



Neal G. Malik, DrPH, MPH, RDN, CHES, ACSM-EP
Associate Professor (tenured)
California State University, San Bernardino

EDUCATION

Doctor of Public Health (DrPH), Preventive Care
Loma Linda University, Loma Linda, CA

Master of Public Health (MPH), Health Promotion & Education
Loma Linda University, Loma Linda, CA

Bachelor of Arts (BA), Psychology & Social Behavior
University of California, Irvine

CERTIFICATIONS & LICENSURES

- National Commission for Health Education Credentialing (NCHEC) Certified Health Education Specialist (CHES); Date Awarded: April 2007
- American College of Sports Medicine Certified Exercise Physiologist (ACSM-EP); Date Awarded: May 2007
- Commission on Dietetic Registration (CDR) Registered Dietitian Nutritionist (RDN); Date Awarded: August 2011
- Adult Weight Management Certification from the Commission on Dietetic Registration (CDR); Date Awarded: June 2013
- Food Allergy Certification from the Academy of Nutrition and Dietetics (AND); Date Awarded: August 2014
- Certificate in Effective College Instruction from the Association of College and University Educators (ACUE); Date Awarded: July 2020

TEACHING EXPERIENCE

Adjunct Nutrition & Health Lecturer

August 2007-May 2019

**Crafton Hills Community College, Department of Physical Education
Yucaipa, CA**

- 7.75 to 14.5 Total Effort Hours (depending on the credits assigned each semester)
- For 6 years, instructed approximately 70 undergraduate health education students in a “live” format during fall and spring semesters (HEALTH 102)
- Taught a “live” upper-division nutrition course for two semesters (HEALTH 263)
- Currently instructing online-only sections of HEALTH 102 and HEALTH 263 during fall, spring, and summer semesters via the Canvas Learning Management System (previously used BlackBoard)
- Courses continue to have high retention rates and semester evaluations from both students and peers are often above average when compared to instructors within the same department

Adjunct Lecturer

January 2012-January 2019

**California State University, Fullerton, Department of Health Science & Kinesiology
Fullerton, CA**

- 7.75 to 14.5 Total Effort Hours (depending on the credits assigned each semester)
- Teach both “live” and online versions of an upper-division, undergraduate nutrition course (Health Science/Kinesiology 350) as well as an upper-division, undergraduate stress management course (Health Science/Kinesiology 342)
- Prepared all course curricula and texts
- Utilize MOODLE software for online course delivery
- Received above average student semester evaluations when compared to faculty within the same department
- Courses have higher than department average retention rates
- Per the Chair of the Department’s request, assist other adjunct faculty with the planning of their online nutrition modules

Chair, Department of Nutrition and Basic Sciences**July 2015-August 2019****Assistant Professor, Program Lead****Bastyr University California, Department of Nutrition & Basic Sciences****San Diego, CA**

- 1.0 FTE
- Instructed Master's- and doctoral-level courses in nutrition, exercise physiology, motivation & behavior change, writing about food & nutrition, qualitative and quantitative research methods, and community-based capstone/thesis projects
- Facilitated affiliations with community-based organizations for student volunteer/interning opportunities as well as student capstone sites, including Scripps Center for Integrative Medicine (La Jolla, CA), Community Resource Center (Encinitas, CA), Leichtag Foundation/Coastal Roots Farm (Carlsbad, CA), Saffron & Sage (San Diego, CA), Escondido Unified School District (Escondido, CA), Jewish Family Services of San Diego, among others
- Served as student research advisor for Master's and doctoral students
- Served as program lead and representative for the Master of Science in Nutrition for Wellness degree, the Bachelor of Science in Nutrition and Culinary Arts degree, and the Naturopathic Medicine degree
- Member of the following committees: Faculty Development Committee, Community Programming Committee, and the Academic Leadership Committee
- Responsible for all administrative duties related to program leadership and management including but not limited to program budget, faculty recruitment, faculty supervision and evaluation
- Created a taskforce to assist with academic program visibility, which led to a 300% increase in graduate admissions within one academic year
- Co-authored online Master of Science in Nutrition for Health curriculum (regional accreditation received December 2017)
- Promoted to Department Chair in February 2017
- Developed protocol for a community-based lifestyle/weight management program and served as lead investigator to assess its effectiveness

