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Dept. of Health, Nutrition, and Exercise Sciences
North Dakota State University
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EDUCATION

Ph.D. (1999) Human Environmental Sciences-Human Nutrition
Oklahoma State University, Stillwater, Oklahoma

LICENSE/CERTIFICATION

Registered Dietitian (1999) Academy of Nutrition and Dietetics

PROFESSIONAL MEMBERSHIP

Academy of Nutrition and Dietetics
North Dakota Academy of Nutrition and Dietetics

ADMINISTRATIVE APPOINTMENT

July 2023 – Present **Department Head**, Department of Health, Nutrition, and Exercise Sciences, College of Health and Human Sciences, North Dakota State University, Fargo, ND

July 2016 – June 2023 **Department Head**, Department of Health, Nutrition, and Exercise Sciences, College of Human Sciences and Education, North Dakota State University, Fargo, ND

September 2015 – May 2016 **Interim Department Head**, Department of Health, Nutrition, and Exercise Sciences, College of Human Development and Education, North Dakota State University, Fargo, ND

ACADEMIC APPOINTMENT

July 2023 - Present **Professor**, Department of Health, Nutrition, and Exercise Sciences, College of Health and Human Sciences, North Dakota State University, Fargo, ND

July 2016 – June 2023 **Professor**, Department of Health, Nutrition, and Exercise Sciences, College of Human Sciences and Education, North Dakota State University, Fargo, ND

August 2014 – June 2016 **Professor**, Department of Health, Nutrition, and Exercise Sciences, College of Human Development and Education, North Dakota State University, Fargo, ND

August 2008 - July 2014 **Associate Professor**, Department of Health, Nutrition, and Exercise Sciences, College of Human Development and Education, North Dakota State University, Fargo, ND

August 2002 - July 2008 **Assistant Professor**, Department of Health, Nutrition, and Exercise Sciences, College of Human Development and Education, North Dakota State University, Fargo, ND

PROFESSIONAL EMPLOYMENT

2000 – July 2002 **Clinical Dietitian**, Mercy Memorial Health Center, Ardmore, OK

SCHOLARLY ACTIVITIES

RESEARCH THEME

Prevention of chronic diseases through behavior changes such as nutrition education and nutrition intervention using functional food/antioxidant/trace elements

REFEREED JOURNAL ARTICLES-LAST 4 YEARS

Heimbuch, H., **Rhee, Y.**, Douglas, M., Juhl, K., Knoll, K., Stastny, S., & McGrath, R. (2023). Prevalence and trends of basic activities of daily living limitations in middle-aged older adults in the United States. *Epidemiologia*, 4, 483–491. <https://doi.org/10.3390/epidemiologia4040040>.

McGrath, R., Jurivich, D., Christensen, B., Choi, B.J., Langford, M., **Rhee, Y.**, Tomkinson, G., & Hackney, K. (2023). Examining the role of different weakness categories for mobility and future falls in older Americans. *Aging Clinical and Experimental Research*, 35(11), 2491-2498. doi: 10.1007/s40520-023-02516-6, PMID: 37535311.

McGrath, R., Tomkinson, G., Juhl, K., Knoll, K., Parker, K., Smith, A., & **Rhee Y.** (2023). The role of different weakness cut-points for future cognitive impairment in older Americans. *Journal of the American Medical Directors Association*, <https://doi.org/10.1016/j.jamda.2023.07.021>, PMID: 37634549.

Knoll, K., **Rhee, Y.**, Hamm, J., Hammer, K., Heimbuch, H., Holloway, J., Jurivich, D., Lahr, P., McGrath, B., Parker, K., Robinson-Lane, S., Stover, E., Tomkinson, G., & McGrath, R. (2023). The prevalence and trends of instrumental activities of daily living impairments in the United States from 2008-2018. *Journal of Alzheimer's Disease Reports*, 7(1), 271-278. PMID: 37220616.

