

Curriculum Vitae

Rachel L. Schichtl, PhD, RDN,CFCS,FAND

E-mail: rschichtl@uca.edu

ACADEMIC TRAINING

<i>Ph.D.</i> Family and Consumer Sciences Education	Texas Tech University Lubbock, TX	August 2015- August 2020
--	--------------------------------------	--------------------------

Dissertation: Examining the presence of empathy in college students as it relates to food insecurity.

<i>Graduate Certificate</i> Youth Development	Texas Tech University Lubbock, TX	August 2015- May 2018
--	--------------------------------------	-----------------------

<i>Dietetic Internship</i> Nutrition	University of Central Arkansas Conway, AR	May 2008 – August 2009
---	--	------------------------

<i>Master of Science</i> Nutrition	University of Central Arkansas Conway, AR	August 2005 – December 2007
---------------------------------------	--	-----------------------------

<i>Bachelor of Science</i> Nutrition	University of Central Arkansas Conway, AR	August 2001- May 2005
---	--	-----------------------

RESEARCH ACTIVITIES AND PROFESSIONAL EXPERIENCE

University of Central Arkansas
August 2014 - Present

Assistant Professor/Didactic Program Dietetics Director

- Didactic Program Director

Responsible for conducting ongoing program assessment of the Didactic Program in Dietetics (DPD)

- Supervise the collection and analysis of data to support program assessment plan
- Responsible for overseeing 7 full time and 3 adjunct faculty
- Conducts on ongoing program assessment of DPD and student learning outcomes
- Jointly chairs the Dietetics Advisory Committee with the Dietetic Internship Director
- Maintains recruitment and retention data
- Responsible for providing eligible students a Verification Statement, processes applications for the Dietetic Technician Registered Examination

- Assistant Professor

Responsible for a variety of classes including Medical Nutrition Therapy 1 and 2, Senior Seminar and Community Nutrition.

- Mixture of undergraduate and graduate students
- Educate future dietetic professionals on Scope of practice, public policy, medical terminology, Nutrition Care Process and the Medical Nutrition Therapy for a variety of disease states, Food safety, Sanitation, Menu and recipe writing and a variety of other topics as review in the Senior Seminar Class
- Development of exams, projects, quizzes and assignments
- Create activities, assignments and announcements on BlackBoard

- Responsible for advising Nutrition Majors as well as Post Bac students
- Developed new undergraduate course for FACS – FACS 4V30 Women in Poverty
- Developed new graduate course for FACS- FACS 5V30- History and Philosophy of the Profession
- Converted NUTR 3350 Community Nutrition into a Service-Learning Course

University of Central Arkansas**January 2014 - May 2014*****Adjunct Instructor***

- Nutrition Instructor

Responsible for the classes Medical Nutrition Therapy 1 and 2.

- Mixture of undergraduate and graduate students
- Educate future dietetic professionals on everything from Scope of practice, public policy, medical terminology, Nutrition Care Process and the Medical Nutrition Therapy for a variety of disease states
- Development of exams, quizzes and assignments
- Post activities, assignments and announcements on BlackBoard

University of Arkansas for Medical Sciences (UAMS) – Arkansas Children’s Hospital Research Institute (ACHRI)**July 2012 - June 2014*****Program Administrator***

- Curriculum Development

Responsible for overseeing the editing and distribution of over 50 lesson plans aligned to the Arkansas State Science Frameworks weaving in Math, Literacy, Health and Wellness and Nutrition components.

