Curriculum Vitae (CV)

Anna (Annie) Newton Kirby, PhD, RD, LD, CCMS

Associate Professor of Preventative Medicine and Public Health and Cell Biology and Physiology

Contact Information:

Edward Via College of Osteopathic Medicine
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Auburn, Alabama 36832

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Education

	University of Alabama at Birmingham | Birmingham, Alabama
2015	*Doctor of Philosophy*, Nutrition Sciences
2011	*Dietetic Internship*
	Auburn University | Auburn, Alabama
2010	*Master of Science*, Nutrition and Food Science
2007	*Bachelor of Science*, Animal Science

Licensure/Certification

2011-present	Registered Dietitian Nutritionist | Member #1068892
2017-present	Licensed Dietitian Nutritionist | License #2579
2020-present	Certified Culinary Medicine Specialist | Certificate #CCMS161

Specialty Training

2018	**University of Alabama at Birmingham** | Birmingham, Alabama CCTS Clinical and Translational Science Training Program
2018-2020	**Goldring Center for Culinary Medicine at Tulane University** | New Orleans, Louisiana Certified Culinary Medicine Specialist Training Program

Primary Academic Appointment

2022-Present	**Associate Professor** *Edward Via College of Osteopathic Medicine* | Auburn, Alabama Preventative Medicine and Public Health | Cell Biology and Physiology

Professional Appointments

2019-Present	Sports Medicine Fellowship Faculty *Edward Via College of Osteopathic Medicine* | Auburn, Alabama
2015-2022	Assistant Professor *Edward Via College of Osteopathic Medicine* | Auburn, Alabama
2015-2020	Affiliate Assistant Professor *Auburn University* | Auburn, Alabama
2012-2015	Graduate Student Trainee *University of Alabama at Birmingham* | Birmingham, Alabama
2011-2012	Program Coordinator *University of Alabama at Birmingham* | Birmingham, Alabama
2010-2011	Dietetic Intern *University of Alabama at Birmingham* | Birmingham, Alabama
2008-2010	Graduate Research Assistant *Auburn University* | Auburn, Alabama

Committees and Leadership

2015-present	Via Wellness Committee | Member
2015-present	Via Wellness Intellectual Subcommittee | Faculty Chair
2018, 2019	Research Retreat Planning Committee | Member
2018-2021	VCOM Faculty Senate | Secretary
2018-2019	Auburn District Dietetic Association | President-elect
2019-2020	Auburn District Dietetic Association | President
2020, 2021	VCOM Research Day, poster competition | Judge
2022	VCOM Research Day Committee | Member

Teaching Experience

Courses Taught (Course Master) at Auburn University | Auburn, Alabama

NTRI 4620	Community Nutrition

Classes Taught at the Edward Via College of Osteopathic Medicine | Auburn, Alabama

MED 7125	Biochemical Nutrition for Practicing Clinicians
	Enzyme Cofactors: Minerals
	Vitamins and Enzyme Cofactors I
	Vitamins and Enzyme Cofactors II
	Digestion and Absorption of Fuels and Nutrients
	Metabolism: An Overview
	The Metabolic States
	Basic Concepts in the Regulation of Fuel Metabolism
	Glycogen Metabolism

	Pentose Phosphate Pathway and the Interconversion of Sugars
	Glucose Metabolism in the Liver
	Carbohydrate Nutrition
	Lipid Nutrition
	Protein Nutrition
	Metabolic Adaptations to Nutrition Interventions
	Nutrition for Maximizing Health and Performance
	Medical Nutrition Therapy in Practice
MED 7301	Ergogenic Aids (Dietary Supplements)
	Musculoskeletal Nutrition and Body Composition
MED 7271	Nutrition in the Nervous System
MED 7277	Nutrition and Cardiovascular Disease
	Nutrition and Pulmonary Disease
MED 7147	Gastrointestinal Motility
	Functional Anatomy and Physiology of the Exocrine Pancreas
	Small Intestine I: Functional Anatomy and Assimilation of Carbohydrates and Protein
	Small Intestine II: Assimilation of Lipids, Vitamins and Minerals
MED 7289	Digestion, Absorption, and Malabsorption
	Nutrition Support (Enteral and Parenteral Nutrition)
	Dairy and Gluten Intolerance, and Use of Probiotics
MED 7283	Nutrition for Renal Disease
MED 7313	Medical Nutrition for Diabetes Mellitus
MED 7304	Nutrition and Pregnancy
	Breastfeeding
MED 7315	Nutrition and Anemias
	Nutrition and Cancer Prevention
MED 7400	Inter-Professional Early Clinical Experience: Nutrition Counseling

