

CURRICULUM VITA
SUSAN FULLMER, PhD, RDN, CD

Brigham Young University
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EDUCATION

PhD. Exercise Science Brigham Young University, Provo, Utah. 2004.

Qualifying Experience (internship) Health Care Pharmacies/Care West, Murray, Utah.
October 1988 - April 1989.

MS. Foods and Nutrition University of Utah, Salt Lake City, Utah. 1989.

BA. Foods and Nutrition University of Utah, Salt Lake City, Utah. 1986.

EMPLOYMENT

Associate Dean, College of Life Sciences, Brigham Young University, 2019-2022

Teaching Professor, Brigham Young University 2012-Present.

Associate Teaching Professor. Brigham Young University. 2003-2012.

Assistant Teaching Professor. Brigham Young University. 1997-2003.

Private Practice Dietitian. Owner and developer of Healthy Lifestyles. 1994–97. Private counseling in teen obesity, adult weight control, disease prevention, sports nutrition, eating disorders, geriatric nutrition counseling. Salt Lake City, Utah.

Private Consultant in Long Term Care. 1989-1999. Consultant in a variety of long term care settings including skilled, intermediate care nursing homes, developmentally disabled, and residential care facilities.

Clinical Instructor. Brigham Young University. 1996–1997. Clinical instructor of dietetic students in the hospital. Provo, Utah.

Instructor. University of Phoenix. 1995-97. Courses taught: Sci 220 (Human Nutrition), Sci 484 (Pathophysiology), Paradigms of Health Sci 305.

Home Health Consultant. Consultant Dietitian for home health agencies. 1995-96.

Adjunct Instructor. Weber State University. 1991-1997. Courses taught: Fundamental Principles of Nutrition (105), Geriatric Nutrition (451), Sports Nutrition (455, 655), Child and Adolescent Nutrition (255).

Instructor. American Heart Association 1990-1992.

Enteral Consultant. Health Care Pharmacies, Murray, Utah. April-August 1989.

Teaching Assistant. University of Utah. 1986-87.

CURRENT TEACHING ASSIGNMENTS

- NDFS 100, Essentials of Human Nutrition (GE) (3 credits)
- NDFS 356, Medical Nutrition Therapy II (Dietetic Majors) (3 credits)
- NDFS 475, Research Methods in Dietetics (Dietetic Majors) (2 credits)
- NDFS 621, Clinical Practice in Dietetics (Dietetic Interns) (2 credits)
- NDFS 691R Selected topics (Controversies in Nutrition) (2 credits)
- Univ 101, BYU Foundations for Student Success (GE) (2 credits)

Past Courses Taught

- NDFS 300, Clinical Nutrition I (Dietetics Majors) (1997-2020) (4 credits)
- NDFS 356, Clinical Nutrition II (Dietetics Majors) (1998-2021) (3 credits)
- NDFS 635, Advanced Topics in Human Obesity (2016, 2018) (2 credits)
- NDFS 405, Nutrition Assessment Lab (Dietetics Majors) (2003-2019) (.5 credits)
- NDFS 399R Academic Internship (Dietetics Majors (variable)
- NDFS 100, Essentials in Human Nutrition (GE) (2017-2018) (3 credits)
- NDFS 305, Nutritional Implications of Disease (Nutritional Science and Pre-med Majors) (1998-2013) (4 credits)
- NDFS 310, Sports Nutrition (Service Course) (2001-2009) (2 credits)
- NDFS 691R, Graduate Seminar (Graduate Students and Faculty) (2002-2005) (1 credit)
- NDFS 631R, Selected Topics (Indirect Calorimetry and REE) (2005) (3 credits)
- NDFS 520R/620R, Supervised Practice Experience, clinical component (Dietetic Interns) (4 credits)
- NDFS 638, Advanced Clinical Dietetics (2 credits)

CITIZENSHIP ASSIGNMENTS

University Assignments

- University Academic Review Committee (UARC) (2023-present)
- University Institutional Review Board member (IRB) (2017-2020, 2022-present)

