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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

**EMPLOYMENT**

July 2016 – Present **Department Head**, Department of Health, Nutrition, and Exercise Sciences, College of Human Development and Education, North Dakota State University, Fargo, ND 58108-6050

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 58108-6050

August 2014 - Present **Professor**, Department of Health, Nutrition, and Exercise Sciences, College of Human Development and Education, North Dakota State University, Fargo, ND 58108-6050

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 58108-6050

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 58108-6050

2000 – July 2002 **Clinical Dietitian**, Mercy Memorial Health Center, Ardmore, OK 73401

**AWARD AND HONOR**

**TEACHING**

HD&E College Exceptional Contributions to Learning Award Nominee, April 2014, May 2015  
National Awards Program for Excellence in College and University Teaching in the Food and Agricultural Sciences Nominee, March 2014  
NDSU Odney Award for Teaching Excellence, May 2012  
North Dakota Academy of Nutrition and Dietetics Outstanding Dietetic Educator Award, April 2012  
Academy of Nutrition and Dietetics Nutrition and Dietetic Educators and Preceptors Area 2 Outstanding Dietetic Educator in a Coordinated Program Award, April 2012  
HD&E College Outstanding Teacher Award, May 2011

## **ADVISING**

NDSU Awards for Excellence in Academic Advising of Undergraduates Nominee, January 2014  
HD&E College Graduate Advisor Award, May 2012  
HD&E College Graduate Advisor Award Nominee, May 2011, May 2010  
HD&E College Exceptional Contribution to Professional Development Award Nominee, May 2010

## **RESEARCH AND PROFESSIONAL DEVELOPMENT**

Japan Society of Nutrition and Food Science Established Investigator Award, Nominee, January 2015  
Selected for the Response Team for the Extension Committee on Organization and Policy National Action Team for the Chronic Disease Prevention and Management, January 2015  
HD&E College Exceptional Contributions to Research Award, May 2013  
Selected for and Completed Higher Education Resource Services 2012 Denver Summer Institute Leadership Program, July 2012  
HD&E College James Lebedeff Endowed Professorship Award, May 2012  
HD&E College Exceptional Contributions to Scholarly Activity Award Nominee, May 2004  
HNES Department Researcher of the Year Award, April 2004

## **SCHOLARLY ACTIVITIES**

### **RESEARCH THEMES**

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

### **PUBLICATION-Last 3 Years**

#### **REFEREED JOURNAL ARTICLES**

Honrath, K., Wagner, M., & Rhee, Y. (2017). Does nutrition education with fruit and vegetable supplementation increase fruit and vegetable intake and improve anthropometrics of overweight or obese people of varying socioeconomic status?" *Ecology of Food and Nutrition*, 1-18

Geiger, J., Rhee, Y., Stastny, S., Brunt, A., & Blodgett Salafia, E. (2017). Celiac disease and the gluten-free diet: Registered dietitian nutritionists' self-reported knowledge varies. *International Journal of Celiac Disease*, 5 (2), DOI:10.12691/ijcd-5-2-1

Pulkrabek, M., Rhee, Y., Gibbs, P., & Hall, C. (2017). Flaxseed- and buckwheat-supplemented diets altered *Enterobacteriaceae* diversity and prevalence in the cecum and feces of obese mice. *Journal of Dietary Supplements*, DOI: 10.1080/19390211.2017.1305477

Wagner, M.G., Rhee, Y., Honrath, K., Blodgett Salafia, E.H., Terbizan, D. (2016). Nutrition education effective in increasing fruit and vegetable consumption among overweight and obese adults. *Appetite*, 4-101 DOI information: 10.1016/j.appet.2016.02.002

Rhee, Y. (2016). Flaxseed secoisolariciresinol diglucoside and enterolactone down-regulated epigenetic modification associated gene expression in murine adipocytes. *Journal of Functional Food*, 23, 523-531.

