

# **Tabbetha D. Lopez, Ph.D., R.D., L.D.**

Assistant Professor and Dietetic Internship Director  
Department of Human Sciences  
College of Health Sciences  
Sam Houston State University

## **Academic/Professional Background**

### **Educational Background**

<i>Degree</i>	<i>Year</i>	<i>University</i>	<i>Major</i>
M.S.	2023	Texas Tech University	Nutrition and Dietetics
Ph.D.	2020	University of Houston	Kinesiology
R.D.	2014	University of Houston	Dietetic Internship
B.S.	2013	University of Houston	Nutrition
B.S.	2009	University of Houston	Biology

### **University Experience**

<i>Position</i>	<i>University</i>	<i>Dates</i>
Assistant Professor	Sam Houston State University	08/2022 - current
Clinical Assistant Professor	Sam Houston State University	08/2021 – 08/2022
Visiting Assistant Professor	Sam Houston State University	08/2020 – 08/2021
Graduate Teaching Assistant	University of Houston	08/2015 – 08/2020

### **Relevant Professional Experience**

<i>Position</i>	<i>Entity</i>	<i>Dates</i>
Graduate Coordinator - Master's in Dietetics	Sam Houston State University	09/2023 - Current
Director of Dietetic Internship	Sam Houston State University	08/2020 – Current
Program Reviewer	Accreditation Council for Education in Nutrition and Dietetics (ACEND)	06/2023 – Current
Outpatient Dietitian	Intuition Nutrition	08/2018 – Current
Director of Clinical/Outpatient Nutrition.	Huntsville Memorial Hospital	07/2015 – 12/2018

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of Liberal Arts and Social Sciences, Department of Health and Human Performance,  
February 2023 - current

Co-Chair on Haley Roberts BS, CSCS, SCCC Master's Thesis, "The Effect of Breakfast on a Resistance Training Session in Female Collegiate Athletes ", SHSU College of Health Sciences, Department of Kinesiology, August 2022 – May 2023

Other students research:

Co-Principal Investigator on Heeba Ahmed and Charlicia Johnson, Research Project, "Relationship between the experience of SHSU college students during COVID-19, eating behaviors, and fast food consumption", SHSU College of Health Sciences, Department of Human Sciences, October 2021 – Current

Co-Principal Investigator on Gabrielle Mangiamle's Research Project, "Motives Of College Student Following A Vegetarian Diet And The Effects On Their Health Behaviors", SHSU College of Health Sciences, Department of Human Sciences, August 2021 – Current

Co-Principal Investigator on Laura Shelby, Anna Sullivan, Yemisi Oguntuwase, Jessica White, Tamaira Armstrong, Siu Mo, and Carolyn Arredondo's Research Project, "Investigation of Risk Factors Related to Hypertension in a College-Age Population", SHSU College of Health Sciences, Department of Human Sciences, May 2022 – Current

D. Courses Prepared and Curriculum Development:  
SHSU

FACS 1441 Food Preparation and Selection  
FACS 3329 Nutrition through the Lifespan  
FACS 4360 Clinical Dietetics I  
FACS 4361 Clinical Dietetics II  
FACS 4370 Advanced Food system Organizations and Management  
FACS 5079 Dietetic Internship Practicum  
FACS 5330 Seminar in Recent Developments in Family and Consumer Science  
FACS 5385 Sport Nutrition

University of Houston  
Nutrition Research

E. Funded External Teaching Grants and Contracts:

F. Submitted, but not Funded, External Teaching Grants and Contracts:

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G. Funded Internal Teaching Grants and Contracts:

H. Submitted, but not Funded, Internal Teaching Grants and Contracts:

I. Other:

Teaching Training:

Association of College and University Educators (ACUE), Effective Teaching Practices course, Sam Houston State University (August 2023 – current)

Question writing for effective assessment workshop, Assessment Network, and Research, Cambridge University (May 10 – 24, 2023)

Engaging Exploration Workshop, Professional and Academic Center For Excellence, Sam Houston State University (June 13-16, 2022)

**III. SCHOLARLY/CREATIVE**

A. Works in Print (including works accepted, forthcoming, in press)

1. Books (if not refereed, please indicate)

a. Scholarly Monographs:

b. Textbooks:

c. Edited Books:

d. Chapters in Books:

**Lopez, T.** Clinical Nutrition in Athletic Training. Knoblauch M, editor. Slack Books; 2022. Chapter 12, Disordered Eating Behaviors; 208p.