Associate Professor, tenured**September 2019-Present****California State University, San Bernardino, CA****Department of Health Science and Human Ecology**

- 1.0 FTE
- Instruct undergraduate courses within the DPD program
- Student Opinions of Teaching Effectiveness Questionnaires are consistently above the College average
- Received 5 internal grants, presented research at 6 different refereed conferences
- Authored/co-authored 12 peer-reviewed publications
- Editor for 2 upcoming textbook chapters for the Academy of Nutrition and Dietetics' *Health Professionals' Guide to Dietary Supplements*
- Selected to serve as the Academy of Nutrition and Dietetics' Evidence Analysis Library Weight Management Content Expert
- Selected to serve as the Sports Nutrition Care Manual Board of Editors for the Academy of Nutrition and Dietetics

PROFESSIONAL EXPERIENCE**Host****June 2017-Present****Optimal Health Daily (O.H.D.) Podcast**

- 0.075 FTE
- Host of a free daily podcast on the topics of health, wellness, nutrition, lifestyle management, stress management, health promotion
- Episodes have been downloaded over 28 million times
 - **My show averages over 700,000 monthly plays (175,000 downloads each week).** As of this writing, the show has been **downloaded over 28 million (28,000,000) times.** On August 8, 2019, *Prevention Magazine* ranked the show as one of “25 Fascinating Health and Fitness Podcasts to Get Obsessed With in 2020”.
 - Additionally, **ShapeScale.com** included my podcast on their list of, “25 Of the Best Fitness Podcasts of 2020”. (**Attachment S2f_Y2 – ShapeScale Podcast Mention**).
 - According to Listen Notes, the podcast ranks in the **top 0.5% of global podcasts** (<https://www.listennotes.com/podcasts/optimal-health-daily-dr-neal-malik-optimal-xtjqo7K-zN/>)

Registered Dietitian**March 2014-June 2015****University of California, Riverside****Housing, Dining, & Residential Services****Riverside, CA**

- 1.0 FTE
- Assumed leadership and full functional responsibility for the planning, development, implementation, assessment, and management of evidence-based health promotion and education programs in the areas of nutrition and wellness.
- Served as the primary administrator and analyst for dining software with regards to nutritional analysis of recipes.
- Assisted and counsel students with special dietary needs, provide diet instructions and nutrition education.
- Assisted senior leadership with developing programmatic changes to menus in accordance with evidence-based nutrition and health guidelines.

Occupational Wellness Specialist**April 2012-February 2014****University of California, Riverside****Human Resources Department, Health & Wellness Unit****Riverside, CA**

- 1.0 FTE
- Responsible for the implementation of a new health and wellness program, UC WorkStrong, for faculty and staff
- Provided one-on-one nutrition and wellness counseling to approximately 3,000 staff members
- Created individualized meal plans and recipes based on employee’s goals, anthropometrics, and health history
- Authored wellness health education materials and presentations for faculty and staff
- Developed monthly healthy menus for the children attending the Child Development Center on campus
- Active member and participant in the Chancellor’s Sustainable Food Committee, the Smoke/Tobacco-Free Committee, as well as the Campus Wellness Oversight Committee
- Oversaw the recruitment of 2 wellness-related positions: Occupational Wellness Coordinator and Wellness Program Specialist
- Managed all quantitative and qualitative data collection and analysis for UC WorkStrong
- Coordinated various “Fitness Challenges” and “Food Day” events campus-wide
- Program success rate was above average when compared to other UC campuses