Wagner, M.G., Rhee, Y., Hert K., Blodgett Salafia, E.H., & Terbizan, D. (2015). Minimal impact of nutrition education and fruit and vegetable consumption on changes in biomarkers of inflammation and oxidative stress among overweight and obese adults. *European Journal of Nutrition & Food Safety*, 5(3), 179-189.

McKenney, M.A., Miller, K.C., Deal, J.E., Garden-Robinson, J.A., & **Rhee, Y.S.** (2015). Plasma and electrolyte changes in humans following ingestion of multiple boluses of pickle juice. *Journal of Athletic Training, 50*(2), 141-146.

#### **REFEREED ABSTRACT/PROCEEDING-Last 3 Years**

Wiltgen, A., Mann, M., Silvernagel, K., & **Rhee, Y.** (2017). Determination of flaxseed and its health promoting compounds role in nuclear factor-kB and its inhibitor gene expression. *Federal of American Societies for Experimental Biology Journal*, abstract# 3098.

Mann, M., Wiltgen, A., Silvernagel, K., & **Rhee, Y.** (2017). Do Health Promoting Compounds of Flaxseed Attenuate Weight Gain via Regulation of Inflammation? *Federal of American Societies for Experimental Biology Journal*, abstract# 3070.

Silvernagel, K., Mann, M., Wiltgen, A., & **Rhee, Y.** (2017). Effects of Flaxseed Supplementation on Intestinal Tight Junction Protein and TNF-alpha Gene Expression in Obese Mice. *Federal of American Societies for Experimental Biology Journal*, abstract# 3047.

**Rhee, Y.** (2016). Flaxseed lignan metabolite, enterolactone, down-regulated DNA methyltransferase, histone deacetylase, and methyl-CpG-binding domain protein expression in murine adipocytes. *Federal of American Societies for Experimental Biology Journal*, abstract# 5191.

**Rhee, Y.**, Honrath, K., & Wagner, M.G. (2016). Anthropometric measurements differ among overweight and obese adults of varying socioeconomic status but no differences in fruit and vegetable intake. *Federal of American Societies for Experimental Biology Journal*, abstract# 5140.

**Rhee, Y.** (2015). Flaxseed lignan decreased histone deacetylase and methyl-CpG-binding domain protein gene expression in murine adipocytes. *Asian Congress of Nutrition*, PS-02-p-094.

Woodard, A., **Rhee, Y.**, Reindl, K., & Hall, C. (2015). Effects of flaxseed-supplementation on DNA methyltransferase and obesity-associated gene expression in adipose tissue from obese mice. *Federal of American Societies for Experimental Biology Journal, 29*, 924.8.

#### **REFEREED PRESENTATION-Last 3 Years**

Wiltgen, A., Mann, M., Silvernagel, K., & **Rhee, Y.** (April 2017). Determination of flaxseed and its health promoting compounds role in nuclear factor-kB and its inhibitor gene expression. Poster was presented at the Experimental Biology Conference. Chicago, IL.

Mann, M., Wiltgen, A., Silvernagel, K., & **Rhee, Y.** (April 2017). Do Health Promoting Compounds of Flaxseed Attenuate Weight Gain via Regulation of Inflammation? Poster was presented at the Experimental Biology Conference. Chicago, IL.

Silvernagel, K., Mann, M., Wiltgen, A., & **Rhee, Y.** (April 2017). Effects of Flaxseed Supplementation on Intestinal Tight Junction Protein and TNF-alpha Gene Expression in Obese Mice. Poster was presented at the Experimental Biology Conference. Chicago, IL.

**Rhee, Y.** (April 2016). Flaxseed lignan metabolite, enterolactone, down-regulated DNA methyltransferase, histone deacetylase, and methyl-CpG-binding domain protein expression in murine adipocytes. Poster was presented at the Experimental Biology Conference. San Diego, CA.

**Rhee, Y.,** Honrath, K., & Wagner, M.G. (April 2016). Anthropometric measurements differ among overweight and obese adults of varying socioeconomic status but no differences in fruit and vegetable intake. Poster was presented at the Experimental Biology Conference. San Diego, CA.

