N.P., **Laing E.M.**, Modlesky C.M., O'Connor P.J., & Lewis R.D. Former College Artistic Gymnasts Maintain Higher BMD: A Nine-Year Follow-Up. 2006 *Osteoporos Int.* 17:1691-7.

March 2005 ***Laing E.M.**, Wilson A.R., Modlesky C.M., O'Connor P.J., Hall D.B., & Lewis R.D. Initial Years of Recreational Artistic Gymnastics Training Improves Lumbar Spine Bone Mineral Accrual in 4-8 Yr Old Females. 2005 *J Bone Miner Res.* 20:509-19.

February 2003 *Poudevigne M.S., O'Connor P.J., **Laing E.M.**, Wilson A.R., Modlesky C.M., and Lewis R.D. Body Images of 4-8 Year Old Girls at the Outset of Their First Gymnastics Class. 2003 *Int J Eating Dis.* 34:244-250.

August 2002 ***Laing E.M.**, Massoni J.A., Nickols-Richardson S.M., Modlesky C.M., O'Connor P.J., & Lewis R.D. A Prospective Study of Bone Mass and Body Composition in Female Adolescent Gymnasts. 2002 *J Pediatr.* 141:211-6.

Publication Dates

PEER-REVIEWED ABSTRACTS

September 2022 Coheley LM, Yu M, Chen X, Marand A, Lance JM, O'Connor PJ, **Laing EM**, Oshri A, Kealey K, Lewis RD. The Impact of Feeding Whole Egg Products for 9-Months on Total Body and Spine Areal Bone Density Among Preadolescent Children: A Randomized, Placebo-Controlled Trial. 2022 *J Bone Miner Res* (Submitted: July 2022).

August 2021 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 *International Society for Research in Human Milk and Lactation* (Submitted: May 2021)

August 2021 **Laing EM**, Slagel NW, Clifford DE, Hightower W, Harris CL, Wang Y, Hall DB. Imparting Anti-Diet and Weight Inclusive Approaches in a University Dietetics Curriculum. 2021 *Society for Nutrition Education and Behavior* (Submitted: February 2021)

May 2021 Ishikawa Y, **Laing EM**, Anderson AK, Zhang D, Trivedi-Kapoor R, Sattler ELP. The Level of Adherence to the Dietary Approaches to Stop Hypertension Diet is Associated with the Severity of Insulin Resistance Among Community-Dwelling Heart Failure Patients: A National Health And Nutrition Examination Survey Analysis. Abstract ID: 276. 2021 *AHA EPI|Lifestyle Scientific Sessions* (Submitted: February 2021).