Project Manager

January 2010-October 2011

Fiber Study, Loma Linda University, Department of Health Promotion & Education**Loma Linda, CA**

- 1.0 FTE
- Counseled and advised approximately 180 study participants with regards to their diet and exercise regimens; educational sessions were conducted one-on-one in order for each subject's needs to be assessed
- Performed initial and follow-up participant intakes, including anthropometrics and diet histories
- Developed and prepared sample meals that included breakfast, lunch, dinner, and snacks; oversaw research kitchen, including meal forecasting and purchasing food and supplies
- Supervised two Registered Dietitians, one chef, and one medical student
- Recorded patient data and managed patient database using MS Excel and PASW 18.0
- Published results in 2 peer-reviewed journals

COURSES TAUGHT**California State University, San Bernardino**

Quarters Taught:	Course Number/Name:	# of Credits for each Course:	Number of Sections Taught for each Course per Quarter:
Fall 2019	HSCI 273 Software Applications in the Health Sciences	4.0	1
	HSCI 385 Food & Culture	3.0	1
	HSCI 446 Senior Seminar in Nutrition Education	1.0	1
Winter 2020	HSCI 273 Software Applications in the Health Sciences	4.0	1
	HSCI 218 Stress Management	2.0	2
Spring 2020	HSCI 273 Software Applications in the Health Sciences	4.0	1
	HSCI 218 Stress Management	2.0	2
Fall 2020	HSCI 4681 Medical Nutrition Therapy 1	3.0	1
	HSCI 4681L Medical Nutrition Therapy 1 Lab	1.0	1
	HSCI 3204: Public Health Nutrition	3.0	1
	HSCI 2625: Nutrition & Dietetics Career Pathways	1.0	1
Spring 2021	HSCI 4682: Medical Nutrition Therapy 2	3.0	1
	HSCI 4682L: Medical Nutrition Therapy 2 Lab	1.0	1
	HSCI 2202: Software Applications in the Health Sciences	3.0	1
	HSCI 3607: Nutrition Counseling, Assessment, and Research Applications	3.0	1
	HSCI 3607L: Nutrition Counseling, Assessment, and Research Applications Lab	1.0	1
Summer 2021	HSCI 2202: Software Applications in the Health Sciences	3.0	1

Fall 2021	HSCI 2202: Software Applications in the Health Sciences	3.0	1
	HSCI 2625: Nutrition & Dietetics Career Pathways	1.0	2
	HSCI 3204: Public Health Nutrition	3.0	1
	HSCI 4681: Medical Nutrition Therapy 1	3.0	1
Spring 2022	HSCI 2018: Stress Management for Health	1.0	1
	HSCI 4682 Lecture: Medical Nutrition Therapy II	3.0	1
	HSCI 4682 Lab: Medical Nutrition Therapy II	1.0	1
	HSCI 6974: Thesis Supervision	1.0	2 students

Bastyr University

Quarters Taught:	Course Number/Name:	# of Credits for each Course:	Number of Sections Taught for each Course per Quarter:
Fall 2015	TR5136 Nutrition in the Life Cycle	3.0	1
	TR5104/L Research Methods for the Health Sciences	3.0	1
Winter 2016	PS5111 Fundamentals of Motivation & Behavior Change	3.0	1
	TR6108 Developing and Evaluating Nutrition Education Programs	3.0	1
	TR6120 Nutrition Program Capstone Seminar	3.0	1
Spring 2016	TR5105/L Nutrition Analysis & Assessment	3.0	1
	TR5109 Writing About Food & Nutrition	3.0	1
	TR5110 Food in Disease Prevention & Management	2.0	1
Fall 2016	TR5136 Nutrition in the Life Cycle	3.0	1
	TR6119 Nutrition Program Capstone Seminar	1.0	1
	EX6101 Physical Activity for Health	3.0	1
	TR5104/L Research Methods for the Health Sciences	3.0	1
Winter 2017	PS5111 Fundamentals of Motivation & Behavior Change	3.0	1
	TR6120 Nutrition Program Capstone Seminar	3.0	1
Spring 2017	EX6101 Physical Activity for Health	3.0	1
	TR5105/L Nutrition Analysis & Assessment	3.0	1
	TR6121 Nutrition Program Capstone & Presentation	3.0	1
Fall 2017	PS9542 Stress Management (ONLINE)	2.0	2
	TR5100 Biostatistics	4.0	1