Clinical Experience

2015-2020	Clinical Dietitian, Preceptor
	Auburn University | Auburn, Alabama

Professional Affiliations

2009-present	Academy of Nutrition and Dietetics | *Member*
2009-2015	Weight Management DPG | *Member*
2009-2016	Sports, Cardiovascular, and Wellness Nutrition DPG | *Member*
2010-present	Research DPG | *Member*
2015-2018	The Collegiate and Professional Sports Dietitian Association | *Member*
2015-present	Alabama Obesity Task Force | *Member*
2017-2021	The Obesity Society | *Member*
2017-present	Auburn District Dietetics Association | *Member*

Honors and Awards

2009-2010	Kappa Omicron Nu
2013-2014	Howerde E. Sauberich Endowed Award for Excellence in Nutrition Science Research

Professional Service

2012	*Happy Health Kids* | **Lead Trainer** | Minority Health & Disparities Research Center
2012	Metabolomics Symposium | **Registration Attendant**
2015-2016	*The Secret Garden* | **Curriculum Developer** | Storybook Farm Therapeutic Riding Facility
2021	EAMC COVID-19 Vaccine Clinic | **Volunteer/Faculty Advisor**

Ad-Hoc Reviewer

Nutrients
Journal of the American Pharmacists Association
The International Journal on the Biology of Stress
Biomedicine & Pharmacotherapy
Children

Mentoring Experience

Academic Mentoring

2015-2019

Nathan Albrecht	David Nguyen	Lisa Vaccaro
Queenie Duong	Brian Openlander	Chelsea Wallace
Zachariah Francois	Shenell Reynolds	Grant Weingarten
Thomas Harrison	Angelin Shajan	Maxie Wilson
Daniel Kibler	Joshua Soliman	Zachary Wise
Daniel Krautter	Valerie Staples	
Kiley Morgan	Nicole Tobin	

2016-2020

Nathan Burnham	Hendrix Lafontant	Erika Sekerak
Amber Bux	Rachel Lyman	Roxane Shirazi
Chelsea Cockrell	Dominique Moreno	Ken Stroer
Shirley Cotty	Luke Mueller	Jacob Taunton
Kyle Johnson	David Muscat	Christina Tran
Berina Karic	Johnny Nguyen	Tenzin Tseky
Karin Kuusisto	Mary Peeples	Sam Zigrossi

2019-present

Julian Aguilar	Hope Grable	Jordan Nolan
Joshua Aron	Timothy Harris	Karan Patel
Josh Beck	Jesse Hunt	Raydeer Piromari
Noor Buttar	Clayton Johnson	Alex Rotoloni
Ben Christianson	Bradley Louis	Giulia Izzo
Clarisse Fres	Carissa Madson	Collin Vargas
John Grab	Jordan Marquez	Charles White

2021-present

Stuart Allen	Shahla Hassanyar	Sindala Martinez
Aaron Blackmon	Mary Elizabeth Hodges	Meredith Slaby
Alexandra Colclough	Sidney Ison	Alex Suszczynski
Kyle Curlee	Rema Kanakrieh	Danny Xiao
Palmer Ford	Courtney Maddox	

2022-present

Vivek Atit	Nicholas Honickman	Mary Parkes
Frances Case	Daniel Klahr	Zakary Sanzone
Azim Farishta	Joshua Margow	Chase Thigpen
Rohan Gupta	Laurel Mueller	

Undergraduate Dietetic Precepting

2019-2020 Stewart Montgomery | Auburn University Pharmaceutical Care Clinic | Auburn, Alabama

Kelly Long | Auburn University Pharmaceutical Care Clinic | Auburn, Alabama

Jennifer Witt | Auburn University Pharmaceutical Care Clinic | Auburn, Alabama

Ellie Davis | Auburn University Pharmaceutical Care Clinic | Auburn, Alabama

Melissa McGowan | Auburn University Pharmaceutical Care Clinic | Auburn, Alabama

Virginia Ozment | Auburn University Pharmaceutical Care Clinic | Auburn, Alabama

Undergraduate Research Mentoring

2019 Undergraduate Research Study | Hayley Shealey | Auburn University, Department of Kinesiology | *The effect of macronutrient cycling on metabolic flexibility in the presence of excess adiposity*

Graduate Research Mentoring

2016 Graduate Research Study | Angelin Shajan, BS | Edward Via College of Osteopathic Medicine | *Evaluation of dietary intake and health outcomes in rural communities of Veron, Dominican Republic versus Columbus, Georgia, USA*

2017 Graduate Research Study | Nigel Jagoo, BS, MS | Edward Via College of Osteopathic Medicine | *To measure the effectiveness of a point-value Quality Assessment system towards increased faculty development and effectiveness in pre-clinical medical education at VCOM Auburn*

2017 Graduate Research Study | Evelyn Murray, BS | Edward Via College of Osteopathic Medicine | *A Prospective Cohort Study in Utilizing Guided Small Groups to Facilitate Teaching Critical Thinking in Medical Education*

2018 Graduate Research Study | Justyn Nakashima, BS | Edward Via College of Osteopathic Medicine | *The effect of diet quality on sleep and activity in a high-fat Western diet-induced rat model of obesity*

