

Emma M. Laing

Curriculum Vitae

PERSONAL INFORMATION

Full Name: Emma E.S. Monkhouse Laing

Campus Address: 390 Dawson Hall, The University of Georgia, Athens, GA 30602

Email Address: emonk@uga.edu *Campus Phone:* 706.542.7983

EDUCATION, EMPLOYMENT, and HONORS

Enrollment Dates

December 2000-August 2003

August 1997-December 2000

September 1996-May 1997

December 1992-December 1995

September 1991-December 1992

EDUCATION

Doctor of Philosophy, University of Georgia, Athens, GA

Major: Foods and Nutrition

Master of Science, University of Georgia, Athens, GA

Major: Foods and Nutrition

Emory University Hospital Dietetic Internship Program, Atlanta, GA

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

Major: Nutrition and Dietetics Emphasis: Fitness

Dickinson College, Carlisle, PA Major: Undeclared

Participation Dates

January 2021-present

October 1997-present

February 1998-present

PROFESSIONAL ROLES and CREDENTIALS

Fellow, Academy of Nutrition and Dietetics

Registered Dietitian Nutritionist, USA (Registration# 837953)

Licensed Dietitian, Georgia (License# LD001880)

Current Only

ACADEMIC CERTIFICATIONS

Active Learning Leader, UGA Center for Teaching and Learning

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

Career Ambassador, UGA Career Center

Dawg Ally, UGA Pride Center

Employment Dates

July 2021-present

July 2017-June 2021

February 2015-June 2017

November 2009-February 2015

September 2008-October 2009

September 2003-August 2008

September 1997-August 2003

September 1997-May 1999

ACADEMIC POSITIONS

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

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

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

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

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

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

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

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*

Employment Dates

May 1995-August 1996

OTHER EMPLOYMENT

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

Dates Received

January 2025
Consecutive 2015-2025
December 2024
December 2024
May 2024
February 2024
Consecutive 2022-2024
December 2023
October 2023
April 2023
March 2023
March 2023

February 2023
September 2019, 2023
November 2022
February 2022
April 2021
April 2021

March 2021
March 2021
March 2020
October 2019

February 2018, 2019
January 2016, 2018
February 2017

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

September 2009
March 2003
March 2003
June 2002
August 2001

May 2001

February 2001
April 1999
March 1999

AWARDS and RECOGNITIONS

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

INSTRUCTION

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

Semester	Course Title	Course Number	# Students	% Response	Score/5.00
Spring 2021-	Uncomplicate Your Food (every Fall &/or Spr)	FYOS 1001	variable	n/a	n/a
Fall 2017-	Dietetics Practicum (every Fall & Spring)	NUTR 5910	variable	n/a	n/a
Fall 2015-	Special Problems in NUTR (as needed)	NUTR 3010	variable	n/a	n/a
Spring 2025	Clinical Nutrition Interventions	NUTR 4520/6520	28	71	4.75
Spring 2025	Medical Nutrition Therapy-II	NUTR 4530/6500	75	95	4.77
Fall 2024	Professional Development in Foods & Nutrition	NUTR 5900	38	84	4.81
Fall 2024	Medical Nutrition Therapy-I	NUTR 4500/6500	27	100	4.96
Fall 2024	Nutrition and Disease Processes-I	NUTR 8530	12	92	5.00
Spring 2024	Clinical Nutrition Interventions	NUTR 4520/6520	50	92	4.93
Spring 2024	Medical Nutrition Therapy-II	NUTR 4530/6500	101	78	4.92
Spring 2024	Professional Development in Foods & Nutrition	NUTR 5900	50	88	4.89
Fall 2023	Medical Nutrition Therapy-I	NUTR 4500/6500	53	83	4.84
Spring 2023	Clinical Nutrition Interventions	NUTR 4520/6520	45	76	4.85
Spring 2023	Medical Nutrition Therapy-II	NUTR 4530/6500	100	96	4.77
Spring 2023	Professional Development in Foods & Nutrition	NUTR 5900	56	89	4.88
Fall 2022	Medical Nutrition Therapy-I	NUTR 4500/6500	46	96	n/a
Fall 2022	Nutrition and Disease Processes-I	NUTR 8530	12	100	n/a
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 (<i>COVID-19</i>)	FDNS 4520/6520	54; only comments collected		
Spring 2020	Medical Nutrition Therapy-II (<i>COVID-19</i>)	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
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

ADVISING and MENTORING

CAREER ADVISING

Ongoing

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

GRADUATE RESEARCH COMMITTEE SERVICE

Active

Renee Hutton, Ph.D., UGA NUTR, Chair: Ginnefer Cox, 2026
Helen DuPree, Ph.D., UGA Public Health, Chair: Jessica Muilenburg, 2026

Completed

Gene Rodrick, Ph.D., UGA NUTR, Chair: Connie Rogers, 2025
Josephine Shieh, Ph.D., UGA NUTR, Chair: Caree Cotwright, 2023
Liana Guarneiri, Ph.D., UGA NUTR, Chair: Jamie Cooper, 2022
Yuta Ishikawa, Ph.D., UGA NUTR, Chair: Lilian Sattler, 2021
Caroline Cerminaro, MS, UGA NUTR, Chair: Alex Anderson, 2021
Lauren Coheley, Ph.D., UGA NUTR, Chair: Richard Lewis, 2020
Elizabeth Klingbeil, Ph.D., UGA NUTR, Chair: Claire de La Serre, 2020
Hannah Winston, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2019
Kendall Farr, MS-thesis, UGA NUTR, Chair: Jamie Cooper, 2018
Emily Rollins, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2018
Joseph Kindler, Ph.D., UGA NUTR, Chair: Richard Lewis, 2017
Paige Berger, Ph.D., UGA NUTR, Chair: Richard Lewis, 2015
Anne Armstrong, MS-thesis, UGA NUTR, Chair: Alex Anderson, 2014
Christina Whitworth, MS-thesis, UGA NUTR, Chair: Alex Anderson, 2013
Stephanie Foss, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2013
Valerie Chertin, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2013
Christian Wright, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2013

External Theses Examined

Lindsay Elaine Brandon, Ph.D., QUT, Brisbane, AUS, Chair: Michael Kimlin, 2015
Yue Wu, Ph.D., QUT, Brisbane, AUS, Chair: Michael Kimlin, 2013
David Borrodale, Ph.D., QUT, Brisbane, AUS, Chair: Michael Kimlin, 2013

