

# Curriculum Vitae

Crystal Clark Douglas, PhD, RDN/LD

## **CONTACT INFORMATION**

Department of Family and Consumer Sciences  
College of Health Sciences  
Sam Houston State University  
Phone: 936-294-4164  
Email: [ccdouglas@shsu.edu](mailto:ccdouglas@shsu.edu)

## **EDUCATION**

Doctor of Philosophy in Nutrition Sciences	
University of Alabama at Birmingham	Birmingham, AL
Master of Science in Clinical Nutrition	
University of Alabama at Birmingham	Birmingham, AL
Bachelor of Science in Nutrition and Dietetics	
Louisiana Tech University	Ruston, LA

## **PROFESSIONAL EXPERIENCE**

2016-current	Assistant Professor Sam Houston State University	Huntsville, TX
2015	Contributing Textbook Writer <i>Nutrition: Concepts and Controversies</i>	Tallahassee, FL
2015	Clinical Dietitian PRN-Tallahassee Memorial Cancer Center Dietitians on Demand, LLC	Tallahassee, FL
2011-2014	Instructor and Laboratory Manager Department of Nutrition, Food and Exercise Sciences, Florida State University	Tallahassee, FL
2013	Clinical Dietitian-Long Term Care Nutritious Lifestyles, Inc.	Tallahassee, FL
2009-2011	Adjunct Professor Department of Nutrition, Food and Exercise Sciences, Florida State University	Tallahassee, FL
2008 –2009	Postdoctoral Fellow Department of Nutrition, Food and Exercise Sciences, Florida State University	Tallahassee, FL
2005-2006	Postdoctoral Fellow Department of Nutrition Sciences, University of Alabama at Birmingham	Birmingham, AL

2000-2004	Nutrition Research Fellow General Clinical Research Center (GCRC) University of Alabama at Birmingham	Birmingham, AL
2001	Adjunct Professor Department of Human Sciences and Design, Samford University	Birmingham, AL
1997	Nutrition/Tennis Counselor Camp Camelot (Weight loss camp for children) Millersville University Campus	Millersville, PA

### **CERTIFICATES / LICENSURE**

Registered Dietitian - ID # 875825  
Licensed Dietitian – DT84941-Texas  
Citi Research Training

### **TEACHING EXPERIENCE**

#### *Undergraduate Level*

- Basic Nutrition
- Life Cycle Nutrition
- Nutrition
- Nutrition Assessment
- Nutritional Biochemistry
- Nutrition Practicum (Childhood Nutrition)
- Science of Nutrition
- Undergraduate Directed Individual Study

#### *Undergraduate Level Distance Learning*

- Nutrition
- Science of Nutrition

#### *Graduate Level*

- Models of Health Behavior
- Research Problems
- Supervised Teaching

#### *Graduate Level Distance Learning*

- Seminar in Recent Developments in Family & Consumer Sciences (Maternal and Child Nutrition)

### **Guest Lectures**

Nutrition and Health Issues, Florida State University  
Nutrition and the Elderly, Florida State University  
Lifetime Health and Wellness, Sam Houston State University

## **STUDENT RESEARCH**

### **Graduate Student Research**

Wes Mayeux: Food Security in Sam Houston State University NCAA Athletes. Faculty Advisor, IRB approved 3/5/18.

Mackinsey Shahan and Nick Montez: Nutrition Assessment & Intervention of Dancers. Faculty Advisor, IRB approved 3/20/18.

Rachel Green, Kristina Cunnings, and Rachel Jones: PCOS: Efficacy of a eucaloric low glycemic index dietary intervention. Faculty Advisor, IRB submitted 3/7/18.

Amanda Trevino: Effects of a Documentary on Student Knowledge, Attitudes, and Beliefs. Faculty Advisor, IRB submitted 3/21/18.

Haley Rowell: The effectiveness of a combined education intervention in female athletes. Faculty Advisor, IRB submitted 3/22/18.

Catherine Shaw and McKenzie Moore: The development of a standardized pureed recipe for school foodservice workers, and a test of recipe acceptance amongst young adults compared to commercially purchased pureed food. Faculty Advisor, **IRB In Progress**.

Christian Martinez: Positively impacting breastfeeding attitudes and perceptions of males in the College of Health Sciences. Faculty Advisor, **IRB In Progress**.

Taylor Burnett: Awareness of Family Health Risks is Not Associated with Health Promoting Behaviors in University Students. Co-investigator, completed December 2017.

Leslie Heathman: Attitude and Knowledge of Breastfeeding among Collegiate Males. Co-investigator, completed December 2017.