- Women in Science Faculty Advisor (Interim service) (2014-2015)
- Faculty Women's Association President (2012-2014)
- BYU Women's Conference Committee (2011-2013)
- National Collegiate Athletic Association (NCAA) Certification Review Committee (2007-2008)

College Assignments

- Associate Dean, Life Sciences (2019-2022)
- College Rank and Status Chair (2018-2019)
- College Rank and Status Committee (2014-2019)
- College Graduate Council (2009-2019)
- PHI KAPPA PHI College Representative (2008-2015)
- Research Review Committee (2004-2014)
- College Curriculum Committee (2008-2011)
- NDFS College Computer Committee (2007-2009)
- Computer Support Specialist Search Committee (2011)

Department Assignments

- NDFS 100 coordinator (2023-present)
- Space Redesign Committee Chair (2023-present)
- Department Rank and Status Committee (2023-present)
- Dietetics Programs Coordinator (2015-2019)
- Graduate Coordinator and Department Graduate Committee Chair (2009-2019)
- Curriculum Coordinator (2008-2011)
- Nutrition Assessment Lab Director (2003-Present)
- Department Search Committee Member (2011, 2016-17, 2018-2019)
- Department Rank and Status Committee (2003-2007)
- Graduate Seminar Coordinator (NDFS 691R) (2002-2005)
- Department Computer Coordinator (2003-2009)

Program Assignments

- Pre-dietetics Advisor (2009-2019)
- Didactic Program (DPD) Selection Committee (1997-Present)
- Dietetic Intern Selection Committee (1998-Present)
- Clinical Seminar Series Chair (2004-2015)
- Dietetics Graduation Reception Coordinator (2000-2016)

PROFESSIONAL MEMBERSHIPS

Academy of Nutrition and Dietetics (AND)

- Dietitians in Research
- Dietitians in Nutrition Support

Utah Academy of Nutrition and Dietetics (UAND)

American Society of Parenteral and Enteral Nutrition

American College of Sports Medicine

International Society for Bone Densitometry

PROFESSIONAL INVOLVEMENT

- American Dietetic Association Evidence Analysis Library Energy Expenditure Update Working Group Member. (2010-2014)
- Utah Dietetic Association Nominating Committee Member (2009-2011)
- Utah Dietetic Association Nominating Committee Member (2002-2003)
- President, Utah Dietetic Association (UDA) (2000-2001)
- Utah Dietetic Association Reimbursement Team Member (1997-2002)
- Member of Utah Diabetes Reimbursement Task Force (1999-2000)
- Member Diabetes Coalition (1999-2000)
- Legislative Network Coordinator UDA (1993-1997)

HONORS/AWARDS

- Outstanding Dietetics Educator, Area 4, American Dietetic Association. 2010
- PHI KAPPA PHI 2004
- Outstanding Alumni. Division of Foods and Nutrition, University of Utah. 2002
- Emerging Dietetic Leader. Utah Dietetic Association. 1998
- Outstanding Graduate Student of the Year. University of Utah. 1987

STATE LICENURES

- Certified Dietitian Utah # 110116-4901
- Radiology Practical Technician Utah # 110116-5402

PUBLICATIONS (*graduate student; **undergraduate student)

1. *Norton, K.M.; Davies, R.S.; LeCheminant, J.D.; **Fullmer, S.** Educational Preparation and Course Approach of Undergraduates Sports Nutrition Instructors at Large U.S. Institutions. *Sports* 2023, 11, 176. <https://doi.org/10.3390/sports11090176> (IF 2.7).
2. *Fleischer, S., *Freire, A, Brown, K; Creer, A; Eggett, D; **Fullmer, S.** Association of short-term changes in menstrual frequency, medication use, weight and exercise on bone mineral density in college-aged women. *In J Environ Res and Pub Hlth.* 2022, August 19, 10363. <https://doi.org/10.3390/ijerph191610363>. (IF 4.61)
3. Megan J. Jensen, Katie N. Brown, Jennifer M. Turley, Marlene I. Graf, Jenna Dyckman, Andrew R. Creer and **Susan Fullmer.** *Int J Environ Res and Pub Hlth.* 2022. w19(8), 4846; <https://doi.org/10.3390/ijerph19084846>. (IF 4.61)