- Led teacher focus groups, interviewed teachers at various schools and meets with Arkansas Department of Education leaders to ensure current standards were met
- Supervised 3 sub-contractors on areas related to curriculum development, graphic art etc.
- Conducted weekly meetings with teachers and Garden Program Specialists to discuss upcoming lessons.
- Created Fruit and Veggie fact sheets to distribute to schools

- Data Collection

Responsible for all aspects of data collection for the Delta Garden Study and MEDIC study

- Responsible for training incoming staff, interns and part time help on proper procedures for collection data, including surveys, anthropometrics and accelerometry data
- Oversaw the data management, scanning and organization processes for Community Based Participatory Research (CBPR)
- Coordinated with the Arkansas Research Council to obtain data

- Supervision of Staff, Interns and Temporary Help

Responsible for supervising 3 full time staff; 1 Research Associate, 2 Research Analysts,

Responsible for overseeing 10+ student interns per year, mentoring them in nutrition, research and public health

- Conducted training for 10 Dietetic Interns from University of Central Arkansas each year, oversees hours and assignments, completes competency evaluations
- Developed budget for data collection including staff hours, meal reimbursement, lodging etc.
- Supervises interns from other colleges and universities in the fields of nutrition, public health, health administration, education and biology
- Assisted with screenings, pre interviews and interviews of temporary data collector help applicants

September 2009 – June 2012***Research Associate***

- Curriculum Development

Responsible for overseeing the creation and distribution of over 50 lesson plans aligned to the Arkansas State Science Frameworks weaving in Math, Literacy, Health and Wellness and Nutrition components.

- Led teacher focus groups, interview teachers at various schools and meets with Arkansas Department of Education leaders to ensure current standards were met
 - Supervised 3 sub-contractors on areas related to curriculum development, graphic art etc.
 - Supervised creation of lesson plans from start to finish including topic identification, background research, template creation, study guide for students, homework, class assignments, quizzes and all corresponding answer keys
 - Assisted in development and coordination of teacher training prior to school starting, with over 30 teachers present for a 2 ½ day training
 - Developed a Middle School Science pacing guide for the Delta Garden Study based on review of over 7 pacing guides from all over the state
-
- Instrument Development and Testing
Assisted team with development of the Fruit and Vegetable Questionnaire, Knowledge Test and the 24-Hour recall data collection
 - Trained under Dr. Cathy Champagne at Pennington Biomedical Research College in Baton Rouge in 24-hour Recall Collection, then trained staff and interns on the procedure
 - Collected 24 Hour Recalls from over 60 middle school students in pilot year of study
 - Assisted with form creation of the Fruit and Vegetable Questionnaire in regards to serving sizes and groupings
 - Assisted with editing of the Knowledge test which was created based on lesson plan quizzes, made edits based on Item analysis of the questions
 - Assisted with pilot school data collection, including taking height, weight and body fat measurements
-
- Supervision of Staff, Intern and Temporary Help
Responsible for supervising 2 full time staff; 1 Research Associate, 1 Research Analyst
Responsible for overseeing 10+ student interns per year, mentoring them in nutrition, research and public health
 - Conducted training for 10 Dietetic Interns from University of Central Arkansas, oversees hours and assignments
 - Supervised 2 full time staff
 - Developed budget for data collection including staff hours, meal reimbursement, lodging etc.
 - Supervised interns from other colleges and universities in the fields of nutrition, public health, health administration, education and biology
-
- School Recruitment
 - Responsible for recruitment of Intervention and Control schools for study
 - Prepared and presented the opportunity for schools to be involved with the Delta Garden Study to School Boards, Superintendents and Principals across the state
 - Attended and presented at parent meetings, conferences etc. about the Delta Garden Study

CERTIFICATIONS

Certified in Family and Consumer Sciences (CFCS) through American Association of Family and Consumer Sciences (AAFCS)

Registered Dietitian Nutritionist (Commission on Dietetic Registration)

Certificate of Completion in Childhood and Adolescent Weight Management (Commission on Dietetic Registration)