- May 2021 Ishikawa Y, **Laing EM**, Anderson AK, Zhang D, Trivedi-Kapoor R, Sattler ELP. Comparison of Diagnostic Methods for Diabetes Diagnosis in Patients with Heart Failure: A National Health And Nutrition Examination Survey Analysis. Abstract ID: 275. 2021 *AHA EPI/Lifestyle Scientific Sessions* (Submitted: February 2021).
- March 2020 Ishikawa Y, Trivedi-Kapoor R, Lewis RD, **Laing EM**, Anderson AK, Zhang D, Quyyumi AA, Dunbar SB, Sattler ELP. Prevalence and Trends of Type 2 Diabetes Mellitus and Prediabetes among Community-Dwelling Heart Failure Patients in the U.S. 2005-2016: A National Health And Nutrition Examination Survey (NHANES) Analysis. 2020 *AHA EPI/Lifestyle Scientific Sessions* (Submitted: October 2019).
- September 2019 Duckham RL, **Laing EM**, Lewis RD. Do specific fat depots influence the potential for optimal bone development in growing children? 2019 *J Bone Miner Res*. (Submitted: June 2019).
- June 2019 Duckham RL, Hyde NK, Brennan-Olsen SL, Hesketh K, Teo WP, Rodda C, Walsh A, **Laing EM**, Lewis RD. Do lifestyle factors play a role on bone health in boys diagnosed with Autism Spectrum Disorder? Preliminary data from the Promoting bone and gut health in our children (PROUD) study. 2019 *9th International Conference on Children's Bone Health*, Salzburg, Austria (Submitted: Feb 2019).
- September 2018 Coheley L.M., Shivappa N., Hebert JR., **Laing E.M.**, Lewis R.D. Dietary Inflammatory Index and Cortical Bone Outcomes in Healthy Adolescent Children. 2018 *J Bone Miner Res*. (Submitted: June 2018).
- March 2018 Coheley L.M., **Laing E.M.**, Oshri A., O'Connor P.J., Kealey K., Lewis R.D. Egg consumption, skeletal health, and cognition in adolescents. 2018 *UGA Graduate School Symposium*, Athens, GA (Submitted: March 2018).
- February 2018 Higgins S., Belcher S.L., Kindler J.M., Mahar T.F., Coheley L.M., **Laing E.M.**, Schmidt M.D., Evans E.M., Lewis, R.D. Sedentary Behavior and Cortical Bone in Healthy Adolescents and Young Adults: An Isotemporal Substitution Analysis. 2018 *Georgia Clinical & Translational Science Conference*, Brasleton, GA, #59.
- February 2018 Berg A.C., Yli-Piipari S.R., Selph E.L., Lewis R.D., Laing E.M., Hollingsworth T.L., Parris K., Hartzell D.L., Improving Weight Management Behaviors among Guardians of Overweight and Obese Hispanic Adolescents: An evaluation of the CORE nutrition education program. 2018 *Society for Nutrition Education and Behavior* (Submitted: January 2018).
- November 2017 Higgins S., Kindler J.M., Mahar T.F., Coheley L.M., **Laing E.M.**, Schmidt M.D., Evans E.M., Lewis, R.D. Sedentary Behavior and Cortical Bone in Healthy Adolescents and Young Adults: An Isotemporal Substitution Analysis. 2017 *10th International Symposium on Nutritional Aspects of Osteoporosis*, Hong Kong (Submitted: July 2017).
- April 2017 Belcher S.L., Kindler J.M., **Laing E.M.**, Tripp R.A., Lewis R.D. Cortical Bone Development is Lower in Ad36 Seropositive Versus Seronegative Adolescents: A 5-Year Prospective Study. 2017 *Journal of the Federation of American Societies for Experimental Biology*. (Submitted: February 2017).
- April 2017 Kindler J.M., Liu W., Dain J., **Laing E.M.**, Lewis R.D. Pentosidine, an Advanced Glycation Endproduct, Is a Negative Predictor of Skeletal Endpoints in Children. 2017 *Journal of the Federation of American Societies for Experimental Biology*. (Submitted: February 2017).
- April 2017 Selph E.L., Yli-Piipari S.R., **Lewis R.D.**, Laing E.M., Hollingsworth T.L., Suveg C.M., Parris K., Hartzell D.L., Berg A.B. Improving Weight Management Behaviors among Guardians of Overweight and Obese Hispanic Adolescents: An evaluation of the CORE nutrition education program. 2017 *American Public Health Association* (Submitted: February 2017).
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- October 2016 Cogler D., Kindler J.M., **Laing E.M.**, Lewis R.D. The Relationship between Insulin Resistance and Distal Radius Cortical Bone Geometry. 2016 Peach State LSAMP (Louis Stokes Alliance for Minority Participation) Conference (Submitted: September 2016).
- September 2016 **Plenary Poster:** 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. The Muscle-Dependent Link Between IGF-I and Cortical Bone is Suppressed in Children with Insulin Resistance. 2016 *J Bone Miner Res.* (Submitted: April 2016).
- September 2016 Coheley L.M., Patel K.T., de La Serre C., **Laing E.M.**, Kindler J.M., Lewis R.D. Maternal Obesity and Trabecular Bone Microarchitecture in C57BL Mice. 2016 *J Bone Miner Res.* (Submitted as Late-Breaking: June 2016).
- September 2016 Kindler J.M., Pollock N.K., **Laing E.M.**, Oshri A., Jenkins N.T., Isales C.M., Hamrick M.W., Ding K.H., Lewis R.D. IGF-I-Dependent Musculoskeletal Development is Blunted in Adolescents with Insulin Resistance: A 5-Year Prospective Study. 2016 *J Bone Miner Res.* (Submitted: April 2016).
- September 2016 Higgins S., Kindler J.M., Mahar T.F., Hathaway E.D., **Laing E.M.**, Schmidt M.D., Evans E.M., Lewis R.D. Sedentary time and diaphyseal cortical bone outcomes in American adolescents. 2016 *J Bone Miner Res.* (Submitted: April 2016).
- April 2016 Belcher S.L., Kindler J.M., Pollock N.K., Ross H.L., Modlesky C.M., **Laing E.M.**, Lewis R.D. Comparison of MRI and DXA for Measurement of Visceral Adipose Tissue in Adolescent Females. 2016 *Journal of the Federation of American Societies for Experimental Biology.* (Submitted: November 2015).
- April 2016 Coheley L.M., **Laing E.M.**, Oshri A., Kindler J.M., Lewis R.D. Egg Consumption and Mid-Radius Cortical Bone in Children. 2016 *Journal of the Federation of American Societies for Experimental Biology.* (Submitted: November 2015).
- April 2016 Lobene A.J., Kindler J.M., Pollock N.K., **Laing E.M.**, Lewis R.D. Zinc Supplementation, Beta Cell Function, Insulin Secretion, and Insulin Resistance in Black and White Female Adolescents. 2016 *Journal of the Federation of American Societies for Experimental Biology.* (Submitted: November 2015).
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- July 2015 Gordon J.D., Hausman D.B., Park H.J., Lewis R.D., **Laing E.M.**, Bailey L.B. Impact of Gluten Containing Foods on Folate Intake of Women of Childbearing Age. 2015 *University of Georgia CURO Summer Fellowship Forum* (Submitted: June 2015).