Ledoux T, **Lopez T.** Nutrition in Lifestyle Medicine. 1 ed. Rippe JM, editor. Springer International Publishing Switzerland: Humana Press; 2017. Chapter 8, Nutrition in Weight Management and Obesity; p.173-192. 433p.

e. Creative Books:

2. Articles

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### a. Refereed Journal Articles:

**Lopez TD**, Hernandez D, Bode S, Ledoux T. A complex relationship between intuitive eating and diet quality among university students. *J Am Coll Health*. 2021 Nov 17;:1-7. doi: 10.1080/07448481.2021.1996368. [Epub ahead of print] PubMed PMID: 34788570. Impact Factor = 2.395

Hatem, C., Lee, C. Y., Zhao, X., Reesor-Oyer, L., **Lopez, T.**, & Hernandez, D. C. (2020). Food insecurity and housing instability during early childhood as predictors of adolescent mental health. *Journal of Family Psychology : JFP : Journal of the Division of Family Psychology of the American Psychological Association (Division 43)*, 34(6), 721–730. <https://doi.org/10.1037/fam0000651> Impact Factor =2.69

**Lopez, T.**, Arlinghaus, K. R., & Johnston, C. A. (2019). Developing Adaptive Learning Environments to Support Long-Term Health Promotion. *American Journal of Lifestyle Medicine*, 13(1), 30–32. <https://doi.org/10.1177/1559827618807389> Impact Factor = 0.46

Leme ACB, Thompson D, Lenz Dunker KL, Nicklas T, Tucunduva Philippi S, **Lopez T**, Vézina-Im LA, Baranowski T. Obesity and eating disorders in integrative prevention programs for adolescents: protocol for a systematic review and meta-analysis. *BMJ Open*. 2018 Apr 19;8(4):e020381.doi: 10.1136/bmjopen-2017-020381 Impact Factor = 2.413

### b. Non-refereed Articles:

**Lopez T.** Examining the associations of attention-deficit/hyperactivity disorder and obesity in children. Weight Management Dietetic Practice Group – Weight Management Newsletter Research Brief 2020

### 3. Conference Proceedings

#### a. Refereed Conference Proceedings:

#### b. Non-refereed:

#### 4. Abstracts:

#### 5. Reports:

#### 6. Book Reviews:

#### 7. Other Works in Print:

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### B. Works not in Print

#### 1. Papers Presented at Professional Meetings:

**Lopez, T.,** Shelby, L., Sullivan, A., & Oguntuwase, Y. (2023, October) The Impact of Perceived Stress on Diet Quality of University Students. Presented at the National Food and Nutrition Conference & Expo, Denver, CO.

Boutros, B., **Lopez, T.,** & Browning-Keen, V. (2022, October) The impact of social media on dietary behaviors of college students: A qualitative approach. Presented at the National Food and Nutrition Conference & Expo, Orlando, FL.