Certified in Human Subject Protection

Certified in Health Insurance Portability and Accountability Act for Research

SELECTED HONORS AND AWARDS

- 2021 Outstanding Dietitian of the Year – Arkansas Academy of Nutrition and Dietetics
- 2021 April- Big Picture Award- Department of Nutrition and Family Sciences
- 2020 Periclean Voter Engagement Fellowship Award
- 2020 Inducted as a Fellow of the Academy of Nutrition and Dietetics
- 2018 Helen DeVitt Jones Part-time Graduate Fellowship- Texas Tech University
- 2018 Family and Consumer Sciences Education Departmental Scholarship- Texas Tech University
- 2017 National Jewell Taylor Graduate Fellowship- American Association of Family and Consumer Sciences
- 2017 Outstanding Dietetic Educator of the Year – Arkansas Academy of Nutrition and Dietetics
- 2017 Helen DeVitt Jones Part-time Graduate Fellowship- Texas Tech University
- 2017 Family and Consumer Sciences Education Departmental Scholarship- Texas Tech University
- 2017 AAFCS Leadership Academy Participant
- 2016 Helen DeVitt Jones Part-time Graduate Fellowship- Texas Tech University
- 2015 Family and Consumer Sciences Education Departmental Scholarship- Texas Tech University
- 2015 Helen DeVitt Jones Part-time Graduate Fellowship- Texas Tech University
- 2013 Young Achiever Award- University of Central Arkansas
- 2005 Grace Phelps DuPree Graduate Scholarship – University of Central Arkansas

PROFESSIONAL DEVELOPMENT AND CONTINUING EDUCATION

- 2021 Food Distribution Research Society, Virtual Conference- Online
- 2021 Association for the Study of Food and Society, Just Food Conference- Online
- 2021 American Association of Family and Consumer Sciences National Conference- Online
- 2021 Nutrition and Dietetic Educators and Preceptors Regional Meeting- Online
- 2021 Arkansas Association of Family and Consumer Sciences Annual Conference- Online
- 2021 Texas/Arkansas/Wyoming Academy of Nutrition and Dietetics Annual Meeting- Online
- 2020 Online Learning Consortium- Universal Design in Online Learning Course- Online
- 2020 Food and Nutrition Conference and Expo- Online
- 2020 Academy of Nutrition and Dietetics Leadership Training, Chicago, IL
- 2020 American Council of Deans in Family and Consumer Sciences, Kansas City, KS
- 2018 American Association of Family and Consumer Sciences, Atlanta, GA
- 2018 Arkansas Association of Family and Consumer Sciences Annual Meeting, Pine Bluff, AR
- 2018 Arkansas Dietetic Association Annual Meeting, Little Rock, AR
- 2018 REACH Interprofessional Education Conference, Conway, AR
- 2017 Interprofessional Education Conference, Atlanta, GA
- 2017 Arkansas Association of Family and Consumer Sciences Annual Meeting, Pine Bluff, AR
- 2017 American Association of Family and Consumer Sciences National Meeting- Dallas, TX
- 2017 REACH Interprofessional Education Conference, Conway, AR
- 2017 Nutrition Educators and Preceptors Regional Meeting- Louisville, KY
- 2017 Arkansas Dietetic Association Annual Meeting, Little Rock, AR
- 2016 Food and Nutrition Conference and Expo- Boston, MA
- 2016 Arkansas Dietetic Association Annual Meeting, Little Rock, AR
- 2016 Nutrition Educators and Preceptors Regional Meeting- Memphis, TN
- 2015 Food and Nutrition Conference and Expo- Nashville, TN
- 2015 Arkansas Dietetic Association Annual Meeting; Little Rock, AR
- 2015 Nutrition Educators and Preceptors Regional Meeting- Denver, CO
- 2014 Food and Nutrition Conference and Expo- Atlanta, GA
- 2013 UAMS Leadership Academy Graduate
- 2013 Food and Nutrition Conference and Expo- Houston, TX
- 2013 Southern Sustainable Agriculture Working Group Annual Meeting; Little Rock, AR
- 2012 National Science Teacher Association Conference; Indianapolis, IN
- 2012 Arkansas Dietetic Association Annual Meeting; Little Rock, AR

2011	Arkansas Dietetic Association Annual Meeting; Little Rock, AR
2010	The National Children & Youth Garden Symposium, American Horticultural Society (Pasadena, CA)
2010	My Pyramid Food Guidance System Education Framework; Online Workshop (American Dietetic Association)
2009	Arkansas Farm to School Conference; Little Rock, AR
2009	Arkansas Dietetic Association Annual Meeting; Little Rock, AR