- June 2015 Kindler J.M., **Laing E.M.**, Isales C., Lewis R.D. Relationships between IGF-1 and diaphyseal cortical bone geometry in early pubertal children are dependent upon insulin sensitivity. 2015 9th International Symposium on Nutritional Aspects of Osteoporosis, Montreal, Canada (Submitted: March 2015).
- May 2015 Sylvester J., Kindler J.M., **Laing E.M.**, Lewis R.D. The Relationships Between Dietary Protein Intakes and Cortical Bone in Prepubertal Black and White Boys and Girls. 2015 *Univ. of Georgia CURO Symposium* (Submitted: February 2015).
- May 2015 Cogger D., Kindler J.M., **Laing E.M.**, Lewis R.D. The Relationship between Insulin Resistance and Distal Radius Cortical Bone Geometry. 2015 *University of Georgia CURO Symposium* (Submitted: February 2015).
- May 2015 Dawson S.M., Kindler, J.M., **Laing, E.M.**, Lewis R.D. The Associations between Visceral Fat and Appendicular Bone Geometry in Healthy Prepubertal Boys and Girls. 2015 *University of Georgia CURO Symposium* (Submitted: February 2015).
- May 2015 **Accepted for presentation as a thematic poster session:** Kort L.J., **Laing E.M.**, Pollock N.K., Lewis R.D. Former Collegiate Gymnasts Maintain Higher Bone Mineral Density After A 34-Year Retirement: A Twenty-year Follow-up. 2015 *J Am Col Sport Med* (Submitted: November 2014).
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- September 2014 Kindler J.M., Pollock N.K., **Laing E.M.**, Hill-Gallant K.M., Warden S.J., Martin B.R., Weaver C.M., Peacock M., Lewis R.D. Insulin resistance and bone strength in children. 2014 *SEC Symposium on Prevention of Obesity: Overcoming a 21st Century Public Health Challenge* (Submitted: July 2014).
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- September 2014 Berger P.K., **Laing E.M.**, Pollock N.K., Warden S.J., Hill-Gallant K.M., Hausman D.B., Tripp R.A., McCabe L., McCabe G., Weaver C.M., Peacock M., Lewis R.D., Adenovirus 36, Adiposity and Inflammatory-Related Markers in Children. 2014 *J Bone Miner Res*. (Submitted: April 2014)
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- October 2013 Kindler J., Goff H., **Laing E.M.**, Modlesky C.M., Pollock N.K., Baile C.A., Lewis R.D. Physical activity related to cortical but not trabecular architecture in young women. 2013 *J Bone Miner Res* 28 (Suppl 1).
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- April 2013 Grider A., Lewis R.D., **Laing E.M.**, Wickwire K. Supplementation with zinc affects serum microRNA (miRNA) levels in early pubertal females. 2013 *J FASEB*.
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- October 2012 Goff H.L., Modlesky C.M., **Laing E.M.**, Pollock N.K., Baile C.A., Harshvardhan, S., Lewis R.D. Trabecular Bone Microarchitecture is Compromised in Obese Late Adolescent Females. 2012 *J Bone Miner Res* 27 (Suppl 1).
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- October 2009 Pollock N.K., Zhu H., Petty K., Gutin B., Hamrick M.W., **Laing E.M.**, Chen T., Holick M., Lewis R.D., & Dong Y. (2009) Does Season Play a Role in Adipocyte-Derived Inflammatory Factors? *Obesity*.
- September 2009 **Plenary Poster:** Pollock N.K., **Laing E.M.**, Ferira A.J., Hamrick M.W., Baile C.A., & Lewis R.D., (2009) Adiposity and Bone Structural Development in Young Adult Females: A Three-Year Follow-Up Study. *J Bone Miner Res.*
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- September 2009 **Plenary Poster:** Breen M.E., **Laing E.M.**, Hall D.B., Hausman D.B., Taylor R.G., Isales C.M., Ding K., Pollock N.K., Baile C.A., & Lewis R.D. (2009) IGF-I, Vitamin D and Bone Mineral Accrual During Growth. *J Bone Miner Res.*
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- June 2007 Lewis R.D., Voorhees C.M., **Laing E.M.**, Hall D.B., & Hausman D.B. (2007) A Prospective Analysis of Plasma 25(OH)D in White and Black Prepubertal Females in the Southeastern United States. In: Burckhardt, Heaney, and Dawson-Hughes (Eds.) *Nutritional Aspects of Osteoporosis 2006, ICS 1297 - Proceedings of the International Symposium on Nutritional Aspects of Osteoporosis*, Lausanne, SUI.
- 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.
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- 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.
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- 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.
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- 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).
- May 2002 **Laing E.M.**, Wilson A.R., Modlesky C.M., O'Connor P.J., & Lewis R.D. (2002) Effects of a Two-Year Gymnastics Intervention on Bone Mass and Body Composition in Young Females. *Med Sci Sport Exer* 33(5).
- May 2002 Modlesky C.M., Wilson A.R., **Laing E.M.**, O'Connor P.J., & Lewis R.D. (2002) Do Prepubescent Girls Who Enroll in Artistic Gymnastics Have Higher Bone Mass than Nongymnasts? *Med Sci Sport Exer* 33(5).
- April 2002 Hardy K.H., **Laing E.M.**, Wilson A.M., Modlesky C., & Lewis R.D. (2002) Dietary Zinc and IGF-1 in Prepubescent Girls. *J FASEB*; 16(4).
- May 2001 Poudevigne M., O'Connor P.J., **Laing E.M.**, Modlesky C.M., & Lewis, R.D. (2001) Body Images of 4-8 Year Old Girls Enrolled in Gymnastics do not Differ From Controls Matched on Percent Fat and Age. *Med Sci Sport Exer* 33(5).