4. Austin, M., Patten, E., Thatcher, B., **Fullmer, S.**, A Qualitative Research Study of Current Practices in Residential Treatment Facilities of Eating Disorder-Diabetes Mellitus Type 1 (ED-DMT1). *J Clin Nutr Diet.* 2022, 8;2:173-181. (IF 1.52)
5. *Friere, A., Brown, K., *Fleischer, S., Eggett, D., Creer, A., Graf, M., Dyckman, J., Turley, J., **Fullmer, S.**, Prevalence of Female Athlete Triad Risk Factors among International Volunteers and College Age-Matched Controls. *Int J Environ Res and Pub Hlth.* 2022, 19, 1223. <https://doi.org/10.3390/ijerph19031223>. (IF 4.61)
6. E. Gerday, *Brereton, T. Bahr, J. Elmont, **S. Fullmer**, B. Middleton, D. Ward, R. Ohls, R. Christensen. Urinary ferritin; a potential noninvasive way to screen NICU patients for iron deficiency. *J Perinat.* Published online July 24, 2020. <https://doi.org/10.1038/s41372-020-0746-6>. (IF 1.94)
7. *Jensen K; Bellini, SG; Derrick, JW; **Fullmer, S**; Eggett, D. Handgrip strength and malnutrition (undernutrition) in hospitalized versus non-hospitalized children aged 6-14 years old. *Nutr Clin Pract*, 2017; 32(5):687-693. (IF 3.0)
8. *Irving, CJ, Eggett, DL, **Fullmer, S.** Comparing Steady State to Time Interval and Non-Steady State Measurements of Resting Metabolic Rate. *Nutr Clin Pract.* Published online October 19, 2016 (Print: *Nutr Clin Pract.* 2017;32:77-83) (IF 3.0)
9. **Fullmer S**, Benson-Davies S, Earthman CP, Frankenfield DC, Gradwell E, Lee, PS, Piemonte, T, and Trabulsi J. Evidence Analysis Library review of best practices for performing indirect calorimetry in healthy and non-critically ill individuals: A 2014 systematic review. *J Acad Nutr Diet.* 2015;115:1417-1446. Published online 30 May 2015. (IF 3.3)
10. *Snell B, **Fullmer S**, Eggett D. Reading and listening to music increase resting energy expenditure during an indirect calorimetry test. *J Acad Nutr Diet.* 2014;114:1939-1942. Published online 1 May 2014. (IF 3.5)
11. *Cheryl A. Miner, **Susan Fullmer**, Dennis L. Eggett, and Robert D. Christensen. Factors affecting the severity of necrotizing enterocolitis. *J Matern Fetal Neonatal Med.* 2013; Apr 23: Early Online: 1-5. (IF 1.56)
12. *Torey C. Leavitt, Dennis L. Eggett, Chad R. Hancock, and **Susan Fullmer.** Measured resting energy expenditure is related to measures of bone in adult men. *Obe Metab.* 2010; 6:(2-3):80-85. (IF .58)
13. **Susan Fullmer**, *Bridget, L. Reed, Dennis L. Eggett, Robert T. Davidson, and Nora K. Nyland. The effect of calorie deficits of 25%, 40% and 55% on adaptation to resting energy expenditure and lean mass in healthy post-menopausal women. *Obe Metab.* 2009; 5(3-4):121-128. (IF .58)
14. *H.T. Baird, D.L. Eggett, **S. Fullmer.** Varying Ratios of Omega-6:Omega-3 Fatty Acids on the Pre- and Postmortem Bone Mineral Density, Bone Ash, and Bone Breaking Strength of Laying Chickens. *Poultry Science.* 2008; 87:323-328. (IF 2.65)