OTHER RESEARCH MENTORING

Completed

Mohana Malapati, UGA CURO Award Recipient, Chair: Emma Laing, 2025
Mackenzie Rush, AP student, West Forsyth High School, 2017
Staci Belcher, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2017
Kayla Patel, UGA CURO Award Recipient, Chair: Richard Lewis, 2016
Emily Rollins, UGA CURO Award Recipient, Chair: Richard Lewis, 2016
Andrea Lobene, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2016
Jenissa Gordon, UGA CURO Award Recipient, Chair: Hea Jin Park, 2016
Derek Coger, UGA CURO Award Recipient, Chair: Richard Lewis, 2015
Jordan Sylvester, UGA CURO Award Recipient, Chair: Richard Lewis, 2015
Madalene Dawson, UGA CURO Award Recipient, Chair: Richard Lewis, 2015
Lauren Kort, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2014
Hannah (Goff) Ross, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2012
Ashley Ferira, Ph.D. student, UGA NUTR, Chair: Richard Lewis, 2011
Jamie Williams, MS-thesis student, UGA NUTR, Chair: Richard Lewis, 2011
Katherine (Harris) Barnette, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2010
Claire (Maust) McDaniel, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2010
Maria (Breen) Williams, MS-thesis, UGA NUTR, Chair: Richard Lewis, 2009

GRADUATE STUDENT DPD ADVISING

Active

Colleen O'Mahoney, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2026
Sydney Silverstein, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2026
Kelly Quinn-Echevarria, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2026

Elizabeth Blancard, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2026
Victoria Gonzales, Ph.D.+DPD, UGA NUTR, Chair: Jung Sun Lee 2028
Leticia Alves Soares, Ph.D.+DPD, UGA NUTR, Chair: Lilian Sattler 2028
Joshua Siger, MSNT+DPD, UGA NUTR, Chair: Jung Sun Lee 2026
Sara Purba, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2026
Jade Johnson, MSNT+DPD, UGA NUTR, Chair: Emma Laing 2026

Completed

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

OTHER MSNT ADVISING

Completed

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

SUPERVISED TEACHING

Active

Mary Lazzaro, August 2025-December 2025; TA for NUTR 4500 and 5900

Completed

Joan Song, January 2025-May 2025; TA for NUTR 4530
Claire Mouser, January 2025-May 2025; TA for NUTR 4520
Mary Lazzaro, August 2024-December 2024; TA for NUTR 4500
Joan Song, August 2024-December 2024; TA for NUTR 5900
Megan Appelbaum, January 2024-May 2024; TA for NUTR 4530
Yu-Chen (Jenny) Lin, January 2024-May 2024; TA for NUTR 4520
Leah Halls, January 2024-May 2024; TA for NUTR 5900
Claire Mouser, August 2023-December 2023; TA for NUTR 4500
Mai Spaulding, January 2023-May 2023; TA for NUTR 4520
Grace Madu, January 2023-May 2023; TA for NUTR 5900
Megan Appelbaum, January 2023-May 2023; TA for NUTR 4530
Alyssa Guadagni, August 2022-May 2023; TA for FDNS 4530 and NUTR 4500
Sitara Cullinan, January 2022-May 2022; TA for FDNS 4520
Jessica Beasley, August 2021-December 2021; TA for FDNS 4500
Abigail Starcher, January 2021-May 2021; TA for FDNS 4520
Catherine Prater, August 2020-May 2021; TA for FDNS 4500 and 4530
Olivia Delgado, August 2019-May 2020; TA for FDNS 4500 and 4530
Liana Rodrigues, January 2020-May 2020; TA for FDNS 4520
Carolina Cawthon, August 2017-December 2019; TA for FDNS 4500, 4520, 4620
Zachary Grunewald, August-December 2015; TA for FDNS 2100
Kathleen Norris, August-December 2014; TA for FDNS 4510
Elizabeth Stein August-December 2004; TA for FDNS 2100

PROFESSIONAL and COMMUNITY SERVICE ACTIVITIES

Current Only

May 1994-present

May 2024-present

December 2016-present

March 2017-present

October 2023-present

Participation Dates

2003-2023

Participation Dates

February 2012

September 2001-August 2010

July-September 2007

Participation Dates

June 2025-present

October 2023-present

May 2024-present

January 2023-present

March 2017-present

June 2022-May 2025

August 2004-December 2024

August 1998-December 2024

May 2021-December 2024

July 2023-September 2024

November 2023

October 2020-November 2023

August 2023

July 2021-September 2021

November 2016-October 2018

November 2016-October 2018

August 1998-October 2018

November 2011-August 2016

October 2004-September 2013

September 2001-August 2010

October 1999

PROFESSIONAL AFFILIATIONS

Academy of Nutrition and Dietetics (AND) / GAND (State Affiliate)

Diversify Dietetics

Nutrition and Dietetic Educators and Preceptors (AND Group)

Nutrition Educators of Health Professionals (AND Dietetics Practice Group)

Weight Inclusive Research and Education (WIRED) Collaborative

JOURNAL REVIEWS

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

GRANT REVIEWS

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

Member, GA Osteoporosis Initiative Grants Review Committee, Atlanta, GA (State)
Peer Reviewer, Self-Study Modules "Soy and Health" and "Soy Nutrition Basics" 2 CEUs each for RDNs and NDTRs, Pharmavite LLC, Northridge, CA

PROFESSIONAL SERVICE ACTIVITIES in DIETETICS

Executive Board, Georgia Academy of Nutrition and Dietetics (State): Co-Chair, Dietetics and Nutrition Education Program Committee (June 2025-present);
Member (1997-present)

Member, Weight Inclusive Research & Education Collaborative (International)

Member, Diversify Dietetics (National)

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

Executive Board, Nutrition Educators of Health Professionals Dietetic Practice Group, Academy of Nutrition and Dietetics (National): Communications Coordinator (2020-2023), Membership Chair (2017-2021); Member (2017-present)

National Media Spokesperson, Academy of Nutrition and Dietetics

Executive Board, Northeast Georgia Dietetic Association (Local): Nominating Committee Chair/Co-Chair (2004-2005; 2007-2009); Member (2004-2024)

Executive Board, Georgia Nutrition Council (State): Secretary (2022-2024), Nominating Committee Chair (2020-2021), Annual Conference Planning Committee Member (2020-2022), Scholarship Committee Chair (2019-2020);
Member (1998-2024)

Member, Association for Size, Diversity, and Health (National)

Member, Weight Inclusive Nutrition and Dietetics (National)

External Reviewer, Dossier for P&T, University of Houston (University)

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

External Reviewer, Dossier for P&T, University of Washington (University)

External Reviewer, Dossier for P&T, University of North Florida (University)

Member, Sports, Cardiovascular and Wellness Nutrition AND DPG (National)

Member, American Society for Nutrition (International)

Member, American Society for Bone and Mineral Research (International)

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

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

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

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

Participation Dates

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

January-August 2016
February 2016
October 2015-December 2015
November 2014-December 2015

December 2014-May 2015
December 2014-May 2015
September 2004-December 2005

September 1998-May 1999
October 1996-March 1997

UNIVERSITY SERVICE and OUTREACH ACTIVITIES

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

Participation Dates

February 2002-present

August 2009-July 2023

May 2019-December 2022

August 1998-present

July 2009-2017

July 2009-2017

July 2009-2017

September 2012-July 2015

January 2012-July 2015

June 2014

November 2013

November 2012

April 1999-April 2005

January 2005-February 2006

November 2003-December 2004

February 1996-March 1996

April 1995-August 1995

January 1995-July 1995

October 1994

September 1992-December 1992

October 1991-December 1991

COMMUNITY SERVICE and OUTREACH ACTIVITIES

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

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

Member, 100+ Women Who Care Athens (Local)

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

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

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

Member, Southern Early Childhood Association (Regional)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

FUNDING CONTRIBUTIONS TO NUTRITION RESEARCH and OUTREACH

Project Start Dates

March 2024

April 2021

September 2017

GRANTS and PROJECTS FUNDED

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

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

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

<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 1: 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</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</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</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</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</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</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</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.

