

Kelsey D. Gardiner
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Education

University of Kansas, Lawrence, KS

- Doctor of Philosophy, Health Education & Exercise Psychology May, 2022
- Master of Science, Health Education & Exercise Psychology December, 2018
- University of Kansas– Community Health B.S.E May, 2013

Professional Experience

- *University of Missouri Kansas City, Department of Nursing and Health Studies, Kansas City, MO* January 2022-Current
 - Assistant Teaching Professor
- *Nourish Training LLC, Shawnee, KS* June 2015 – Current
 - Owner & operator, Health Coach, Personal Trainer.
- *K-State Research and Extension Office, Lawrence, KS* March 2020 – January 2022
 - Youth Futures Coordinator
- *WellSpring School of Allied Health, Kansas City, MO* November 2019 – January 2021
 - Adjunct Faculty
- *University of Kansas, Health Sport & Exercise Science Department Lawrence, KS* August 2017 – December 2021
 - Graduate Teaching Assistant
- *Minnetonka Public Schools, Minnetonka, MN* May 2018 – August 2018
 - Strength & Conditioning Coach
- *K-State Research and Extension* January 2018 – May 2018
 - Community Coordinator/ Independent Researcher
- *University of Kansas, Watkins Health Center, Lawrence, KS* August 2013 – June 2017
 - Health Educator (Nutrition & Fitness, Stress Management, Tobacco)
- *Harvesters-Community Food Network, Topeka, KS* June 2013 – August 2013
 - Nutrition Services Coordinator
- *Energy Balance Lab, University of Kansas Medical Center, Kansas City, KS* January 2013 – May 2013
 - Undergraduate Research Assistant

Professional Certificates

- University of Kansas- Graduate Certificate in Health Psychology
- American Council on Exercise- Certified Personal Trainer
- American Council on Exercise- Fitness Nutrition Specialist
- American Council on Exercise- Health Coach
- American Heart Association- Heart Saver CPR/AED Instructor
- National Council for Behavioral Health- Mental Health First Aid USA
- National Association of Student Personnel Administrators- Certified Peer Educator

Honors & Awards

- 2021 Capitol Research Summit- 2nd place awardee
- 2020 3Minute Thesis competition Finalist
- 2020 KU Endowment Traditions of Excellence Award
- 2019 School of Education Thesis of the Year
- 2019 Sustainability Leadership Award
- 2013 University of Kansas Senior Leadership award
- 2012 KAHPERD Undergraduate Major Student of the Year award

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- 2012 Dean's Leadership Team member

Grants & Scholarships (Funded)

- 2021 KU Graduate Summer Research Scholarship, Graduate Studies, University of Kansas (\$6,000)
- 2021 Wayne Osness Outstanding Doctoral Student Award, Health Sport and Exercise Science Department (\$1200)
- 2021 Helen M. Boman Pusey Scholarship, School of Education Recognition scholarship (\$2000)
- 2020 Helen M. Boman Pusey Scholarship, School of Education Recognition scholarship (\$1229)
- 2020 LiveWell Douglas County Pathways to a Healthy Kansas Grant, Blue Cross Shield of Kansas (\$200,000)
- 2020 Increasing Food Security and Access to Healthy Food for Douglas County Children and Youth, Douglas County Community Foundation LiveWell Grant (\$10,000)
- 2019 Summer Research Scholarship, Graduate Studies, University of Kansas (\$5,000)
- 2018 Stock Healthy Shop Healthy: Healthy Corner Store Initiative, Douglas County Community Foundation LiveWell Grant (\$9,000)