**Rhee, Y.** (May 2015). Flaxseed lignan decreased histone deacetylase and methyl-CpG-binding domain protein gene expression in murine adipocytes. Poster was presented at 12<sup>th</sup> Asian Congress of Nutrition, Yokohama, Japan.

Woodard, A., **Rhee, Y.,** Reindl, K., & Hall, C. (March 2015). Effects of flaxseed-supplementation on DNA methyltransferase and obesity-associated gene expression in adipose tissue from obese mice. Poster was presented at the Experimental Biology Conference. Boston, MA.

#### **GRANT/CONTRACT**

##### **FUNDED EXTERNAL GRANT/CONTRACT**

**Rhee, Y.** The nutritional role of boron in the prevention of diabetes. USDA, ARS, NPA, NRRC; Specific Cooperative Agreement; 7/16/2006-9/30/2008; Role: Co-Principal Investigator

**Rhee, Y.** Determination of antioxidant roles in immune responses. USDA National Research Initiative Competitive Grants Program; Equipment Grant; 11/15/2004-11/14/2005; Role: Principal Investigator

**Rhee, Y.** The nutritional role of boron in the prevention of diabetes. USDA, ARS, NPA, NRRC; Specific Cooperative Agreement; 7/15/2004-6/14/2006; Role: Co-Principal Investigator

**Rhee, Y. & Brunt, A.** Effects of flaxseed supplementation on reducing risk of diabetes and cardiovascular disease in individuals with impaired glucose tolerance. North Dakota Oilseed Council; 4/1/2003-3/31/2004; Role: Principal Investigator

##### **SUPERVISION OF GRADUATE STUDENTS**

Meredith Wagner	PhD, Human Development, Wellness Track Completion Date: May 2012 <b>Dissertation Title:</b> Effects of nutrition education and fruit and vegetable consumption on knowledge of antioxidants and biomarkers of inflammation and chronic disease
Rachel Reuther	MS, Health, Nutrition, & Exercise Sciences, Nutrition and Exercise Science Option, Current Student
Anne Pavel	MS, Health, Nutrition, & Exercise Sciences, Dietetics Option, Current Student
Kayla Posch	MS, Health, Nutrition, & Exercise Sciences, Dietetics Option, Current Student <b>Paper Title:</b> Current Supplementation Recommendations for Vitamin D Intake in Pregnancy; What Research Says After 2011
Rose Prissel	MS, Health, Nutrition, & Exercise Sciences, Dietetics Option, Completion Date: May 2016 <b>Thesis Title:</b> 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 child care providers and on preschooler weight trajectories

- Alycia Woodard MS, Health, Nutrition, & Exercise Sciences, Nutrition and Exercise Science Option,  
Completion Date: May 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
- Margaret Pulkrabek MS, Health, Nutrition, & Exercise Sciences, Nutrition and Exercise 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, Health, Nutrition, & Exercise Sciences, Dietetics Option  
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, & Exercise Sciences, Nutrition and Exercise 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, & 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, & Exercise Sciences, Nutrition and Exercise 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, & Exercise Sciences, Nutrition Science Option  
Completion Date: May 2009  
**Thesis Title:** Evaluation of the impact of school-based nutrition and physical activity  
intervention on 5<sup>th</sup> grade students: On the move to better health
- Helen Nyquist MS, Health, Nutrition, & Exercise Sciences, Nutrition Science Option  
Completion Date: December 2008  
**Thesis Title:** Promoting healthy eating and exercise through online messages
- Lisa Wojahn MS, Health, Nutrition, & 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, & 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**

**POSTDOCTORAL OR OTHER TRAINEES**

- 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          Post graduate of coordinated program in dietetics program  
Mentoring and helping with application and acceptance into Medical School at William  
Carey University, 2010-2013
- Erin Cuomo            Post graduate 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       Post graduate 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 750 Advanced Human Nutrition  
HNES 754 Assessment in Nutrition and Exercise Sciences