**Lopez, T.** Wiesner, M., Johnston, C. Haubrick, K. & Ledoux, T. (2020, Oct.) BMI and Disordered Eating in Hispanic Adolescents; The mediating role of Body Dissatisfaction. Poster accepted at the Food and Nutrition Conference and Expo. Virtual

**Lopez, T.** Wiesner, M., Johnston, C. Haubrick, K. & Ledoux, T. (2020, Oct.) Development of the Modified Kids Eating disorder Survey (M-KEDS): A validation study with Hispanic Adolescents. Poster accepted at the Food and Nutrition Conference and Expo. Virtual

**Lopez, T.** Wiesner, M., Johnston, C. Haubrick, K. & Ledoux, T. (2020, Oct.) The Modified Kids Eating disorder Survey (M-KEDS): A study of Hispanic Adolescents. Poster accepted at the Food and Nutrition Conference and Expo. Virtual

**Lopez, T.,** Kinker Mishra, R. & Gray, J. (2018, Nov). Undergraduate Students' Knowledge, Interests, and Career Aspirations in Health and Human Performance. Poster accepted at the Texas Association for Health, Physical Education, Recreation & Dance. Galveston, TX.

**Lopez, T.** & Ledoux, T. (2017, Sept). Use of Healthy Eating Index to predict Intuitive Eating behaviors in male and female university students. Poster accepted at the Food and Nutrition Conference and Expo, Chicago, IL.

#### 2. Creative works

#### 4. Invited Talks, Lectures, and Presentations:

**Lopez, T.** Hernandez, C., & Gordon, E. (2023, October) Molding Minds: Ensuring Nutrition Access on College Campuses. Presented at The Healthier Texas Summit, Austin, TX. – This presentation, in conjunction with the American Heart Association, the Houston Food Bank, and Sam Houston State University, collaborated on strategies to

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address food insecurity on college campuses. Major outcomes of this partnership led to the adoption of a Healthy Food Pantry Nutrition Policy and Food Security screening tool. We aim to share our collaborative process to help others develop policies and tools to address food insecurity.

**Lopez, T.** (2022, April) Intuitive Eating and Body Dissatisfaction in Hispanic Adolescents. Presented at the Texas Academy of Nutrition and Dietetics Annual Conference, San Antonio, TX.

**Lopez, T.** (2019, October) The importance of Evidence-Based Practice. Presentation was given at the University of Houston Health and Human Performance Research Symposia, Houston, TX

**Lopez, T.** (2016, October) Examining the association between Intuitive Eating and diet quality. Presentation given at the University of Houston Health and Human Performance Research Symposia, Houston, TX

**Lopez, T.** (2016, March) Current research on Intuitive Eating. Presentation was given at Texas Food and Nutrition Conference and Expo. Austin, TX

### 5. Consultancies:

### 6. Workshops:

Scholar in the Pathfinder Scholars program, Professional and Academic Center For Excellence, Sam Houston State University 2022-2023

Mentoring Teams for Excellence, College of Health Sciences, Sam Houston State University 2021-2022

Future Faculty Fellowship, Center for Integration of Research, Teaching and Learning (CIRTL), a National Science Foundation (NSF), University of Houston Graduate School Houston, TX 2016

### 7.5. Other Works not in Print:

#### a. Works “submitted” or “under review”

**Lopez, T.D.,** Wiesner, M., Johnston, C., Haubrick, K., Ledoux, T. Development of the modifies Kids Eating Disorder Survey (M-KEDS): A Validation Study with Hispanic Adolescents (Submitted April 2022– MDPI Special Issue)

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b. Works “in progress”

**Lopez, T.D.**, Wiesner, M., Johnston, C., Haubrick, K., Ledoux, T. BMI and Disordered Eating in Hispanic Adolescents: The Mediating Role of Body Dissatisfaction. (In Preparation – for a July 2023 submission to Body Image)

**Lopez, T.D.**, Wiesner, M., Johnston, C., Haubrick, K., Ledoux, T. The Modified Kids Eating Disorder Survey (M-KEDS): A study of Hispanic Adolescents. (In Preparation – for a July 2023 submission to Journal of Adolescent Health)

### C. Grants and Contracts

1. Funded External Grants and Contracts:

2. Submitted, but not Funded, External Grants and Contracts:

Marek, R., Ratcliff, C., Kelly, O., Lopez, T., Griffin, M., & Olaiya, O. (Submitted August, 2022) Effectiveness of a Community-Based Intervention of Acceptance and Commitment Therapy for Type 2 Diabetes Management in a Rural and Underserved Community. American Diabetes Association’s Junior Faculty Award. Currently not funded