15. *Mortensen, JK, Nyland, NK, **Fullmer, S.** Professional involvement is associated with increased job satisfaction among dietitians. *J Am Diet Assoc.* 2002; 102:1452-1454.
16. **Fullmer, S.**, Geiger, C.J., Parent, C.R.: Consumer knowledge, understanding, and attitudes toward health claims on food labels. *J Am Diet Assoc.* 1991; 2:166-171.
17. **Fullmer, S.**, Hobbs, P.: Elemental formulas for tube fed patients. *HealthCare Network Newsletter, Volume 5, No. 2, 1989.*

PUBLISHED ABSTRACTS

1. *B. Snell, **S. Fullmer.** Reading or listening to music increased resting metabolic rate during an indirect calorimetry test. *J Acad Nutr Diet.* 2014; 114(Suppl2)A-21.
2. *Rasmussen SP, Nyland NK, **Fullmer S**, McGuire DL, Eggett DL. Factors influencing the professional involvement of volunteer leaders in the American Dietetic Association compared to less involved registered dietitians. *J Am Diet Assoc.* 2008; 108(suppl)A-18.
3. *B. Reed, **S. Fullmer**, R. Davidson, N. Nyland, D. Eggett. Caloric Deficit Diets of 55%, 40% and 25% Result in a Significant Adaptation to Resting Energy Expenditure and Decline in Lean Body Mass in Healthy Post -Menopausal Women. *J Am Diet Assoc.* 2007; 107(suppl)A-45.
4. *H. Baird, **S. Fullmer**, NP Johnston, D. Eggett. Varying Ratios Of Omega-6:Omega-3 Fatty Acids Had No Effect On The Pre- And Post Mortem Bone Mineral Density, Bone Ash And Bone Breaking Strength Of 58 Week Old Laying Chickens. *J Am Diet Assoc.* 2007; 107(suppl)A-37.
5. **S.Fullmer**, L.J. Moyer-Mileur, D.L. Eggett, A.C. Parcell. Spine and Hip Bone Mineral Density and Current Aerobic Activity in College-Age Women. *J Am Diet Assoc.* 2006; 106(suppl):A-29.
6. Johnston, NP; **Fullmer, S**; Maceda, E; Davidson, RT; Campbell, AL. The use of dual-energy x-ray absorptiometry to evaluate the bone mineral status of laying hens during molting and reestablishment of lay. *Poultry Science.* 2005;84 (suppl):10.
7. *Mortensen, JK, Nyland, NK, **Fullmer, S.** Job satisfaction and professional involvement of registered dietitians. *J Am Diet Assoc.* 2000; 100 (suppl):A-31.

SCHOLARLY PRESENTATIONS

1. **S. Fullmer**, C. Earthman. Using EAL Guidelines to measure resting metabolic rate with indirect calorimetry. FNCE, Atlanta, GA. October 2014.
2. B. Reed, **S. Fullmer**, R. Davidson, N. Nyland, D. Eggett. Caloric Deficit Diets of 55%, 40% and 25% Result in a Significant Adaptation to Resting Energy Expenditure and Decline in Lean Body Mass in Healthy Post-Menopausal Women. FNCE, Philadelphia PA. FNCE. October 2007.
3. H. Baird, **S. Fullmer**, NP Johnston, D. Eggett. Varying Ratios Of Omega-6:Omega-3 Fatty Acids Had No Effect On The Pre- And Post Mortem Bone Mineral Density, Bone Ash And Bone Breaking Strength Of 58 Week Old Laying Chickens. FNCE, Philadelphia PA. FNCE. October 2007.
4. **S. Fullmer**, L.J. Moyer-Mileur, D.L. Eggett, A.C. Parcell. Spine and Hip Bone Mineral Density and Current Aerobic Activity in College-Age Women. September 2006, FNCE, Honolulu, Hawaii.
5. Mortensen, JK, Nyland, NK, **Fullmer, S.** Job satisfaction and professional involvement of registered dietitians. Poster Session, American Dietetic Association Food and Nutrition Conference. October, 2000, Denver, CO.