2018 Graduate Research Study | Vincent DeGregory, BS | Edward Via College of Osteopathic Medicine | *The effect of macronutrient cycling on respiratory quotient in a high-fat Western diet-induced rat model of obesity*

2018 Graduate Research Study | Sapna Sharma, BS, MS | Edward Via College of Osteopathic Medicine | *Exploring the Impact of a Comprehensive Diabetes Management Program on Diabetes Distress in Individuals with Type 2 Diabetes Mellitus*

2018 Graduate Research Study | Kelsey Herrera, BS | Edward Via College of Osteopathic Medicine | *Exploring the Impact of a Comprehensive Diabetes Management Program on Diabetes Distress in Individuals with Type 2 Diabetes Mellitus*

2018 Graduate Research Study | Joselyn Miller, BS | Edward Via College of Osteopathic Medicine | *Urea Cycle Disorder in a 25-year-old non-compliant low-income AA female - A case report*

2018 Dissertation Committee Member | Cody Haun, BS | Auburn University, Department of Kinesiology | *Resistance Training in Young Men with or without Graded Dosage of Protein Supplementation*

2018 Residency Research Study | Julie Saunders, PharmD | Auburn University School of Pharmacy | *Pharmacy student comfort with counseling on drug-nutrient interactions, pre- and post-interdisciplinary education*

2019 Masters Research Study | Casey Sexton, BS | Auburn University, Department of Kinesiology | *The effect of macronutrient cycling on metabolic flexibility in the presence of excess adiposity*

2019 Residency Research Study | Devon Drummond, PharmD | Auburn University School of Pharmacy | *Pharmacy student comfort with counseling on drug-nutrient interactions, pre- and post-interdisciplinary education*

2019 Graduate Research Study | Siddhi Patodia, BS | Edward Via College of Osteopathic Medicine | *The effect of macronutrient cycling on serum markers of metabolic syndrome*

2019 DO with Research Distinction | Esther Song, BS | Edward Via College of Osteopathic Medicine | *Effects of macronutrient cycling on metabolic flexibility in obese rats*

2019 DO with Research Distinction | Annie Gilliam, BS | Edward Via College of Osteopathic Medicine | *Effects of macronutrient cycling on energy expenditure and spontaneous activity in obese rats*

2020 Graduate Research Study | Ibrahim Noorbhai, BS | Edward Via College of Osteopathic Medicine | *A comparison of time restricted feeding paradigms in obese individuals*

2020 Graduate Research Study | Jessica Barkhouse, BS | Edward Via College of Osteopathic Medicine | *How well do older women with mild cognitive impairment comply with dietary guidelines?*

2020 Graduate Research Study | Kristyn Kraus, BS | Edward Via College of Osteopathic Medicine | *How well do older women with mild cognitive impairment comply with dietary guidelines?*

2021 Graduate Research Study | Jesse E. Giles, BS | Edward Via College of Osteopathic Medicine | *The Craving Conqueror: A 4-Week Virtual Program to Help Individuals Improve Their Eating Patterns and Manage Food Cravings*

2021 Graduate Research Study | Saumya Latha Karne, BS | Edward Via College of Osteopathic Medicine | *The Craving Conqueror: A 4-Week Virtual Program to Help Individuals Improve Their Eating Patterns and Manage Food Cravings*

2021 Graduate Research Study | Alexandra Skoczek, BS, MPH | Edward Via College of Osteopathic Medicine | *Vitamin D and Apolipoprotein CIII: A Nutrigenomics Research Proposal*

2021 Graduate Research Study | Christopher Pittman, BS | Edward Via College of Osteopathic Medicine | *Vitamin D and Apolipoprotein CIII: A Nutrigenomics Research Proposal*

2021 Graduate Research Study | Lauren Duggins, BS | Edward Via College of Osteopathic Medicine | *Vitamin D and Apolipoprotein CIII: A Nutrigenomics Research Proposal*

2021 Graduate Research Study | Ursula Andree Laville, BS | Edward Via College of Osteopathic Medicine | *From Cooking to Counseling: Do medical students possess the foundational cooking skills to make nutritious choices in the kitchen and the ability to translate that into patient care*

2021 Graduate Research Study | Alex Rotoloni, BENG | Edward Via College of Osteopathic Medicine | *From Cooking to Counseling: Do medical students possess the foundational cooking skills to make nutritious choices in the kitchen and the ability to translate that into patient care*

2021 Graduate Research Study | Lacey Mead, BS | Edward Via College of Osteopathic Medicine | *How proficient are medical professionals in nutrition literacy?*

2021 DO with Research Distinction| Jessica Barkhouse, BS | Edward Via College of Osteopathic Medicine | *An interdisciplinary culinary medicine elective to enhance personal health, knowledge, and confidence with counseling on nutrition*

2021 Graduate Research Study | Kristyn Kraus, BS | Edward Via College of Osteopathic Medicine | *An interdisciplinary culinary medicine elective to enhance personal health, knowledge, and confidence with counseling on nutrition*

