

Rickelle Richards, PhD, MPH, RDN

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EDUCATION

PhD, Nutrition, University of Minnesota. September 2007.

Dissertation: The impact of personal, behavioral, and environmental factors on food access, food choice, and health status among shelter-based homeless families in Minnesota.

Dietetic Internship for Graduate Students, University of Minnesota. January – July 2007.

Master of Public Health, Tulane University School of Public Health and Tropical Medicine (TUSPHTM). May 2003. Maternal and Child Health Emphasis.

Bachelor of Science, Nutrition Science cum laude, Utah State University. May 2001.

RESEARCH EXPERIENCE

Associate Professor, Brigham Young University, Department of Nutrition, Dietetics, and Food Science, 2013 - current.

Assistant Professor, Brigham Young University, Department of Nutrition, Dietetics, and Food Science, 2007-2013.

Program Intern, Centers for Disease Control and Prevention, Division of Reproductive Health, Pregnancy Risk Assessment Monitoring System (PRAMS), June-August 2002

Research Intern, Tulane Xavier National Center of Excellence in Women's Health, 2002-2003

Research Lab Assistant, Utah State University, Department of Nutrition, Dietetics and Food Sciences, 1998-2001

TEACHING EXPERIENCE

Brigham Young University, Department of Nutrition, Dietetics, and Food Science, 2007 - current.

- NDFS 100: "Essentials of Human Nutrition" (2008 – current)
- NDFS 400: "Community Nutrition" (2010 – current)
- NDFS 602: "Advanced Human Nutrition 2" (selected classes) (2010 – current)
- NDFS 633: "Maternal/Child Nutrition and Health" (2010 – current)

Previous courses taught:

- NDFS 401: "Community Nutrition Fieldwork" (2010 – 2016)
- NDFS 424: "Nutrition Through the Life Cycle" (2008 – 2020)
- NDFS 634: "Nutrition Education" (2017)

PUBLICATIONS

*Graduate student

**Undergraduate student

Journal Articles

1. Hagedorn-Hatfield RL, Qamar Z, **Richards R**, Patton-López MM, Savoie-Roskos MR, Heying EK, Landry MJ, Mann G, Vogelzang JK, OoNorasak K, Cuite CL, Hood LB. Barriers and facilitators to implementing and sustaining campus food insecurity initiatives. *Stud High Educ*, accepted March 21, 2023.
2. Savoie-Roskos M, Hood L, Hagedorn-Hatfield R, Landry M, Patton-López M, **Richards R**, Vogelzang JL, Qamar Z, OoNorasak K, Mann G. Creating a culture that supports food security and health equity at higher education institutions [published online ahead of print, 2022 Nov 2]. *Public Health Nutr*. 2022;1-18. doi:10.1017/S1368980022002294, accepted November 2, 2022.
3. **Richards R**, Stokes N, Banna J, Cluskey M, Bergen M,** Thomas V,* Bushnell M,** Christensen R.** A comparison of experiences with factors related to food insecurity between food secure and food insecure college students: a qualitative study [published online ahead of print, 2022 Aug 5]. *J Acad Nutr Diet*. 2022;S2212-2672(22)00729-8. doi:10.1016/j.jand.2022.08.001. Accepted August 2, 2022.
4. Hagedorn-Hatfield R, **Richards R**, Qamar Z, Hood L, Landry M, Savoie-Roskos M, Vogelzang J, Machado S, OoNorasak K, Cuite C, Heying E, Patton-López M, Snelling A. Campus-based programmes to address food insecurity vary in leadership, funding, and evaluation strategies. *Nutrition Bulletin*. 2022 Sep;47(3):322-332. Published 2022 July 18. <https://doi.org/10.1111/nbu.12570> Accepted June 16, 2022.
5. Monroe-Lord L, Anderson A, Jones BL, **Richards R**, Reicks M, Gunther C, Banna J, Topham GL, Lora KR, Wong SS, Ballejos M, Hopkins L, Ardakani A. Relationship between family racial/ethnic backgrounds, parenting practices and styles, and adolescent eating behaviors. *Int J Environ Res Public Health*. 2022;19(12):7388. Published 2022 Jun 16. doi:10.3390/ijerph19127388 Accepted June 13, 2022.
6. Wagner A,* Call ML, Jefferies LK, Eggett DL, **Richards R**. Comparison of household perceptions and practices of food and water emergency preparedness between Latter-day Saints and Non-Latter-day Saints in the USA [published online ahead of print, 2022 Mar 19]. *J Relig Health*. 2022;1-17. doi:10.1007/s10943-022-01535-3 Accepted February 14, 2022.
7. Monroe-Lord L, Jones B, **Richards R**, Reicks M, Gunther C, Banna J, Topham G, Anderson A, Lora K, Wong SS, Ballejos M, Hopkins L, Ardakani A. Parenting practices and adolescents eating behaviors in African American families. *Int J Environ Res Public Health*. 2021;19(1):110. Published 2021 Dec 23. doi:10.3390/ijerph19010110 Accepted December 18, 2021.

