

TARA (HARMAN) KELLY, MS, RDN

Instructor // PhD Candidate

Department of Nutrition Sciences // Department of Health Behavior
The University of Alabama at Birmingham
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EDUCATION

The University of Alabama at Birmingham (UAB), Birmingham, AL
Ph.D. candidate, Department of Health Behavior 2018- Present
Concentration: Health Education and Health Promotion (GPA: 4.0)

Commission on Dietetic Registration (CDR)
Registered Dietitian Nutritionist (RDN), CDR #86038850 Since July 2014

East Carolina University (ECU), Greenville, NC
Master of Science, Nutrition (GPA: 3.72) May 2014
ECU Campus Dietetic Internship Program, Greenville, NC

Bachelor of Science, Nutrition and Dietetics (GPA: 3.61) May 2012
Institutional Honors: Magna Cum Laude

ACADEMIC TEACHING APPOINTMENTS

Instructor, Department of Nutrition Sciences, UAB* May 2019 – Present
Course Master:

NTR 600 Principles of Food Science Operations and Menu Planning
Taught every Fall (online), beginning 2020
*Average 4.97/5 Rating “Excellent Teacher”, 4.9/5 Rating “Excellent Course”***

NTR 611 Advanced Food Systems and Resource Management
Taught every Spring and Summer (online), beginning 2021
*Average 4.85/5 Rating “Excellent Teacher”, 4.6/5 Rating “Excellent Course”***

NTR 201 Healthy People, Healthy Planet
New course developed & taught Spring 2022 (in-person)
*Average 4.7/5 Rating “Excellent Teacher”, 4.8/5 Rating “Excellent Course”***

NTR 320 Nutrition and the Consumer
Taught beginning Spring 2023 (online)

**For more teaching details, visit my teaching portfolio: <https://taraharman.weebly.com/>

Guest Lecturer, Honors College, UAB
HC 119-2B Taste and See: The Spirituality of Food February 3, 2022
Guest lecture on ‘Food as Health’ for Honors College course.

Teaching Assistant, School of Public Health, The University of Alabama at Birmingham
PUH 856 Next Steps Orientation (online) Summer 2020
Course Master: Ela Austin, PhD

Responded to incoming Public Health students' discussion post questions to help orient new students to graduate programs.

PUH 204 Social and Behavioral Determinants of Health (in-person) Fall 2018, 2019;
Instructor: Greg Pavela, PhD Spring 2020

Class Size: 72, 61, 56; required undergraduate course

Provided assistance to students within and outside of class in completing assignments, including a two-part intervention development project. Graded all assignments and tests. Led Fall 2018 Week 11 lecture for 50-minute class, "Theory and Employee Wellness Programs."

PUH 499 Special Topics in Obesity Research (in-person) Spring 2019

Instructor: Kevin Fontaine, PhD

Class Size: 37; upper-level undergraduate elective course

Created and led weekly in-class activities, grading in-class presentations and quizzes. Scheduled guest speakers for the course and assisted with lecture as needed. Led Week 4 lecture for 2.5 hour class, "Attitudes and Biases."

Graduate Assistant (Teaching), East Carolina University, Greenville, NC

NUTR 3104 Advanced Vitamins and Minerals Spring 2013

NUTR 4313 Medical Nutrition Therapy II Spring 2013

NUTR 4312 Medical Nutrition Therapy I Fall 2012, Summer 2013

Instructor: Brenda Bertrand, PhD, RDN

Primary responsibility of grading assignments, quizzes, and tests. Summer 2013 developed NUTR 4312 course material to align with a leadership grant.

**The University of Alabama at Birmingham was recognized as the top (#1) young University in the United States by Times Higher Ed for two consecutive years, 2017-2018 and 2018-2019.*

OTHER PROFESSIONAL APPOINTMENTS

Department of Nutrition Sciences, The University of Alabama at Birmingham, Birmingham, AL

Dietetics Practice Coordinator May 2019- December 2021

- Managed all aspects of the ACEND-accredited internship programs, including a Dietetic Internship and distance-accredited Coordinated Program in Dietetics.
- Coordinate internship schedules for an average of 50-60 students annually, including local (Alabama) and distance students.
- Correspond and provide training to preceptors, provide support to students, and maintain administrative requirements of internship programs (e.g. schedule management, contracts, preceptor forms, accreditation documents, etc.)