2021 DO with Research Distinction| Christopher Cacciatore, BS | Edward Via College of Osteopathic Medicine | *An interdisciplinary culinary medicine elective to enhance personal health, knowledge, and confidence with counseling on nutrition*

2021 DO with Research Distinction| Kathryn Wirth, BENG | Edward Via College of Osteopathic Medicine | *An interdisciplinary culinary medicine elective to enhance personal health, knowledge, and confidence with counseling on nutrition*

2021 DO with Research Distinction| Jonathan Bishop, BS | Edward Via College of Osteopathic Medicine | *An interdisciplinary culinary medicine elective to enhance personal health, knowledge, and confidence with counseling on nutrition*

2022 DO with Research Distinction | Beatrice Garrido, MA | Edward Via College of Osteopathic Medicine | *A CREDO analysis of the prevalence of nutrition-related ICD codes in Latin America and the Caribbean islands*

2022 DO with Research Distinction | Katherine Wilson, BS | Edward Via College of Osteopathic Medicine | *The Nutrition Kitchen: An interdisciplinary culinary medicine elective to enhance nutrition literacy and personal dietary habits*

2022 DO with Research Distinction | Ninna Therese Mendoza, BS | Edward Via College of Osteopathic Medicine | *The Nutrition Kitchen: An interdisciplinary culinary medicine elective to enhance nutrition literacy and personal dietary habits*

2022 DO with Research Distinction | Siena Munz, BS | Edward Via College of Osteopathic Medicine | *The Nutrition Kitchen: An interdisciplinary culinary medicine elective to enhance nutrition literacy and personal dietary habits*

2022 DO with Research Distinction | Jordan Yacoub, BS | Edward Via College of Osteopathic Medicine | *The Nutrition Kitchen: An interdisciplinary culinary medicine elective to enhance nutrition literacy and personal dietary habits*

2022 Graduate Research Study | Anna McAlpine, BS | Edward Via College of Osteopathic Medicine | *Community-based multidisciplinary approach to increasing breastfeeding rates in underserved communities*

2022 Graduate Research Study | Bret-Ashleigh Coleman, BS | Edward Via College of Osteopathic Medicine | *Community-based multidisciplinary approach to increasing breastfeeding rates in underserved communities*

2022 Graduate Research Study | Kailey Knopf, BS | Edward Via College of Osteopathic Medicine | *Community-based multidisciplinary approach to increasing breastfeeding rates in underserved communities*

2022 Graduate Research Study | Charlotte Wollermann, BS | Edward Via College of Osteopathic Medicine | *Community-based multidisciplinary approach to increasing breastfeeding rates in underserved communities*

2022 Graduate Research Study | Danielle Lacasse, BS | Edward Via College of Osteopathic Medicine | *The association between osteopathic manipulative treatment and dietary intake*

2022 Graduate Research Study | Mandeville Sofer, MS, BA | Edward Via College of Osteopathic Medicine | *The association between osteopathic manipulative treatment and dietary intake*

2022 Graduate Research Study | Zade Powers, BS | Edward Via College of Osteopathic Medicine | *The association between osteopathic manipulative treatment and dietary intake*

2022 Graduate Research Study | Berkeley Hawk, BS | Edward Via College of Osteopathic Medicine | *The association between osteopathic manipulative treatment and dietary intake*

2022 DO with Research Distinction | Jackson Carlyle, BS | Edward Via College of Osteopathic Medicine | *An Assessment of the Nutritional Profile of Foods Accessible to Prisoners in Alabama*

2022 DO with Research Distinction | Palmer Ford, BS | Edward Via College of Osteopathic Medicine | *An Assessment of the Nutritional Profile of Foods Accessible to Prisoners in Alabama*

Institutional Service

2015-present	Via Wellness Committee | Member
2015-present	Via Wellness Intellectual Subcommittee | Faculty Advisor
2018, 2019	Research Retreat Planning Committee | Member
2018-2021	Faculty Senate | Secretary
2020-2022	Research Day Poster Competition | Judge
2022	Research Day Planning Committee | Member

Grants and Contracts

Completed Grant Support

Futureceuticals Roberts (PI) 2/2015 – 2/2016
The effects of betalain-rich beet root extract supplementation on exercise performance in trained cyclists. The goal was to examine how 6 days of pre-supplementing with betalain-rich beet root extract versus maltodextrin/placebo supplementation affects cycling time-trial performance, blood flow parameters and markers of post-exercise oxidative stress in road cyclists.
Role: Co-investigator
Total award: $135,606

Auburn University Pharmaceutical Care Center Braxton-Lloyd (PI) 1/2015-1/2016
Assessing the impact of financial incentives on the clinical outcomes of employees who participate in 12-week pharmacy-directed health and wellness challenge provided by an interdisciplinary team of health care providers. The goal was to evaluate the impact of financial incentives on the level of patient participation and engagement in a health and wellness challenge and to evaluate the clinical outcomes of employees who are enrolled in a 12-week pharmacy-directed health and wellness challenge that is provided by an interdisciplinary team of health-care providers (that include a pharmacist, kinesiologist, and dietitian).
Role: Co-investigator

UAB CCTS Gamston (PI) 6/2016 – 6/2017
Assessment of the efficacy and economy of an employee-based biometric screening program as platform for diabetes prevention. The primary goal was to determine the feasibility and impact of expansion of the DPP program to the treatment of overweight/obesity in the community and ambulatory care pharmacy settings. We will pursue this objective through the following specific aims.