8. Fung GJ,** Jefferies LK, Call MAL, Eggett DL, **Richards R**. Comparison of emergency preparedness practices between food assistance program participants and non-participants in the United States. *Int J Environ Res Public Health*. 2021;18(24):12937. Published 2021 Dec 8. doi:10.3390/ijerph182412937 Accepted December 6, 2021.
9. Hiatt E,** Belliard C,** Jefferies LK, Kener M,** Call MAL, Eggett DL, **Richards R**. Household food and water emergency preparedness practices across the United States [published online ahead of print, 2021 Apr 6]. *Disaster Med Public Health Prep*. 2021:1-9. doi:10.1017/dmp.2020.480. Accepted December 7, 2020.
10. Burgess L,* Bartholomew T,** **Richards R**, Bellini SG. Qualitative research study of the calorie count process in hospitalized pediatric patients and identification of opportunities for quality improvement. *Top Clin Nutr*. 2020;35(4):287-298. Accepted July 10, 2020.
11. Banna J, **Richards R**, Jones B, Anderson A, Reicks M, Cluskey M, Gunther C, Hongu NK, Lora K, Misner S, Monroe-Lord L, Topham G, Wong SS, Lim E. Describing independent eating occasions among low-income adolescents. *Int J Environ Res Public Health*. 2020;17(3):981. doi: 10.3390/ijerph17030981. Accepted February 4, 2020.
12. Reicks M, Banna J, Anderson A, Da Silva V, Gunther C, Hongu NK, Jones B, Lora K, Monroe-Lord L, **Richards R**, Topham G, Wong SS. Development of parent and adolescent questionnaires to assess food parenting practices that address adolescent consumption during independent eating occasions. *J Nutr Educ Behav*. 2020; 52(3):307-313. Accepted October 30, 2019.
13. Gunther C, Reicks M, Banna J, Suzuki A,* Topham G, **Richards R**, Jones B, Lora K, Anderson A, da Silva V, Penicka C,* Hopkins LC,* Cluskey M, Hongu N, Monroe-Lord L, Wong SS. Food parenting practices that influence early adolescents' food choices during independent eating occasions. *J Nutr Educ Behav*. 2019;51(8):993-1002.
14. Reicks M, Davey C, Anderson AK, Banna J, Cluskey M, Gunther C, Jones B, **Richards R**, Topham G, Wong SS. Frequency of eating alone is associated with adolescent dietary intake, perceived food-related parenting practices and weight status: cross-sectional Family Life, Activity, Sun, Health, and Eating (FLASHE) Study results. *Public Health Nutr*. 2019; 22(9):1555–1566.
15. Martinez Y,* Banna J, Bellajos M, Bruhn C, Cluskey M, Gunther C, Hongu NK, Johnston NP, Misner S, Reicks M, **Richards R**, Wong SS. Evaluation of messages to promote intake of calcium-rich foods in early adolescents. *J Community Engagem Scholarsh*. 2017;9(2):110-120.
16. Banna J, **Richards R**, Brown LB. College students' perceived differences between the terms “real meal,” “meal,” and “snack.” *J Nutr Educ Behav*. 2017;49(3):228-235.
17. **Richards R**, Brown LB, Williams DP, Eggett DL. Developing a questionnaire to evaluate college students' knowledge, attitude, behavior, self-efficacy, and environmental factors