PROFESSIONAL ORGANIZATIONS AND SCHOLARLY SOCIETIES

Association for the Study of Food and Society	2021-Present
International Federation for Home Economics (IFHE)	2017- Present
American Association of Family and Consumer Sciences (AAFCS)	2015-Present
Nutrition Educators and Preceptors	2014-Present
Central Arkansas Dietetic Association	2010 to Present
Academy of Nutrition and Dietetics	2004 to Present
Research Dietetic Practice Group	2011 to 2017
American Horticulture Society	2010 to 2011

Leadership in Professional Organizations

Chair- IFHE World Congress Publicity Committee	2021-2022
Representatives to Colleges and Universities Arkansas AAFCS	2019- Present
Incoming President Elect -Arkansas Academy of Nutrition and Dietetics	2018-Present
Director of Communications International Federation for Home Economics United States	2018-Present
Nominating Committee -Arkansas Association of Family and Consumer Sciences (ArAFCS)	2017-2019
Chair-elect Nominating Committee Arkansas Academy of Nutrition and Dietetics	2015-2016

University Service

CHBS Simulation Task Force Committee	2018-Present
Graduate Faculty Status- University of Central Arkansas	2015-Present
Department of Family and Consumer Sciences Curriculum Committee	2014-Present
UCA Inter-professional Education Committee	2014-Present
Department of Family and Consumer Sciences Scholarship Committee	2014-Present
Department of Family and Consumer Sciences Departmental Faculty Search Committee	2016- Present
Department of Family and Consumer Sciences Departmental Chair Search Committee	2015-2016

Grant Reviewer

USDA Agricultural Market Services Grant Reviewer Local Food Promotion Program	2021
---	------

Mentoring

Diversify Dietetics Student Yvonna Jones, Nutrition Student, Mentor	2021- Present
AAFCS Leadership Academy Mentor	2021- Present
Research Mentor- "Food Insecurity in College Athletes" Haydon Landon- Nutrition Major	2020-Present
Diversify Dietetics Student Maried Perez-, Nutrition Student, Mentor	2020
Diversify Dietetics Student Selange Giannetto, Nutrition Student- Mentor	2019
Honors Thesis Committee Member- "Education involving nutrition, exercise and mental health" Kaitlin Johnson- Nursing Major	2019

- Masters Thesis Committee Member- "The Impact of a six-week health promotion program on blood pressure in public school teachers and staff" Addie Clark- Nutrition Major 2017
- Honors Thesis Committee Member- "Revitalizing favorite recipes into healthier alternatives" Anna Clark- Health Education Major 2016-2017
- Masters Thesis Committee Chair- "Central Arkansas Parent's Willingness to Modify their Child's Diet or Behavior" Ethan Baldrige- Dietetic Intern 2016-2017
- Honors Thesis Committee Chair- "Who is using the Dietary Guidelines for Americans?" Jordan Tackett- Nutrition Major 2015- 2016
- Honors Thesis Committee Chair- Cultivating a Garden of Hope "A Community Garden Providing Nutrition Education in Guatemala" Emily Ready- Nutrition Major 2014-2016

Peer-Reviewed Publications submitted

- Carrol, K. & **Schichtl, R.** (2022) Perceived barriers to client-choice conversion among Arkansas food pantries, *Journal of Agriculture, Food Systems, and Community Development*, submitted.
- Schichtl, R.**, Alexander, A., Miller, C., Rehm, M., & Allison, B. (2021) Food insecurity rates of college students in Arkansas, *Journal of Family and Consumer Sciences*, submitted.
- Schichtl, R.** & Roofe, N. (2021) College Students' Perceptions of Food Insecurity: A Qualitative Approach, *Nutrition and Dietetics Educators Newsletter*, submitted.

