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EDUCATION

Master of Science in Exercise/Nutrition Science **May 2013**
North Dakota State University, Fargo, ND
Thesis: "Effect of Nutrition Education with Fruit and Vegetable Supplementation on Fruit and Vegetable Intake and Anthropometric Measurements among Adults of Varying Socioeconomic Status"

Bachelor of Science in Dietetics **May 2011**
North Dakota State University, Fargo, ND
Dean's List, Graduated Summa Cum Laude

TEACHING EXPERIENCE

North Dakota State University, Fargo, ND
Lecturer **Jan. 2019-present**

Teach a variety of undergraduate level nutrition courses, supervise students in clinical practice and foodservice labs, advise dietetics majors, generate and/or compile annual reports, participate in program assessment and outreach activities

Clinical Nutrition Lab Coordinator **Aug. 2013 – Dec. 2018**
Organized clinical lab for dietetic students, assisted students with patient assessments and visits, graded student projects and provided feedback

Instructor – HNES 250 Nutrition Science **Aug. 2017 - Dec. 2017**
Taught, administered grades, used instructional technology to enhance pedagogical technique **Aug. 2018 - Dec. 2018**

Instructor – HNES 400 Interprofessional Health Care Practice **Jan. 2015-May 2015**
Revised course materials, developed online lecture, taught in part with an innovative, interdisciplinary team-teaching design, graded assignments **Jan. 2016-May 2016**

Instructor – HNES 458 Advanced Medical Nutrition Therapy **Aug. 2014-Dec. 2014**
Developed course materials, taught, graded assignments and exams

RELATED EXPERIENCE

Sanford Health, Fargo, ND **Aug. 2011-Dec. 2018**
Clinical Dietitian

Accurately assessed and coded nutrition status of patients, discussed nutrition concerns with patients and provided education, managed time effectively to see many patients in a day, communicated with other disciplines to obtain additional information and relay nutrition concerns, mentored student interns

Ecumen Evergreens of Fargo, Fargo, ND

Sept. 2015-Dec. 2018

Consultant Registered Dietitian

Reviewed menus to ensure nutritional adequacy, planned, organized, and offered in-service education to facility staff, general counseling of residents, made appropriate referrals for continuing nutritional care

North Dakota State University, Fargo, ND

Aug. 2011-May 2013

Graduate Research Assistant

Developed research designs, instructed a nutrition education course for a research study, collected and analyzed research data, presented research findings, wrote manuscripts for potential publication, mentored undergraduate dietetic students

PUBLICATIONS

REFEREED JOURNAL ARTICLES

Honrath, K., Wagner, M.G., & 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*, 57(3), 1-18.

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*, 100, 94-101.

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 biomarkers of inflammation and oxidative stress. *European Journal of Nutrition & Food Safety*, 5(3), 179-189.

Hert, K.A., Fisk II, P.S., Rhee, Y.S., & Brunt, A.R. (2014). Decreased consumption of sugar-sweetened beverages improved selected biomarkers of chronic disease risk among US adults: 1999-2010. *Nutrition Research*, 34(1), 58-65.

REFEREED ABSTRACT/PROCEEDING

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*, 30, 686.6.

REFEREED PRESENTATIONS

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. Poster was presented at the Experimental Biology Conference. San Diego, CA.

Wagner, M., **Hert, K.**, Myers, L., Levine, J., Heck, T., & Rhee, Y. (2012). Community-based nutrition education improves knowledge, attitudes, and behaviors related to fruit and vegetable consumption. Poster was presented at the North Dakota Academy of Nutrition and Dietetics Spring Convention. Fargo, ND.

Wagner, M., **Hert, K.**, Myers, L., Levine, J., Heck, T., & Rhee, Y. (2012). Effectiveness of nutrition education and fruit and vegetable consumption on changes in biomarkers of inflammation and oxidative stress among overweight and obese adults. Poster was presented at the North Dakota Academy of Nutrition and Dietetics Spring Convention. Fargo, ND.

Hert, K., Wagner, M.G., Myers, L., Levine, J., Heck, T., & Rhee, Y. (2012). Effect of nutrition education with fruit and vegetable supplementation on fruit and vegetable intake among adults of varying socioeconomic status. Poster was presented at the North Dakota Academy of Nutrition and Dietetics Spring Convention. Fargo, ND

Heck, T., Wagner, M., **Hert, K.**, Myers, L., Levine, J., & Rhee, Y. (2012). Changes in macronutrient and antioxidant consumption following nutrition education and provision of fruits and vegetables. Poster was presented at the North Dakota Academy of Nutrition and Dietetics Spring Convention. Fargo, ND.

NON-REFEREED PRESENTATIONS

Hert, K., Wagner, M.G., Myers, L., Levine, J., Heck, T., & Rhee, Y. (2013). Anthropometric measurements differ among overweight and obese adults of varying socioeconomic status but no differences in fruit and vegetable intake. Poster was presented at North Dakota State University's College of Human Development and Education Research Showcase. Fargo, ND.

Hert, K., Wagner, M.G., Myers, L., Levine, J., Heck, T., & Rhee, Y. (2012). Socioeconomic status not a factor in improvement of fruit and vegetable intake through nutrition education. Poster was presented at North Dakota State University's College of Human Development and Education Research Showcase. Fargo, ND.

Wagner, M., **Hert, K.**, Myers, L., Levine, J., Heck, T., & Rhee, Y. (2012). Effectiveness of nutrition education and fruit and vegetable consumption on changes in biomarkers of inflammation and oxidative stress among overweight and obese adults. Poster was presented at North Dakota State University's College of Human Development and Education Research Showcase. Fargo, ND.

Wagner, M., **Hert, K.**, Myers, L., Levine, J., Heck, T., & Rhee, Y. (2012). Effects of nutrition education on knowledge, attitudes, and behaviors related to fruit and vegetable intake. Poster was presented at North Dakota State University's College of Human Development and Education Research Showcase. Fargo, ND.

Heck, T., Wagner, M., **Hert, K.**, Myers, L., Levine, J., & Rhee, Y. (2012). Effects of nutrition education and fruit and vegetable supplementation on macronutrient and antioxidant intake in overweight and obese adults. Poster was presented at North Dakota State University's College of Human Development and Education Research Showcase. Fargo, ND.

MEMBERSHIPS

Academy of Nutrition and Dietetics

Oncology Nutrition Dietetics Practice Group

North Dakota Academy of Nutrition and Dietetics

Fargo Moorhead Academy of Nutrition and Dietetics

- Nominating Committee Chair (2011-2012)
- State Convention Sponsorship Committee Chair (2011-2012)

CERTIFICATIONS

Registered Dietitian, Commission on Dietetic Registration

Licensed Dietitian with the state of North Dakota

AWARDS

North Dakota Academy of Nutrition and Dietetics Recognized Young Dietitian Award, March 2015

North Dakota State University's College of Human Development and Education 2012-2013 Graduate Research Award