- May 2001 **Laing E.M.**, Massoni J.A., Nickols-Richardson S.M., Modlesky C.M., O'Connor P.J., & Lewis R.D. (2001) A Prospective Study of Bone Mass and Body Composition in Female Adolescent Gymnasts. *Med Sci Sport Exer* 33(5).
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- May 2000 Modlesky C.M., Nickols-Richardson S.R., Massoni J.A., **Laing E.M.**, & Lewis R.D. (2000) Changes in Bone Mineral at Stressed and Unstressed Skeletal Sites in Young Female Gymnasts. *Med Sci Sport Exer* 32(5).
- March 1999 **Monkhouse E.E.**, Nickols-Richardson S.M., Modlesky C.M., & Lewis R.D. (1999) Longitudinal Changes in Bone Mineral Density and Body Composition in Adolescent Female Artistic Gymnasts. *J FASEB* 13(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 *Society for Nutrition Education and Behavior* 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

CLASSROOM GUEST LECTURES and SEMINARS (University)

- November 2022* Spotlight on the UGA Dietetics Major, NUTR 2100 (Department)
- January and February 2020-21* Obesity: Prevalence, Evaluation, Treatment. UGA/Augusta Medical School Partnership (2nd [January] and 1st [February] year medical students; University)
- October 2015, January 2021* Overview of the Department of Foods and Nutrition, Introduction to Family and Consumer Sciences, FACS 2000 (College)
- October 2019* SAFCS Alumni Panel member (College)
- October 2019* Student Engagement: Why it Matters in Teaching, GRSC 7770 (College)
- February 2019* FACS Alumni Panel member, FACS 2000 (College)
- Fall 2018 & 2019* Introduction to Dietetics seminar series, The University of Georgia, Athens, GA (Department)
- February 2017* The often confusing and overwhelming principals of nutrition. UGA Medical Roundtable, Athens, GA (University)
- November 2016* School age nutrition, graduate/undergraduate Lifecycle Nutrition class, FDNS 4510 (Department)
- January 2015, October 2016* Update on Bone Health Research Program, undergraduate Introduction to Nutrition Science class, FDNS 2400 (Department)
- October 2016* Infant nutrition, graduate/undergraduate Lifecycle Nutrition class, FDNS 4510 (Department)
- April 2016* Pregnancy and Lactation, undergraduate Human Nutrition and Food class, FDNS 2100 (Department)
- February 2016* Panelist, FACS Authors and Experts, along with Sharon Nickols, editor of “Remaking Home Economics: Resourcefulness and Innovation in Changing Times” (College)
- November 2015* Adolescent and elderly nutrition, graduate/undergraduate Lifecycle Nutrition class, FDNS 4510 (Department)
- September 2013* Lactation, graduate/undergraduate Lifecycle Nutrition class, FDNS 4510 (Department)
- April 2012* Renal Disease, graduate/undergraduate Medical Nutrition Therapy class, FDNS 4530 (Department)
- August 2012* Physiology of Pregnancy, graduate/undergraduate Lifecycle Nutrition class, FDNS 4510 (Department)
- April 2011* Osteoporosis, graduate/undergraduate Medical Nutrition Therapy class, FDNS 4530 (Department)
- 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