Ashleigh James: Hemoglobin Status and Eating Behaviors in Female Collegiate Athletes. Co-investigator, completed December 2017.

Katelyn Lamy: WIC Participation and Gestational Diabetes. Co-investigator, completed December 2017.

Cynthia Clark, Amber Safarik, and Marneikwa Woods: Barriers to the Utilization of the Food Pantry@SHSU by Enrolled Students. Faculty Advisor, completed December 2016.

Jenna Bjork, Timothy Lee, Jiarui Li, and Mollie Sievers: Sources of Nutrition Information and their Relationship to Nutrition Knowledge and Behaviors among College Students. Faculty Advisor, completed December 2016.

Paige Zeinstra, Jenna Dominguez, Morgan Hook, and Chelsea Wilson: Frequency of weight controlling behaviors and weight satisfaction among undergraduate students. Faculty Advisor, completed December 2016.

### **Original Service-Learning Research Projects**

**Douglas, CC** (PI; 2017). Lifestyle Habits and Peer Mentoring Outcomes Among College Students: Service Learning Project Utilizing Senior Level Nutrition Students for Peer Counseling- Assessing Dietary Patterns and Body Composition Among SHSU Students.

**Douglas, CC** (PI; 2014) Eating the Rainbow: A Community Nutrition Approach-Assessing and Modifying Health Habits Among Parents and Their Children Using the 9-5-2-1-0 Model in Collaboration with Whole Child Leon.

#### **Masters Non-Thesis Research Committees**

Amanda Geil: Gestational Diabetes: Impact of Excess Gestational Weight Gain. Committee Member, 2015.

Darcy “Vanessa” LeMire: Obesity Prevention Begins with Breast Milk, 2015.

Jessica Plank: The Role of Whole Soy Foods and Supplements in Decreasing the Risk of Endometrial Cancer, 2014.

Megan Khan-Karen: Polycystic Ovary Syndrome and the Link to Endometrial Cancer: Possible Treatment of Symptoms with Phytoestrogens and Diet Management, 2014.

Patricia Frascchetti: The Expanded Food and Nutrition Education Program (EFNEP): Studying the Effectiveness of an Eight Week Nutrition Related Intervention Program on Change in Diet Behaviors, Physical Activity, and Other Health Related Factors in a Healthy Adult Population, 2014.

#### **Undergraduate Student Research**

Chelsea Henderson, Retrospective Analysis of Student Knowledge Regarding Menarche. Faculty Advisor and PI, IRB submitted 4/5/18. Chelsea will present her findings at the 2018 Undergraduate Research Symposium.

#### **Honors Course Contracts**

Chelsea Henderson Fall 2017, Spring 2018

Eliza Vu, Spring 2017

Kaylyn Searcy, Spring 2017

Andrea Clark, Fall 2016

#### **PUBLISHED MANUSCRIPTS**

**Douglas CC**, Johnson SBA, Arjmandi BH. Soy and Its Isoflavones: The Truth behind the Science in Breast Cancer. *Anti Canc Agents Med Chem* 2013; 13(8):1178-87.

**Douglas CC**, Rumbak I, Colić Barić I, Kovačina M, Piasek M, Ilich JZ. Are New Generations of Female College-Student Populations Meeting Calcium Requirements: Comparison of American and Croatian Female Students. *Nutrients* 2010; 2(6):599-610.

**Douglas CC**, Lawrence JC, Bush NC, Oster RA, Gower BA, Darnell BE. Ability of the Harris-Benedict Formula to Predict Energy Requirements Differs with Weight History and Ethnicity. *Nutr Res* 2007;27(4):194-99.

**Douglas CC**, Willig AL, Ard JD, López-Alarcón M, Fernández JR Nutritional, Health and Behavioral Factors Are Associated with Body Composition in Elderly Puerto Rican Women. *Int J Body Com* 2006;4(4):177-183.

**Douglas CC**, Norris LE, Oster RA, Darnell BE, Azziz R, Gower BA. Difference in Dietary Intake Between Women with Polycystic Ovary Syndrome and Healthy Controls. *Fertil Steril* 2006 Aug;86(2):411-7.

**Douglas CC**, Gower BA, Darnell BE, Ovalle F, Oster RA, Azziz R. Role of Diet in the Treatment of Polycystic Ovary Syndrome. *Fertil Steril* 2006 Mar;85(3):679-88.

### **MANUSCRIPTS IN PROGRESS**

**Douglas CC**, Lamy K, Madden J. Gestational diabetes mellitus: Reducing risk factors and implementing early screening. *The Diabetes Educator*, December 2017, Submitted.

*Journal of the American College of Nutrition*, March 2018, Resubmitted.