Stone, A., Parker, K., & **Rhee, Y.** (2023). Flaxseed secoisolariciresinol diglucoside provides protection to PC12 cells exposed to beta-amyloid, a common risk factor for Alzheimer's disease. *EC Neurology*, 15.5, 12-19.

Houfek, A., Garden-Robinson, J., Hilliard, E., **Rhee, Y.**, Stastny, S., Belury, M., Cawthon, P., & McGrath, R. (2022). Older American women may especially benefit from distributing and consuming protein for decreasing odds of functional limitations. *The Journal of Nutrition, Health & Aging*, 26(11), 1025-1032. PMID: 36437771.

McGrath, R., Robinson-Lane, S., Klawitter, L., **Rhee, Y.**, Hamm, J., McCourt, M., Parker, K., & Hackney, K. (2022). Undiagnosed dementia is associated with poor physical function in older adults. *Journal of Alzheimer's Disease*, 89(2), 473-482. PMID: 35912741.

Parker, K., Vincent, B., **Rhee, Y.**, Choi, B-J., Robinson-Lane, S., Hamm, J., Klawitter, L., Jurivich, D., & McGrath, R. (2022). The estimated prevalence of no reported dementia-related diagnosis in older Americans living with possible dementia by healthcare utilization. *Aging Clinical and Experimental Research*, 34, 359-365. <https://doi.org/10.1007/s40520-021-01980-2>. PMID: 34524654.

Rotvold, A., Parker, K., Honrath, K., & **Rhee, Y.** (2022). Sleep and diet patterns of college students during the COVID-19 pandemic lockdowns. *The Journal of American College Health*, DOI: 10.1080/07448481.2022.2089850.

Mann, M. & **Rhee, Y.** (2021). Low-grade inflammation gene down-regulation by flaxseed in an obese animal model. *Journal of Food and Nutrition Research*, <https://doi.org/10.1007/s11130-021-00906-7>.

Parker, K., **Rhee, Y.**, Tomkinson, G., Vincent, B., O'Connor, M., & McGrath, R. (2021). Handgrip weakness and asymmetry independently predict the development of new activity limitations: Results from analyses of longitudinal data from the U.S. health and retirement study. *Journal of the American Medical Directors Association*, 22 (4), 821-826.e1 [10.1016/j.jamda.2020.11.006](https://doi.org/10.1016/j.jamda.2020.11.006). PMID: 33290729.

Parker, K. & **Rhee, Y.** (2020). Alzheimer’s disease warning signs: gender and education influence modifiable risk factors-a pilot survey study. *Journal of the American College of Nutrition*, <https://doi.org/10.1080/07315724.2020.1812451>.

Evenocheck, A., **Rhee, Y.**, & Hall, C. (2020). Do health promoting compounds of flaxseed attenuate weight gain via modulation of obesity gene expression? *Plant Foods for Human Nutrition*, <https://doi.org/10.1007/s11130-021-00906-7>.

Lunsford, J., Brunt, A., Foote, J., **Rhee, Y.**, Strand, M., & Segall, M. (2020). Analysis of availability, quality, and price of food options in Denver, CO grocery stores. *Journal of Hunger and Environmental Nutrition*, doi.org/10.1080/19320248.2020.1741482.

ACTIVE EXTERNAL GRANT

McGrath, R., **Rhee, Y.**, Berg, M., Paessler, S., Jurivich, D., Smith, C., & Gonnella, T. Examining the role of a honey-pomegranate supplement on muscle health in older adults. North Dakota Economic Diversification Research Fund-University Research Collaboration Program - FY 24, 4/1/2024-4/30/2025; Requested \$48,806; Role: Co-PI

McGrath R, Hackney K, Christensen B, Tomkinson G, Jurivich D, Orr M, & **Rhee Y.** GRip Assessment for Protocol Enhancements (GRAPE) in older adults. NIH National Institute of Aging: R15AG072348-01A1; 6/1/2022-5/31/2025; Funded \$416,481; Role: Collaborator