<i>August 2008</i>	Physiology of Pregnancy, graduate/undergraduate Lifecycle Nutrition class (FDNS 4510); The University of Georgia, Athens, GA
<i>November 2007</i>	Childhood and Early Adolescence, graduate/undergraduate Lifecycle Nutrition class (FDNS 4510); The University of Georgia, Athens, GA
<i>August 2007</i>	Physiology of Pregnancy, graduate/undergraduate Lifecycle Nutrition class (FDNS 4510); The University of Georgia, Athens, GA
<i>August 2006</i>	Physiology of Pregnancy, graduate/undergraduate Lifecycle Nutrition class (FDNS 4510); The University of Georgia, Athens, GA
<i>November 2005</i>	Lactation Issues for Mother and Infant, undergraduate Lifecycle Nutrition class (FDNS 2100); The University of Georgia, Athens, GA
<i>April 2005</i>	Lactation Issues for Mother and Infant, undergraduate Lifecycle Nutrition class (FDNS 2100); The University of Georgia, Athens, GA
<i>July 2005</i>	Sports Nutrition: Fueling the Athlete, undergraduate Nutrition (FDNS 2100, 5800) and Health Advocacy (ECHD 3010) classes; The University of Georgia, Athens, GA
<i>March 2002</i>	Vitamin D and the Progression of Multiple Sclerosis, Department of Foods and Nutrition Seminar; The University of Georgia, Athens, GA
<i>February 2002</i>	Childhood Nutrition Practices and Health Implications, graduate-level Child Development class (EDEC 7200); The University of Georgia, Athens, GA
<i>December 2000</i>	Sarcopenia in the Elderly, Department of Foods and Nutrition Seminar, The University of Georgia, Athens, GA
<i>April 1999</i>	Sports Nutrition: Fueling the Athlete, undergraduate Nutrition (FDNS 2100, 5800) and Health Advocacy (ECHD 3010) classes; The University of Georgia, Athens, GA

Presentation Dates

**WORKSHOP, TRAINING and OTHER PRESENTATIONS
(University/Community/State/Regional)**

<i>August & January 2017-present</i>	DICAS Workshop (2-part series) for dietetics majors entering dietetic internship matching, Student Dietetic Association Meeting (Department)
<i>January 2022</i>	Presenter, "Professional Development in Foods and Nutrition course re-design: featuring work from the 2021 Active Learning Summer Institute," UGA InterActive Colloquium (University)
<i>December 2021</i>	Presenter, "Non-diet approaches to health: How to establish a comprehensive approach with your patients," Georgia Nutrition Council Professional Development Webinar (State)
<i>November 2021</i>	Presenter, "You are NOT what you eat: Exploring non-diet approaches to health," New Jersey Dietetic Association Meeting (State)
<i>September 2021</i>	Presenter, "You are NOT what you eat: Exploring non-diet approaches to health," NEHP Symposium: Training Compassionate Educators - A Focus on Marginalized Communities (National)
<i>August 2021</i>	Presenter, "Maintaining a Healthy Lifestyle While Going Through a Work Transition," Dickinson College Center for Advising, Internships & Lifelong Career Development Industry Immersion Series (University)
<i>July 2021</i>	Presenter, "You are NOT what you eat: exploring non-diet approaches to health," UGA Training & Development course (University)
<i>March 2021</i>	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)
<i>March 2021</i>	Facilitator, "Chat with Chums & Alums: Circle of 7" event, UGA Department of Foods and Nutrition Virtual Event (Department)
<i>February 2001</i>	Presenter, "You are NOT what you eat: Exploring non-diet approaches in the COVID-19 pandemic and beyond," Georgia Nutrition Council Annual Meeting (State)
<i>May 2019</i>	Keynote Speaker, Emory University Hospital Dietetic Internship Graduation Ceremony (University)
<i>August-December 2017</i>	Facilitator, FACS Regional Development Lunch and Learn, tour of Bone and Body Composition Laboratory (College)