	TR5104/L Research Methods for the Health Sciences	3.0	1
Winter 2018	PS5111 Fundamentals of Motivation and Behavior Change	3.0	1
	TR6100 Developing and Evaluating Nutrition Education Programs	3.0	1
	TR6120 Nutrition Program Capstone Seminar	1.0	1
Spring 2018	EX6101 Physical Activity for Health	3.0	1
	TR5105/L Nutrition Analysis and Assessment	3.0	1
	TR6121 Nutrition Program Capstone and Presentation	3.0	1
Fall 2018	PS9542 Stress Management (ONLINE)	2.0	2
	TR5104/L Research Methods	3.0	1
	TR6119 Nutrition Program Capstone Seminar 1	1.0	1
Winter 2018	PS5111 Fundamentals of Motivation and Behavior Change	3.0	1
	TR6100 Developing and Evaluating Nutrition Education Programs	3.0	1
	TR6120 Nutrition Program Capstone Seminar	1.0	1
Spring 2019	EX6101 Physical Activity for Health	3.0	1
	TR5105/L Nutrition Analysis and Assessment	3.0	1
	TR6121 Nutrition Program Capstone and Presentation	3.0	1
Winter 2020	PS9542 Stress Management (ONLINE)	2.0	2

Crafton Hills College

Semesters Taught:	Course Number/Name:	# of Credits for each Course:	Number of Sections Taught for each Course per Semester:
Fall 2007	Health 102: Biological Principles of Health	3.0	2
Spring 2008	Health 102: Biological Principles of Health	3.0	2
Fall 2008	Health 102: Biological Principles of Health	3.0	2
Spring 2009	Health 102: Biological Principles of Health	3.0	2
Fall 2009	Health 102: Biological Principles of Health	3.0	2
Spring 2010	Health 102: Biological Principles of Health	3.0	2
Fall 2010	Health 102: Biological Principles of Health	3.0	2
Spring 2011	Health 102: Biological Principles of Health	3.0	2
	Health 263: Nutrition and Health	3.0	1

Fall 2011	Health 102: Biological Principles of Health	3.0	2
	Health 263: Nutrition and Health	3.0	1
Spring 2012	Health 102: Biological Principles of Health	3.0	1
Fall 2012	Health 102: Biological Principles of Health (ONLINE)	3.0	1
Spring 2013	Health 102: Biological Principles of Health (ONLINE)	3.0	1
Fall 2013	Health 102: Biological Principles of Health (ONLINE)	3.0	1
Spring 2014	Health 102: Biological Principles of Health (ONLINE)	3.0	1
Spring 2015	Health 102: Biological Principles of Health (ONLINE)	3.0	1
Summer 2015	Health 102: Biological Principles of Health (ONLINE)	3.0	1
Fall 2015	Health 102: Biological Principles of Health (ONLINE)	3.0	1
Spring 2016	Health 263: Nutrition and Health (ONLINE)	3.0	1
	Health 102: Biological Principles of Health (ONLINE)	3.0	1
Summer 2016	Health 263: Nutrition and Health (ONLINE)	3.0	1
Fall 2016	Health 102: Biological Principles of Health (ONLINE)	3.0	1
	Health 263: Nutrition and Health (ONLINE)	3.0	1
Spring 2017	Health 102: Biological Principles of Health (ONLINE)	3.0	1
Fall 2017	Health 102: Biological Principles of Health (ONLINE)	3.0	1
Spring 2018	Health 102: Biological Principles of Health (ONLINE)	3.0	1
	Health 263: Nutrition and Health (ONLINE)	3.0	1
Fall 2018	Health 102: Biological Principles of Health (ONLINE)	3.0	1
Spring 2019	Health 102: Biological Principles of Health (ONLINE)	3.0	1
Fall 2019	Health 102: Biological Principles of Health (ONLINE)	3.0	1
Spring 2020	Health 102: Biological Principles of Health (ONLINE)	3.0	1