Program Manager, Education Mission May 2017- April 2019

- Provided administrative support for the five education programs—postdoctoral education, PhD program, five tracks of a MS in Nutrition Sciences (including two ACEND accredited programs), and an undergraduate minor.
- Served on planning committee for development of an undergraduate degree in nutrition (program started Fall 2021).

- Grew enrollment in newly developed MS in Nutrition Sciences tracks from 8 to 46 graduate students through recruitment and advising efforts.
- Served as Academic Advisor for up to 30 MS-degree seeking students at once. Served as Academic Advisor 2017-2022 (until all advisees conferred degrees).

Life Time Athletic – The Healthy Way of Life Company, Reston, VA

Nutrition Program Coordinator 2015- 2017

- Managed budget and team of nutrition coaches and Registered Dietitians.
- Led weekly educational meetings with the Personal Training staff.
- Maintained all Registered Dietitian Nutritionist responsibilities (mentioned below).

Registered Dietitian Nutritionist 2014- 2017

- Utilized the Nutrition Care Process to complete personalized nutrition education sessions with an average of 20 individual clients weekly.
- Appointments included nutrient analysis, nutrition education, meal planning, and goal setting that incorporated methods of evaluating progress to goals.

Delaware Department of Education, Newark, DE

2014

Consultant, Summer Food Service Programs (SFSP) / Child Nutrition Programs

- Monitored SFSP sponsor sites throughout Delaware for nutrient composition and other protocol within compliance of the USDA's Food and Nutrition Services.
- Managed Administrative Reviews for SFSP sponsoring sites by auditing all program records for compliance with federal (USDA) and state (DE) SFSP regulations. This included analyzing all recipes, cycle menus, SFSP meal patterns, purchase orders and receipts, child attendance logs, and sanitation practices.

Dietetic Internship, East Carolina University (ECU), Greenville, NC

2013- 2014

- Community Supervised Practice: ECU Campus Nutrition
- Clinical Supervised Practice: Lenoir Rhyne Memorial Hospital (LRMH)
- Foodservice Supervised Practice: ECU Campus Dining & LRMH Clinical Foodservice
- Management Supervised Practice: Eastern N.C. Department of Corrections

Vidant Community Benefits Grant

Grant Program Co-Coordinator, Snack Rx Grant, Pitt County, NC 2012- 2014

- Founded an award winning* "Snack Rx" program at local Boys & Girls Clubs utilizing funding from the Vidant Health Community Benefits Grant.
- Funding provided daily healthy snacks, nutrition education, and a garden club to children ages 6-18.
- Awarded grant extension and expanded to two additional locations during second year. This involved grant writing, managing a larger budget, overseeing three additional paid staff members, and up to 50 student volunteers.
- *Snack Rx Awarded the 2013 North Carolina Area Council Award for Program Excellence in Health and Life Skills through the Boys & Girls Clubs of Pitt County.*

Graduate Assistant, East Carolina University, Greenville, NC

2012- 2013

- Provided academic, administrative, and research assistance to faculty.
- Supported the development and implementation of advanced undergraduate clinical nutrition coursework (NUTR 3104, 4312, 4313).

AmeriCorps VISTA (Volunteer in Service to America), Anti-Hunger and Opportunity Corps 2012
Food Research & Action Center, Washington, DC | Maryland Hunger Solutions, Baltimore, MD

- Created and monitored an innovative SFSP “Mobile Meals” project that supported feeding a nutritious lunch to 200-400 children daily with limited means of transportation. This project was the first of its kind in this eastern portion of the United States and was emulated by other states following its proven success.

TEACHING CERTIFICATIONS

Teaching Associate Certificate, Center for Integration of Research, Teaching, & Learning (CIRTL),
University of Alabama at Birmingham Summer 2021

Quality Matters (QM)[™] Certification November 2019

Quality Matters aims to certify quality in online or hybrid courses through use of a QM Rubric developed based on academic research and best practices for course design to promote learner engagement. The QM Certificate teaches use of all components of the rubric and preparation for peer-review of courses to assure QM quality.

CTL Gold Certificate, UAB Center for Teaching and Learning (CTL)

Teaching Foundations Series (by. Dr. Tino Unlap) Fall 2019

Comprised of ten workshops developed for faculty success.

Advising as Teaching Series 2021

Designed to support alignment between academic advising practice and students’ overall education to support student growth and development.