Project Start Dates

<i>Spring 2021-present</i>	Laing E.M. UGA First Year Odyssey funds for out-of-class activity, \$300
<i>April 2019, October 2024</i>	Laing E.M. UGA Student/Faculty Enrichment Fund, UGA Office of Vice President for Student Affairs, \$300
<i>October 2023, 2024</i>	Laing E.M. UGA FACS Student Technology Fee funding allocation FY24, FY25 (AND membership for \$4,060; eNCPT for \$2,100 and NCM for \$790)
<i>July 2024</i>	Laing E.M. UGA Office of Instruction Teaching Enhancement and Innovation Fund allocation FY25 (Essential Pocket Guide for Clinical Nutrition 4 th Ed for \$3,049)
<i>October 2022</i>	Laing E.M. UGA FACS Student Technology Fee funding allocation FY23 (eNCPT for \$2,100 and NCM for \$790)
<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>October 2015</i>	Laing E.M. University of Georgia: The Graduate School Recruitment Enhancement Grant, \$2,000 total costs

ADMINISTRATIVE GRANTS AND TRAVEL AWARDS

October 2012

Laing E.M. UGA Provost's Travel Funds to attend ASBMR, Minneapolis, MN

October 2010

Laing E.M. UGA Provost's Travel Funds to attend ASBMR, Toronto, ON

Project Start Dates

PARTIALLY FUNDED HATCH PROJECTS

May 2016

Laing, E.M. (PI) Dietary Influences on Childhood Musculoskeletal Health, Variable amounts, USDA, CSRS, National Institute of Food and Agriculture GEO00798. 2016-2020.

April 2016

Lewis R.D., **Laing E.M.** (Co-I) Obesity, Physical Activity and Bone Strength in Children and Adults, Variable amounts, USDA, CSRS, National Institute of Food and Agriculture GEO00797. 2016-2021

July 2012

Laing, E.M. (PI) Vitamin D Supplementation and Muscle Responses in Early Adolescence, Variable amounts. USDA, CSRS, National Institute of Food and Agriculture GEO00700. 2012-2015.

July 2008

Lewis R.D., **Laing E.M.** (Co-I) Interrelationships Among Bone Strength, Diet and Physical Activity in Children and Adults. Variable amounts, USDA, CSRS, National Institute of Food and Agriculture Hatch Project GEO00647. 2008-2013.

Submission Dates

GRANTS and PROJECTS NOT FUNDED

February 2022, 2023

Laing E.M. Margene Wagstaff Fellowship for Innovation in Dietetics Education (PI). Academy of Nutrition and Dietetics Foundation.

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 ACC Youth. Mulherin Foundation.

December 2015

Yli-Piipari S. (PI), Lewis R.D., Young H.N., Shen Y., **Laing E.M.**, Udwadia J. National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention Childhood Obesity Research Demonstration 2.0, RFA- DP-16-004. Confidence Ownership Responsibility Exercise, LLC (CORE).

November 2015

Yli-Piipari S. (PI), Lewis R.D., Young H.N., Shen Y., **Laing E.M.**, Udwadia J. An Examination of the CORE Lifestyle Program on the Cardio-Metabolic and Behavioral Outcomes among High-Risk Hispanic Children with Multiple Weight-Related Health Risks UGA CTRU SEED GRANT PROPOSAL.

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. UGA Obesity Initiative, \$25,000. "Cortical Porosity, Bone Marrow, and Bone Strength in Young Obese Adults."
September 2013	Lewis R.D., Laing E.M. , Berger P.K., Tripp R.A. UGA Obesity Initiative, \$25,000. "Adenovirus 36, Obesity and Inflammation Related to Bone Development During Puberty: A 3 to 4 Year Follow-Up."
April 2013	Bryant C., Lewis R.D., Bales D. Crawley C., Grossman B., Johnson L., Laing E.M. , Mancini J., Oshri A. United States Department of Agriculture, \$2,942,541. "Obesity Prevention for Children and Adolescents: A Home-Based Family Systems & Community Capacity Intervention."
March 2013	Laing E.M. American Society for Bone and Mineral Research Career Enhancement/Young Investigator General Research Award, \$55,000. "Adenovirus 36, Obesity and Bone Development during Puberty: the Role of Inflammation."
March 2013	Grider A., Lewis R.D., & Laing, E.M. Serum Biomarkers of Zinc Supplemented Early Pubertal Females. National Institutes of Health. \$74,250.
October 2012 & Feb 2013	Tripp R.A., Lewis R.D., Laing E.M. Tompkins S.M. National Institutes of Health, \$423,361. "Adenovirus, Obesity and Bone Strength in Preadolescent Children."
June 2012	Laing E.M. American Society for Bone and Mineral Research Career Development Award, \$55,000. "Serum IGF-I and Myostatin Responses to Vitamin D Supplementation in Adolescents."
September 2012	Grider A., Lewis R.D., Laing E.M. National Institutes of Health, \$74,250. Serum Biomarkers of Zinc Supplemented Early Pubertal Females.
September 2012	Lewis R.D., Laing E.M. , Baxter-Jones A, Grider A., Isaacs 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. <i>Letter of Intent Submitted.</i>
February 2011	RHD071287A. Laing E.M. , Hall D.B., Hausman D.B., Lewis R.D. Vitamin D Supplementation and Muscle Responses in Early Adolescence. National Institute of Child Health and Human Development. \$74,250.
February 2011	Anderson A.K., Laing E.M. , Hausman D.B., Helfgott A, Fisher S, Lewis R.D. Association between Maternal Vitamin D Status and Preterm Birth. Centers for Disease Control and Prevention. <i>Letter of Intent Submitted.</i>
April 2010	Pollock N.K., Laing E.M. , Davis C, Young-Hyman D., Dong Y., Zhu H., Bernard P., Lewis R.D., Mullis R., Hausman D., Baile C. Vitamin K2 and the Metabolism of Glucose, Insulin, and Adipokines in Prepubertal Overweight Children with Pre-Diabetes, University System of Georgia Childhood Obesity Proposal, \$25,000.
June 2010	Preliminary Data: Vitamin D Supplementation and Muscle Strength In Adolescents, American Society for Bone and Mineral Research Career Development Award, Laing, E.M. (Principal Investigator), \$55,000.
July 2010	Preliminary Data: Vitamin D Supplementation and Muscle Strength In Adolescents, American Society for Bone and Mineral Research Junior Faculty Award, Laing, E.M. (Principal Investigator), \$55,000.