Peer-Reviewed Publications

- Grant, R. D., Landry, A., **Schichtl, R.**, & Roofe, N. (2019) Relationship between visceral fat and health related quality of life in 5th and 6th graders in a rural public school in Arkansas. *Journal of the Arkansas Medical Society*, August, 2019.
- Pitts, A., Radunovich, H., **Schichtl, R.**, & Temple, J. Identifying obstacles to National Conference participation. Poster Presentation at the annual American Association of Family and Consumer Sciences, Atlanta, GA, June 2018.
- Lairamore, C., Morris, D., **Schichtl, R.**, George-Paschal, L., Martens, H., Margakis, A., Garnica, M., Jones, B., Grantham, M., Bruenger, A. (2017). Student perceptions of teamwork when the number of professions represented in a case-based interprofessional education forum is expanded: A six-year cohort study. *Journal of Interprofessional Care*. [Accepted August 2017].
- Urban L, Weber J, Heyman M, **Schichtl R**, Verstraeta S, Lowery N, Krupa Das S, Schleicher M, Rogers G, Economos C, Masters W, Roberts S. Multisite Randomized Study of the Energy Contents of Frequently Ordered Restaurant Meals: Comparison with Human Energy Requirements and Implications for Public Policy. *The Journal of the Academy of Nutrition and Dietetics*. April 2016
- Weber J, Moore P, Whiteside-Mansell L, Ward W, Robbins J, English E, **Schichtl R**, Williams E. Design of the Delta Garden Study: A Garden-Based Middle School Obesity Prevention Intervention Submitted to *The American Educational Research Journal*
- Weber J, Phillips MM, Goodell M, Thompson MS, Watkins DR, **Schichtl RL**, Russell E. The Local Food Environment and Obesity in Public School Age Children in Arkansas: An Investigation of Food Outlet Density. *Arkansas Biosciences Institute*. Little Rock, Arkansas. September 29, 2010.

Abstracts

Schichtl, R., Carroll, K & Sartain, K. (2022, September 4-10). *Integrating interprofessional service-learning into a family and consumer sciences project*. [Best practices abstract]. International Federation of Home Economics World Congress, Atlanta, Georgia.

Schichtl, R., Roofe, N. & Bryan, A. (2022, September 4-10). *Integrating nutrition and family & consumer sciences into an existing interior design study abroad program to Florence, Italy*. [Best practices abstract]. International Federation of Home Economics World Congress, Atlanta, Georgia.

Carroll, K, **Schichtl, R.** & Sartain, K. (2022, September 4-10). *Factors influencing food insecurity empathy: the role of service-learning*. [Research abstract]. International Federation of Home Economics World Congress, Atlanta, Georgia.

Carroll, K & **Schichtl, R.** (2022, September 4-10). *Factors influencing food pantry managers' interest in client choice*. [Research abstract]. International Federation of Home Economics World Congress, Atlanta, Georgia.

Thilmony C., **Schichtl R.** & Carroll, K.A. June, 2021. *A Thematic Analysis of the Challenges of Transitioning to a Client Choice Model Among Arkansas Food Pantries*. Scheduled Poster at the American Association of Family & Consumer Sciences Virtual Conference.

Schichtl, R., & Alexander, K. June 2021. *The Prevalence of Food Insecurity in Arkansas Universities that have a Family and Consumer Sciences Department*. American Association of Family & Consumer Sciences Virtual Conference.

H. Landon, Landry, A. & **Schichtl, R.** April 2021. Food Insecurity in Athletes at a Small Regional University. Texas/Arkansas/ Wyoming Academy of Nutrition and Dietetics Annual Meeting.

Carroll, K.A., **Schichtl, R.** & Allbritton, L. June 2021. *Barriers to Offering Client-Choice: Examining Arkansas Food Pantries* [Scheduled Presentation]. Joint 2021 Annual Conference of the: Association for the Study of Food and Society (ASFS); Agriculture, Food, and Human Values Society (AFHVS); Canadian Association for Food Studies (CAFS); the Society for the Anthropology of Food and Nutrition (SAFN), Virtual via Zoom.

Carberry, A., English E.S., **Schichtl, R.**, Swearingen, C.J., Weber, J.L. January 2013. *Market Potential for Farm to School in Arkansas*. Southern Sustainable Agriculture Working Group Conference, Little Rock, AR.