- related to canned foods. *J Nutr Educ Behav*. 2017;49(2):117-124.e1.
18. Magnusson BM, Thackeray CR, Van Wagenen SA,* Davis SF,* **Richards R**, Merrill RM. Perceptions of public breastfeeding images and the association with breastfeeding knowledge and attitudes among males in the United States Ages 21-44. *J Human Lac*. 2017; 33(1):157–164.
 19. Banna JC, Reicks M, Gunther C, **Richards R**, Bruhn C, Cluskey M, Wong SS, Misner S, Hongu NK, Johnston NP. Evaluation of emotion-based messages designed to motivate Hispanic and Asian parents of early adolescents to engage in calcium-rich food and beverage practices. *Nutr Res Pract*. 2016;10:456-463.
 20. Reicks M, Banna J, Cluskey M, Gunther C, Hongu N, **Richards R**, Topham G, Wong SS. Influence of parenting practices on eating behaviors of early adolescents during independent eating occasions: implications for obesity prevention. *Nutrients*. 2015;7(10):8783-8801.
 21. Gunther C, Rose AM, Bruhn C, Cluskey M, Reicks M, **Richards R**, Wong SS, Boushey C, Misner S, Olson B. Parents' calcium knowledge is associated with parental practices to promote calcium intake among parents of early adolescent children. *Journal of Extension*. 2015;53(4). <http://www.joe.org/joe/2015august/a5.php>
 22. Cluskey M, Wong SS, **Richards R**, Ballejos M, Reicks M, Auld G, Boushey C, Bruhn C, Misner S, Olson B, Zaghoul S. Dietary sources of calcium among parents and their early adolescent children in the United States by parent race/ethnicity and place of birth. *J Immigr Minor Health*. 2015;17:432-440.
 23. **Richards R**, Reicks M, Wong SS, Gunther C, Cluskey M, Ballejos M, Bruhn C, Johnston NP, Misner S, Watters C. Perceptions of how parents of early adolescents will personally benefit from calcium-rich food and beverage parenting practices. *J Nutr Educ Behav*. 2014;46:595-601.
 24. VeHawn J,* **Richards R**, West J, Hall C, Crookston B, Neiger B. Identifying barriers preventing Latina women from accessing WIC online health information. *J Immigr Minor Health*. 2014;16:699-705.
 25. Lister C,** West J, Hall PC, **Richards R**, Crookston B, Redelfs AH. Technology for health: A qualitative study on barriers to using the iPad for diet change. *Health*. 2013;5(4):761-768.
 26. **Richards R**, Smith C, Eggett DL. Correlates of energy intake and body mass index among homeless children in Minnesota. *Child Obes*. 2013;9(3):240-251.
 27. Darko J,* Eggett DL, **Richards R**. Shopping behaviors of low-income families during a one-month period of time. *J Nutr Educ Behav*. 2013;45:20-29.
 28. **Richards R**, Merrill RM, Baksh L, McGarry J. Maternal health behaviors and infant health outcomes among homeless mothers: U.S. Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) 2000-2007. *Prev Med*. 2011;52:87-94.

29. **Richards R**, Merrill RM, Baksh L. Health behaviors and infant health outcomes in homeless pregnant women in the United States. *Pediatrics*. 2011;128(3):438-46
30. Reicks MM, Ballejos ME, Goodell S, Gunther C, **Richards R**, Wong SS, Auld G, Boushey CJ, Bruhn C, Cluskey M, Misner S, Olson B, Zaghloul S. Individual and family correlates of calcium-rich food intake among parents of early adolescent children. *J Am Diet Assoc*. 2011;111:376-84.
31. Merrill RM, **Richards R**, Sloan A.* Prenatal maternal stress and physical abuse among homeless women and infant health outcomes in the United States. *Epi Int Res*. 2011 (article ID 467265). <https://doi.org/10.1155/2011/467265>.
32. Dammann KW,* Smith C, **Richards R**. Low-income minority and homeless mothers' perceptions of their 9-13 year-old children's weight status, diet, and health. *Maternal Child Health J*. 2011;15(1):106-14.
33. Brown LB, **Richards R**. Teaching students to cook: an easily incorporated assignment in an academic nutrition course. *J Nutr Educ Behav*. 2010;42:355-356.
34. **Richards R**, Smith C. Investigation of the hunger–obesity paradigm among shelter-based homeless women living in Minnesota. *J Hunger Environ Nutr*. 2010;5:339-359.
35. Teng C, Richards R, Amy R,** Coplen T,** Niepraschk C**, Ohene-Opare A,** Smith M,** Ameh L. An interactive online education system for the Supplemental Nutrition Program. *Proceedings of the 7th International Conference on Education and Information Systems, Technologies and Applications (EISTA)* 2009. July 2009. Epub: <http://www.iiis.org/CDs2008/CD2009SCI/EISTA2009/PapersPdf/E232CB.pdf>.
36. Smith C, Butterfass J,** **Richards R**. Environment influences food access and resulting shopping and dietary behaviors among homeless Minnesotans. *Ag Human Values*. 2009;27(2) :141-161.
37. Smith C, **Richards R**. Dietary intake, overweight status, and perceptions of food insecurity among homeless Minnesotan youth. *Am J Hum Biol*. 2008;20(5):550-563.
38. **Richards R**, Smith C. Environmental, parental, and personal influences on food choice, access, and overweight status among homeless children. *Soc Sci Med*. 2007; 65(8):1572-83. Epub 2007 Jul 31.
39. **Richards R**, Smith C. Shelter environment and placement in community affects lifestyle factors among homeless families in Minnesota. *Am J Health Promot*. 2006;21:36-44.
40. **Richards R**, Smith C. The impact of homeless shelters on food access and choice among homeless families in Minnesota. *J Nutr Educ Behav*. 2006;38:96-105.

41. Rose D, **Richards R**. Food store access and household fruit and vegetable use among participants in the US Food Stamp Program. *Public Health Nutr.* 2004;7:1081-8.

Book Chapter

Chapman-Novakofski K, **Richards R**. Chapter 23: Nutrition and Bone Health. In: Raymond JL, Morrow K. *Krause's Food & The Nutrition Care Process*. 15th ed. Elsevier Publishing; 2020, 471-481.