Heathman L, **Douglas CC**, Camel, SP. Relationship among Breastfeeding Exposure, Knowledge, and Attitudes in Collegiate Males residing in East Texas. *Journal of Human Lactation*, April 2018, Submitted.

**Douglas CC**, Camel, SP. Breastfeeding: Perspectives of the African American Collegiate Males, **In Progress**.

### **PEER-REVIEWED ABSTRACTS / PRESENTATIONS**

#### **Accepted and to be presented**

Burnett T, **Douglas CC**, Camel SP. Awareness of Disease Risk is Not Associated with Health Promoting Behaviors in University Students. Texas Academy of Nutrition and Dietetics Annual Meeting, April 2018.

**Douglas CC**, Camel, SP. Utilization of a Near-peer Nutrition Education Program for Undergraduates. Society for Nutrition Education and Behavior, July 2018.

Lamy KJ, **Douglas CC**, Camel SP. Risk factors of Gestational Diabetes Mellitus According to PRAMS-CDC Database. Food & Nutrition Conference & Expo, October 2018.

### **PUBLISHED / PRESENTED**

Dominguez JL, Hook ML, Wilson C, Zeinstra PC, **Douglas CC**. Weight Controlling Behaviors Among Undergraduate Students Enrolled in Health and Non-Health Curricula. Texas Academy of Nutrition and Dietetics Annual Conference & Exhibition 2017.

Bjork JN, Lee TE, Li J, Sievers MJ, **Douglas CC**. Health and Fitness Smartphone Application Usage and The Relationship to Nutrition Knowledge and Behaviors Among College Students. Texas Academy of Nutrition and Dietetics Annual Conference & Exhibition 2017.

**Douglas, CC**, Cekić, I, Shull, V, Colić Barić, I, Piasek, M, Ilich, JZ. Calcium Intake Among Different College-Student Populations. *Bone*, 44:S406, 2009.

Ilich, JZ, Shin, H, Liu, P-Y, **Douglas, CC**, Kelly, OJ. Low Vitamin D Status Among Floridian Overweight/Obese Postmenopausal Women and Its Relationship with Obesity Markers. *New Frontiers in Skeletal Research: Bone, Fat and Brain Connections*. American Society for Bone and Mineral Research, Abstract Book, T24, pg. 45, 2009.

Liu, P-Y, Shin, H, **Douglas, CC**, Ilich, JZ. Bone Mass Is Positively Influenced by Lean and Negatively by Fat Mass in Overweight and Obese Postmenopausal Women. *FASEB J*, 23:553.7, 2009.

**Douglas, CC**, Shin, H, Liu, P-Y, Ilich, JZ. Calcium Intake in African American and Caucasian Female College Students and Its Relationship with Weight. *FASEB J*, 23:735.16, 2009.

Humphrey, K, Liu, P-Y, Shin, H, **Douglas, CC**, Crombie, AP, Kelly, OJ, Panton, LB, Ilich, JZ. Functionality Test Outcomes Assessing Balance, Strength, and Speed Are Associated with Body Composition in Postmenopausal Women. *Obesity*, 16:S201, 2008.

Kelly, OJ, Kim, Y-J, Liu, P-Y, Shin, H, **Douglas, CC**, Ilich, JZ. The Effect of Resveratrol and Flax Seed Oil on MC3T3-L1 Pre-Adipocyte and ST2 Bone Marrow Stromal Stem Cell Proliferation. J Bone Miner Res, 23;S256, 2008.

Humphrey, K, Liu, P-Y, Shin, H, **Douglas, CC**, Crombie, AP, Kelly, OJ, Panton, LB, Ilich, JZ. Functionality Outcomes Including Brisk Walking Speed Are Associated with Bone Mineral Density in Postmenopausal Women. J Bone Miner Res, 23;S349, 2008.

**Douglas, CC**, Liu, P-Y, Shin, H, Crombie, AP, Humphrey, K, Kelly, OJ, Dutton, GR, Ilich, JZ. Increasing the Number of Steps Taken Per Day Leads to a Greater Weight Loss and More Favorable Body Composition in Overweight Postmenopausal Women. J Bone Miner Res, 23;S320, 2008.

**Douglas CC**, Bush NC, Lawrence JC, Oster RA, Gower BA, Darnell BE. Harris Benedict Formula Multiplied by an Activity Factor of 1.35 Ensures Weight Maintenance in Overweight and Never-Overweight Healthy Female Volunteers. Obes Res 2005;13(S):A119.

**Douglas C**, Gower, B, Darnell B, Ovalle F, Oster R, Azziz R. Role of Diet in the Treatment of Polycystic Ovary Syndrome (PCOS). Obes Res 2004;12(S):A195.