Carberry, A., English E.S., **Schichtl, R.**, Thompson, K., Swearingen, C.J., Weber, J.L. January 2013. *Farm to School Capacity in Arkansas*. Horticulture Industries Show, Ft. Smith, AR

Carberry, A., Herron, J., Matts, C., Elias, B., English E.S., **Schichtl, R.**, Swearingen, C.J., Weber, J.L. August 2012. *Using Surveys to guide farm to cafeteria program development*. Workshop presented at the 6th National Farm to Cafeteria Conference Program & Guide, Burlington, VT.

Presentations

How to Prevent Food Waste and Eat Healthy on a Budget- UCA VISTA	October 2021
Food Distribution Research Society- Arkansas Food Pantries and Barriers to Client Choice	October 2021
AAFCS National Webinar- The why and how of setting up a campus food pantry	March 2021
UAMS Kid's First Parent Meeting- Eating well on a budget	February 2019
Food Recovery Network- Reducing Food Waste	January 2018
Fall Student Arkansas AAFCS meeting- Saving Money by Preventing Food Waste	October 2017
Arkansas Association of Family and Consumer Sciences- Preventing Food Waste	April 2017
Veteran's Day- UCA Downtown- How to Prevent Food Waste	January 2017
Arkansas Dietetic Association "State of Dietetic Education in Arkansas" Panel	April 2015
Conway High School Athletes- Proper Nutrition for Optimal Performance	October 2014
Southern Sustainable Agriculture Working Group – Farm to School Evaluation	January 2014
Fit To Live- KATV Channel 7 Morning Show- Healthy Harvest	October 2013

Arkansas Dietetic Association “Farm to School and School Gardening” Co-presenter	March 2013
Southern Sustainable Agriculture Working Group Annual Meeting “The Delta Garden Study”	January 2013
University of Central Arkansas Dietetic Open House “Community Based Research”	November 2012
Arkansas Child Nutrition Directors Conference “Farm to School”	August 2012
Central Arkansas Dietetic Association Panel “Dietitians in Research”	May 2012
Arkansas Public Health Association Conference “The Delta Garden Study”	April 2012
Arkansas State Curriculum Conference “The Delta Garden Study” invited presentation	November 2011
Drew County Master Gardener’s Association “The Delta Garden Study”	June 2011
Arkansas Dietetic Association “Planting the Seeds of Change” Co-presenter	March 2011
Saltillo 4H Club “Nutrition from the Garden”	August 2010
St. Mark’s Summer Science camp “Nutrition from the Garden”	July 2010
Ouachita Girl Scout Council “How NOT to gain the Freshman 15”	April 2010

Grants

“Nutrition Education for the Food Pantry Population in Central, Arkansas”- American Heart Association/AAFCS. (R. **Schichtl**, K. Carroll, K. Sartain) October 2020- \$2500- **funded**

Barriers to introducing a Client Choice Pantry in Central Arkansas Food Pantries- UCA Faculty Research Grant- (K. Carroll, **R.Schichtl**,)September 2020- \$7500- **funded**

Applying Universal Design to Online Learning Course- Faculty Development Grant. September 2020- \$140- **funded**

Encouraging Dairy consumption in 4H participants- Midwest Dairy Council. August 2018- \$200- **funded**

Fruit Tree Seed Grant- Service Learning Grant March 2018- \$234- **funded**

“Dietitians in the Delta”- Academy of Nutrition and Dietetics Foundation March 2018- \$10,000- not funded

“Alleviating Food Insecurity on College Campuses”- Zing Nutrition. September 2017- \$1000- not funded

Bear Essentials Food Pantry demonstration kit- Midwest Dairy Council. January 2017- \$200- **funded**

“Enriching Lives and Engaging Women through Nutrition” – UCA Women’s Giving Circle. (A. Landry, **R.Schichtl**) September 2016- \$2000, *not funded*

“Food Waste” Mini Tool-kit- Eat Right Kids Foundation- Academy of Nutrition and Dietetics. September 2016- \$200, **funded**

Copyrights (in partnership with UAMS):

Weber JL & **Schichtl RL**. (2012). Garden-based science curriculum for middle school.