ABSTRACTS AND PRESENTATIONS

*Graduate student

**Undergraduate student

1. Ang K,** Lucero S,** Lee K,** Barney A,** Mathusek C,** Thomas V, Banna J, Jackson J, Grutzmacher S, OoNorasak K, Stokes N, **Richards R**. Food Insecurity in the U.S.: An International Student Perspective. Society for Nutrition Education and Behavior Annual Conference, Washington, DC, July 20-24, 2023 (Accepted March 22, 2023).
2. Patton-López MM, Machado S, Gray V, **Richards R**. Conceptualizations of Food Insecurity among Nutrition, Public Health, and Social Work Students. Society for Nutrition Education and Behavior Annual Conference, Washington, DC, July 20-24, 2023 (Accepted March 21, 2023).
3. Kilgrew J,* Lee K,** Mathusek C,** Ang K,** Banna J, Grutzmacher S, Jackson J, OoNorasak K, Stokes N, **Richards R**. Developing a Reliable Survey to Assess Personal, Behavioral, and Environmental Factors Associated with Food Insecurity in a College Student Population. Utah Academy of Nutrition and Dietetics Annual Conference, West Jordan, UT, March 4, 2023 (Accepted February 22, 2023; won Graduate Student Research Award at the meeting).
4. Munger B,* Musich A,* Reeves B,* Warrick J,* Kartchner C,** Lee K,** Varnon J,** Wolcott A,* Grutzmacher S, **Richards R**, Stokes N, Jackson J. Adaptation of the USDA Food Security Survey Module for College Students. Academy of Nutrition and Dietetics, 2022 Food & Nutrition Conference & Expo™ (FNCE®). Orlando, FL. October 11, 2022. *J Acad Nutr Diet.* 2022;122(9):SA57. Doi: <https://doi.org/10.1016/j.jand.2022.06.182>
5. Hagedorn-Hatfield R, Hood L, **Richards R**, Qamar Z, Landry M, Savoie-Roskos M, Vogelzang J, OoNorasak K, Mann G, Cuite C, Machado S, Heying E, Patton-Lopez M, Snelling A. Barriers and facilitators to implementing food insecurity initiatives on college campuses. International Society of Behavioral Nutrition and Physical Activity (ISBNPA). Phoenix, AZ, May 2022, virtual oral presentation (Accepted February 17, 2022).
6. Reicks M, Anderson AK, Ballejos M, Banna J, Jones BL, Gunther C, Hopkins L, Lora K, Monroe-Lord L, **Richards R**, Topham G, Wong SS. Adolescent independent eating occasions and dietary intake during independent eating occasions by personal and household characteristics. *J Nutr Educ Behav.* 2022;54(7S):S29. Society for Nutrition Education and Behavior Annual Conference, Atlanta, GA, July 29-Aug 1, 2022.

7. Bastian KD,* Christensen M, **Richards R**, Williams DP. Revising the NDFS 100 online course using pedagogy and theoretical foundations to promote an effective learning environment. Utah Academy of Nutrition and Dietetics Annual Conference, West Jordan, UT, March 24-25, 2022.
8. Gamble E,* Meier A,* Lee K,** Mathusek C,** Stokes N, Jackson J, Banna J, Grutzmacher S, OoNorasak K, Reeves B,* Barney A,** Kartchner C,** Kilgrew J,* Martinez P,** **Richards R**. Establishing content and face validity of a theoretically-based survey about factors related to food insecurity and college students. Utah Academy of Nutrition and Dietetics Annual Conference, West Jordan, UT, March 24-25, 2022 (Accepted March 12, 2022).
9. Munger B,* Warrick J,* Musich A,* Reeves B,* Grutzmacher S, **Richards R**, Stokes N, Banna J, OoNorasak K, Varnon J,** Wolcott A,* Kartchner C,** Lee K,** Jackson J. Adaptation of the USDA Food Security Survey Module for the College Student Population. Oregon and Washington State Academies of Nutrition and Dietetics Annual Conference. Vancouver, WA, April 2022 (Accepted March 9, 2022).
10. Suzuki A,* Anderson A, Cluskey M, Gunther C, Hongu N, Jones B, Lora K, Misner S, Monroe-Lord L, Novotny R, Reicks M, **Richards R**, Topham G, Wong SS, Banna J. Parental practices influencing eating behavior on independent eating occasions of early adolescents in Hawai'i. ISBNPA XChange Initiative 2021, online, June 2021 (Accepted April 2021).
11. Strongo K,* Smith M,** Gwilliam-Bell M,** Merrill C, Coombs C, LeBlanc H, LeCheminant J, **Richards R**. A homeless health and wellness study. Society for Nutrition Education and Behavior Annual Conference, online, July 2020 (Accepted March 2020). *J Nutr Ed Behav*. 2020;52(7S):S88-S89.
12. Bergen M,** Meier AR,* Thomas V,* Banna J, Cluskey M, Stokes N, **Richards R**. Multi-site qualitative study assessing food insecurity among college students. Utah Conference on Undergraduate Research (UCUR), Utah State University, Logan, UT, February 2020.
13. **Richards R**, Jones B, Anderson A, Banna J, Cluskey M, Gunther C, Hongu N, Lora K, Misner S, Monroe-Lord L, Reicks M, Topham G, Wong SS. Parental practices and impact on child weight among succeeders and strivers. Food and Nutrition Expo, Academy of Nutrition and Dietetics Annual Meeting, Washington, DC, October 2018. *J Acad Nutr Diet*. 2018;118(9):A76.
14. Anderson AK, **Richards R**, Jones B, Banna J, Gunther C, Hongu N, Lora K, Misner S, Monroe-Lord L, Reicks M, Topham G, Wong SS. Challenges in collecting pictorial data and identifying foods in dietary assessment of early adolescents. Dietary Intake 2018: Workshop on Innovative Technologies for Dietary Intake Measurement, Imperial College, London, United Kingdom.
15. Reicks M, Davey C, Anderson AK, Banna J, Cluskey M, Gunther C, Jones B, **Richards R**, Topham G, Wong SS. Frequency of eating alone among adolescents, perceptions of parenting practices, and dietary intake: Results from the FLASHE study. Society for Nutrition Education and Behavior Annual Conference, Minneapolis, MN, July 2018. *J Nutr Educ Behav*. 2018;50(7):S19.