Professional Presentations

1. Rodman, C., Chrisman, M., Gremaud, A., Gardiner, K., Cullers, A., Weber, E., Missouri Council for Activity and Nutrition (Producer). (2023). *Food insecurity and SNAP among college students in Missouri* [webinar].
2. Gardiner, K., Chrisman, M., Cullers, A., Gremaud, A., Rodman, C., The SNAP for U Study: Using a formative approach to inform a SNAP intervention targeting Midwestern college students. American Society of Nutrition. Boston, MA. (2023)
3. Rodman, C., Gremaud, A., Cullers, A., Chrisman, M., Gardiner, K., Expanding efforts to increase equitable SNAP utilization to college students. National Health Outreach Conference. Ithaca, NY (2023)
4. Andrea Cullers, Matthew Chrisman, Candace Rodman, Allene Gremaud, Gil Salgado & Kelsey Gardiner. Food Insecurity and SNAP Knowledge in Missouri College Students. *2023 Missouri Academy of Nutrition & Dietetics (MOAND) Annual Conference*. Kansas City, MO. (2023)
5. Rodman, C., Gremaud, A., Salgado, G., Cullers, A., Chrisman, M., Gardiner, K., SNAP for U: Exploring food insecurity and SNAP participation among Missouri college students. *2022 Extension & Engagement Week*, Missouri Systems. Columbia, MO. (2022)
6. Cullers, A., Chrisman, M., Rodman, C., Gremaud, A., Salgado, G., Gardiner, K., Food Insecurity and SNAP Awareness in Missouri College Students. *Food and Nutrition Conference and Expo*, Academy of Nutrition and Dietetics. Orlando, FL. (2022).
7. Fortin, K., Harvey, S., Nicholson, L., Understanding the Impact of a University Emergency Aid Program During COVID-19. NASPA Strategies Conference. Boston, MA. (2022)
8. The Hunger and Health. *Capital Graduate Research Summit competition*, Topeka, KS. Virtual. (2021)
9. The Hunger and Health Cycle. *KU 3 Minute Thesis Competition*, Lawrence, KS. Virtual. (2020)
10. Hunger and Health: What is the Acceptability and Approach of Health Coaching in the Food Pantry Environment? *International Conference on Health and Wellness Coaching 2020*. New York, NY. Virtual. (2020)
11. The college student food pyramid. *KU 3 Minute Thesis Competition*, Lawrence, KS. (2019)
12. The KU experience with food insecurity- *KU Professionals for Inclusion and Social Justice Graduate Student Research*. Lawrence, KS. (2019)
13. Hidden Hunger- Understanding the complexities of the college student experience with Food Insecurity *Universities Fighting World Hunger*. Portland, ME. (2019)
14. Health Behaviors and Barriers to Healthy Eating and P.A. Among Food Pantry Users. *American Society for Nutrition*. Boston, MA. (2018)
15. Hunger and college students across Kansas. *Kansas Conference on Poverty*. Topeka, KS. (2016)

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16. So you think you can plan a program? Program Planning and Implementation. *National Intramural and Recreational Sports Association*. Lawrence, KS. (2016)
17. Campus Food Pantry initiative- Building Sustaining Programs. *Kansas Hunger Dialogs*. Wichita, KS. (2015)

Professional Presentations in Review & Preparation

1. **Chrisman, M. S., Cullers, A., Rodman, C. B., Gremaud, A. L., Salgado, G., & Gardiner, K. D. (2023).** SNAP for U: Food insecurity and SNAP use among higher education students, including differences by institution type. *Journal of American College Health*. (**Under Review-R&R**).
2. **Chrisman, M. S., Cullers, A., Rodman, C. B., Gremaud, A. L., Salgado, G., & Gardiner, K. D. (2023).** It's part of the college experience': A qualitative focus group assessment of college students' food insecurity in the Midwest. *Journal of Nutrition Education and Behavior*. (**Under Review**).