DISSEMINATION OF RESEARCH

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

<i>Publication Dates</i>	REFEREED JOURNAL PUBLICATIONS (* Indicates publications of national or international standing)
July 2025	Levinson J, Harris CL, Laing EM , Squires ND, Clifford DE, Hunger JM. Reply to: Letter to the Editor in Response to “Weight-Inclusive Approaches to Nutrition and Dietetics: A Needed Paradigm Shift.” 2025 <i>J Nutr Educ Behav</i> , 57(7):698-699.
July 2025	*Clifford DE, Laing EM , Harris CL, Slagel NW, Levinson J, Squires ND, Hunger JM. Incorporating Weight-Inclusive Approaches in Higher Education Curriculum for Future Nutrition and Dietetics Professionals. 2025 <i>J Nutr Educ Behav</i> , 57(7):680-9.
April 2025	*Slagel NW, Hall DB., Wang Y, Clifford DE, Harris CL, Hunger J.M., Duran Z, Crawley K, Laing EM . Incorporating Nondiet and Weight-Neutral Principles in a University Dietetics Curriculum. 2025 <i>J Nutr Educ Behav</i> , 57:703-715.
December 2024	*Levinson J, Harris CL, Laing EM , Squires ND, Clifford DE, Hunger JM. Weight-Inclusive Approaches to Nutrition and Dietetics: A Needed Paradigm Shift. 2024 <i>Journal of Nutrition Education and Behavior</i> , 56(12):923-930.
October 2024	*Squires ND, Goode M, Pye A, Papini NM, Lopez NV, Harris CL, Dillon JD, Laing EM , Lee S, Clifford DE. Weight-Inclusive Podcasts Improved Intuitive Eating, Body Appreciation, and Anti-Fat Attitudes Among Nutrition Students. 2024 <i>J Nutr Educ Behav</i> , 56(10):710-718.

- December 2023 *Coeley LM, Yu M, Chen X, O'Connor PJ, Kealey KS, **Laing EM**, Oshri A, Marand AK, Lance JM, Kindler JM, Lewis RD. The Impact of Whole Egg Consumption on Bone Accrual in Healthy Children: A Randomized Controlled Trial. 2023 *J Bone Miner Res*, 38(12):1809-1821.
- 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. 2023 *Diab Epidemiol Manag*, 9:Fe.
- December 2022 *O'Connor PJ, Chen X, Coeley LM, Yu M, **Laing EM**, Oshri A, Marand A, Lance JM, Lewis RD. The effects of 9 months of formulated whole-egg or milk powder food products as meal or snack replacements on executive function in preadolescents: A randomized placebo-controlled trial. 2022 *Am J Clin Nutr*, 116(6):1663-71.
- 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*, 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*, 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. 2022 *Diabetes Research and Clinical Practice*, 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 *Coeley 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., Udawadia, 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 J Nutr & Metab*, 4(1):1042.

- March 2017 *Giudici K.V., Kindler J.M., Martin B.R., **Laing E.M.**, McCabe G.P., McCabe L.D., Hausman D.B., Martini L.A., Lewis R.D., Weaver C.M., Peacock M., Hill Gallant K.M. Associations among osteocalcin, leptin and metabolic health in children ages 9-13 years in the United States. 2017, *Nutrition & Metabolism*, 7;14:25.
- April 2016 *Ferira A.J., **Laing E.M.**, Hausman D.B., Hall D.B., McCabe G.P., Martin B.R., Hill Gallant K.M., Warden S.J., Weaver C.M., Peacock M., Lewis R.D. Vitamin D Supplementation Effects on Insulin Sensitivity and Resistance in Early Pubertal White and Black Children. 2016 *J Clin Endocrinol Metab.* Apr;101(4):1710-8.
- January 2016 *Gordon J.D., Hausman D.B., Bailey L.B., Lewis R.D., **Laing E.M.**, Park H.J. Impact of gluten-containing foods on folate intake of women of childbearing age. 2016 *The Digest*, Research Dietetic Group, Academy of Nutrition and Dietetics, 51(1), 2-7.
- January 2016 *Kindler J.M., Pollock N.K., **Laing E.M.**, Jenkins N.T., Oshri A., Isales C., Hamrick M.W., Lewis R.D. Insulin resistance negatively influences the muscle-dependent IGF-I-bone mass relationship in pre-menarcheal girls. 2016 *J Clin Endocrinol Metab.* Jan;101(1):199-205.
- October 2015 *Berger P.K., **Laing E.M.**, Pollock N.K., Chertin V., Grider A., Shapses S.A., Ding K.H., Isales C.M., Lewis R.D. Zinc supplementation enhances procollagen Type 1 amino-terminal propeptide in premenarcheal girls: a randomized controlled trial. 2015 *J Nutr.* 145(12):2699-704.
- December 2015 *Grider A., Lewis R.D., **Laing E.M.**, Bakre, A.A., Tripp, R.A. Zinc Affects miR-548n, SMAD4, SMAD5 Expression in HepG2 Hepatocyte and HEP-2 Lung Cell Lines, 2015 *Biometals.* Dec;28(6):959-66.
- May 2015 *Lewis R.D. and **Laing E.M.** Conflicting reports on vitamin D supplementation: Evidence from randomized controlled trials. SI: Bone Health & Nutrition; 2015 *Molecular and Cellular Endocrinology (Invited)*. 410:11-18.
- July 2014 *Kindler J.M., Goff-Ross H.L., **Laing E.M.**, Modlesky C.M., Pollock N.K., Baile C.A., Lewis R.D. Load-specific physical activity scores are related to tibia bone architecture. 2015 *Int J Sport Nutr Exerc Metab.* Apr;25(2):136-44.
- June 2014 *Berger P.K., Pollock N.K., **Laing E.M.**, Warden S.J., Hill Gallant K.M., Hausman D.B., Baile C.A., Tripp R.A., McCabe L.D., McCabe G.P., Weaver C.M., Peacock M., Lewis, R.D. Adenovirus 36 infection, adiposity and inflammation-related markers in children. 2014 *J Clin Endocrinol Metab.* 99(9):3240-6.
- January 2014 *Berger P.K., Principe-Craig J.L., **Laing E.M.**, Henley E.C., Pollock N.K., Blair R.M., Baile C.A., Hall D.B., Lewis R.D. Weight gain in college females is not prevented by isoflavone-rich soy protein: a randomized controlled trial. 2014 *Nutr Res.* 66-73.
- December 2013 *Lewis R.D., **Laing E.M.**, Hill Gallant K.M., Hall D.B., McCabe G.P., Martin B.R., Warden S.J., Peacock M., Weaver C.M. A randomized trial of vitamin D3 supplementation in children: dose-response effects on vitamin D metabolites and calcium absorption. 2013 *J Clin Endocrinol & Metab.* 98(12):4816-4825.
- 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.
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- 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.*
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- October 2004 Pollock N.K., **Laing E.M.**, & Lewis R.D. (2004) Retired Gymnasts Retain Higher Bone Mass: A 10-Year Follow Up. *J Bone Miner Res* 19(M207): S393.
- October 2004 **Laing E.M.**, Yurman K.H., Modlesky C.M., Hall D.B., Wilson A.R., & Lewis R.D. (2004) Bone Turnover Markers Predict Changes Over Three Years in Pubertal, But Not Prepubertal Females. *J Bone Miner Res* 19(M121): S373.
- May 2003 **Laing E.M.**, Wilson A.R., Modlesky C.M., O'Connor P.J., & Lewis R.D. (2003) Two Years of Recreational Artistic Gymnastics Improves Lumbar Spine Bone Mineral Density in Young Girls. *Med Sci Sport Exer* 35(5).
- April 2003 Aburto N.J., **Laing E.M.**, Wilson A.R., Hardy K.H., Modlesky C.M., & Lewis R.D. (2003) Zinc Intake is Positively Correlated with Bone in Prepubertal Girls. *J FASEB*. Apr 17(4).
- 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).
- May 2001 Modlesky C.M., **Laing E.M.**, Wilson A.R., O'Connor P.J., & Lewis, R.D. (2001) Total and Central Body Fatness are Related to Physical Activity and Fat Intake in Young Girls. *Med Sci Sport Exer* 33(5).