California State University, Fullerton

Semesters Taught:	Course Number/Name:	# of Credits for each Course:	Number of Sections Taught for each Course per Semester:
Spring 2012	HESC 350: Nutrition	3.0	2
Fall 2012	HESC 350: Nutrition (ONLINE)	3.0	1

Spring 2013	HESC 350: Nutrition (ONLINE)	3.0	4
Fall 2013	HESC 350: Nutrition (ONLINE)	3.0	2
Spring 2014	HESC 350: Nutrition (ONLINE)	3.0	2
Summer 2014	HESC 342: Stress Management (ONLINE)	3.0	2
Fall 2014	HESC 350: Nutrition (ONLINE)	3.0	1
Spring 2015	HESC 350: Nutrition (ONLINE)	3.0	1
Summer 2015	HESC 342: Stress Management (ONLINE)	3.0	1
Intersession 2016	HESC 350: Nutrition (ONLINE)	3.0	1
Spring 2016	HESC 350: Nutrition (ONLINE)	3.0	2
Summer 2016	HESC 342: Stress Management (ONLINE)	3.0	2
Spring 2017	HESC 350: Nutrition (ONLINE)	3.0	1
Spring 2018	HESC 350: Nutrition (ONLINE)	3.0	1

PUBLICATIONS

Peer-Reviewed

Manuscripts Accepted:

1. Malik, N., Tonstad, S., Paalani, M., Dos Santos, H., & do Prado, W. (2020). Are long-term fad diets restricting micronutrient intake? A randomized controlled trial. *Food Science and Nutrition*, 8(11), 6047-6060. doi: 10.1002/fsn3.1895
2. Malik, N. (2020). What are the best practices for online student engagement among Hispanic Serving Institutions? A narrative review. Fall 2020, Volume XI. <https://hets.org/ejournal/2020/11/15/what-are-the-best-practices-for-online-student-engagement-among-hispanic-serving-institutions-a-narrative-review/>
3. Malik, N. (2020). Letter to the Editor: EARs for Assessing Group Dietary Intake Data. *Journal of the Academy of Nutrition and Dietetics*. doi: 10.1016/j.jand.2020.10.014
4. Terra C.M.O., Botero J.P., Gontijo, J.A., Haddock, B., Malik, N., Thivel, D., Prado, W.L. (2020). Obesity does not modulate men's eating behavior after a High Intensity Interval Exercise session: An exercise trial. *Journal of Sports Medicine and Physical Fitness*.
5. Farah, B.Q., do Prado, W.L, Malik, N., Lofrano-Prado, M.C., de Melo, P.H., Botero, J.P., Grizzo Cucato, G., de Almeida Correia, M., & Ritti-Dias, R.M. (2020). Barriers to physical activity during the COVID-19 pandemic in adults: A cross-sectional study. *Sports Sciences for Health*. <https://doi.org/10.1007/s11332-020-00724-5>
6. Lofrano-Prado, M.C., do Prado, W.L., Lambertucci, A.C., Lambertucci, R.H., Malik, N., Ritti-Dias, R.M., Correia, M.A., Botero, J.P., & Donato Jr., J. (2021). Recreational physical activity improves adherence and dropout in a behavioral intervention for adolescents with obesity. *Research Quarterly for Exercise and Sport*.
7. Christofaro, D.G.D., Werneck, A.O., Tebar, W., Lofrano-Prado, M., Botero, J.P., Cucato, G., Malik, N., de Almeida Correia, M., Ritti-Dias, R., & do Prado, W.L. (2021). Physical activity is associated with improved eating habits during the COVID-19 pandemic. *Frontiers in Psychology*. doi: 10.3389/fpsyg.2021.664568