ACTIVE INTERNAL GRANT

Jia, X., Baldwin, S., Dey, S., Eshkabilov, S., Feng, X., Griesheim, K., Hanson, E., Hatterman-Valenti, H., Jiang, L., Kinzler, D., Lu, P., Ostlie, M., **Rhee, Y.**, Whitsetl, C., Bhardwaj, R., & Franklin, A. Sustainable urban agriculture for food deserts in cold regions. NDSU AES Precision Agriculture, 1/1/2024-12/31/2025; Requested \$15,000; Role: Co-Principal Investigator

SUPERVISION OF GRADUATE STUDENTS

EXAMINING COMMITTEE CHAIR

DOCTORAL STUDENTS

Kelly Parker PhD, Exercise Science and Nutrition
Completion Date: May 2023
Dissertation Title: Dig in for veggies and fruits: Nutrition education to fruit and vegetable gardeners aims to improve antioxidant intake, exercise, and cognition in older adults

Meredith Wagner PhD, Human Development, Wellness Track
Completion Date: May 2012
Dissertation Title: Effects of nutrition education and fruit and vegetable consumption on knowledge of antioxidants and biomarkers of inflammation and chronic disease

MASTER’S STUDENTS

Brooke Loeffler MS, Dietetics, Current Student

Tiffani Olaires MS, Dietetics, Current Student

Kendra Kisner MS, Exercise and Nutrition Science, Current Student

Halli Heimbuch MS, Exercise and Nutrition Science, Current Student

Kelly Knoll	MS, Exercise and Nutrition Science Completion Date: May 2024 Thesis Title: Association between the consumption of antioxidants from food and supplement sources and cognitive function in older adults
Austin Hills	MS, Advanced Athletic Training Completion Date: May 2023 Paper Title: A review of Kinesio tape effects on myofascial pain syndrome and fascial correction of the iliotibial band Austin's former advisor left NDSU, so advised for paper and degree completion
Lisa Sherlock	MS, Dietetics, No Thesis Option Completion Date: May 2023
Kiley Lovelance	MS, Advanced Athletic Training Completion Date: December 2022 Paper Title: The prevalence of patellar tendinopathy in athletic populations and the effectiveness of Graston Technique as a patellar tendinopathy treatment Kiley's former advisor left NDSU, so advised for paper and degree completion
Kristi Buntjer	MS, Dietetics, No Thesis Option Completion Date: May 2022
Heather Brinkerhoff	MS, Dietetics, No Thesis Option Completion Date: December 2021
Annika Rotvold	MS, Exercise and Nutrition Science, No Thesis Option Completion Date: December 2021
Laura Schmidt	MS, Dietetics, No Thesis Option Completion Date: December 2021
Hannah Russell	MS, Dietetics, No Thesis Option Completion Date: August 2020
Anne Voigt	MS, Dietetics, No Thesis Option Completion Date: May 2019
Kayla Posch	MS, Dietetics Completion Date: May 2018 Paper Title: Current supplementation recommendations for vitamin D Intake in pregnancy; What research says after 2011
Alycia Woodard	MS, Health, Nutrition, and Exercise Sciences, Exercise and Nutrition Science Option Completion Date: August 2016 Thesis Title: The role of flaxseed in the expression of DNA methyltransferase, leptin, and peroxisome proliferator-activated receptor alpha in an obese animal model

