

CURRICULUM VITAE

Adrianne M. Widaman

Assistant Professor
Department of Nutrition, Food Science, and Packaging
San Jose State University

Education

Ph.D., Nutritional Biology - emphasis in public health, University of California, Davis, CA, June 2016

Dietetic Internship, Bastyr University, Kenwood, WA, June 2006

Bachelors of Science, Clinical Nutrition, University of California, Davis, CA, June 2005

Academic Positions

Assistant Professor (tenure track), Department of Nutrition, Food Science, and Packaging, San Jose State University, San Jose, CA (start date 8/2016)

Lecturer, Department of Nutrition, University of California Davis, Davis, CA (12/2016 - present)

Clinical Experience

Clinical Dietitian, NorthBay Medical Center, Fairfield CA (9/06-present)

Ten years work experience as an acute care dietitian in level 2 trauma hospital. Patient population includes medical surgical, surgical, telemetry, intensive care, and outpatient cancer center and home health. Individualized assessment of food history, medical history, lab values, medication/supplement use, anthropometric measurements, and calculation of individual macro and micronutrient requirements. Identification of nutrition-related problems and implementation of interventions. Monitoring effectiveness of intervention on improvement in nutritional status and improvement in sign/symptoms of disease. Identify nutrition related knowledge deficits and undesirable food choices to implement patient-centered diet and lifestyle interventions. Facilitated group and individual nutrition counseling to resolve etiology of nutrition problem. Utilization of evidenced- based clinician guidelines. Knowledgeable of health behavior change techniques including cognitive behavior theory and motivational interviewing. Work resulting in improved pressure ulcer healing, improved glycemic control, improved weight management, decreased renal related mineral intake, reduced lean body mass loss, improved quality of life, and decreased fluid retention in collaboration with nursing, physicians, informatics, upper management, speech therapy, respiratory, physical therapy, utilization management, and social workers. Spearheaded a quality improvement study to measure Cancer Center's compliance with evidence-based guideline to include Registered Dietitian (RDN) in Head and Neck Cancer Patient treatment which resulted in increasing RDN referral rate from 50-100%.

Nutrition Practice Manager, NorthBay Medical Center, Fairfield CA (4/16-present)

Developed advanced practice clinical competencies for Registered Dietitians. Topics included pressure ulcer management and identifying malnutrition through nutrition-focused physical exam. Developed a performance improvement study to address concerns about high rate of CHF readmissions within 30 days of discharge by gathering data on number of re-admission. Revised departmental policies and procedures. Conducted performance appraisals.

Research Experience

Doctoral, University of California, Davis (9/2011 - present)

Cross-sectional study on the hormonal and behavior impact of habitual breakfast skipping funded by USDA CSREES grant in collaboration with the USDA Western Human Nutrition Research Center under the direction of Dr. Nancy Keim. Coordinated a human study. Developed standard operating procedures. Hired and trained staff and interns. Performed quality checks of data collected. My research focused on diet quality, timing of eating, and measures of stress. Translated nutrient and food group results into an objective measure of diet quality. Segregated dietary intake by time of day. Correlated measures of stress and diet quality summary measures. Contributions resulted in 2 published abstract and poster presentations, 1 oral presentation, 1 published manuscript and 1 manuscript under review with *JAND* and 1 article in preparation. Future work involves randomizing morning eating behavior and controlling for measures of health.

Validation study of a dietary assessment tool, ASA24, using a controlled feeding study to compare actual dietary intake to reported dietary intake in obese women after weight loss was funded by the USDA and the parent study was funded by Ajinomoto Inc. in collaboration with the USDA Western Human Nutrition Research Center under the direction of Dr. Kevin Laugero. Cleaned and sorted dietary database results, developed order entry rules, Developed data analysis plan. Resulted in validation of NCI developed dietary assessment tool used in over 1200 studies in an understudied population, obese women following weight loss. Differences in actual versus reported intake suggests need for statistical adjustment for forgotten items and inaccurate portion size estimates. In addition, results provide evidence for clinician use of ASA24 to monitor obese patients in weight management programs. Research resulted in 1 oral presentation, 1 published abstract and poster presentation, and 1 manuscript under review with *Appetite*.

Clinical trial evaluating metabolic effects of sugar sweetened beverages was funded by NIH RO1 grant under the principal investigator Kimber Stanhope of the School of Veterinarian Medicine, University of California Davis in collaboration with the Clinical and Translational Science Center. My portion evaluates energy/nutrient consumption and appetite differences between sugar type and aspartame sweetened beverage interventions groups. Research question addresses call from the 2015 Dietary Guidelines Advisory Committee Report for more research on types of added sugar. Results can help inform public policy addressing the trend for soft drink companies to market "real sugar" as an alternative to high fructose corn syrup. Results are being analyzed and manuscript in preparation.

Prospective longitudinal study measuring markers of autism risk prenatally (MARBLES) and development of a early life exposure assessment tool (ELEAT) funded by Autism Speaks and NIH RO1 under Dr. Irva Hertz Picciotto and Dr. Rebecca Schmidt of the Department of Public Health Sciences, University of California Davis in collaboration with the UC Davis MIND

Institute. Consulted on methods being used for the longitudinal study to optimize dietary assessment. Assessed for accuracy and completeness of data collection. Generated a report and presentation that lead to the additional methods added to the standard operating procedures of the study. Compiled standard American portion sizes, assigned generic nutrient values to items, and collaborated with programmer to develop a scoring method for the exposure assessment tool (ELEAT). Scoring method generated daily energy, nutrient, and food group values for each participant. Performed reliability and validity measures on nutrient portion of ELEAT questionnaire. This work allowed for analysis of the contribution of diet to the etiology of autism and to date has resulted in 1 published abstract and a poster presentation.