3. Funded Internal Grants and Contracts:

Boutros, B. A., Browning-Keen, V., **Lopez, T.**, Kohnhorst, R., Brodeur, T., & VanderKaay, D. (Submitted March, 2021). The effects of social media nutrition information on body weight and diet behavior of college students: A mixed-method approach. FAST Award Program by the Center for Enhancing Undergraduate Research Experiences and Creative Activities at Sam Houston State University. Funded: \$8,000.

Boutros, B. A., Browning-Keen, V., **Lopez, T.**, Kohnhorst, R., Brodeur, T., & VanderKaay, D. (Submitted February, 2021). The effects of social media nutrition information on body weight and diet behavior of college students: A mixed-method approach. College of Health Science Internal at Sam Houston State University. Funded: \$3,438.68

Ratcliff, C., Marek, R., Kelly, O., **Lopez, T.**, Griffin, M., & Olaiya, O. (Submitted January, 2022). Developing and Examining ACT for Rural patients with Diabetes (DEAR Diabetes). College of Humanities and Social Sciences award for seeding funding to support interdisciplinary research clusters that may lead to external grant applications. Funded: \$4,000

4. Submitted, but not Funded, Internal Grants and Contracts:



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D. Fellowships, Awards, Honors:

### **IV. SERVICE**

#### **A. Institutional**

##### **1. University:**

Sam Houston State University

IT/Academic Advisory Committee, Regular Member (9/1/2023-8/31/2026) –

President Appointment

Medical and Health Humanities Program development committee 2023 – Current

Interprofessional Events Committee – 2020 – Current

BearKat Kickoff Mental Health & Well Being Committee 2022 - Current

University of Houston

Internal Review Board – Student Representative: 2017 – 2020

##### **2. College:**

Sam Houston State University

College of Health Sciences – Faculty and Staff Awards Committee – 2022-2023

Implementation and Development of the Health Food Pantry, in conjunction with the American Heart Association and the Houston Food Bank

College of Health Sciences- Scholarship Committee – 2021 – Current

College of Health Sciences Meta-Assessment Committee 2022 – 2023

##### **3. Department/School:**

Sam Houston State University

Department of Human Science Scholarship Committee - 2021 – Current

Department Coordinator – College of Health Sciences Summer Camp Program - 2023

Search Committees –

Interior Design Faculty (Summer, 2023)

Tenure Track Assistant Professor of Nursing (2023)

Clinical Assistant Professor of Food Science & Nutrition and Didactic

Program Director (2021, 2022)

Visiting Assistant Professor Food Science and Nutrition (2021)

University of Houston

Health and Human Performance Graduate Research Degree Committee – Student Representative: 2018 – 2020

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**B. Professional:**

Program Reviewer Accreditation Council for Education in Nutrition and Dietetics  
(ACEND) June 2023 – Current

Academy of Nutrition and Dietetics Guideline Reviewer - EAL Chronic Kidney Disease  
(2018)

**C. Community:**

2022 – 2023 – Special Olympics, Washington, DC - Member of the Family Health  
Advisory Committee- To support the successful development and implementation of  
Special Olympics' family health education strategy for the Special Olympics.

2022 – 2023 Huntsville Memorial Hospital Shared Governance Committee

**D. Service Honors and Awards:**

Nomination – Faculty award at the 2023 Annual Inclusive Excellence Awards hosted by  
the Chief Diversity Officer & Inclusion Initiatives, Sam Houston State University  
(February, 2023)

**E. Service Grants and Contracts**

**1. Funded External Service Grants and Contracts:**

**2. Submitted, but not Funded, External Service Grants and Contracts:**

**3. Funded Internal Service Grants and Contracts:**

**4. Submitted, but not Funded, Internal Service Grants and Contracts:**