16. Stokes N, **Richards R**. Food insecurity amongst college students. Utah Food Security Summit, Salt Lake City, UT, September 2018.
17. Banna J, **Richards R**, Jones B, Anderson A, Cluskey M, Ganganna P, Gunther C, Hongu N, Litchfield R, Lora K, Misner S, Monroe-Lord L, Reicks M, Topham G, Wong SS. Describing independent eating occasions among underserved adolescents ages 10-13 in the U.S.: A multi-state study. Nutrition Annual Conference, Boston, MA, June 2018.
18. Suzuki A,* Anderson A, Choi YC,* Cluskey M, Gunther C, Hongu N, Jones B, Lora K, Misner S, Monroe-Lord L, Penicka C,* Reicks M, **Richards R**, Topham G, Wong SS, Banna J. Characterizing eating behaviors of adolescents ages 10-13 in Hawaii while eating alone. Nutrition Annual Conference, Boston, MA, June 2018.
19. Fung G,** Call ML, Jefferies LK, Eggett DL, **Richards R**. Food and water storage practices among low-income households in the United States. Brigham Young University, College of Life Sciences Undergraduate Research Poster Competition, March 2018.
20. Doney R,* Brown LB, Williams DP, Eggett DL, **Richards R**. Changes in college students' perceptions and use of canned foods with an intervention. Utah Academy of Nutrition and Dietetics Annual Conference, Murray, UT, March 2018 (won Graduate Student Research Award at the meeting).
21. Wasden RE,* Meier A,** Kimmons R, **Richards R**, Williams DP. Student perceptions of usability and international applicability of an open-access nutrition textbook for a general college nutrition course. Conference Proceedings. Utah Academy of Nutrition and Dietetics Annual Conference, Murray, UT, March 2018.
22. Suzuki A,* Anderson A, Cluskey M, Ganganna P, Gunther C, Hongu N, Jones B, Litchfield R, Lora K, Misner S, Monroe-Lord L, Penicka C, Reicks M, **Richards R**, Topham G, Wong SS, Banna J. Characterizing Eating Behavior During Independent Eating Occasions among Early Adolescents in Hawaii. 17th International Graduate Student Conference, Honolulu, HI, February 2018.
23. Magnusson BM, Davis S,* Van Wagenen SA,* Thackeray C, **Richards R**, Merrill RM. Perceptions of public breastfeeding among an internet panel of U.S. males 21-44 years. American Public Health Association Annual Meeting, Denver, CO, October 2016.
24. Lassetter JH, Ruda P,* Anderson P, **Richards R**. Description of Native Hawaiian and Pacific Islander families' home food environments. International Family Nursing Association, Odense, Denmark, August 2015.
25. Brown LB, **Richards R**, Williams P. College students' perceptions of canned foods. Society for Nutrition Education and Behavior Annual Conference, Pittsburgh, PA, July 2015. *J Nutr Educ Behav*. 2015;47(4):S51.
26. Harmon B,** Kener M,** Williams DP, **Richards R**. Food Costs of a Gluten-free Diet: Comparison to Supplemental Nutrition Assistance Program Allotments. Utah Academy of Nutrition and Dietetics Annual Conference, Sandy, UT, March 2014.