- 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

September 2023, 2024

January 2024

November 2022

January and February 2020-21

October 2015, January 2021

October 2019

October 2019

February 2019

Fall 2018 & 2019

February 2017

November 2016

January 2015, October 2016

October 2016

April 2016

February 2016

November 2015

September 2013

April 2012

August 2012

April 2011

February 2011

September 2010

November 2009

August 2009

November 2008

August 2008

November 2007

August 2007

August 2006

CLASSROOM GUEST LECTURES and SEMINARS (University)

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

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

Spotlight on the UGA Dietetics Major, NUTR 2100 (Department)

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

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

SAFCS Alumni Panel member (College)

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

FACS Alumni Panel member, FACS 2000 (College)

Introduction to Dietetics seminar series (Department)

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

School age nutrition, graduate/undergraduate Lifecycle Nutrition class, FDNS 4510 (Department)

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

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

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

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

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

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

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

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

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

Hypertension, graduate/undergraduate Medical Nutrition Therapy class, FDNS 4530 (Department)

Nutritional Needs During Pregnancy, graduate/undergraduate Lifecycle Nutrition class (FDNS 4510): The University of Georgia, Athens, GA

Childhood and Early Adolescence, graduate/undergraduate Lifecycle Nutrition class (FDNS 4510): The University of Georgia, Athens, GA

Physiology of Pregnancy, graduate/undergraduate Lifecycle Nutrition class (FDNS 4510): The University of Georgia, Athens, GA

Childhood and Early Adolescence, graduate/undergraduate Lifecycle Nutrition class (FDNS 4510): The University of Georgia, Athens, GA

Physiology of Pregnancy, graduate/undergraduate Lifecycle Nutrition class (FDNS 4510): The University of Georgia, Athens, GA

Childhood and Early Adolescence, graduate/undergraduate Lifecycle Nutrition class (FDNS 4510): The University of Georgia, Athens, GA

Physiology of Pregnancy, graduate/undergraduate Lifecycle Nutrition class (FDNS 4510): The University of Georgia, Athens, GA

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>March 2025</i>	Presenter, "UGA Dietetics and MS-Online Programs," Texas A&M Extension Professional Development Visit (College)
<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

November 2019-present

EVENT COORDINATION and PARTICIPATION (Department)

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

Publication Dates

Spring 2021

PUBLISHED BULLETINS and REPORTS (National/State/Local)

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

August 2020

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

Spring 2020

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

Spring 2020

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

Summer 2012

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

Spring 2012

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

Winter 2012

Laing EM. Leaving the extra holiday package behind, Athens MOVE, Jan/Feb 2012

Spring 2009

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

Spring 2008

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

Fall 2007

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

Fall 2006

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

Winter 2006

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

Summer 2005

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

Winter 2005

Eriksen M., Hepburn V., Okosun I., **Laing E.** et al. Addressing Overweight- The Role of Physical Activity in Schools 2005 PLAY Policy Brief

January 2005

Barbeau P., Eriksen M., **Laing E.** et al. School-based physical activity interventions to prevent or treat childhood overweight: A Summary of Research and Findings 2005 PLAY Research Paper

September 2002

Lewis R., **Laing E.**, Duke N. & Gearing J. Strategic Plan 2002 Georgia Osteoporosis Initiative

WEBSITE ADMINISTRATION and MEDIA APPEARANCES

Web Profiles (active)

UGA NUTR Faculty webpage: <https://tinyurl.com/ydftobup>

UGA Emma Laing Press page: <https://www.fcs.uga.edu/fdn/emma-laing>

UGA NUTR Featured Faculty profile: <https://t.uga.edu/2Kf>

UGA Online Faculty profile: <https://tinyurl.com/ycjjechk>

Research Gate: <https://tinyurl.com/ycdfqrqn>

LinkedIn: <https://www.linkedin.com/in/emmamlaing/>

X (Twitter): <https://x.com/emmamlaing>

Qwoted: <https://app.qwoted.com/sources/emma-laing>

Page Administrator (current)

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

Media Appearances

August 2025

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

July 2025

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

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

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

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

June 2025

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

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

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

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

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

May 2025

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

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

The 1 Thing That'll Wash Pesticides Off Fruits and Vegetables
BuzzFeed <https://tinyurl.com/hm5zcx37>

How Meal Sequencing Could Prevent Blood Sugar Spikes
Verywell Health <https://tinyurl.com/26septv8>

Magnesium could relieve fibromyalgia and migraines, and how it works

Epoch Health <https://tinyurl.com/54bkhbnm>

NTD News <https://tinyurl.com/mrxw8hk6>

Would You Eat 'Human Kibble'? Dietitians Weigh In on the Viral Social Media Trend

Health <https://tinyurl.com/2ec6fs5s>

Educators offer strategies for implementing weight-inclusive approach in dietetics training

University of Washington News <https://tinyurl.com/wxs8bpt5>

April 2025

Dietetics director shares the benefits of exercise after eating

UGA Today <https://tinyurl.com/ypxd9k6j>

What to Know About Chlorella, the Algae Powder Packed with Omega-3s

Verywell Health <https://tinyurl.com/y7jy8prm>

Dietetics director shares health benefits of kiwis

UGA Today <https://tinyurl.com/44urekv9>

March 2025

Scientists Say This Simple Habit Could Add 10 Years to Your Life

Parade <https://tinyurl.com/mtu5pmzb>

Is MSG Bad for Your Health? Here's What You Need to Know

LoseIt <https://tinyurl.com/46uu9k8n>

Dietetics director talks different types of carbs

UGA Today <https://tinyurl.com/5aj695f9>

February 2025

Water May Not Be the Best Way to Hydrate—Here's How to Optimize Hydration

Epoch Times <https://tinyurl.com/3r9yffkj>

Beef tallow controversy explained as RFK Jr vows to 'Make America Healthy Again'