PUBLICATIONS

PEER-REVIEWED

1. Stowers, L., **Harman, T.**, Pavela, G., Fernandez, J.; (2022) *The Impact of Food Security Status on Body Composition Changes in Collegiate Football Players*. Int J Sports Exec Med. 8(5): 1-8. In Press. DOI: 10.23937/2469-5718/1510238
2. Lappan, S., **Harman, T.**, Pavela, G., Hendricks, P.; (2022). *Relationship Between Food Security Status in a Caregiver’s Family and Current Feeding Practices among Low-Income, Single, Female Primary Caregivers*. Family & Community Health. 45(4): 257-266.
3. **Harman, T.**, Bertrand, B., Greer, A., Pettus, A., Jennings, J., Babatunde, O., Wall-Bassett, E.; (2015). *Case-based Learning Facilitates Critical Thinking in Undergraduate Nutrition Education: Students Describe the ‘Big Picture’*. JAND, 115(3):378-88. doi: 10.1016/j.jand.2014.09.003. **Cited by 76**
4. Bertrand, B., Pryor, J., Brinkley, J., Babatunde, O., **Harman, T.**; (2013). *Dietitian Sex Differences Toward Adult Weight Loss Counseling*. Health Care, 1(3), 104-111. doi: 10.12966/hc.11.09.2013

TEXT PUBLICATIONS

1. Pavela, G; **Harman, T**; Cardel, MI; Lee, A; (2019) Obesity and Socioeconomic Status. In: Meiselman H. (eds) Handbook of Eating and Drinking. Springer, Cham

ORCID iD: <https://orcid.org/0000-0001-8342-6418>

ACADEMIC POSTERS & PRESENTATIONS

NATIONAL CONFERENCES:

The Future of Food Safety: Everyone Has a Seat at the Table *forthcoming*, March 2023
Partnership for Food Safety Annual Conference, Arlington VA

Poster Title: *Integrating Food Safety Education into RDN Food Science and Menu Planning Curriculum*

Author Block: **Kelly, T.**

ObesityWeek®, The Obesity Society, San Diego CA November 2022

Poster Title: *The effect of food security, psychological well-being, and stress on BMI and diet-related behaviors among a multiethnic sample of college students*

Author Block: Cedillo, Y., **Harman, T.**, Davis, E., Durham, L., Smith, D. L., Fernández, J. R.

Food & Nutrition Conference & Expo (virtual) October 19, 2021

Poster Title: *Increasing Healthy Food Selection in a Campus Food Pantry through Redesign and Nutrition Education Nudges*

Author Block: **Harman, T.**, Pavela, G.

American Public Health Association Annual Meeting and Expo, Denver CO October 27, 2021

Oral Presentation Title: *Food insecurity is a modifiable risk factor for slow gait speed in older US adults*

Author Block: Riddle, R., **Harman, T.**, Pavela, G.

American Public Health Association Annual Meeting and Expo (virtual) October 2020

Poster Title: *Food insecurity and obesity in older adults*

Session Title: Nutrition and Aging/ Food Insecurity

Author Block: **Harman, T.**, Pavela, G.

Food & Nutrition Conference & Expo (FNCE), Houston TX October 2013

Title: *Student Perspectives of [Case Based Learning](#) in Undergraduate Nutrition Courses*

Author Block: Bertrand, B., **Harman, T.**, Greer, A., Wall-Bassett, E., Pettus, A.

Poster Title: [Snack Rx](#) – *Helping Boys and Girls Club Participants “Think Smart” and “Stay Strong” and Promoting Professional Skills Development for Undergraduate Dietetics Students*

Author Block: Bertrand, B., Kroeger, E., **Harman, T.**, Hallatt, T., Kruse, K., Harris, N.

REGIONAL CONFERENCES:

American College of Sports Medicine Annual Meeting February 2022

Southeast Regional Meeting, Greenville SC

Poster Title: *Food Insecurity Among College Student Athletes in the Southeast*

Author Block: Chimera, L., Dellana, J., Farris, A., Wentz, L., **Harman, T.**, Dommel, A.,

Rushing, K., Stowers, L., Behrens Jr., C. E.

Poster Title: *The Impact of Sexual Orientation on Food Insecurity Among Division 1 Student Athletes* | [Link to view](#)

Author Block: Dellana, J., Chimera, L., Farris, A., Nunnery, D., **Harman, T.**, Dommel, A., Rushing, K., Stowers, L., Behrens Jr., C. E.