8. Malik, N. & Gentry, C. (2021). Sports nutrition for students with food allergies and intolerances: Navigating the complexities. *CAHPERD Journal*, Fall 2021 (in press).
9. Colantonio, E., de Souza, F.G., Botero, J.P., Malik, N., Lofrano-Prado, M.C., Lambertucci, A.C., & do Prado, W.L. (2021). Associations between anthropometrics, cardiorespiratory fitness, and metabolic syndrome components in Brazilian adolescents with obesity. *Metabolic Syndrome and Related Disorders* (in press).
10. Editor-in-Chief (Fall Issue 2021), *CAHPERD Journal* (published December 6, 2021).
11. Morgan-Bathke, M., Baxter, S., Garay, J., Halliday, T., Lynch, A., Malik, N., Raynor, H., & Rozga, M. Weight management provided by a dietitian for adults with overweight or obesity: An Evidence Analysis Center systematic review and meta-analysis. Accepted to the *Journal of the Academy of Nutrition and Dietetics*.
12. Malik, N., Prado, W., Lappan, S., Popescu, M., Haddock, B., & Hill, J.O. (2022). Development of an extended-reality (XR) based intervention to treat adolescent obesity. *International Journal of Environmental Research and Public Health*, 19(7), 426, <https://doi.org/10.3390/ijerph19074264>

Manuscripts Submitted, Awaiting Response:

1. Malik, N., Paalani, M., & Becerra, B. Nutrition professionals' confidence recommending Integrative Medicine modalities. Submitted to the *Topics in Clinical Nutrition Journal*.
2. Malik, N., Harding, K.L., & Garcia, A. The influence of COVID-19 on health care seeking behaviors among students attending a minority-serving institution. Submitted to the *Journal of Medical Internet Reports*.
3. Christofaro, D.G.D., Tebar, W.R., Silva, G.C.R., Lofrano-Prado, M.C., Botero, J.P., Cucato, G.C., Malik, N., Hollands, K., Correia, M.A., Ritti-Dias, R.M., & Prado, W.L. Anxiety is more related to inadequate eating habits in inactive than in physically active adults during COVID-19 quarantine. Submitted revisions to *Scientific Reports*.

Served as Peer-Reviewer for the *Sports Sciences for Health* journal (April 2020)

Served as *ad hoc* abstract Peer-Reviewer for the American Public Health Association (APHA) and Food & Nutrition Conference & Expo (March 2020, March 2021)

Served as textbook chapter editor for 2 chapters for the upcoming Academy of Nutrition and Dietetics' *Health Professionals' Guide to Dietary Supplements* (December 2020)

I was invited to serve as part of the Editorial Board of Exercise Physiology for the *Frontiers in Physiology Journal*.

I was recruited by Dr. Christopher Gentry (Department of Kinesiology) to serve as an Associate Editor for the *California Association of Health, Physical Activity, Recreation and Dance (CAHPERD) Journal*.

Served as peer-reviewer for the *Food Science and Nutrition Journal* article titled, "Impact of Dietary Fiber Education Intervention and Intrinsic Factors on Microbiota in Overweight Individuals"

Grants

Internal Grants Funded:

1. OSR Faculty/Student Grant Award, Fall 2019 (\$1,500) Submitted as Co-PI (with Dr. Wagner Prado, Dept. of Kinesiology)

2. Q2S Grant Award, Fall 2019 (\$1,500)
3. Writing Activity Group (WAG) Award, Fall 2019 (\$100)
4. IECE Entrepreneurship Faculty Fellows, Spring 2020 (\$1,000)
5. Dean's Teaching Innovation Grant, Fall 2020 (\$20,000), Co-PIs Drs. Monideepa Becerra, & Benjamin Becerra. Consultant: Dr. Alexandru Roman.
6. Center for Health Equity (CHE) CISG grant (\$25,000), Co-PIs Drs. Wagner do Prado, Ethel Nicdao, & David Chavez.