Tyla <https://tinyurl.com/5n83mz8x>

Newsweek <https://tinyurl.com/2s2zjh9j>

January 2025

Are Eggs With Orange Yolks Healthier? A Nutritionist Settles the Debate

Real Simple <https://tinyurl.com/mpephf5c>

Steak 'n Shake Announces Major Change to Fries in RFK Jr.-Backed Move

Newsweek <https://tinyurl.com/yc7td5ws>

10 Ways to Eat Better

The New York Times <https://tinyurl.com/5bsn6vm7>

Dietetics director shares the benefits of walking after eating

UGA Today <https://tinyurl.com/ys64vz7t>

If Dry January Feels Impossible, Try a 'Damp' January

SELF Magazine <https://tinyurl.com/38a5as8a>

December 2024

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

Here are 8 of the best comfort food restaurants in SC for the cold winter months
The State <https://tinyurl.com/nhknv258>

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

November 2024

Why Kiwis Are Better for Immune Health Than Vitamin C Pills, According to Experts
Verywell Health <https://tinyurl.com/y8fncs24>
AND SmartBrief <https://tinyurl.com/2srekyhd>

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

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

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

October 2024

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

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

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

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

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

September 2024

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

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

August 2024

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

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

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

The Ultimate Anti-Bloating Meal Plan: A Week of Delicious and Gut-Friendly Dishes
WellNest <https://tinyurl.com/29746v4n>

What Are the Fat-Soluble Vitamins?
Everyday Health <https://tinyurl.com/y62mhzub>

What Is The 30-30-30 Method? Health And Fitness Experts Explain The Buzzy
Wellness Trend—And Whether Or Not It's Legit
Women's Health <https://tinyurl.com/yv8ana8b>
Yahoo!life <https://tinyurl.com/369kkb3n>
Women's Health Australia <https://tinyurl.com/ycbfkzrj>

July 2024

What Are the Water-Soluble Vitamins?
Everyday Health <https://tinyurl.com/musjdb26>

7 Reasons You Should Eat Fruit Even Though It Contains Sugar
Lose It! <https://tinyurl.com/2dchxn2>

15 Fiber-Filled Snacks That Boost Your Gut and Give You All-Day Energy
Shape <https://tinyurl.com/mtzkwkzvb>

June 2024

Mindful Eating During Summer Vacations: 5 Tips for Staying on Track
Aaptiv <https://tinyurl.com/9vmz9vtm>

New weight loss drugs, old marketing: Gyms and stores revive classic diet schemes
for the Ozempic era
Quartz <https://tinyurl.com/2us3wn94>

Dietetics students achieve perfect placement rate to post-graduate internships
UGA FACS News <https://tinyurl.com/3nuddaww>

Detrimental Effects of Diet Culture on Disability Community
Abilities.com <https://tinyurl.com/y6m8jvy5>

Dietetics director discusses emotional eating
UGA Today <https://tinyurl.com/2mufdna7>

May 2024

New Study Shows That Getting Enough Sleep Could Prevent Osteoporosis
Sleepopolis <https://tinyurl.com/hhfukmke>

The Difference Between Rolled Oats And Old-Fashioned Oats, According To An
Expert

Southern Living <https://tinyurl.com/324x8hut>

CAES Newswire <https://tinyurl.com/3vhv4vj3>

The 1 Thing That'll Wash Pesticides Off Fruits And Vegetables

US Times Mirror <https://tinyurl.com/5dykysy2>

Dietetics director details the health benefits of spicy foods

UGA Today <https://tinyurl.com/2hb5d3fu>

New program helps UGA faculty bring career education to the classroom

UGA Today <https://tinyurl.com/mw89d9v8>

Dietetics director discusses ways to benefit from brown fat

UGA Today <https://tinyurl.com/3xtmdz9r>

April 2024

Four local projects receive Sahm Award funds

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

Salt Substitutes May Cut All-Cause And Cardiovascular Mortality

MDedge <https://tinyurl.com/59bf3rzp>

March 2024

Dietetics director explains the benefits of eating kiwis

UGA Today <https://tinyurl.com/4yws6yhy>

Laing honored as 2024 Seawell Award recipient

UGA Today <https://tinyurl.com/hbzxs57>

UGA FACS News <https://tinyurl.com/2daw7m8k>

National Nutrition Month®: Academy of Nutrition and Dietetics Celebrates Nutrition and Dietetics Technician, Registered Day March 14

eatrightPRO <https://tinyurl.com/493k2dwj>

Experts Debunk Alcohol Health Myths: Risks Outweigh Supposed Benefits

BNN <https://tinyurl.com/4s4f3p3b>

Long-term calcium and vitamin D: cancer deaths down, CVD deaths up in older women?

MDedge <https://tinyurl.com/mu52bbnp>

Housley recognized by Academy of Nutrition and Dietetics for teaching, mentorship

UGA FACS News <https://tinyurl.com/ndter5nu>

Dietetics director shares tips for heart-healthy desserts

UGA Today <https://tinyurl.com/yjckxdt2>

February 2024

Social media competence: are you making the grade?

NEHP Educators Resource <http://tinyurl.com/3x3ffu78>

Top nutrition tips for maintaining energy levels this winter

Aaptiv <http://tinyurl.com/4pub3b3j>

January 2024

Dietetics director shares nutrition tips for a rock climbing workout

UGA Today <http://tinyurl.com/y44z68me>

Can Spicy Foods Boost Your Metabolism?

Lose It! <http://tinyurl.com/mw4xdy2k>

What Time of Day Is Best for Protein Intake If You Want to Gain Muscle?

Verywell Health <http://tinyurl.com/4keya5js>

Barre Workouts: Health Benefits, How to Get Started, and How to Get Better

EveryDay Health <http://tinyurl.com/mdtfn46r>

The ultimate morning detox routine, and the breakfast drinks (and foods) to support it

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

Weight Loss Reframed

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

Why does poop smell bad?

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

5 Signs Emotional Eating Is a Problem — and What to Do About It

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

December 2023

Nutrition can't be ignored in osteoporosis

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

These 25 healthy desserts are delicious – and recommended by doctors and dietitians

Today <http://tinyurl.com/mr8key4w>

11 heart-healthy dessert ideas that dietitians love – and 2 ingredients they avoid

Today <http://tinyurl.com/yew7s7pf>

What is brown fat and how can it improve metabolism?

US News & World Report <http://tinyurl.com/nx44repn>

Eating 2 Kiwis a Day Keeps Vitamin C Supplements Away

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

November 2023

Here are 8 of the best comfort food restaurants in SC for the cold winter months

Yahoo! News <https://tinyurl.com/5dx3jf4r>

The State <https://tinyurl.com/ysujcmh8>

Rock Climbing Workout: Health Benefits, How to Get Started, and How to Get Better

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

October 2023

Even small dietary changes bring big benefit to the planet

U.S. News & World Report <https://tinyurl.com/9w5mbcu7>

HealthDay <https://tinyurl.com/mry969z6>

Drugs.com <https://tinyurl.com/2p9xb74j>

UGA CAES News <http://tinyurl.com/4bxfvwy8>

What happens when you stop drinking alcohol for a month?

