Tina Fox Dugdale MS RDN RN CD-N
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Education

| INSTITUTION AND LOCATION                                      | DEGREE | YEAR (S) | FIELD OF STUDY         |
|--------------------------------------------------------------|--------|----------|------------------------|
| Robert Packer Hospital School of Nursing, Sayre PA           | RN     | 1979     | Nursing                |
| Mabel Lamberson Award for Leadership                         |        |          |                        |
| University of Saint Joseph, West Hartford CT                 | BS/ RD | 2002     | Nutrition CDR #892018  |
| Summa Cum Laude                                              |        |          |                        |
| University of Connecticut, Storrs CT                         | MS     | 2006     | Health Promotion       |
| Cum Laude                                                    |        |          |                        |
| James P. Cornish Memorial Award                              |        |          |                        |

Professional Experience and Employment

2006-present: Extension Educator Coordinated Program in Dietetics/Dietetics Internship, USDA funded SNAP Ed management. University of Connecticut College of Agriculture, Health and Natural Resources, Department of Allied Health Sciences, Mansfield, CT

- Dietetics Programs:
  - Instructor of record community nutrition supervised practice courses Diet 3235, 4435
  - Co-instructor of record Diet 4365
  - Manage and coordinate training of student paraprofessionals in community nutrition, aligning student learning outcomes with ACEND competency guidelines for entry-level dietetics professionals and SNAP Ed paraprofessionals
  - Monitor all student placements off campus. Observe and mentor all paraprofessional teaching experiences
  - Mentor students’ research experiences with community partners
  - Mentor/serve on graduate students’ thesis committees
- Supplemental Nutrition Assistance Program Education (SNAP ED):
  - Project Manager/Supervisor: Coordinate student/paraprofessionals’ off-campus community placements with CT state nutrition education goals for delivery of quality direct and indirect nutrition education to USDA SNAP recipients and eligibles
  - Collaborate annually on UCONN DAHS SNAP Ed School and Family Nutrition Education Services contract deliverables to CT DSS
  - Report community research outcomes at local, state and national conferences
- Project Collaborator/Funded Projects:
  - Child Development Institute of CT/Toddler-Parent Messages Grant: Testing ideal modes to deliver educational and obesity prevention messages for low-income families from diverse cultures, to parents and early care and education providers
  - Competitive Capacity Grants, UCONN College of Agriculture, Health and Natural Resources: Tailored messages for health promotion and obesity prevention using e-health and m-health technologies
Awards

Oct 2019-Waterbury, CT
- The Brian Gibbons Homeless Outreach Program Award

April 2018- Academy of Nutrition and Dietetics
- Nutrition and Dietetics Educators of Practitioners Outstanding Dietetics Educator Award

April 2014-University of Saint Joseph West Hartford, CT
- Florence Nightingale Health Sciences Distinguished Alumni Award for demonstrated leadership in field of health science

May 2010-Connecticut Dietetics Association
- Emerging Leader Award

Peer-Reviewed Publications

*An Interprofessional Approach to Teaching Nutrition Counseling to Medical Students*
Laurie Caines, MD, Yetunde Asiedu, MD, Tina Dugdale, MS, RDN, RN, CD-N, Helen Wu, PhD
Published: August 17, 2018 | 10.15766/mep_2374-8265.10742

Research Poster Presentations

Accepted May 2021 5th Annual Virtual Conference: The COVID-19 Pandemic: Media, Misinformation, and Science Communication, May 13-14, 2021
- *Launching a Health Promotion Social Media (SM) Effort to Engage Low-Income Families*
  Hanna Caridad, Benjamin Giroux, Shawn Lada, Leah Pfrommer, Caroline Thiede, Haley Gershman RDN, Rachel Hildrey RDN, Tina Dugdale MS RDN CD-N RN, Ellen Shanley MBA RDN CD-N FAND, Donna Zigmont RDN CD-N, Valerie Duffy PhD RDN