Formative research to identify main barriers and facilitators of breakfast eating using a qualitative and quantitative brainstorming technique in adult women under Dr. Nancy Keim funded by a USDA CSREES grant. Assisted with facilitating the Nominal Group Technique, data analysis and manuscript preparation. Results can help shape public health messages and intervention development. Manuscript in preparation for submission to *the California Journal of Health Promotion*.

Certifications and Accreditations

Registered Dietitian Nutritionist
Serve Safe Food Protection Manager Certification

Publications

Witbracht M, Keim NL, Forester S, Widaman A, Laugero K. Female breakfast skippers display a disrupted cortisol rhythm and elevated blood pressure. *Physiol Behav.* March 2015; 140: 215-221.

Research Oral Presentations

Widaman AM, Stanhope KL, Chen GX, Medici VM, Bremer AA, Lee V, Nunez MV, Havel PJ, Keim NL. Comparison of the Effects of Sweetened Beverage Intervention on Self-Selected Food Intake. Present in 2016 at the annual Experimental Biology scientific meeting in San Diego, CA.

Widaman AM. Comparison of automated 24-hour recall collected dietary intake to actual dietary intake in overweight and obese women after weight loss. Presented in 2015 at the annual symposium for the Graduate Group in Nutritional Biology of the University of California, Davis

Widaman AM. Cross-sectional study to determine the relationship between habitual breakfast eating and health behaviors in women. Presented in 2014 at the annual symposium for the Graduate Group in Nutritional Biology of the University of California, Davis

Abstract/Poster Presentation

Widaman AM et al. Identifying Nutrients that are Under-Reported by an Automated 24-Hour Dietary Recall Method in Overweight and Obese Women after Weight Loss. Presented at the 2015 annual conference of the Academy of Nutrition and Dietetics

Widaman AM et al. Does Breakfast Increase Whole Grain and Fruit Intake in Young Women. Presented at the 2014 annual conference for the American Society of Nutrition Experimental Biology

Keim NL, **Widaman AM**, et al. Impact of Eating Breakfast on Food Intake Behaviors and Food Choice. Presented at the 2013 annual conference for the Society on Nutrition Education and Behavior.

Schmidt RJ, **Widaman AM** et al. Reliability and Validity of a Short Dietary Intake Questionnaire for Retrospective Collection of Nutrients during Gestation in Autism Studies. Presented by Schmidt at 2015 annual conference for the International Society for Autism..

Graduate Teaching Experience

Associate Instructor for Principles of Quantity Food Production- 5 quarters, Instructed undergraduate course titled Nutrition Seminar - 1 quarter resulting in highly ranking by students (mean scores ranged from 4.4-4.9 (where 1=lowest and 5 = highest)

Teaching Assistant for Clinical Nutrition Lab- 1 quarter, Principles of Quantity Food Production Lab- 4 quarters, and Food Service Systems Management- 1 quarter

Service

Developed undergraduate nutrition research internship resulting in completion by 6 students four of which obtain a highly competitive dietetic internship. Advisor for an undergraduate, Hilary Teaford's, honors thesis. Hilary results were presented in 2013 at the 24th Annual Undergraduate Research Scholarship and Creative Activities Conference. Dietetic career advising including letter of recommendation composing for 5 students. Dietetic Intern preceptor for clinical rotation for 5 years. Mentor for Big Brothers, Big Sisters of Napa/Solano County for 3 years.

Ad hoc reviewer for the *Health Services Research Journal* resulting in review of 1 manuscript

Provided Community Lectures. Oral supplement, enteral and parenteral support lecture and hands-on demonstration presented using an interpreter in 2012 and 2013 to UC Davis Extension Japanese student Exchange. Guest speaker in 2010 to 200 cancer survivors, caregivers and healthcare professionals at the American Cancer Society, Cancer Survivor's Day Solano County. Informational lecture in 2007 to YMCA community participants. Nutrition expert at the Solano County Health Faire in 2008.

Professional memberships includes the Academy of Nutrition and Dietetics including the research practice group and dietetics practice based research network, Society of Nutrition Education and Behavior, and the Institute for Healthcare Improvement.

Awards and Scholarships

Fellowship Committee Graduate Group in Nutritional Biology 2014-2015 Dissertation Award Committee – quality of dissertation based, \$10,000

Academy of Nutrition and Dietetics Foundation Commission on Dietetic Registration Doctoral Scholarship (2014) – academic and potential in the dietetic field based, \$10,000
Academy of Nutrition and Dietetics Foundation Scholarship Beryl Boerner (2014) - academic and potential in the dietetic field based, \$500
Henry A. Jastro Graduate Research Award (2012 and 2014) – research proposal based, \$6000
Academy of Nutrition and Dietetics Foundation Scholarship Patsyjane O'Malley Memorial (2012) - academic and potential in the dietetic field based, \$1000
NorthBay Healthcare Guild Scholarship (2012) – potential to advance the field of healthcare based - \$800
University of California, Davis Outstanding Senior Award (2005)