Role: Co-investigator
Total award: $60,000

Auburn University Competitive Outreach Scholarship Grant Pangelinan (PI) 2/2017-2/2018
Enhancing diversity in health and research investigating youth with developmental disabilities. The overarching goal of this project was to develop, administer, and monitor the efficacy of our physical activity and nutritional intervention to address health disparities (i.e., obesity) in individuals with developmental disabilities.
Role: Co-investigator
Total award: $20,000

Research Eureka(!) Acceleration Program Hollingsworth (PI) 7/2017-6/2019
A mobile health and wellness coaching intervention for weight loss. The goal was to assess the effectiveness of a mobile health and wellness coaching intervention for weight loss.
Role: Co-investigator
Total award: $15,441.70

Research Eureka (!) Accelerator Program Kirby (PI) 7/2018-6/2019
The effect of macronutrient cycling on metabolic flexibility in the presence of excess adiposity. The goal was: 1) to determine whether eucaloric dietary cycling between a high carbohydrate, low fat and a low carbohydrate, high fat diet will improve metabolic flexibility in Western diet (WD)-induced obese rats, and 2.) to determine whether improvements in metabolic flexibility normalized body composition and led to improved metabolic parameters (e.g., insulin sensitivity) in WD-induced obese rats.
Role: Principal Investigator
Total awarded: $41,358.16

Presidential Award for Interdisciplinary Research Kaddoumi (PI) 10/2018-10/2022
Extra-virgin olive oil prevents mild cognitive impairment conversion to Alzheimer's disease (AD). The overall goal was to find a medical treatment and/or intervention that could slow, stop, or reverse the underlying neurodegenerative of AD.
Role: Co-investigator
Total award: $150,000

Research Eureka (!) Accelerator Program Kirby (PI) 7/2021-6/2022
An interdisciplinary culinary medicine elective to enhance personal health, knowledge, and confidence with counseling on nutrition. The primary goal of this project was to determine if the provision of a 6-module culinary medicine course would 1.) improve student knowledge and confidence with counseling on nutrition and culinary principles and 2.) improve personal dietary habits of students.
Role: Principal Investigator
Total award: $23,700.00

Active Grant Support

AACOM's Medical Education Research Grant Hollingsworth (PI) 6/2022-7/2023
The WellMESS Project: move well, eat well, sleep well, stress well. The goal is to determine the associations amongst 1st and 2nd year osteopathic medical students' exercise/physical activity, eating patterns, sleep, perceived stress, and phone screen time use, across the ten assessment time points. Additionally, a secondary goal is to determine the impact, if any, of month-long health behavior challenges on 1st and 2nd year osteopathic medical students' exercise/physical activity, diet, sleep, perceived stress, and phone screen time use.
Role: Co-investigator
Total award: $5,000

Research Eureka (!) Accelerator Program Wolter (PI) 8/2022-8/2023
Community-based multidisciplinary approach to increasing breastfeeding rates in minority and underserved communities. The primary goal of this project is to determine if the provision of breastfeeding support by a multidisciplinary healthcare team will improve six-month exclusive breastfeeding rates in low-income, underserved families.
Role: Co-investigator
Total award: $16,798

Research Eureka (!) Accelerator Program Hollingsworth (PI) 8/2022-8/2023
A multiple health behavior change program for uncontrolled hypertension with osteopathic medical students as health coaches – A feasibility study. The purpose of this study is to develop and assess the feasibility and acceptability of a 12-week, online multiple health behavior change program (MHBCP) focused on medication adherence, diet/eating pattern, exercise/physical activity, and sleep for patients with uncontrolled hypertension in which pre-clinical osteopathic medical students (OMS) serve as health coaches.
Role: Co-investigator
Total award: $3,258

Publications

Peer Reviewed Journal Articles

Gropper SS, **Newton A**, Harrington P, Simmons KP, Connell LJ, Ulrich P. Body composition changes during the first two years of university. Preventative Medicine 2011; 52(1): 20-22.

Casazza K, Cardel M, Dulin-Keita A, Hanks LJ, Gower BA, **Newton AL**, Wallace S. Reduced carbohydrate diet to improve metabolic outcomes and decrease adiposity in obese peripubertal African American girls. Journal of Pediatric Gastroenterology, Hepatology and Nutrition 2012; 54(3): 336-342.