27. West JH, Crookston BT, **Richards R**. Barriers to accessing online health information among Latina WIC clients in the U.S. International Congress on Nutrition, Granada, Spain, September 2013.
28. Wong SS, Gunther C, Reicks M, **Richards R**, Bruhn CM, Cluskey M, Misner S, Watters C, Ballejos M. Perceptions of Key Parental Benefits from Practices that Promote Intake of Calcium-Rich Foods and Beverages (CRF/B) in Preadolescent Children. Experimental Biology Annual Conference, San Diego, CA, April 2012. *FASEB J*. 2012;26:814.1.
29. Calvert J,* Merrill RM, **Richards R**. Prenatal Maternal Stress and Physical Abuse among Homeless Women and Infant Health Outcomes in the United States. Third North American Congress of Epidemiology, American College of Epidemiology, Montreal, Quebec, Canada, June 2011.
30. Baksh L, **Richards R**, Bloebaum L. Pregnant and Homeless in Utah. Presented at Maternal and Child Health Epidemiology Annual Conference, San Antonio, TX, December 2010.
31. Watson T,* **Richards R**. Contributing factors to excess weight gain during pregnancy among low-income women in Utah. Society for Nutrition Education and Behavior Annual Conference, Reno, NV, July 2010. *J Nutr Educ Behav*. 2010;42(4S):S109-S110.
32. Brown LB, **Richards R**. Providing Placemats as a Way to Improve College Students' Dinners? Society for Nutrition Education and Behavior Annual Conference, Reno, NV, July 2010. *J Nutr Educ Behav*. 2010;42(4S):S126.
33. Darko J,* **Richards R**. Factors influencing shopping habits among low-income families during a one- month period of time. Experimental Biology Annual Conference, Anaheim, CA, April 2010. *FASEB J*. 2010;24:lb362.
34. **Richards R**, Merrill R, Baksh L, McGarry J. Maternal nutrition-related behaviors and infant health outcomes according to homeless and WIC participation status from 31 PRAMS states/cities. Society for Nutrition Education and Behavior Annual Conference, New Orleans, LA, July 2009. *J Nutr Educ Behav*. 2009;41(4S).
35. **Richards R**, Mitchell AC,** Brown LB, Grocott SM.** Look mom! In my nutrition course I'm learning how to cook. Society for Nutrition Education and Behavior Annual Conference, New Orleans, LA, July 2009. *J Nutr Educ Behav*. 2009;41(4S):S34-S35.
36. Brown LB, Grocott SM,** Mitchell AC,** **Richards R**. Ah-ha! What students reported learning in an introductory nutrition course from a cook-an-entrée assignment. Society for Nutrition Education and Behavior Annual Conference, New Orleans, LA, July 2009. *J Nutr Educ Behav*. 2009;41(4S):S29.
37. Mitchell AC,** Brown LB, Grocott SM,** **Richards R**. Mission accomplished: college students can cook! Society for Nutrition Education and Behavior Annual Conference, New Orleans, LA, July 2009. *J Nutr Educ Behav*. 2009;41(4S):S29.

38. Grocott SM,** Brown LB, Mitchell AC,** **Richards R**. How long does it take college students to cook healthy meals? Society for Nutrition Education and Behavior Annual Conference, New Orleans, LA, July 2009. *J Nutr Educ Behav*. 2009;41(4S):S9.
39. **Richards R**,* Smith C. Overweight status and perceptions of food insecurity among homeless children. NAASO, The Obesity Society Conference, Boston, MA, October 2006.
40. Smith C, **Richards R**.* Obesity and perceptions of food insecurity among homeless women. NAASO, The Obesity Society Conference, Boston, MA, October 2006.
41. Rose D, Boder N,* **Richards R**.* Food insecurity and overweight status in young school children. Experimental Biology Annual Conference, Washington, D.C., April 2004. *FASEB J*. 2004;18:A489.
42. Dang K,* **Richards R**,* Ball A, Centivany A, Magnus JH. Breastfeeding—fostering healthier mothers and children in Louisiana. American Public Health Association Annual Conference, San Francisco, CA, November 2003.
43. **Richards R**,* Magnus JH. Old & fragile: Osteoporosis and hip fractures in Louisiana. Facing Facts Conference, Newcomb College Center for Research on Women, New Orleans, LA, 2002.

GRANTS

Funded Grants

1. *Homelessness and Wellness Grant*, Merrill C, **Richards R**, LeCheminant J. Community Foundation of Utah/Association for Utah Community Health, March 2019. Grant Award: \$130,000 [BYU portion-\$41,894].
2. *Food Costs of a Gluten-free Diet: Comparison to Supplemental Nutrition Assistance Program Allotments*. Harmon, B. Faculty Mentor: **Richards R**. ORCA Grant. Feb.-Dec. 2013. Grant Award: \$1,500
3. *Food and Water Storage Practices of Latter-day Saints*. Jefferies L, Lloyd M, **Richards R**, Eggett D. BYU Religious Studies Center. Jan. 2013-Dec. 2013. Grant Award: \$9,500.
4. *Development and evaluation of online nutrition education classes for the Utah County Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Internet Site*. **Richards R**, Ameh L. BYU Mentoring Environment Grant. Feb. 2008-Jan. 2010. Grant Award: \$19,800.