External Grants Funded:

U.S. Department of Health & Human Services (U.S. DHHS) (\$1,465,343), Submitted in partnership with UC Riverside and the Riverside Community College District on August 11, 2021.

External Grants, Not Funded:

1. International Life Sciences Institute (ILSI) of North America (\$226,000), July 2020-October 2020, Co-PI Dr. Hanqi Lo (UC Davis)
2. National Institutes of Health (NIH), R15 Grant (\$373,000) Spring 2021, Co-PI Dr. Wagner Prado (Department of Kinesiology)

Refereed Presentations

1. Presenter: American Society for Nutrition (ASN) Annual Conference – June 2020 (Seattle, WA) – Titled: *Beyond “Counting Macros”: Are Common Fad Diets Nutritionally Adequate? An Examination of Their Micronutrient Content.* **ASN communications committee determined that my abstract had the potential to draw interest from the media and included it in a media tipsheet.**
2. Presenter: American College of Sports Medicine (ACSM) Annual Conference – May 2020 (San Francisco, CA) – Titled: *Obesity does not modulate men's eating behavior after a high intensity interval exercise session.*
3. Research Advisor: Presentation - Annual Meeting of the Minds – May 2020 (CSUSB) – Titled: *The Effects of High Intensity Interval Training on Energy Intake in Adult Males with Obesity*
4. Presenter: Academy of Nutrition and Dietetics (AND) Annual Food & Nutrition Conference & Expo (FNCE) – October 2020 – Titled: *Beyond “Counting Macros”: Are Common Fad Diets Nutritionally Adequate? An Examination of Their Micronutrient Content.*
5. Presenter: American Public Health Association (APHA) Annual Conference – October 2020 – Titled: *Beyond “Counting Macros”: Are Common Fad Diets Nutritionally Adequate? An Examination of Their Micronutrient Content.*
6. Presenter: National Institutes of Health (NIH) Precision Nutrition Research Gaps & Opportunities Workshop – Titled: *Beyond “Counting Macros”: Are Common Fad Diets Nutritionally Adequate? An Examination of Their Micronutrient Content.*
7. Presenter: ITC Lilly Online Conference – Titled: *Do Motivational Syllabi Improve Students' Metacognition and Engagement?*
8. Presenter: ITC Lilly Online Conference – Titled: *Can Tweeting Enhance Students' Metacognition?*

9. Co-Presenter: American Public Health Association (APHA) Annual Conference – October 2021 – Titled: *How has COVID-19 changed healthcare seeking behaviors among university students attending a minority serving institution?*
10. Presenter: American Public Health Association (APHA) Annual Conference – October 2021 – Titled: *Are members of the Academy of Nutrition and Dietetics (AND) likely to participate in continuing practice education related to Integrative Medicine?*
11. Presenter: Food and Nutrition Conference & Expo – October 2021 (conducted virtually) – Titled: *Weight management interventions delivered by a dietitian for adults with overweight or obesity: A systematic review*
12. Co-Presenter: The Obesity Society: Obesity Week – November 2021 – Titled: Acute effects of high intensity interval training on psychological outcomes in young adults with obesity.
13. Co-Presenter: Society of Public Health Educators (SOPHE) – March 2022 – Titled: Are school lunches contributing to the obesity epidemic among children?
14. Presenter: ITLC Lilly Conference – March 2022 – Titled: Inclusive Practices in Student Engagement.
15. Invited Speaker – November 2022 – 4th Annual International Symposium on Lifestyles and Health Research.

