

# LEANDRA DURHAM, MS, RD, LD

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## EDUCATION

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<b>PhD</b>	University of Alabama at Birmingham, Nutrition	August 2021- In Progress
<b>MS</b>	University of Alabama at Birmingham, Nutrition Sciences	May 2021
<b>BS</b>	University of Arizona, Nutrition Sciences	May 2013

## HONORS AND AWARDS

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### Fellowships

#### **NIH T32 Predoctoral Fellowship (2022-Current)**

NIHLBI funded fellowship to support predoctoral training.

#### **Alabama Albert Schweitzer Fellowship (2022-2023)**

Community engagement fellowship focused on creating and implementing a community-based project to serve underserved populations.

#### **Blazer Fellowship (2021-2022)**

Research fellowship to support predoctoral training.

### Awards

Birmingham District Dietetic Association Young Dietitian of the Year (2024)

School of Health Professions 2<sup>nd</sup> Place Poster Presentation (2024)

Nutrition Sciences Trainee of the Year (2023)

University of Alabama at Birmingham Graduate School 3 Minute These Competition (3MT) Finalist (2023)

Nutrition Sciences Department 3 Minute Thesis Competition (3MT) 2<sup>nd</sup> place (2023)

SSPR Trainee Travel Award (2022)

Alpha Eta and School of Health Professions 2<sup>nd</sup> Place Poster Presentation (2022)

Scholarship to Attend the Advocacy Summit (2022)

## RESEARCH EXPERIENCE

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**NIH T32 Predoctoral Research Fellow**, University of Alabama at Birmingham, Nutrition Obesity Research Center (August 2022- Current)

**Blazer Graduate Research Fellow**, University of Alabama at Birmingham, Department of Nutrition Sciences (January 2022-July 2022)

**Blazer Graduate Research Fellow**, University of Alabama at Birmingham, Division of Neonatology (August 2021-December 2021)

## PUBLICATIONS

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### *Journal Papers in Review*

#### *Journal Papers*

Cedillo, Y. E., Davis, E., **Durham, L.**, Kelly, T., Kennedy, R., Smith, D. L., & Fernández, J. R. (2024). The effect of sociodemographic characteristics, academic factors, and individual health behaviors on psychological well-being among college students. *Journal of American College Health*, 1–11. <https://doi.org/10.1080/07448481.2024.2355160>

Y.E. Cedillo, T. Kelly, E. Davis, **L. Durham**, D.L. Smith, R.E. Kennedy, J.R. Fernández. Evaluation of food security status, psychological well-being, and stress on BMI and diet-related behaviors among a sample of college students, *Public Health* 2023 Vol. 224 Pages 32-40. DOI <https://doi.org/10.1016/j.puhe.2023.08.015>.

**Durham, L.**, Gunawan, E., Nguyen, K., Reeves, A., Shukla, V., & Salas, A. A. (2023). Total Fluid Administration and Weight Loss during the First 2 Weeks in Infants Randomized to Early Enteral Feeding after Extremely Preterm Birth. *Neonatology*, 120(2), 257–262. <https://doi.org/10.1159/000527430>

Aristizabal, N., Holder, M. P., **Durham, L.**, Ashraf, A. P., Taylor, S., & Salas, A. A. (2023). Safety and Efficacy of Early Vitamin D Supplementation in Critically Ill Extremely Preterm Infants: An Ancillary Study of a Randomized Trial. *Journal of the Academy of Nutrition and Dietetics*, 123(1), 87–94. <https://doi.org/10.1016/j.jand.2022.06.012>

#### *Editorials*

Zheng, L., Garrity, K., Pradhananga, N., **Durham, L.**, Smith, M., Developing Interdisciplinary Collaborative Skills to Thrive in the Era of Team Science. *Journal of Nutrition Education and Behaviors*, 56(6), 351-352. <https://doi.org/10.1016/j.jneb.2024.04.007>

## PRESENTATIONS

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**Poster Presentation, Durham, L.** Ithurburn, M., Reynolds, C., Hill, J., Smith, D.L., “Bioenhancing Assessment of Black Pepper with Turmeric on Self-Reported Pain Ratings: A Randomized, Crossover Clinical Trial,” School of Health Professions Research Day, April 2024.

**Poster Presentation, Durham, L.**, Davis, L., Kelly, T., Kennedy, R., Smith, D., Fernandez, J., Cedillo, Y., “Role of Sociodemographic, Academic, and Individual Health Behaviors on

Psychological Well-being Among College Students,” Society for Nutrition Education and Behavior International Conference, Washington, DC, July 2023.

**Poster Presentation, Durham, L.,** Davis, L., Kelly, T., Kennedy, R., Smith, D., Fernandez, J., Cedillo, Y., “Role of Sociodemographic, Academic, and Individual Health Behaviors on Psychological Well-being Among College Students,” School of Health Professions Research Day, April 2023.

**Poster Presentation,** Cedillo, Y., Kelly, T., Davis, L., **Durham, L.,** Smith, D., Fernandez, J., “The Effect of Food Security, Psychological Well-being, and Stress on BMI and Diet-related Behaviors,” The Obesity Society, November 2022.

**Oral Presentation, Durham, L.,** Nguyen K., Salas, A., “Does Early Advancement of Enteral Nutrition Impact Fluid Status in the First 14 Days after Birth in Extremely Preterm Infants,” Southern Medical Research Conference, February 2022.