Grant Under Review

Evaluation of Food Security Scales among Hispanic Parents: A Cognitive Interview and Psychometric Properties Study. Hernandez D, **Richards R**, Chan W. National Institutes of Health, National Institute of Child Health and Human Development (NICHD), Study Section: Social Sciences and Population Studies A (SSPA) or Social Sciences and Population Studies B (SSPB), PA-20-200: NIH Small Research Grant Program (R03), November 2022. [under review, \$169,028; BYU portion-\$32,743]

Unfunded Grants

1. *Evaluation of Food Security Scales among Hispanic Parents and Adolescents: A Cognitive Interview and Psychometric Properties Study*. Hernandez D, Marshall A, **Richards R**, Cron S. National Institutes of Health, National Institute of Child Health and Human Development (NICHD), Study Section: Social Sciences and Population Studies A (SSPA) or Social Sciences and Population Studies B (SSPB), PA-20-200: NIH Small Research Grant Program (R03), October 2021. [unfunded, \$169,026; BYU portion-\$32,746]
2. *Evaluation of Food Security Scales among Hispanic Parents and Adolescents: A Cognitive Interview and Psychometric Properties Study*. Hernandez D, **Richards R**. USDA Economic Research Service, “25 Years of Food Security Measurement: Answered Questions and Further Research,” February 2021. [Unfunded, \$100,000; BYU portion-\$19,526]
3. *Quantitative measurement of environmental, personal, and behavioral factors associated with food insecurity among college students in the Western Region of the United States*. Bergen, M. Faculty Mentor: **Richards R**. CURA Grant. November 2018. [Unfunded, \$1500]
4. *College Students’ Food Preparation Experience with an Online Cooking Video*. **Richards R**, Meier A. Harmons Neighborhood Grocer, September 2018. [Unfunded, \$1425]
5. *CHANGE: Childhood Health Advocacy for Nutrition, Growth, and Education*. Lasseter JH, Diez D, Fitisemanu J, Ray G, Williams P, Wisco JA, Richards R, Taukei’aho T, Durwood C. 2014 AFRI Program: Integrated Approaches to Prevent Childhood Obesity (Integrated Research, Education, and Extension Projects/Coordinated Agricultural Projects [CAP]), June 2014. [Unfunded, \$524,494]
6. *Utah County WIC Café Program: a technology-driven intervention aimed to enhance cooking and household feeding practices among WIC clients in Utah County*. Richards R, West J, Teng CC, Brown LB, Nyland N, Eggett DL, Galvez. USDA Center for Collaborative Research on WIC Nutrition Education Innovations at the USDA/ARS Children’s Nutrition Research Center at Baylor College of Medicine, April 2013. [Unfunded, \$249,291]
7. *Online Nutrition Education for the Special Supplemental Program for Women, Infants & Children (WIC)*. **Richards R**, Nyland N, Brown LB, Teng CC, Ameh L. CG Charitable Foundation, April 2012. [Unfunded, \$45,000]
8. *Effects of the Summer Food Service Program on Children’s Health*. **Richards R**. United States Department of Agriculture, March 2011. [Unfunded, \$117,121]
9. *The Role of Schools in Eliminating Very Low Food Insecurity among Children*. Price J, **Richards R**. University of Kentucky Center for Poverty Research, Jan. 2011; Robert Wood Johnson Foundation, July 2011. [Unfunded, \$73,116]
10. *Factors influencing shopping, cooking, and eating behaviors among low-income families during a one-month period of time*. **Richards R**. BYU Mentoring Environment Grant, Nov. 2008 [Unfunded, \$11,400]
11. *Factors Influencing Food Choice, Food Access, and Food Acquisition Behaviors during Pregnancy and the Postpartum Period among Low-income Women in Utah*. **Richards R**. Adele Davis Foundation Grant, June 2008 [Unfunded; \$7,000]; Women’s Research Institute, October 2008 [Unfunded, \$11,575].