- Rose Prissel MS, Dietetics
Completion Date: May 2016
Thesis Title: Cross-sectional study identifying the potential impacts of nutrition education courses accepted by the Parent Aware program on nutritional-related knowledge, attitudes, and dietary behaviors among preschoolers' parents and childcare providers and on preschooler weight trajectories
- Margaret Pulkrabek MS, Health, Nutrition, and Exercise Sciences, Exercise and Nutrition Science Option
Completion Date: December 2015
Thesis Title: Flaxseed and buckwheat supplemented diets altered enterobacteriaceae prevalence in the cecum and feces of mice
- Joan Nagel MS, Dietetics
Completion Date: May 2014
Thesis Title: Survey of registered dietitians' proficiency of celiac disease and their use of technology and determination of effectiveness of twitter in nutrition education
- Kerri Hert MS, Health, Nutrition, and Exercise Sciences, Exercise and Nutrition Science Option
Completion Date: May 2013
Thesis Title: Effect of nutrition education with fruit and vegetable supplementation on fruit and vegetable intake and anthropometric measurements among adults of varying socioeconomic status
- Anna Vannelli MS, Health, Nutrition, and Exercise Sciences, Nutrition Science Option
Completion Date: May 2012
Paper Title: Effect of evening food composition on pre-breakfast fasting and overall glucose control in type 1 and type 2 diabetes: A review
- Barbara Erlandson MS, Health, Nutrition, and Exercise Sciences, Exercise and Nutrition Science Option
Completion Date: December 2011
Thesis Title: The association of coordinated program in dietetics admission criteria with success on the national registration examination for dietitians
- Cherise Wry MS, Health, Nutrition, and Exercise Sciences, Nutrition Science Option
Completion Date: May 2009
Thesis Title: Evaluation of the impact of school-based nutrition and physical activity intervention on 5th grade students: On the move to better health
- Helen Nyquist MS, Health, Nutrition, and Exercise Sciences, Nutrition Science Option
Completion Date: December 2008
Thesis Title: Promoting healthy eating and exercise through online messages
- Lisa Wojahn MS, Health, Nutrition, and Exercise Sciences, Nutrition Science Option
Completion Date: December 2006
Thesis Title: A comparison between nutrient intakes of injured and non-injured collegiate track and field athletes

Jennifer Theis MS, Health, Nutrition, and Exercise Sciences, Nutrition Science Option, Inactive
Thesis Project: Effect of concurrent training on blood glucose and dietary intake
Completed Data Collection and Analysis and First Draft of Thesis Writing

POSTGRADUATE OR UNDERGRADUATE TRAINEES

Halli Heimbuch Undergraduate student in nutrition science program
Mentoring and training in Nutrition Science Research and Professional Development,
2022-2023

Kristi Medalen Undergraduate student in dietetics program
Mentoring and training in Nutrition Science Research and Professional Development,
2019-2020

Olivia Simonson Undergraduate student in dietetics program
Mentoring and training in Nutrition Science Research and Professional Development,
2019-2020

Ashton Wiltgen McNair scholar, undergraduate student in dietetics program
Mentoring and training in Nutrition Science Research and Professional Development,
2016-2017

Kelsie Silvernagel Undergraduate student in dietetics program
Mentoring and training in Nutrition Science Research and Professional Development,
2016-2017

Monica Belsaas Undergraduate student in dietetics program
Mentoring and training in Nutrition Science Research and Professional Development,
2014-2015

Taylor Heck McNair scholar, undergraduate student in dietetics program
Mentoring and training in Nutrition Science Research and Professional Development,
2011-2013

Casey Kramer Postgraduate of coordinated program in dietetics program
Mentoring and helping with application and acceptance into Medical School at William
Carey University, 2010-2013

Erin Cuomo Postgraduate of coordinated program in dietetics program
Mentoring and helping with application and acceptance into Physician Assistant Program
at Emory University, 2011-2012

Larissa Myers Pre-Med, undergraduate non-degree seeking student
Training in Nutrition Science Research, 2011-2012

Gwen Szempruch Postgraduate of didactic program in dietetics program
Mentoring and helping with dietetics internship application and internship site match,
2011-2012

COURSE TAUGHT

HNES 250 Nutrition Science

HNES 351 Metabolic Basis of Nutrition

HNES 354 Introduction to Medical Nutrition Therapy

HNES 458/658 Advanced Medical Nutrition Therapy

HNES 658 Advanced Medical Nutrition Therapy, IDEA

HNES 750 Advanced Human Nutrition, IDEA

HNES 754 Assessment in Nutrition and Exercise Sciences