Hanks LJ, **Newton AL**, Ashraf AP, Gutierrez OM, Casazza K. Reduced-carbohydrate, weight loss diet is associated with greater bone mineral content in obese African American girls. Journal of Diabetes Research & Clinical Metabolism 2012; DOI: http://dx.doi.org/10.7243/2050-0866-1-9.

Newton AL, Hanks LJ, Ashraf AP, Williams E, Davis M, Casazza K. Macronutrient intake influences the effect of 25-hydroxy-vitamin D status on metabolic syndrome outcomes in African American girls. Cholesterol 2012; 2012: 581432.

Hanks LJ, **Newton AL**, Casazza K. Getting to the height of the matter: The relationship between stature and adiposity in pre-pubertal children. Ethnicity & Disease 2013; 23: 71-76.

Newton AL, Hanks LJ, Davis M, Casazza K. The relationships among total body fat, bone mineral content, and bone marrow adipose tissue in early pubertal girls. BoneKEy Reports 2013; 2 (315): doi: 10.1038/bonekey.2013.49.

Hanks LJ, **Newton AL**, Kondapally P, Casazza K. Bone marrow adipose tissue in adolescents – protective or pathogenic? J Bone Marrow Research 2013; 1(3): http://dx.doi.org/10.4172/2329-8820.1000126

Vincent D, **Newton AL**, Hanks LJ, Fontaine K, Casazza K. Improvement in body satisfaction among obese preadolescent African American girls after participation in a weight-loss intervention. Infant Child & Adolescent Nutrition 2015; DOI: 10.1177/1941406415577108

Newton AL, Hanks LJ, Judd S, Wallace S, Durant N, Casazza K. Low HDL cholesterol may lead to disruption of bone remodeling in obese early pubertal girls. International Journal of Orthopaedics 2015; 2 (3).

Haun CT, Vann CG, Mobley CB, Roberson PA, Osburn SC, Holmes MH, Mumford PM, Romero MA, Young KC, Moon JR, Gladden LB, Arnold RD, Israetel MA, **Kirby AN**, Roberts, MD. Effects of graded whey supplementation during extreme volume resistance training. Front. Nutr. 2018; 5:84.

Gamston CE, **Kirby AN**, Hansen R, Redden D, Lloyd KB. Description of a pharmacist-led diabetes prevention service within an employer-based wellness program. J Am Pharm Assoc. 2019 Sep - Oct; 59(5):736-741. doi: 10.1016/j.japh.2019.05.023.

Gamston CE, **Kirby AN**, Hansen RA, Redden DT, Whitley HP, Hanson C, Lloyd KB. Comparison of 3 risk factor-based screening tools for the identification of prediabetes. J Am Pharm Assoc. 2020 60(3):481-484. doi: 10.1016/j.japh.2019.11.015.

Drummond D, **Kirby AN**, Gamston CE, Westrick S, Saunders J, Braxton-Lloyd K. Impact of an interdisciplinary education module on pharmacy student knowledge and comfort with drug-nutrient interactions. Currents in Pharmacy Teaching and Learning. 2020. ISSN 1877-1297, https://doi.org/10.1016/j.cptl.2020.11.007.

Kaddoumi A, Denny TS, Deshpande G, Robinson JL, Beyers RJ, Redden DT, Pratico D, Kyriakides TC, Lu B, **Kirby AN**, Beck DT, Merner ND. Extra-virgin olive oil enhances the blood-brain barrier function in mild cognitive impairment: A randomized controlled trial. Nutrients. 2022. 14(23), 5102; https://doi.org/10.3390/nu14235102

Thesis Publications

Newton, AL. Freshman versus sophomore year changes in body weight and composition. Master's Thesis, Auburn University, 2010

Newton, AL. The interrelationships among obesity, insulin sensitivity, and bone phenotype in pre-pubertal girls. Doctoral Dissertation, University of Alabama at Birmingham, 2015

Book Chapter
Hanks LJ, **Newton AL**, Lorch D, Kondapally P, Casazza K. Genetic Contributions to Pediatric Obesity – Beyond More Iterations of BMI. In: Ask the Experts: Obesity and Childhood. Expert Reviews Ltd. 2013.

Professional Presentations

18th Annual Engagement Scholarship Consortium Conference. Workshop: *An inclusive program to improve physical activity and nutrition*. Pangelinan M, **Kirby AN**, Russell J, Wadsworth D, Rudisill M. Birmingham, Alabama, October 2017.

VCOM Auburn Research Day**.** *The effect of macronutrient cycling on metabolic flexibility in the presence of excess adiposity*. **Kirby AN**, Young K, Roberts M, Shan L, Greene M. Auburn, Alabama, February 2018.

ALOMA 6th Annual Science & Management CME Conference. *The effect of macronutrient cycling on metabolic phenotype and markers of metabolic syndrome in a western diet-induced rat model of obesity*. Gilliam A, Woodie L, Sexton C, Patodia S, Song E, Roberts M, Young K, Greene M, **Kirby AN**. Birmingham, Alabama, February 2020.