PRESENTATIONS and INVITED LECTURES

Professional and Community Presentations

Factors related to bone density and the female athlete triad in female missionaries of the Church of Jesus Christ of Latter-day Saints. Utah Academy of Nutrition and Dietetics. March 4, 2023, West Jordan, Utah.

Sports Nutrition Basics. Timpview High School boys and girls cross country track teams. July, 16, 2018, Provo, Utah.

How to interpret your cholesterol screening results and steps you can take to improve your numbers. Provo Utah Kiwanis Club. December 15, 2015, Provo, Utah.

Q & A with Utah County Employees Brown Bag Lunch. Utah County Healthy Lifestyles. October 14, 2010. Provo, Utah.

Glycemic Index and Sports Performance: Nutritional Implications for the RD. Utah Dietetic Association, April 12, 2007, Layton, Utah.

Identifying and Managing Malnutrition in Long Term Care. Avalon Inc. November 3, 2005, Salt Lake City, Utah.

Physical activity recommendations for Americans. Working out the Who's, Why's and How's. Utah Home Economists, June 13, 2005, Sandy, Utah.

Exercise Science for the RD. UDA Annual Meeting, April 15, 2002. Lehi, Utah.

A Physically and Healthy You: Exercise and Nutrition. Eating Disorder Awareness Week, March 2002. Brigham Young University, Provo, Utah.

Nutrition Education and the Stages of Change, Putting Your Message on the Right Stage.

- Utah Public Health Conference, May 10, 2001, Park City, Utah
- UDA Quarterly Meeting, April, 6, 2001, Logan, Utah
- UDA Quarterly Meeting, March 23, 2001, Cedar City, Utah

ASPEN 2000, What's New and What's Not. University of Utah, Medical Center, July 20, 2000, Salt Lake City, Utah.

University Presentations

Division of Continuing Education, BYU. Nutrition and Health Q & A for Continuing Education. February 20, 2014.

BYU Education Week

10 Weight Loss Myths. BYU Education Week, Provo, Utah. August 2013
Nutrition and Health. What's the Link? BYU Education Week, Provo, Utah. August 21, 2011.

Nutrition and Health. What's the Link? BYU Education Week, Provo, Utah. August 20, 2010.

Weighty Matters: Current Approaches to Evaluating Body Weight and Weight Loss. BYU Education Week, Provo, Utah. August 16, 2010. (Recorded for broadcast on BYU Television.)

Weighty Matters: Weight, Health and Good Nutrition. BYU Education Week, Provo, Utah. August 2008, August 2009

Academy of LDS Dentists Spouses

Walk in the Light of the Lord. Putting Physical Activity in Perspective. LDS Dentist's Wives Conference. August 13, 2010

Let Your Soul Delight in Fatness: Putting Good Nutrition and Physical Activity in Perspective. LDS Dentist's Wives Conference. August, 2009.

Women's Conference

Healthy Eating: An Oxymoron? BYU Women's Conference, April 29, 2010, Provo, Utah

The Lesson's Principles and Doctrine Are More Important Than The Add-ons. How Can We Effectively Teach From the Manuals and Scriptures? BYU Women's Conference, April 28, 2005, Provo, Utah.

She That Preacheth and She That Receiveth...Are Edified and Rejoice Together. BYU Women's Conference, April 30, 2004. Provo, Utah

The Lord Looketh on the Heart. Developing Healthy Attitudes and Behaviors about our Physical Appearance. BYU Women's Conference, May 2, 2003, Provo Utah.

Other University Presentations

Weight Loss and Dieting. What works and what doesn't. BYU Human Resource Staff. July 11, 2018.

Q & A to the Counseling and Career Center Department Faculty and Staff at BYU on February 4, 2011.