PROFESSIONAL AFFILIATIONS

1. I was selected as to serve on the Evidence Analysis Library Workgroup for Adult Weight Management through the Academy of Nutrition and Dietetics. This is a 2-year term. Responsibilities of this role include: Participate in bi-monthly one hour teleconferences and respond to discussion board posts; prioritize questions for systematic review; Identify and prioritize outcomes of interest; Develop search plan; Review and approve PICO tables; Review and approve evidence summaries and conclusion statements, assign grades to conclusion statements based on consensus of the workgroup; Review, finalize and approve the Evidence-Based Nutrition Practice Guideline for publication on the EAL®.
2. I was selected to serve on the Sports Nutrition Care Manual Board of Editors as the content expert on weight management through the Academy of Nutrition and Dietetics. This is a 3-year term.
3. Invited by Dr. Holly Hull as a guest speaker at University of Kansas Medical Center, School of Health Professions, Department of Dietetics and Nutrition. Presented recently published research on micronutrients to PhD students and faculty as part of their nutrition seminar series on March 23, 2021.

Ad Hoc Editorial Committees

1. American Public Health Association (APHA) Annual Conference Food & Nutrition Program (October 2020).
2. American Public Health Association (APHA) Annual Conference Food & Nutrition Program (October 2021).
3. American Public Health Association (APHA) Annual Conference Health Education and Promotion Program (October 2021).
4. Society of Public Health Education (SOPHE) Annual Conference Abstract Reviewer (March 2022).

CITED & CREATIVE WORKS

Dos Santos, H., Han, D., Perez, M., Johnson, S. and Shaheen, R. (2022), "Ketogenic vs plantogenic diets for health: a review article", *Nutrition & Food Science*, Vol. ahead-of-print No. ahead-of-print. <https://doi.org/10.1108/NFS-11-2021-0344>

- Canales, G. (2016, July 6). *Kidney beans*. Blue Cure Foundation. Retrieved June 8, 2022, from <https://bluecure.org/foodpage/kidney-beans/>
- Sajjadi, S., Mirzababaei, A., Pooyan, S., Rasaei, N., Yekaninejad, M., Shiraseb, F., & Mirzaei, K. (2022). The Association Between Low Carbohydrate Diet and Resting Metabolic Rate in Overweight and Obese Women: A Cross-Sectional Study. *Clinical Nutrition Research, 11*(1), 50. <https://doi.org/10.7762/cnr.2022.11.1.50>
- Goldfarb, G., & Sela, Y. (2021). The ideal diet for humans to sustainably feed the growing population – review, meta-analyses, and policies for change. *F1000Research, 10*, 1135. <https://doi.org/10.12688/f1000research.73470.1>
- Sajjadi, S. F., Mirzababaei, A., Ghodoosi, N., Pooyan, S., Arghavani, H., Rasaei, N., . . . Mirzaei, K. -. (2020). Adherence to a Low Carbohydrate Diet may Modify Resting Metabolic Rate among Overweight and Obese Women. doi:10.21203/rs.3.rs-47451/v1
- Didinger, C., & Thompson, H. (2020). Motivating pulse-centric eating patterns to benefit human and environmental well-being. *Nutrients, 12*(11), 3500. <https://doi.org/10.3390/nu12113500>
- Bielefeld, D., Grafenauer, S., & Rangan, A. (2020). The Effects of Legume Consumption on Markers of Glycaemic Control in Individuals with and without Diabetes Mellitus: A Systematic Literature Review of Randomised Controlled Trials. *Nutrients, 12*(7), 2123. <https://doi.org/10.3390/nu12072123>
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PROFESSIONAL MEMBERSHIPS

- American Society for Nutrition (ASN)
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- American Public Health Association (APHA)
- American College of Sports Medicine (ACSM)
- Academy of Nutrition and Dietetics (AND)
- California Academy of Nutrition and Dietetics (CAND)