Norris L, **Douglas C**, Oster R, Darnell B, Gower B, Azziz R. The Role of Dietary Factors in the Development and/or Maintenance of Androgen Disorders in Women. Obes Res 2003;11(S):A223.

### **APPLICATIONS FOR FUNDING**

2017	PCOS: Efficacy of a eucaloric low glycemic index dietary intervention. Sam Houston State University Faculty Research Grant 2018. \$5000. <b>Douglas, CC</b> (PI). Funded.
2016	Soy and Cancer Risk in Polycystic Ovary Syndrome. Sam Houston State University Enhancement Research Grant 2017. <b>Douglas, CC</b> (PI). Not funded.
2012	Endometrial Cancer Risk and the Effects of Soy on Estrogen Metabolism in Polycystic Ovary Syndrome. National Cancer Institute R21. \$275,000 ( <b>scored/passed first phase of review</b> ). <b>Douglas, CC</b> (PI).

### **PROFESSIONAL ACTIVITIES**

1999-current	Academy of Nutrition and Dietetics Member
2017-current	Women's Health Dietetic Practice Group Member
2016-current	Texas Dietetic Association Member
2008-2016	Florida Dietetic Association Member
2015	Manuscript Review for Food and Nutrition Research
2008	Manuscript Review for Fertility and Sterility
2003-2006	NAASO Member
1999-2006	Alabama Dietetic Association Member

### **AWARDS**

2017-2018	Faculty Teaching Development Award, College of Health Science, Sam Houston State University
2000-2004	Graduate Assistantship through the GCRC, NIH facility, University of Alabama at Birmingham, Birmingham, AL
2002	ALDA Foundation's Wood Fruitticher Grocery Company, Inc. Scholarship

2002, 2001      ADA Foundation's Annette Rachman Memorial Scholarship

## **SERVICE**

2018      Volunteer for Poverty Simulation Program, Sam Houston State University  
 2017      Collaboration with Sam Houston State University Student Money Management Center and Dietetic Internship to present Your Money Your Health: Healthy Eating on a Budget  
 2017- current      Faculty Advisor for Sam Houston State University Quiz Bowl Team at TDA  
 2016 - current      Faculty Advisor for Sam Houston State University Student Dietetic Association  
 2016 - current      Online Campus Security Authority (CSA)  
 2016      Program Recruiter -Saturday at Sam  
 2016 - current      Proctor for Comprehensive Finals (Family and Consumer Sciences Department)  
 2009      Guest food judge at 4H Leon County Fair, Tallahassee, FL  
 2010      Nutrition Guest Speaker for *The Wellness Committee* at the Department of Highway Safety and Motor Vehicles, Tallahassee, FL  
 2011      Nutrition Guest Speaker for *Kids in the Kitchen* (Tallahassee Junior League Production) at Raa Middle School, Tallahassee, FL  
 2012      Co-created brochure for Nutrition, Foods, and Exercise Sciences Department, Tallahassee, FL  
 2013      Created laboratory manual for Nutrition, Foods, and Exercise Sciences Department, Tallahassee, FL  
 2103      Founded a community project "Eating The Rainbow: A Community Nutrition Approach" Tallahassee, FL. <http://www.wctv.tv/home/headlines/Community-Nutrition-Project-Aimed-at-Local-Neighborhoods-247415641.html>  
 2014      Co-created presentation for Gilchrist Elementary School Science Night, Tallahassee, FL.  
 2014      Community Cleanup Day, The Tallahassee-Leon County Beautiful Campaign

## **COMMITTEES**

2018      Sam Houston State University – Search Committee Member for Clinical Assistant Professor of Family & Consumer Sciences  
 2018      Sam Houston State University – College of Health Sciences Class Size  
 2018      Sam Houston State University – Graduate Program Review (Self-study) for MS in Dietetics  
 2018      Sam Houston State University –Graduate Program Review (Self-study) for MS in Family & Consumer Sciences  
 2017- current      Sam Houston State University - Dietetic Internship Selection Committee Member  
 2017- current      Sam Houston State University - Nutrition Program Advisory Board Member  
 2016 - current      Sam Houston State University-TWC Health Fair Committee Member  
 2016      Sam Houston State University – Pathfinder Scholar Program (for new TT faculty)  
 2009-2014      Florida State University - Dietetics Advisory Board Member  
 2013-2014      Florida State University - Nutrition, Foods, and Exercise Sciences Space Committee Member  
 2014      Florida State University - Nutrition, Foods, and Exercise Sciences Admissions Committee Member  
 2014      Florida State University - Nutrition, Foods, and Exercise Sciences Specialized Faculty Promotion Committee