Woman & Home <https://tinyurl.com/27bkjfrs>

Can perimenopause intensify ADHD?

ADHD Online <https://tinyurl.com/2judekwd>

September 2023

8 Heart-Healthy Habits You Can Start Today

Aaptiv <https://tinyurl.com/u8k29ffv>

24 Surprisingly Inexpensive Foods Nutritionists Swear By

MSN <https://tinyurl.com/3cvwrz3v>

Dietetics director discusses the best way to wash pesticide off produce

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

8 Best Foods to Eat When Sick, According to Experts

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

When to take iron supplements to boost your performance and overall health

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

Start Your Day Right: Health Professionals Share AM Rituals for Peak Productivity

MSN <https://tinyurl.com/bp6hcett>

Is There A Difference Between Heavy Cream And Buttermilk? An Expert Weighs In

Southern Living <https://tinyurl.com/75prd3sz>

AOL News <https://tinyurl.com/2u6pvwam>

9 Immune-Boosting Ingredients to Add to Your Fall Meals

Aaptiv <https://tinyurl.com/4t67ra3n>

Watercress: The 'Most Nutritious' Vegetable, Lowers Chronic Disease Risks, Strengthens Bones, Improves Gut Health

Epoch Times <https://tinyurl.com/yecfrwab>

Professor shares whether milk does a body good

UGA Today <https://tinyurl.com/muux9v4b>

August 2023

Director discusses possible memory boost from chocolate, berries

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

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

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

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

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

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

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

Play Crazy Game <https://tinyurl.com/ybkhd3u>

Is milk good for you?

Consumer Reports <https://tinyurl.com/3z6vycrz>

July 2023

Dietetics director shares four best habits for strong bones

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

Are purple tomatoes the next big veggie?

Better Homes & Gardens <https://tinyurl.com/2ny7p4uj>

Yahoo!Life <https://tinyurl.com/5h5pf8y5>

Cottage cheese and mustard diet is the latest viral TikTok trend
The Messenger <https://tinyurl.com/y8p5hx8d>

UGA scientists: More research needed on benefits of prebiotic sodas
Athens Banner-Herald <https://tinyurl.com/43nkcxvt>
The Augusta Chronicle <https://tinyurl.com/22zkh5r2>

June 2023

What is the GOLO Diet?
Sports Illustrated <https://tinyurl.com/3b9hpk4p>

What are “Detox Smoothies” and Can They Really Improve Your Health?
The WellNEST <https://tinyurl.com/m7uvt5v>

May 2023

Dietetics students achieve perfect match rate for internships
UGA FACS <https://tinyurl.com/hnw3r2r8>

Compounds in chocolate, berries might help boost memory as you age
Consumer HealthDay <https://tinyurl.com/yc525t3t>
U.S. News & World Report <https://tinyurl.com/3kretn3b>
Academy of Nutrition and Dietetics SmartBrief <https://tinyurl.com/42zvctvz>
Newsmax <https://tinyurl.com/4m2t8k5k>

April 2023

How do sardines compare to fish oil supplements?
Verywell Health <https://tinyurl.com/5n6vrb8j>
EIN News <https://tinyurl.com/55sus2ae>

Here’s how to count macros
The WellNEST <https://tinyurl.com/pr6yme5k>

Director discusses honey as an alternative to sugar
UGA Today <https://tinyurl.com/mu856t5y>

March 2023

Alumni Awards honorees recognized at annual celebration
UGA FACS <https://tinyurl.com/wujn2b4z>

Tips For Maintaining A Healthy Body Image In College
Glam <https://tinyurl.com/2p98zycy>

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

February 2023

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

Do I Need More Iron in My Diet? 5 Ways to Incorporate It
Aaptiv <https://tinyurl.com/58f6ckfy>

Active Learning Leader Certificates presented at event
UGA Today <https://tinyurl.com/4u98hxus>

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

January 2023

Vitamin D's effect on health

U.S. News & World Report <https://tinyurl.com/37tha2ej>

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

KOAM News <https://tinyurl.com/4cdryz97>

Language is important when talking to kids about food, dietician says

UGA Today <https://tinyurl.com/2p9yyzxn>

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

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

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

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

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

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

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

Tell me Best <https://tinyurl.com/2nn4yer8>

December 2022

Study: Raw honey may improve blood sugar and cholesterol levels

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

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/ypzfbace>

Roanoke Times <https://tinyurl.com/2wa4v72w>

MedicineNet <https://tinyurl.com/36h65rvn>

Fish oil could strengthen your aging brain

U.S. News & World Report <https://tinyurl.com/266t7frit>

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

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

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

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

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

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

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

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

September 2022

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

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/mvbm7r7h>
Yahoo!News <https://tinyurl.com/ycxfu3hx>

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/2n3f9dxr>

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

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/3h6txvxx>

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/3bfkpknc>

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 Platt Outstanding Teacher of the Year
UGA FACS <https://tinyurl.com/app26ndx>
Presentation Video by Peyton Ledford <https://tinyurl.com/nu3hrb9h>

The two-week ab shredder routine from fitness YouTuber Chloe Ting
The List <https://tinyurl.com/y32vjunm>

June 2021

Diet Culture: Definition, Examples, & Impacts
Choosing Therapy <https://tinyurl.com/bm6n3dx9>

April 2021

Dietetics Students Achieve Perfect Match Rate
UGA FACS <https://tinyurl.com/das4yj8w>

March 2021

2021's Most Overweight and Obese Cities in the U.S.
WalletHub <https://tinyurl.com/2bf66mu3>
Atlanta Journal Constitution <https://tinyurl.com/3kn5486e>

Featured in “10 Women of UGA Online to Honor on International Woman's Day”
UGA Online Learning <https://tinyurl.com/8beb3buw>

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>

January 2021

We need to talk about ... Obesity
Girls' Life Magazine (Dec/Jan 2021 Vol 27 Issue 3) <https://www.girlslife.com>

Eat Healthier, Even During a Pandemic
Consumer Reports <https://tinyurl.com/y6dgdx5f>
Press Form <https://tinyurl.com/y339m2gd>

December 2020

How to Ditch Weight Stigma and Reach your Goals
MyFitnessPal <https://tinyurl.com/yxzdprb6>

How to keep alcohol from ruining your sleep
Saatva <https://tinyurl.com/2p8km85v>

November 2020

Mentioned in ‘Featured Graduate’ biography (Caroline Wieler)
UGA FACS <https://tinyurl.com/y4e5qb8w>

Dietetics professor encourages students to challenge weight stigma
Today's Dietitian <https://tinyurl.com/mujwbuap>

Healthy Aging and Bones
FoodTalk <https://tinyurl.com/y33j7jv6>

October 2020

Weightism and Its Impact: Professor Teaches ‘Health At Every Size’
UGA Grady News <https://tinyurl.com/y5jlpyg>