Publications

1. **Fortin K., Harvey S., Swearingen White S.** (2020). Hidden Hunger: Understanding the complexity of food insecurity among college students. *Journal of the American College of Nutrition*. DOI 10.1080/07315724.2020.1754304. <https://doi.org/10.1080/07315724.2020.1754304> .
2. **Fortin, K.; Harvey, S.** (2021). Hunger and Health: Taking a Formative Approach to Build a Health Intervention Focused on Nutrition and Physical Activity Needs as Perceived by Stakeholders. *Nutrients* 2021, 13, 1584. <https://doi.org/10.3390/nu13051584>.
3. **Lightner, J. S., McKinney, L., Hoppe, K., Ziegler, N., Gardiner, K., Clardy, S., Prochnow, T., & Collie-Akers, V.** (2022). Community health improvement plan: Study protocol for Kansas City's intervention and implementation evaluation. *Public Health in Practice*, 4, 100340. <https://doi.org/https://doi.org/10.1016/j.puhip.2022.100340>
4. **Harvey, S., Fortin, K., Jo, S., Holden, K. Kapukotuwa, M.,** (2022) COVID-19 Communications: Understanding the College Student Experience and Response to On-campus COVID-19 Public Health Messaging. *J Public Health Dis Prev* 5: 103. <http://article.scholarena.com/COVID-19-Communications-Understanding-the-College.pdf>
5. **Lightner, J.S., Ziegler, N., Fortin, K., Collie-Akers, V.** (2023). Community health improvement plans and physical activity implementation strategies: findings from a cross-sectional survey of US local health departments. *Journal of Public Health Management and Practice*. 29(2):120-127. Doi: 10.1097/PHH.0000000000001696.

Publications in Review & Preparation

1. Matthew Chrisman, Andrea Cullers, Candace Rodman, Allene Gremaud, Gil Salgado, Kelsey Gardiner. SNAP for U: Food insecurity and SNAP use among higher education students, including differences by institution type. *American Journal of Health Promotion*. **UNDER REVIEW**
2. Joseph S. Lightner, PhD, MPH, Nancy Ziegler, BSPH, Kelsey Fortin, PhD, Vicki Collie-Akers, PhD. Community Health Improvement Plans and Physical Activity Implementation Strategies: Findings from a Cross-Sectional Survey of US Local Health Departments. *Journal of Public Health Management and Practice*. **UNDER REVIEW**
3. Joseph S. Lightner PhD, MPH, Lana McKinney, Kate Hoppe MPH, Nancy Ziegler BSPH, Kelsey Gardiner PhD, Scott Clardy, Tyler Prochnow PhD, Vicki Collie-Akers PhD, MPH. Community Health Improvement Plan: Study protocol for Kansas City's intervention and implementation evaluation. *Journal of Public Health Practice*. **UNDER REVIEW**
4. **Fortin, K., Jo, S., Holden, K. Kapukotuwa, M., Harvey, S.** COVID-19 Communications: Students' Responses to a Midwestern University's COVID-19 Public Health and Safety Messaging. Under review- the *Journal of American College Health*. **UNDER REVIEW**
5. **Harvey S., Frey B., Fortin K.** Perceptions of Food Insecurity and Food Waste Among College students. Planned Submission to the *Journal of Nutrition Education and Behavior*.

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6. **Fortin, K., Harvey, S., Stevens, H.** State of Emergency: Understanding the utilization and impact of a university emergency aid programs during COVID-19. Planned submission to the Journal of Student Affairs Research and Practice.

Teaching Experience

- *University of Missouri Kansas City*
 - Personal Wellness (S22, F22, S23)
 - Ethics and Policy of Public Health Promotion (S22, F22, S23)
 - Health Aspects of Aging (SM22, S23)
- *University of Kansas*
 - Women's Strength Training (S21)
 - Program Planning in Community Health (S20, S21)
 - Yoga (S20, SM20)
 - Internship Seminar (F19, S20, F20, S21, F21)
 - Internship Experience (S18, F18, S19, F19, S20, F20, F21)
 - Peer Health Education (F18, F19, F20, F21)
 - Individual & Dual Sports (S18, S19)
 - Team Sports (F17, F18, F19)
 - Indoor Soccer (S18)
 - 10K & Marathon Training (F17)
- *WellSpring School of Allied Health*
 - Introduction to Nutrition (F19)
 - Introduction to Health Coaching (S20)
- *Guest Lecturers*
 - **Hamilton College- WMGST 323: Gender, Health, and Technology.** Food Insecurity as a Social Determinant of Health. (S22)
 - **Lawrence Free state Highschool- AVID enrichment.** Stress management, College and career preparation, Cultural competency, SAT/ACT prep, Smart Study Skills (F20, S21, F21)
 - **University of Kansas- WGSS 333: Politics of Physical Appearance.** Female body image and the Role of Health Professionals (F18)
 - **University of Kansas- UNIV 101.** The Eight Dimensions of Wellness (F17, S17, SU17)
 - **University of Kansas- UNIV 102.** Stress Management (F17, S17, SU17)