**Poster Presentation, Durham, L.,** Gunawan, E., Nguyen, K., Salas, A., “Does Early Advancement of Enteral Nutrition Impact Fluid Status in the First 14 Days After Birth In Extremely Preterm Infants,” Alpha Eta and School of Health Professions Research Day, February 2022.

## **TEACHING EXPERIENCE**

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### **Special Programs**

#### **Diabetes Empowerment Education Program, Lakeshore Foundation (2022-2023)**

Diabetes management education for individuals with pre-diabetes or diabetes and physical disabilities, 9-week course, delivered in person.

#### **Blazer Kitchen Nutrition Workshops, University of Alabama at Birmingham (2022-2023)**

Nutrition education for individuals experiencing food insecurity and cooking demonstration, delivered virtually.

#### **MENTOR program, National Center on Health, Physical Activity, and Disability (2022)**

Health and wellness nutrition education for individuals with physical disabilities with cooking demonstration, 8-week course, delivered virtually.

#### **Jr. Bulls Hockey League, University of Alabama at Birmingham (2021-2022)**

Nutrition education for MyPlate, health eating habits, and hydration requirements, developed curriculum, 8 sessions, delivered in person.

#### **Close Encounters with Agriculture, University of Maryland Extension (2020)**

Nutrition education for the USDA MyPlate, curriculum designed to teach children the basics of food groups and how to make a balanced plate of food, 1 hour program pre-recorded and delivered virtually to all 4<sup>th</sup> grade students within Maryland.

### **Recipe Development and Cooking Demonstration, The Nutrition Professionals (2021)**

Cooking demonstration created for patients to increase their recipe and cooking knowledge, delivered asynchronously at dietitian discretion.

### **Guest Lectures and Workshops**

- University of Alabama at Birmingham, Nutrition Sciences course NTR 320 Nutrition and the Consumer, two module guest lectures entitled “How Culture, Traditions, and Even Conditions Impact Eating” (2024)
- University of Alabama at Birmingham Grand Rounds, obesity focused continuing education lecture for physicians, nurse practitioners, and physician assistants (2023)
- Angel’s Hope Foundation Retreat, nutrition workshop for bereaved mothers (2022)
- The Episcopal Place, nutrition education for assisted living facility for older adults (2022)
- Nutrition Education, Bessemer City high school (2022)
- USDA Dietary Guidelines Overview, The Nutrition Professionals Dietitians (2021)
- Nutrition Education, Flagstaff middle school (2021)
- USDA Child Nutrition Programs Overview, University of Alabama at Birmingham undergraduate students (2021)

## **PROFESSIONAL EXPERIENCE**

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### **United States Air Force Reserves**

Commissioned Officer - Dietitian (July 2023-Current)

- Unit Program Fitness Manager
- Unit Body Composition Program Manager

### **University of Alabama at Birmingham Dietetic Internship**

Intern (June 2020- April 2021)

- Concentration in lifestyle and community wellness

### **EMP 180 Weight Loss**

Dietitian (June 2021- August 2021), Manager & Health Coach (September 2017-June 2021)

- Facilitated effective communication and problem-solving strategies to promote positive work culture
- Engaged in motivational interviewing and reflective listening to achieve client goals
- Triaged and delegated daily tasks to achieve effective operations
- Prioritized and organized goals to serve mission and values of the company
- Positioned team members by skillset to promote optimal use of talents and strengths
- Counseled clients on nutrition and healthy lifestyle habits

### **30/10 WLFL**

Assistant Manager (January 2016- September 2017)

- Counseled clients on nutrition and healthy lifestyle habits
- Collaborated and communicated effectively with team members to achieve daily tasks
- Provided customer service through maintaining healthy relationships with clients
- Developed and implemented individualized meal plans to help clients with specialized goals

### **PROFESSIONAL TRAINING AND DEVELOPMENT**

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**Registered Dietitian**, Commission on Dietetic Registration

**Licensed Dietitian**, State of Alabama

**ServSafe**, National Restaurant Association

**Center for the Integration of Research, Teaching, and Learning (CIRTL)**, University of Alabama at Birmingham

**Academic Journal Clubs**, monthly

**Nutrition Seminar Series**, Nutrition Obesity Research Center, weekly

**Statistical Power Workshop**, Nutrition Obesity Research Center

### **PROFESSIONAL SERVICE**

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Communication, Collaboration, and Innovation committee, 2022-Current

Peer Mentor for graduate students, 2022-Current

Obesity Energetic Offerings Contributor, 2022-Current

Birmingham District Dietetic Association (BDDA) treasurer 2023-2024

Student Engagement Team Lead, 2022-2023

Birmingham District Dietetic Association (BDDA) nominating committee 2022-2023

RD2BE Mentor for undergraduate nutrition students, 2023

Alumni contributor to ACEND Review Board for University of Alabama at Birmingham, 2021

Dietitian Education Program Student Trainer, advisor for current students, 2021-2022

Student assistant for peer review article, 2022

Expert panelist for survey validation, 2022

### **PROFESSIONAL AFFILIATIONS**

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Academy of Nutrition and Dietetics (AND)

Birmingham District Dietetic Association (BDDA)

American Society for Nutrition (ASN)

Society for Nutrition Education and Behavior (SNEB)

## COMMUNITY SERVICE

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Trail Sisters, November 2023-current

Lakeshore Foundation, January 2022- August 2023

Angels Hope Foundation, 2023

Southeastern Trail Society, December 2022- December 2023

Maryland Food Bank, 2020-2021