September 2020

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

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

August 2020

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

June 2020

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

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

May 2020

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

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

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

April 2020

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

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/y83qczxt>
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 <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 <https://tinyurl.com/tzpkrr4>

<i>August 2019</i>	5 dangers of following fad diets <i>Vitacost</i> https://tinyurl.com/yynslf3u
	Mentioned in UGA Amazing Student profile: Lauren Coheley <i>UGA Today</i> https://tinyurl.com/t5vtxvp
<i>July 2019</i>	Verify: Is high-fructose corn syrup to blame for obesity in America? <i>11Alive News</i> https://tinyurl.com/yy73tuor
<i>June 2019</i>	Verify: What is the perfect ripeness for banana? <i>11Alive News</i> https://tinyurl.com/y6je9k3z
	Verify: Are there really six donuts in a soda? <i>11Alive News</i> https://tinyurl.com/y5uy2rbt
<i>May 2019</i>	It's a match: UGA dietetics students enjoying unprecedented success <i>UGA FACS News</i> https://tinyurl.com/yxszvxlrm <i>FACS Magazine</i> https://facsmag.uga.edu/sections/21
<i>April 2019</i>	Verify: Is celery juice the latest cure all? <i>11Alive News</i> https://tinyurl.com/y44chbn2
<i>February 2019</i>	FACS Honor Hall of Recognition Bio for Dr. Carolyn Berdanier <i>UGA FACS</i> https://tinyurl.com/y2j4sve7
	FACS video honoring Dr. Carolyn Berdanier <i>UGA FACS</i> https://tinyurl.com/y4vgp4wy
<i>December 2018</i>	Share your story <i>UGA FACS Alumni</i> https://tinyurl.com/y7uo88or ; https://tinyurl.com/ydbls3e6
<i>October 2018</i>	Commitment to educating future dietitians <i>University of Georgia Online</i> https://tinyurl.com/ybnbgqoz
	Student Dietetic Association promotes health through leadership <i>UGA FACS</i> https://tinyurl.com/y7yaql8z
<i>June 2018</i>	UGA researchers conduct first of its kind study on eggs <i>UGA Red & Black</i> https://tinyurl.com/ybo3mjs8
<i>May 2018</i>	Eggy Benefits <i>UGA College of Education News</i> https://tinyurl.com/y9cafmmo
	Eggs for stronger bones? Two-year study will measure impact <i>UGA FACS</i> https://tinyurl.com/y74jax47
	Can egg consumption improve bone strength in children? <i>UGA Today</i> https://tinyurl.com/ydelmd6q
<i>April 2018</i>	Project shines new light on meaning of healthy living <i>UGA FACS News (also shared on the Academy of Nutrition and Dietetics Facebook page, EatRight Weekly, and Nutrition SmartBrief)</i> 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 (Wier/Stewart Productions) https://tinyurl.com/y9qrq8u2
January 2018	The dirty laundry of a college student's food affair Lauren D'Ambra Journalist https://tinyurl.com/y8el28zx
November 2017	SDA members stock Little Free Pantries in Athens UGA FACS https://tinyurl.com/yc4n6npa
October 2017	Student Dietetic Association promotes health, nutrition, exercise UGA FACS https://tinyurl.com/ycyg9yau
May 2017	Why You Should be Eating More Yogurt Martha Stewart Living Link not available FDN alumna, faculty member quoted in Today's Dietitian UGA FACS https://tinyurl.com/l9zeh5b Mentioned in 'Amazing Student' biography (Annie Ladisic) UGA FACS https://tinyurl.com/m8mzqla
April 2017	Strategies for Preventing Stress Fractures in Sports Today's Dietitian https://tinyurl.com/ltaxmyc FACS faculty member receives dietetic educator award UGA Columns https://tinyurl.com/l38exe3
March 2017	FDN faculty member receives regional award for excellence in teaching UGA FACS https://tinyurl.com/knsnd9b
December 2016	Mentioned in 'Amazing Student' biography (Nigel Brinson) UGA FACS http://tinyurl.com/hq59c4u
October 2016	Foods and Nutrition Graduate Recruitment (video) UGA FACS http://tinyurl.com/hfbt2f2
May 2016	Mentioned in 'Amazing Student' biography (Nadir Lalani) UGA FACS http://tinyurl.com/z3r4j3y
November 2015	FDN's Emma Laing named Teacher of the Week UGA FACS http://t.uga.edu/2zL ; http://tinyurl.com/zdgra9e Teacher of the Week - Emma Laing UGA Center for Teaching and Learning http://t.uga.edu/20w
September 2015	Intro to nutrition course teaches about healthy eating Discover UGA http://t.uga.edu/1P0 ; http://tinyurl.com/gpmlrgc
April 2015	Remaking Home Economics Review University of Georgia Press http://tinyurl.com/gtja8g9
November 2014	FDN class project serves as icebreaker and eye opener UGA FACS http://t.uga.edu/2zM

November 2013	Dr. Bones <i>UGA Research Magazine, Fall 2013</i> http://t.uga.edu/2zN
February 2013	Research teams use grant to investigate vaccine for obesity <i>UGA Columns</i> http://t.uga.edu/2zO
December 2012	Nominees Announced for the ATHENA Award <i>Online Athens</i> http://tinyurl.com/hyxgp79
January 2012	Leaving the extra holiday package behind <i>Athens MOVE, Jan/Feb issue</i> Link not available
May 2011	Early exercise and proper nutrition can help prevent later osteoporosis <i>Today's Dietitian</i> http://tinyurl.com/h9plx6
September 2010	Kids, parents turn off the TV and go outside to play <i>Online Athens</i> http://tinyurl.com/hahrjvz
October 2009	NIH shines spotlight on vitamin D <i>Nutraceuticals World</i> http://tinyurl.com/j7tnmof
September 2009	UGA Researchers Awarded \$2.2 Million <i>WNEG32 TV</i> Link not available Research project studies effects of Vitamin D on children <i>UGA Red & Black</i> http://tinyurl.com/j8lu8qr
August 2009	NIH Awards Research Grant for Vitamin D Study <i>Nutraceuticals World</i> http://tinyurl.com/jrr3lqg
2007	Study looks at zinc's effects on bone health <i>Oconee Leader</i> Link not available
2006	Perfect 10: The UGA GymDogs and the rise of women's college gymnastics in America (by: Suzanne Yoculan and Bill Donaldson) http://tinyurl.com/hz7ncq4
June 2003	Tumbling Bonus; Gymnastics does girls' bones a lot of good <i>First for Women</i> Link not available
November 2002	Is soy the key to reducing bone loss? <i>Online Athens</i> http://tinyurl.com/jeldv27
September 2002	Gymnastics Strengthens Girls' Bones: Study <i>The Rave Diet and Lifestyle</i> http://tinyurl.com/jdwfvk9
February 2002	Contemporary nutrition issues among children and adults <i>WGAU Radio, Barbara Dooley Show</i> Link not available
September 2000	Healthy nutrition practices <i>WRFC Radio, Classic Clinic</i> Link not available