Accepted February 2020 pending presentation Fall 2021 International Dietetics Meeting, South Africa
- *Encouraging Wellness for Individuals with Intellectual and Developmental Disabilities*
  Ellen Shanley, MBA, RDN, CDN, FAND1; Tina Dugdale, MS, RDN, CDN, RN0; Alicia Prigodich2

April 2021 CT Academy Annual Meeting (poster session virtual)
- *Promoting Healthy Eating and Home Cooking for the Mentally Disabled Via Recipe Tasting and Demonstration.*
  Megan Fitterman; Jaclyn Lerner; Monica Marcello, MS; Corinne Roman-White; Nicole Parenchuck; Madeline Ziff, Tina Dugdale, MS, RDN, RN, CDN; Ellen Shanley, MBA, RDN, CD-N, FAND

April 1, 2019 Connecticut Academy Annual Meeting, Rocky Hill CT.
- *Encouraging Wellness for the Mentally Disabled via Hands-on Counseling, Group Presentation and Menu Review.*
  Rachel Artis; Bonnie Blethen; Gina Cummings, MA; Annaliese DiFabbio; Ponita Kuoy; Cassandra Vigue, Sarah Chau, RDN, Tina Dugdale MS, RDN, RN, CD-N; Ellen Shanley, MBA, RDN, CD-N, FAND

April 1, 2019 Connecticut Academy Annual Meeting, Rocky Hill CT.
- *Family Engagement with Food Corps in Meriden and New London School Districts*
  M Conrad; W Kelsey; D. Crayco MPH; T. Dugdale MS, RDN, RN, CD-N; E. Shanley MBA, RDN, CD-N, FAND.

October 2016- AND Annual Food and Nutrition Conference Expo, Boston
- *Measuring Vegetable Intake and Dietary Quality in Response to a Preschool-based Education Program.*
  M. Sharifi, H. Peracchio, T. Dugdale, S. Scarmo, T. Huedo-Medina, V. Duffy
April 2015-Connecticut Academy Annual Meeting-Cromwell, CT

- **Supporting Nutrition Education in Communities: A Win-Win for Dietetic Students and Pantry Clientele.** R. Kirschner, K. Vosburgh, T. Dugdale, D. Zigmont.

April 2014-Connecticut Academy Annual Meeting, Stamford, CT.

- **Assisting Food Pantry Staff to Educate Clients and Empower Increased Cooking at Home.** R. Damiani, J. Buden, C. Guaglianone, S.-G. Glennon; UCONN Senior Dietetics Students. T. Dugdale, MS, RDN, RN, CD-N; D. Zigmont, RD, CD-N; V. B. Duffy, PhD, RD.

April 2014-Connecticut Academy Annual Meeting, Stamford, CT.

- **Plate Waste and Nutrition Intervention among Connecticut Fourth Graders in Public Schools.** E. Shanley, MBA, RD, CD-N; J. Artiaco, BS; E. Freschi, BS; G. Kelley, BS; C. Neilson, BS; K. Saulnier, BS; J. Shook, BS; J. Simon, BS; T. Dugdale, MS, RDN, RN, CDN

August 2013-Society for Nutrition Education and Behavior Annual Conference, Portland OR:

- **Commitment to a Worksite Wellness Program and Weight Loss Success.** Dugdale T, Rochester J, Arendt C, Fairchild N, Fraser C, Murray M, Racine J, Vangel A, Shanley E.

### Professional Activities and Memberships

- The Academy of Nutrition and Dietetics (2001-present)
- Connecticut Academy of Nutrition and Dietetics (2001-present)
  - Delegate, State of CT: June 1st 2014-May 31st 2015; 2015-2018
  - President: (Elect, President, Past) 2010-2013
  - Secretary: June 2021-June 2023
- Society for Nutrition Education and Behavior (2005-present)

### Speaking Honors and Professional Presentations

- April 2016
  - NEGEA (Northeastern Group on Educational Affairs) Annual Meeting, Brown University. **An Interdisciplinary Approach to Teaching Nutrition Counseling in the Pre-clinical Years.** L.C. Caines, Y. Asiedu, H. Wu UConn School of Medicine. T.F. Dugdale, R.O'Brien. UConn, Storrs.
- March 2016: CT Academy of Nutrition and Dietetics:
  - Panel Presentation: **Nutrition Experts Weigh in on the New Dietary Guidelines for Americans**
- March 2014 Foodshare, Bloomfield CT: Agency Roundtable
  - Presentation: **Nutrition Education for Your Clients**
- September 2013: Food Corps Advisory Committee
  - Panel Discussion: **Food Corps Orientation**