UA System Behavioral Health Research Symposium, Birmingham AL October 2019

Poster Title: *Food and Nutrition Insecurity Among Postsecondary Students: Measuring Severity and Intervening with Nutrition Education*

Author Block: **Harman, T.**, Stowers, L., Pavela, G.

LOCAL CONFERENCES:

School of Public Health Research Day, Birmingham AL April 7, 2022

Poster Title: *The Association Between Food Insecurity and Gait Speed in Community Dwelling Older Adults*

Author Block: Riddle, R., **Harman, T.**, Pavela, G.

Awarded 1st Place, Doctoral Student Category

Educational Research & Innovations in Clinical & Health Sciences (ENRICH) September 2021

Healthcare Educators Academy, UAB School of Medicine, Birmingham AL

Poster Title: *Interactive Educational Videos at UAB: Associations with Objective and Student-Reported Engagement* | [Link to view](#)

Author Block: Pavela, G., **Harman, T.**, Chambliss, J.

Top-scoring poster abstract at the UAB Health Educator's Academy

School of Public Health Research Day, Birmingham, AL April 2019

Poster Title: *Food Insecurity Among Student Users of an On-Campus Food Pantry: Survey Results and Implementation of USDA MyPlate Program*

Author Block: **Harman, T.**, Kwak, G., Qian, Z., Austin, E., Pavela, G.

Awarded 3rd Place, Doctoral Student Category

East Carolina University, Greenville, NC

ARAMARK/ECU Campus Dining 2012- 2013

ECU Guide to Managing Food Allergies, [online publication](#)

Student-Learning Assessment Day Poster, Department of Nutrition Science 2012

RESEARCH ACTIVITY (OTHER)

SHP Undergraduate Research Honors Mentor 2020- 2021

- Led an undergraduate research honors team project for three semesters along with two Department of Nutrition Sciences colleagues. The undergraduate students conducted a quality improvement study on a local charter schools' meals served.
- Results presented at the UAB Undergraduate Research Expo three consecutive semesters (Fall 2020, Spring 2021, Fall 2021).

Qualitative Data Analyst Spring 2019

Dissertation: *An Exploratory Phenomenological Study to Investigate the Necessity of an Athlete-Specific Bystander Intervention Program*

Student: Alexander Hoffman, PhD, MA; Ph.D. in Health Education/ Health Promotion,
UAB School of Education

Co-Author and Grant Coordinator, Snack Rx Grant (\$25,000) 2012-2014
Vidant Community Benefit Grants Program, Boys & Girls Clubs of Pitt County, NC

- Coordinated operational activities of the Snack Rx Grant, including weekly menu planning, recipe development, volunteer assignments, and educational materials. Developed sustainable cycle menu for after school snacks.

Research Mentor, Undergraduate Research/Creative Activity Award Project 2012- 2013
Topic: *Hispanic Acculturation and Dietary Habits Study*

PI: Kimberly Opsal, undergraduate Nutrition & Dietetics student

Faculty Mentor: Brenda Bertrand, PhD, RDN

- Trained PI in qualitative research methods, including interviewing skills, transcription, photo reflexivity, research logs, data analysis, and reporting.
- Trained a team of four undergraduate students on qualitative analysis and coding then oversaw this team's research coding processes.

Research Mentor, Undergraduate Independent Study Project 2013
NTR 3501 Nutrition Research Methods Lab

- Facilitated qualitative research experiences and provided all training and supervision for undergraduate dietetics student, including fieldwork and observations, qualitative coding, and review of literature.

Research Assistant, East-West Collaboration Program Grant 2013
Topics: Sickle Cell Disease (SCD) Study

PI: Brenda Bertrand, PhD, RDN

Graduate Student: Amanda West, MS in Nutrition student

- Assisted in review of literature and the development of research presentation.

MEDIA & PUBLIC ENGAGEMENT

Junior League of Birmingham (JLB), Member Health Presentation October 4, 2022
Title: Achieving Health Through Intuitive Eating Practices
Over 100 JLB members present

UAB Alumni Society "The Science of" Series August 10, 2021
Title: [The Science of Hunger](#)
[Mind over matter? Recognizing your hunger cues](#), UAB News You Can Use

Employee Wellness Presentations & Publications

4 nutrition tips for American Heart Month, [UAB article](#) February 2022
UAB School of Health Professions Staff Council November 19, 2021

Title: Make Your Holidays MERRY: 5 Tips for Enjoying a Healthier Holiday Season

Viva Health, Inc. *A Member of the UAB Health System* July 27, 2021

Title: The Everyday Nutrition Pro: Create Habits for a Lifetime of Healthy Eating