Student Mentoring

- 2023 Olivia Sours, UMKC, Search Grant
- 2023 Mattea Brooks, UMKC, MOCAN, Food Systems workgroup research project.
- 2022 Layni Ebers, UMKC, Honor Credit HLSC 440 Policy and Ethics in Public Health
- 2022 Abby Loch, UMKC, Honor Credit HLSC 110 Personal Wellness
- 2022 Raham Mohamed, UMKC, Honor Credit HLSC 110 Personal Wellness
- 2021 Julia Huber, HSES, Community Health Researcher Assistant
- 2021 Jaden Silva, HSES, Community Health Intern
- 2020 Harper Stevens, HSES, Community Health Intern
- 2020 Kelly Hall, ABSC, Community Health Intern
- 2019 Kali Richardson, HSES, Community Health Intern
- 2017 Amanda Owsley, HSES, Community Health Intern
- 2017 Mariam Ali, Peer Health Educator, Watkins Health Center
- 2016 Anthonio Humphrey, Peer Health Educator, Watkins Health Center
- 2016 Jacob Mertins, HSES, Community Health Intern

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- 2015 Alyssa Rodriguez, Peer Health Educator, Watkins Health Center
- 2015 Maria Sanchez, Peer Health Educator, Watkins Health Center
- 2015 Yash Patel, Peer Health Educator, Watkins Health Center

Professional Memberships

- Universities Fighting World Hunger (UFWH)
- American Council on Exercise (ACE)
- National Council for Behavioral Health (NCBH)
- American Society for Nutrition (ASN)
- Society for Public Health Education (SOPHE)
- American Public Health Association (APH)
- Academy of Nutrition and Dietetics (AND)
- National Association of Student Personnel Administrators (NASPA)

Service

- 2023-Co-Chair-Missouri Council for Activity and Nutrition (MOCAN)- Food Systems Workgroup- State of Missouri
- 2022-Member- Community Health Improvement Plan (CHIP) Committee- State of Missouri
- 2022-Member-Missouri Council for Activity and Nutrition (MOCAN)- Food Systems Workgroup- State of Missouri
- 2022-Honors Council Member- University of Missouri Kansas City- School of Nursing and Health Studies
- 2022-Food Insecurity Committee Member - University of Missouri Kansas City
- 2022- Early Career Leadership Position-Community and Public Health Nutrition Research Interest Section- American Society of Nutrition (ASN)
- 2022-Facilitator- Future Roo Days- Solutions Seminar
- 2021- Student Representative Leadership position-Community and Public Health Nutrition Research Interest Section- American Society of Nutrition (ASN)
- 2020- KU Food For Jayhawks- Supplemental Nutrition Assistance Program-Action Team Chair
- 2020- KU Student Health Advisory Board- Health Insurance Committee
- 2020- KU Graduate Student Advisory Board
- 2021- LiveWell Douglas County Leadership Team
- 2020 KU Community Health Faculty Search Committee
- 2020 Live Well Lawrence- Healthy Food for All Chair
- 2020 Food insecurity Presentation for K-State Research and Extension Master Food Volunteers
- 2019 KU Food insecurity Presentation. KU Pre-Orientation Sessions.
- 2017 KU Fights Hunger Presentation. KU Advising Summit.
- 2017-2020 LiveWell Lawrence Leadership Team member
- 2017-2020 KU Annual food Drive Health Sport Exercise Science Representative
- 2017- 2021 KU Campus Sustainability committee
- 2017-2021 KU Food for Jayhawks Committee
- 2017 KU Student Affairs Food Security Chair
- 2017 Live Well Lawrence- Healthy Food for All Chair
- 2015-2017 Breathe Easy at KU Student Group Advisor
- 2015-2017 KU Crops to Campus CSA Committee
- 2014-2017 KU Faculty Staff Wellness Committee
- 2012 Founder and president, Community Health Outreach Program

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