<i>February 2017</i>	Presenter, Overview of the Department of Foods and Nutrition, Coffee & Conversation Alumni Event, Athens, GA (Department)
<i>July 2015</i>	Facilitator, Girl Talk Summer Camp Bone Health Unit (4 60-minute visits in summer 2015), University of Georgia Department of Kinesiology (University)
<i>September 2014</i>	Update on Bone Health Research Program, FDN Faculty Meeting, Athens, GA (Department); Created one-page document for circulation by Extension.
<i>August 2013</i>	Update on Bone and Fat Research, Bone and Fat UGA Obesity Initiative Team Meeting, Athens, GA (University)
<i>February 2013</i>	Obesity-Bone Connection, Maternal and Childhood Obesity Initiative Team Meeting, Athens, GA (University)
<i>November 2010</i>	Feeding Your Child for Lifelong Health, Athens Montessori School Parent Education Event, Athens, GA (open to AMS families and Athens Community)
<i>October 2010</i>	Bone and Joint Decade, Athens-Clarke County Healthy Hour 2010, Athens, GA
<i>April 2010</i>	Osteoporosis on the Mind, Athens-Clarke County Healthy Hour 2010, Athens, GA
<i>November 2006</i>	Women Empowerment: Taking Back Our Bones & Bodies, Delta Phi Lambda Sorority Inc. Annual Osteoporosis Seminar, University of Georgia, Athens, GA
<i>October 2006</i>	Optimizing Bone Health in Childhood, Pennsylvania State University Bone Health and Nutrition Conference, State College, PA
<i>October 2005</i>	Nutritional Issues During Lactation, NEGA Dietetic Assoc Meeting, Athens, GA
<i>June 2005</i>	Osteoporosis: Are You at Risk? Total Knowledge: Family and Consumer Sciences Alumni Summer College Event, Athens, GA
<i>May 2005</i>	Beyond Sticks and Stones: A New Take on Osteoporosis, Nutrition Education Coalition Meeting, Athens, GA
<i>September 2004</i>	Dietary and Physical Activity Patterns in School-Aged Children, Northeast Georgia Dietetic Association Meeting, Athens, GA
<i>September 2004</i>	Health implications of childhood nutrition and physical activity practices, Georgia Public Health Association Annual Meeting, Savannah, GA
<i>September 2004</i>	Emerging Issues in Bone Health Research, Georgia Public Health Association Annual Meeting, Savannah, GA
<i>May 2004</i>	Achieving Optimal Physical Performance with Nutrition, Northeast Georgia Dietetic Association Meeting, Athens, GA
<i>March 2004</i>	Osteoporosis and Better Bone Health, Volunteers of the Georgia Hospital Association, Council on Auxiliary, Athens, GA and Thomson, GA
<i>March 2004</i>	Research in Foods and Nutrition, Clinical Orientation Training Workshop for Georgia Public Health Dietetic Interns, Atlanta, GA
<i>April 2004</i>	Sports Nutrition for the Young Tennis Player, Youth Education Through Sport Tennis Clinic, Athens, GA
<i>May 2003</i>	Childhood Nutrition Paradox, Childcare Providers Training Program, Athens, GA
<i>April 2003</i>	Are You Getting Enough Calcium?: Osteoporosis Update, Georgia Commission on Women-sponsored Wellness Summit for Women and Girls, Augusta, GA
<i>March 2003</i>	Exercise and Cardiac Health, School Food Service Employee Training, Athens, GA
<i>July 2002</i>	Special Diets for Adolescents, Dept. of Juvenile Justice Food Service Training Workshop, Athens, GA
<i>July 2002</i>	Research in Foods and Nutrition, Clinical Orientation Training Workshop for Georgia Public Health Dietetic Interns, Atlanta, GA
<i>July 2002</i>	Sports Nutrition for Peak Performance (with translator), Athletic Training Workshop for visiting Japanese students, University of Georgia, Athens, GA
<i>June 2002</i>	Are You Getting Enough Calcium?: Osteoporosis Update, Georgia Commission on Women-sponsored Wellness Summit for Women and Girls, Augusta, GA
<i>April 2001</i>	Determinants of Bone Health in Children, Georgia Nutrition Council Annual Meeting, Concurrent Session, Atlanta, GA
<i>February 2001</i>	Nutrition Recommendations for the Collegiate Athlete, National Strength and Conditioning Association Clinic for collegiate trainers and coaches, Athens, GA
<i>November 2000</i>	Sports Supplements, Georgia Dietetic Association Meeting, Kennesaw, GA

<i>May 1999</i>	Nutrition Needs for the High School Athlete, Southeastern Conference Student Athlete Trainer Workshop for high school trainers and coaches, Atlanta, GA
<i>March 1999</i>	Special Nutrition Needs for the Young Athlete, Competency Based Skills Nutrition Workshop for public health nutritionists and nurses, Macon, GA
<i>April 1998</i>	Sports Nutrition: How to Maximize Your Training While Off the Court, Women's Basketball Camp: Dickinson College, Carlisle, PA

Participation Dates

EVENT COORDINATION and PARTICIPATION (2019 to present)

November 2019-present

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.

Participation Dates

PROFESSIONAL DEVELOPMENT (2022 to present)

<i>October 2022</i>	Food and Nutrition Conference and Expo™, Orlando, FL
<i>October 2022</i>	Dairy Alliance Media Training, Raleigh, NC
<i>October 2022</i>	Academy Spokesperson Social Media Engagement Part II, Virtual
<i>September 2022</i>	Town Hall with Academy President, Ellen Shanley: Reflections on the White House Conference on Hunger, Nutrition, and Health
<i>September 2022</i>	NEHP Webinar: Training Compassionate Educators and Students - A Focus on Marginalized Communities, Virtual
<i>September 2022</i>	Introduction to DICAS 3.X for DPD Directors, Virtual
<i>August 2022</i>	The role of red meat in a nutritious and sustainable diet, Virtual
<i>August 2022</i>	UGA Turnitin Feedback Studio in Brightspace Faculty Training, Virtual
<i>June 2022</i>	APHA Food & Nutrition Section Panel Webinar: LGBTQIA+ Nutrition and Health, Virtual
<i>April 2022</i>	Nutrition Trends Forum, Academy Spokespeople Event, Virtual
<i>March 2022</i>	GAND Annual Conference and Expo, Virtual
<i>March 2022</i>	ACEND Q&A Forum for DPD Directors, Virtual
<i>February 2022</i>	ACEND Director Workshop, Virtual
<i>February 2022</i>	Georgia Nutrition Council Annual Meeting, Virtual

Publication Dates

PUBLISHED BULLETINS and REPORTS (National/State/Local)