SERVICE RESPONSIBILITIES

Brigham Young University - Dept. of Nutrition, Dietetics & Food Science

Current assignments:

- Departmental Executive Committee (2022-current)
- NDFS 100 Co-coordinator (2015-current)
- Nutritional Science Off-Campus Internship Coordinator (2014-current)
- Didactic Program in Dietetics Selection Committee (2008-current)
- Dietetic Internship Selection Committee (2008-current)

Previous assignments:

- Strategic Planning and Unit Review Committee Chair (2021-2022)
- College Undergraduate Research Awards (CURA) Ad Hoc Reviewer (2020-2021)
- Departmental Executive Committee (2015-2019)
- Nutritional Science Program Coordinator (2015-2019)
- Seminar Committee (2012-2015)
- Facilities and Resource Committee Chair (2009-2015)
- Faculty Search Committee (2007-2008 and 2015-2016)
- Dept. Safety Coordinator (2007-2015)
- Scholarship Committee (2008)

Brigham Young University - College of Life Sciences

Current assignments:

- Women in Science Academic Association Faculty Advisor (2018-current)

Previous assignments:

- Dean's Advisory Council (2015-2022)
- College of Life Sciences Safety Committee (2009 – 2015)
- ORCA Grant Review Committee (2008 – 2014)
- MEG Grant Review Committee (2008)

Brigham Young University – University

Current assignments:

- Food Insecurity Club Faculty Advisor (2022-current)
- University Academic Review Council (2018-current)

Previous assignments:

- General Education Design Committee (2020)
- BYU Women's Conference Committee (2017 – 2019)
- Past-President, Faculty Women's Association (2016 – 2017)
- President, Faculty Women's Association (2015-2016)
- President-Elect, Faculty Women's Association (2014-2015)
- University Institutional Review Board for Human Subjects Research (2013-2017)
- Historian, Faculty Women's Association (2012 – 2014)

Professional Service

Current positions:

- Society for Nutrition Education and Behavior Journal Committee, Vice-Chair (2022-current)
- Society for Nutrition Education and Behavior Journal Committee, Position Papers Subcommittee Chair (2022-current)
- Journal of Nutrition Education and Behavior Board of Editors (2021-current)
- Society for Nutrition Education and Behavior College Food Insecurity Subcommittee Member (2020 – current)
- Utah Higher Education Food Task Force (2016 – current)
- Early Learning Essentials Health Services Advisory Committee (2010 – current)

Previous positions:

- Reviewer, United States Department of Agriculture (USDA), National Institute of Food and Agriculture (NIFA), Agriculture and Food Research Initiative (AFRI), Food Safety, Nutrition and Health, two grant application cycles.
- Society for Nutrition Education and Behavior Journal Committee, Marketing Subcommittee Chair (2021-2022)
- Guest Editor, International Journal of Environmental Research and Public Health Special Issue: “Dietary Behaviors and Health Outcomes in Low-Income Populations” (2020-2021)
- Society for Nutrition Education and Behavior Journal Committee Secretary (2020-2021)
- Society for Nutrition Education and Behavior Kid’s Meals Position Paper Working Group Chair (2018 – 2021)
- Guest Editor, Nutrients Special Issue: “Dietary Intake and Eating Patterns in College Students” (2018 – 2019)
- Society for Nutrition Education and Behavior Journal Committee Member (2017-2018)
- Society for Nutrition Education and Behavior Journal Committee Chair (2016-2017)
- Society for Nutrition Education and Behavior Advisory Committee on Public Policy Committee Member (2016-2020)
- Society for Nutrition Education and Behavior Journal Committee Co-Chair (2015-2016)
- Centers for Disease Control and Prevention Special Emphasis Grant Review Panel (2015-2016)
- Journal of Nutrition Education and Behavior Journal Committee Secretary (2014-2015)
- Kids on the Move Early Head Start Health Services Advisory Committee (2013 – 2021)
- Academy of Nutrition and Dietetics, Utah Delegate (2013 – 2015)
- Academy of Nutrition and Dietetics Food and Nutrition Security Taskforce (2013-2014)
- Journal of Nutrition Education and Behavior Journal Committee Member (2013-2014)
- Utah Academy of Nutrition and Dietetics Advocacy Pillar Chair (2012 – 2013)
- W-2003/W-3003 USDA Multistate Research Working Group Chair (2012 – 2015)
- Utah Academy of Nutrition and Dietetics Public Policy Coordinator (2011 – 2013)
- W-2003 USDA Multistate Research Working Group Secretary (2009 – 2012)
- Utah Dietetic Association State Policy Representative (2009 – 2011)

PROFESSIONAL MEMBERSHIPS

- Academy of Nutrition and Dietetics (2006 – current)
- American Public Health Association (2003 – current)
- American Society for Nutrition (2018 – current)
- Society for Nutrition Education and Behavior (2007 – current)
- Utah Academy of Nutrition and Dietetics (2007 – current)

HONORS AND AWARDS

- Sam and Aline Skaggs Mentoring Fellowship, 2023
- Western Region Excellence in Multistate Research Award, 2022
- Journal of Nutrition Education and Behavior Silver Author Recognition Award, 2021
- BYU College of Life Sciences Faculty Distinguished Service Award, 2019
- BYU Faculty Women's Association Citizenship Award, 2019
- Caesar Corzantes Award for Excellence in Maternal and Child Health, TUSPHTM, May 2003
- USU Independent and Distance Education Award, 2001