UAB Employee Wellness, Birmingham, AL August 2020

Title: Meet the UAB RD: Wellness and Work	
Co-presentation with UAB Employee Wellness RD, Riley Thornton, RDN, LDN	
PJ Corporation, Birmingham, AL	August 2019
Title: Healthy Habits for a Healthy Workplace	
Specialized Carriers and Rigging Association, Reston, VA	April 2017
Podcast Recordings	
UAB School of Public Health " Population Health Plug In "	March 2021
Television News Segments	
Budget Grocery Shopping, ABC 33/40 , Birmingham, AL	2020
Making the Most of Your Groceries , UAB News You Can Use	
Healthy Holiday Party Pro, WBRC FOX 6 , Birmingham, AL	2019
5 Ways to Be a Healthy Holiday Party Pro , UAB News You Can Use	
Healthy Breakfast Options, Fox 5 DC , Washington, DC	2015
National Burger Month, Good Morning Washington , Washington, DC	2015
Snack Rx Grant Program Promotion, WITN Morning News, Greenville, NC	2012
Philanthropy-Based Presentations	
Alpha Gamma Delta Philanthropy Presentation	September 2020
Topic: Food Insecurity Among College Students	
Nutrition Lessons for Veterans, UAB Lakeshore Research Collaborative	May 2019
Summer Health Professions Education Program (SHPEP) Guest Presenter	June 2019
Food Stylist & Vegan Recipe Sampler, Vegan Cookbook Development, Physicians Committee for Responsible Medicine, Bethesda, MD	2017

AWARDS & HONORS

Sonny Callahan Student Scholars Program Scholarship, UAB School of Public Health	Fall 2021
\$2,000 scholarship awarded	
The University of Alabama at Birmingham, Birmingham, AL	
Omicron Delta Kappa National Leadership Honor Society	Invited 2022
The Society for Collegiate Leadership & Achievement	Invited 2022
Golden Key International Honors Society	Invited 2021
The Honor Society of Phi Kappa Phi, Member #12626387	Inducted 2019

UNIVERSITY SERVICE

The University of Alabama at Birmingham (UAB)	
UAB Coalition of Basic Needs	2020- Present
Blazer Kitchen Advisory Committee, UAB Benevolent Fund	2018- Present
School of Health Professions (SHP), UAB	
Academic Affairs Committee	2021- 2022
Homecoming Committee Member	2017- 2019

Graduation Volunteer	2017- 2019
HOSA Day Volunteer	2018- 2019
Habitat for Humanity Build Volunteer, Benevolent Fund	2017

Department of Nutrition Sciences, SHP, UAB

Communications & Collaboration Innovation Team (C2IT)	2019- Present
Highlighted Event: Poster Expo & Lightening Talks with the Departments of Nutrition Sciences and Health Services Administration within UAB SHP. Event featured seven lightening presentations, 30 interdisciplinary research posters, and 70 logged attendees.	
Founder and Faculty Advisor, Nutrition Sciences Club	2019- Present
Clinical Track/ Dietetic Internship	
Advisory & Scholarship Selection Committees	2018- 2021
Dietitian Education Program Advisory Committee	2017- 2020

School of Public Health (SOPH), UAB

Graduate Curriculum Committee PhD Student Liaison	2021- 2022
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PROFESSIONAL AFFILIATIONS & SERVICE

BAC Fighter Ambassador, Partnership for Food Safety Education	2022- Present
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Special Dietary Needs Consultant, Volunteer Organizations Active in Disaster (COVID-19 Response), Jefferson County Unified Command Feeding Branch	2020- 2021
Facilitated student creation of low-budget meals to share with community members: https://www.uab.edu/shp/nutritiontrends/recipes-food-facts/3-day-meal-plans	

Active Member, Academy of Nutrition and Dietetics	2013- Present
Nutrition and Dietetic Educators and Preceptors	2017- Present
Alabama Dietetic Association	2017- Present
Birmingham District Dietetic Association	2017- 2022
Thirty and Under in Dietetics	2015- 2020

Student Member, American Public Health Association	2020- 2021
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Chi Omega Fraternity, Rho Zeta Chapter, East Carolina University

Alumna Member	2012- Present
Active Member	2008-2012
Facilities Manager, Personnel Chair, Intramural Chair	2009, 2010, 2011