### Academic/Masters’ Thesis Committees (Associate):

- May 2021
  - Josie Hare:
    - The feasibility of using social media to improve toddler feeding behaviors in a Facebook group of low-income parents of toddlers
- May 2021
  - Hanna Caridad:
- The feasibility of a coordinated social media effort in increasing fruit and vegetable intake in a low-income population

- May 2021
  - Leah Pfrommer:
    - Examining the feasibility of using social media to target SNAP-Ed eligibles in promoting cooking at home and family meals to improve adolescent physical and mental health

- May 2021
  - Shawn Lada:
    - The effectiveness of social media/videos on cooking literacy

- September 2020
  - Sarah Chau:
    - Improving Diet & Physical Activity Behaviors Through Tailored mHealth Messages: Application to childhood obesity prevention in a clinical setting

- September 2019:
  - Heidi Karner:
    - A Feasible and Tailored Nutrition Education Intervention for Middle-Schoolers: Coordination with school nutrition program and preliminary outcomes

- Spring 2019
  - Lindsey Fenn:
    - The Development of an online survey and screening tool to assess toddler feeding behaviors in a low-income CT community

- Spring 2019
  - Will Kelsey and Melina Conrad
    - Family Engagement with FoodCorps of CT

- Summer 2018
  - Samantha Oldman RD:
    - Improving Diet and Physical Activity Behaviors Through Tailored mHealth Messages

- Spring 2018
  - Summer Yule:
    - Nutritional Deficiencies Secondary to ARFID in Autism Spectrum Conditions: A Systematic Review of Case Reports

- Spring 2017:
  - Ingrid Soto:
    - Food Waste in Elementary Schools: The effects of USDA Fresh Fruit and Vegetable Program on Student’s Selection and Consumption of Fruits, Vegetables, and Milk

- Summer 2016:
  - Kayla L. Vosburgh RD
    - Childhood Obesity Prevention in Income-disadvantaged Populations: An Evaluation of Two Novel Approaches

- Spring 2016:
  - Cheyenne Barclay
    - Effectiveness of an Online Worksite Weight Management Program with Social Support Systems to Aid in Weight Loss (Healthy Husky)
  - Joanna Murawski
    - Food Waste in Connecticut Schools: The effect of different environments on student selection and waste of fruit, vegetables, and milk
o Alexandra Degenais
  ▪ Determining usability of an adolescent nutrition and health mobile device application

o Jennifer Bove
  ▪ Go for green! A prospective study in food service marketing of healthy foods based on visual cues

o Carianne Palumbo
  ▪ Web-based weight management program using a personalized e-coach to increase use and improve health outcomes

o Esha Fletcher
  ▪ Do marketing messages influence parents’ perception and shopping behaviors toward beverages for their children, including healthy and less healthy beverages?

Task Forces/Ad Hoc Committees

- University of CT Strategic Plan (SP) Core Team (2020-present)
  - University of CT SP Secondary/Sub Exploratory Team (Co-chair) (2021)
- Foodshare Health and Nutrition Advisory Council (2018)
- Early Learning Center at Hockanum School (EHtfd) Health/Wellness Committee (2016-present)
- University of Connecticut College of Agriculture and Natural Resources
  - Extension and Outreach Advisory Committee (2012-2018)
- CT Child Nutrition Training Institute Advisory Council (2011-present)
- CT State Obesity Task Force (2012-present)
- Community Renewal Team (CRT) Hartford, Advisory Council (2009-present)
- Statewide Food Corps Advisory Committee (2012-present)
- CT Childhood Obesity Steering Committee: Senator invited (2013-2016)
- CT Coalition Against Childhood Obesity (August 2011-present)
- Connecticut Food System Alliance (2012-present)