<i>Spring 2021</i>	Laing, E.M. Weight-Inclusivity: How and why classroom nutrition educators need to tackle the subject of weight bias in healthcare, Nutrition for Educators and Health Professionals Newsletter, Academy of Nutrition and Dietetics, Spring 2021
<i>August 2020</i>	Laing, E.M. "You are NOT what you eat: Exploring Intuitive Eating's gentle nutrition principle" ProcessedFoodSite: https://tinyurl.com/y6pfwde9
<i>Spring 2020</i>	Laing, E.M., Berg, A.C. Beware of claims of 'immune boosting' diets and pills, Diabetes Life Lines Newsletter, Vol. 34, No. 1, Apr 2020 - COVID-19
<i>Spring 2020</i>	Laing, E.M. University of Georgia Programs help Students Who Might go Hungry, Nutrition for Educators and Health Professionals Newsletter, Spring 2020
<i>Summer 2012</i>	Laing, E.M. Summarizing Georgia's SHAPE Initiative, Together for Children, Georgia Association on Young Children Newsletter
<i>Spring 2012</i>	Laing, E.M. Focus on Nutrition: Eating Healthy in Child Care, Together for Children, Georgia Association on Young Children Newsletter
<i>Winter 2012</i>	Laing, E.M. Leaving the extra holiday package behind, Athens MOVE, Jan/Feb 2012
<i>Spring 2009</i>	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

<i>Spring 2008</i>	Eriksen M., Hepburn V., Okosun I., Laing E. et al. Addressing Overweight: The Role of Communities in Promoting Physical Activity 2008 PLAY Policy Brief.
<i>Fall 2007</i>	Eriksen M., Hepburn V., Okosun I., Laing E. et al. Addressing Overweight: The Role of Parents and Families 2007 PLAY Policy Brief
<i>Fall 2006</i>	Lewis R., Teems J., Laing E. et al. Addressing Overweight Severity in Children & Adolescents 2006 PLAY Policy Brief
<i>Winter 2006</i>	Eriksen M., Hepburn V., Okosun I., Laing E. et al. Addressing Overweight: The Role of Physical Activity 2006 PLAY Policy Brief
<i>Summer 2005</i>	Eriksen M., Hepburn V., Okosun I., Laing E. et al. Addressing Overweight: Interventions Tailored to the Rural South 2005 PLAY Policy Brief
<i>Winter 2005</i>	Eriksen M., Hepburn V., Okosun I., Laing E. et al. Addressing Overweight- The Role of Physical Activity in Schools 2005 PLAY Policy Brief
<i>January 2005</i>	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
<i>September 2002</i>	Lewis R., Laing E. , Duke N. & Gearing J. Strategic Plan 2002 Georgia Osteoporosis Initiative

WEBSITE ADMINISTRATION and MEDIA APPEARANCES

Active Web Profiles

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>
AND National Media Spokesperson: <https://tinyurl.com/3r8mprw9>
Research Gate: <https://tinyurl.com/ycdfrqvn>
LinkedIn: <https://www.linkedin.com/in/emmamlaing/>
Twitter: <https://twitter.com/emmamlaing>
Qwoted: <https://app.qwoted.com/sources/emma-laing>

Page Administrator

UGA FACS Facebook: <https://www.facebook.com/ugafacs/>
UGA NUTR webpages: <https://www.fcs.uga.edu/fdn>
UGA NUTR Facebook: <https://www.facebook.com/ugafdn/>
UGA NUTR Instagram: <https://www.instagram.com/ugafdn/>
UGA NUTR Kudos Corner: <https://www.fcs.uga.edu/fdn/kudos-corner/>
UGA Laing student/alumni group: <https://tinyurl.com/yapx9jh3>
UGA NUTR Alumni: <https://tinyurl.com/4chvkkn4>
Nutrition Educators of Health Professionals: <https://tinyurl.com/y96pnuh5>
Georgia Nutrition Council: <https://www.facebook.com/georgiagnc/>
Athens Free Little Pantry: <https://www.facebook.com/ATHLFP/>
Lifespan Montessori of Athens: <http://lifespanmontessori.com/>

Media Appearances

Pending

Supplements
VeryWell Fit

Nutrition for Barre Workouts
EveryDay Health

TikTok Nutrition Trends
New York Post

January 2023

Honey as an alternative to sugar? New study indicates the health benefits

Fox News <https://tinyurl.com/v3suu7>

Yahoo! Entertainment <https://tinyurl.com/34v2j9ky>

Jannah Times <https://tinyurl.com/2m8cpbr2>

Delectious Food <https://tinyurl.com/5755nf3x>

Impact of assigning a moral virtue to food, according to experts

VeryWellFit <https://tinyurl.com/k6ptw78m>

December 2022

Study: Raw honey may improve blood sugar and cholesterol levels

Verywell Health <https://tinyurl.com/4twzfbd>

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>

Mentioned in 'Amazing Student' biography (Brianna Cannova)

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

Mentioned in 'Amazing Student' biography (Jinaka Coker)