VCOM Research Retreat MedX talk. *Health Homemade*. **Kirby, AN**. Hilton Head, SC, December 2021.

Published Abstracts

Newton AL, Hanks LJ, Ashraf AP, Williams E, Davis M, Casazza K. *The Contribution of 25-Hydroxy Vitamin to Metabolic Syndrome Outcomes in African American Girls is influenced by Macronutrient Intake.* The Minority Health Disparities Symposium, 2012.

Newton AL, Hanks LJ, Davis M, Casazza K. *The relationships among total body fat, bone mineral content, and bone marrow adipose tissue in early pubertal girls.* The Minority Health Disparities Symposium, 2013.

Newton AL, Hanks LJ, Judd S, Wallace S, Durant N, Casazza K. *Physiologic Relevance of Lipid Profile on Bone Modeling in Overweight Children*. The Obesity Society's ObesityWeek, 2013.

Hollingsworth J, **Kirby AN**, Gamston C, Fox B, Braxton Lloyd K. *Six-month randomized trial of digital health and wellness coaching for weight loss.* The Obesity Society's Obesity Week, 2018

DiMucci Ward J, Meacham S, **Kirby AN**, Sutphin D, Lopez MJ, Benner T, Alvarado Z, Dowis A, Quade L, Reynolds C, Trent A, Saggio M. *Waist circumference complementing body mass index measures assessed as non-communicable disease risk indicators in adult women in El Salvador; part of a comparative international study.* American Society of Nutrition's Annual Meeting, 2019

Kirby AN, Woodie L, Sexton C, Roberts M, Young K, Greene M. *The effect of macronutrient cycling on metabolic flexibility in the presence of excess adiposity*. The Obesity Society's Obesity Week, 2020.

Other Abstracts

Gamston CE, **Newton AL**, Hansen R, Gaillard P, Braxton Lloyd K. *Assessment of the feasibility of utilizing an employer-based biometric screening program to prospectively recruit individuals with prediabetes into a diabetes prevention program.* Boshell Research Day, 2016.

Meacham S, Sutphin D, Dimucci Ward J, **Kirby A**, Eraza X, Alvarado C, Benner T, Lopez MJ, Alvarado Z, Cockrell C, Rojas D, Vaquedano I, Rivera S, Rodriguez S, Cruz D, Trent A, Choubey N, Quade L, Dowis A, Reynolds C, Saggio M. *Nutrition assessment in VCOM international service areas: comparative study.* VCOM Virginia Research Day, 2019.

Speakman L, Gamston C, **Kirby AN**, Braxton Lloyd K. *Impact of a biometric screening program on eating habits and physical activity.* VCOM Auburn Research Day, 2019.

Stewart S, Bonam D, Peeples M, Stickley K, **Kirby AN**, Hollingsworth J. *Validity and reliability of popular mobile consumer food logs. VCOM* Auburn Research Day, 2019

DeGregory V, Woodie L, Sexton C, Nakashima J, Shealey H, Roberts M, Young K, Greene M, **Kirby AN**. *The effect of macronutrient cycling on respiratory quotient in a high-fat Western diet-induced rat model of obesity.* VCOM Auburn Research Day, 2019

Nakashima J, Woodie L, Sexton C, DeGregory V, Shealey H, Roberts M, Young K, Greene M, **Kirby AN**. *The effect of diet quality on sleep and activity in a high-fat Western diet-induced rat model of obesity.* VCOM Auburn Research Day, 2019

Hollingsworth J, **Kirby AN**, Gamston C, Fox B, Braxton Lloyd K. *Six-month randomized trial of digital health and wellness coaching for weight loss. VCOM* Auburn Research Day, 2019

Drummond D, Gamston C, **Kirby AN**, Westrick S, Saunders J, Braxton Lloyd K. *Pharmacy student comfort with counseling on drug-nutrient interactions, pre- and post-interdisciplinary education.* VCOM Auburn Research Day, 2019

Kirby AN, Dimucci Ward J, Wilson M, Horn R, Pappas S, Bianchi A, Alrafati A, Meyer K, Meacham S. *Nutrition in osteopathic medical education*. VCOM Auburn Research Day, 2019

Kirby AN, DiMucci Ward J, Sutphin D, Lopez MJ, Benner T, Alvarado Z, Meacham S. T*he association between socioeconomic factors and body mass index in adult women of El Salvador; part of a comparative international study*. VCOM Auburn Research Day, 2019

Gilliam A, Woodie L, Sexton C, Patodia S, Song E, Roberts M, Young K, Greene M, **Kirby AN**. *Effects of macronutrient cycling on energy expenditure and spontaneous activity in obese rats*. VCOM Auburn Research Day, 2020. **Awarded 2nd place in the biomedical research competition**.

Patodia S, Woodie L, Sexton C, Gilliam A, Song E, Roberts M, Young K, Greene M, **Kirby AN**. The effect of macronutrient cycling on serum markers of metabolic syndrome. VCOM Auburn Research Day, 2020. **Awarded 3rd place in the biomedical research competition**.