Understanding Lipids and Blood Glucose. How a Healthy Lifestyle Can Improve Your Numbers. BYU Wellness Program, Provo, Utah.

How to Interpret your Cholesterol Screening Results and Improve your Numbers (new talk 2015)

- November 18, 2015
- April 27, 2011
- October 21, 2010
- May 5, 2010
- May 7, 2009, October 2010
- October 30, 2008, April 30, 2008, January 30, 2008
- February 28, October 4, 2007

GRADUATE STUDENTS

2022-present Brittany Griffin, Committee member, MS
2022-present Mitchell Crane, Chair, MS
2021-present Savannah Watt, Chair, MS
2021-2022 Kayla Norton, Chair, MS
2020-2021 Kaitlin Carver, Chair, MS
2019-2021 Megan Austin, Chair, MS
2019-2021 Stacie Fleischer, Chair, MS
2019-2020 Annalisa Freire, Chair, MS
2018-2019 Perry Guinn, Committee Member, MS
2018-2019 Kayla Szendre, Committee Member, MS
2018-2020 Mary Smith, Chair, MS
2017-2019 Jennifer Brereton, Chair, MS
2016-2018 Lauren Burgess, Committee Member, MS
2013- 2016 Chelsea Irving, Chair, MS
2012-2013 Blaire Snell, Chair, MS
2007-2011 Cheryl Miner, Chair, MS
2007- 2008 Samantha Rasmussen, Committee Member, MS
2006- 2009 Torey Leavitt, Chair, MS

2004-2007 Bridget Reed, Chair, MS
2004-2006 Heidi Baird Chair, MS

UNDERGRADUATE STUDENTS MENTORED

2023- Cierra Tate
2023; En-Chi Lin
2023- Natalie Halverson
2023- Daishawn Royslance
2021-2022 Kayla Keiser
2021-2022 Brenda Villalobos Huitron
2021 Andrea Barney
2021 Sydney Hollingsworth
2021 Josephine Hutchinson
2020-21: Heather Wright
2020-21: McKenzie Aukema
2019-20: Alyssia Goss
2019-20: Lydia MacArthur
2019-20: Chase Bingham Carson
2019-20: Elisabeth Russell
2019-20: Haiden Gonzales
2019-20: Kaitlin Carver
2019-20: Micah Bergsma
2018-19: Annalisa Freire
2018-19: Stacie Fleischer
2018-19: Mckenna McNaught
2018-19: Emily Chambers
2018-19: Chloe Durrans
2018-19: Kalissa Remunds
2018-19: Brittany Evans
2018-19: Sarah Godfrey
2018-19: Kenneth Hermansen
2010-11 Kyrie Jones
2010-11 Kathryn Linton
2010-11 Kaitlyn Pacada
2010-11 Tiffany Shotgunn
2010-11 Amy Collier
2008 Lauren Birk
2008 Laura Bain
2007- 8 Melissa Pugmire
2007-8 Katrina Cummins
2006-7 Samantha Rasmussen
2006-7 Karen Malouf
2006-7 Stephanie Crittendon
2003-4 Heidi Baird
2003-4 Bridget Reed
2002-3 Nicole Magelson

NDFS 399R Academic Internship

- 2018 Jacqueline Swarbrick—Meals on Wheels
- 2018 Kni Tran—Hospital experience in Vietnam
- 2018 Meriam Brooks—Crandall and Associates
- 2018 Kirsten Reichner—Crandall and Associates

FUNDING

Sarah Godfrey. Diurnal variation in resting energy expenditure. \$3,000 Brigham Young University (CURA). Funded 2018.

Kalissa Remund. Diurnal variation in resting energy expenditure. \$3,000 Brigham Young University (CURA). Funded 2018.

The Effect of a Ten Month Intervention of Wall Pulley Exercises on Spine Bone Mineral Density. \$9,700. Mission Pharmacal. Funded 2007.

Effect of Calorie Deficits on Resting Energy Expenditure in Post-Menopausal Women. \$5,000. Adele Davis Foundation. Funded 2006.