UGA FACS <https://tinyurl.com/4wuruvzn>

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>

November 2022

Patty Craig: A Slice of Time

Beechtree News <https://tinyurl.com/mr43dvy9>

October 2022

Vitamin D could help extend your life: Study

U.S. News & World Report <https://tinyurl.com/mr2tc987>

Consumer HealthDay <https://tinyurl.com/2uwabckx>

Newsmax <https://tinyurl.com/ypz fzace>

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/266t7frit>

Consumer HealthDay <https://tinyurl.com/487bxnbi>

kxly.com <https://tinyurl.com/28dczxe2>

Spirulina Health Benefits, Risks, Side Effects, and How to Store

Prevention <https://tinyurl.com/36vjrrbb>

Delectious 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/2ykdcydd>

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>

Do pre-workout energy drinks actually fuel exercise?

The Huffington Post <https://tinyurl.com/mvhm7r7h>

Yahoo! News <https://tinyurl.com/yexfu3hx>

7 Unconventional Leafy Greens to Try Cooking With

Aaptiv <https://tinyurl.com/48j5p9u7>

August 2022

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/bdcxfext>

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/2wdaxab9>

Body Image: What It Is and How to Improve It

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

July 2022

4 Surprising Side Effects of Eating Sardines

Eat This <https://tinyurl.com/3d69h8pp>

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>

Sardines: The Stinky Little Fish You Should Be Eating

How Stuff Works <https://tinyurl.com/3vpsrkb5>

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/3bfkknpc>

Delectious Food <https://tinyurl.com/bdf7pcmx>

June 2022

Are Vitamins and Supplements a Waste of Money?

Verywell Health <https://tinyurl.com/2p82jkzs>

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

The best beginner-friendly Chloe Ting workouts

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>

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/y32vjunn>

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/8beb3buy>

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>

Featured in “Laing named Fellow of Academy of Nutrition and Dietetics”

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

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/y6dgdxf5>

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

January 2021

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>

December 2020

Mentioned in ‘Featured Graduate’ biography (Caroline Wieler)

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

Healthy Aging and Bones

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

November 2020

Weightism and Its Impact: Professor Teaches ‘Health At Every Size

UGA Grady News <https://tinyurl.com/y5jlypyg>

How challenging my own fatphobia will make me a better parent

Healthline <https://tinyurl.com/y5l3novt>

October 2020

10 nutrition books dietitians recommend

MyFitnessPal

<https://tinyurl.com/y2lqg6e3>

September 2020

COVID-19 and the rise of the #ChloeTingChallenge

Elle Magazine <https://tinyurl.com/y3qed6sm>

Professor challenges students on diet culture

UGA Today <https://tinyurl.com/ybj8ay96>

August 2020

Snacking and working at home

WUGA Radio <https://tinyurl.com/y9x5qkbp>

June 2020

How to stop overeating and not be hungry

Summer Boomers Magazine <https://tinyurl.com/y77ksc6g>

May 2020

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>

Dr. Oz's hydroxychloroquine advocacy seduces Trump as coronavirus 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/y83qczt>
HealthDay <https://tinyurl.com/y9j9aes7>
Doctor's Lounge <https://tinyurl.com/yan8gasy>
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 News
<https://tinyurl.com/wj58sxz>

November 2019

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 News <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 News <https://tinyurl.com/y2j4sve7>
- FACS video honoring Dr. Carolyn Berdanier
UGA FACS News <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/ybnbgqoz>
- Student Dietetic Association promotes health through leadership
UGA FACS News <https://tinyurl.com/y7yaql8z>
- June 2018* UGA researchers conduct first of its kind study on eggs
UGA Red & Black <https://tinyurl.com/ybo3mjs8>
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UGA College of Education News <https://tinyurl.com/y9cafmmo>
- Eggs for stronger bones? Two-year study will measure impact
UGA FACS News <https://tinyurl.com/y74jax47>
- Can egg consumption improve bone strength in children?
UGA Today <https://tinyurl.com/ydelmd6q>
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UGA FACS News (also shared on the Academy of Nutrition and Dietetics Facebook page, EatRight Weekly, and Nutrition SmartBrief) <https://tinyurl.com/yaeceagt>
- March 2018* Picture of Health Project (video)
UGA FACS YouTube <https://tinyurl.com/yaytccpq>
- February 2018* FACS 100 Centennial (video)
UGA FACS News (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
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UGA FACS News <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 News <https://tinyurl.com/19zeh5b>
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UGA FACS <https://tinyurl.com/m8mzqla>
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Today's Dietitian <https://tinyurl.com/ltaxmyc>
- FACS faculty member receives dietetic educator award
UGA Columns <https://tinyurl.com/138exe3>
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UGA Center for Teaching and Learning <http://t.uga.edu/20w>
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Discover UGA <http://t.uga.edu/1P0> ; <http://tinyurl.com/gpmlrgc>
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University of Georgia Press <http://tinyurl.com/gtja8g9>
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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>
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Online Athens <http://tinyurl.com/hahrjvz>
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