Song E, Woodie L, Sexton C, Gilliam A, Patodia S, Roberts M, Young K, Greene M, **Kirby AN**. Effect of macronutrient cycling on metabolic flexibility in obese rats. VCOM Auburn Research Day, 2020.

Kraus K, Barkhouse J, Kaddoumi A, **Kirby AN**. *How well do older women with mild cognitive impairment comply with dietary guidelines?* VCOM Auburn Research Day, 2021. **Awarded 1st place in the biomedical research competition.**

Karne SL, Giles J, **Kirby AN**, Chen N, Hollingsworth J. T*he craving conqueror program to reduce food cravings and build healthy eating patterns.* VCOM Auburn Research Day, 2021.

Kirby AN, DeBellis J, Wolter K, VanderVelde H, Mount G, Wang C, Barkhouse J, Wirth K, Kraus K, Cacciatore C. *An interdisciplinary culinary medicine elective to enhance personal health, knowledge, and confidence with counseling on nutrition - project design*. VCOM Auburn Research Day, 2022.

Kirby AN, Laville A, Rotoloni A. *Assessment of Medical Student Nutrition Literacy and Comfort in Counseling Patients*. VCOM Auburn Research Day, 2022.

Nguyen N, DeBellis J, Wolter K, Mount G, Wang C, Cacciatore C, Barkhouse J, Wirth K, Bishop J, Kraus K, **Kirby AN**. *Impact of an Interdisciplinary Culinary Medicine Elective to Enhance Personal Health, Knowledge, and Confidence with Counseling on Nutrition.* VCOM Auburn Research Day, 2023. **Awarded 2nd place in the educational research competition**.

Wolter K, Coleman B, Knopf K, McAlpin A, Tran N, Wollermann C, Hollingsworth J, Rodriguez M, Debellis J, Kaucic B, Lambert A, Tuggle F, Kirby AN. *Community based multidisciplinary approach to increasing breastfeeding rates in underserved communities: study design*. VCOM Auburn Research Day, 2023.

Carlyle J, Ford P, **Kirby AN**. *An Assessment of the Nutritional Profile of Foods Accessible to Prisoners in Alabama.* VCOM Auburn Research Day, 2023. **Awarded 1st place in the biomedical research competition**.

Garrido B, Nielsen K, Sutphin D, **Kirby AN**. *A CREDO Analysis of the Prevalence of Nutrition-Related ICD Codes in Latin America and the Caribbean Islands.* VCOM Auburn Research Day, 2023.

Invited Speaking Engagements

Abilities Unlimited Outreach Event. *Nutritional considerations for individuals with disabilities*. Opelika, Alabama, 2016.

Auburn University Guest Lecture. Obesity policy. *Community Nutrition Course*. Auburn University, Alabama, 2016

VCOM American College of Osteopathic Obstetricians and Gynecologists. *Preconception, pregnancy, and postpartum nutrition: a healthy foundation or a healthy start.* Auburn, Alabama, 2016 and 2017.

Auburn University Muslim Student Association Ramadan Dinner. *Healthy eating during Ramadan.* Auburn University, Alabama, 2017.

VCOM Muslim Medical Student Association Ramadan Dinner. *Intermittent fasting during Ramadan*. Auburn, Alabama, 2017.

VCOM Muslim Medical Student Association Ramadan Dinner. *Ramadan, the effects of fasting*. Auburn, Alabama, 2018.

Harrison College of Pharmacy National Community Pharmacists Association. *Nutrition in 2019: Breaking down fad diets and eating for health*. Auburn University, Alabama, 2019.

Auburn University Human Resources. *Basic nutrition for a healthy lifestyle*. Auburn University, Alabama, 2019.

Auburn High School Women's Soccer Team. *Sports nutrition for female athletes*. Auburn, Alabama, 2019

Auburn University Administrative Professionals' Day Conference. *Budget friendly nutrition.* Auburn University, Alabama, 2019.

VCOM American College of Osteopathic Obstetricians and Gynecologists and American Medical Women's Association. *Estrobolome: Complex interplay between estrogen and the gut microbiome. The women's symposium*. Auburn, Alabama, 2022.

Media Features

AL.com news article titled, "Riding a bicycle can open a new world for disabled kids." 2017

Podcast: COSAM Talks – You are what you eat. Part 1. November 2020

Podcast: COSAM Talks – You are what you eat. Part 2. December 2020

AOTM Radio show: Healthy Habits. March 2021

AOTM Radio show: Culinary Medicine. June 2021

Other

2015-2020 **Head Coach** | Auburn University Women's Club Ultimate Frisbee team (*Ares*)

2015-2016: 7th place finish at Regional College Championship
2016-2017: 3rd place finish at Regional College Championship
2017-2018: 2nd place finish at Regional College Championship
2018-2019: 9th place finish at Regional College Championship