

Cassandra J. Nikolaus

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My goal is to bridge the gap between “*what we know*” and “*what we do*” about food insecurity in the U.S.

EDUCATION

University of Illinois at Urbana-Champaign, Urbana, IL August 2016 – May 2019
Doctor of Philosophy in Food Science and Human Nutrition
Specialization: Human Nutrition
Minor: College Teaching

University of Illinois at Urbana-Champaign, Urbana, IL August 2014 – August 2016
Master of Science in Nutritional Sciences

Central Washington University, Ellensburg, WA January 2013 – June 2014
Bachelor of Science in Food Science & Nutrition
Specialization: Dietetics
Minor: Psychology
(*Summa cum laude*)

Everett Community College, Everett, WA September 2010 – June 2012
Associate of Arts in General Studies
Concentration: Nutrition

PROFESSIONAL EMPLOYMENT

Research Assistant Professor Mar. 2021 – Present
Department of Medical Education and Clinical Sciences, Elson S. Floyd College of Medicine
Institute for Research and Education to Advance Community Health
Washington State University

Postdoctoral Research Associate July 2019 – Feb. 2021
Institute for Research and Education to Advance Community Health
Partnerships for Native Health
Washington State University

PUBLICATIONS

Google Scholar Metrics (Aug. 19, 2021)
Citations: 252, h-index: 9, i10-index: 9

Peer-Reviewed Articles

23. **Nikolaus CJ**, Sinclair K, Buchwald D, Suchy-Dacey AM. (In-Press). Association of stress and resilience with cardiometabolic health among American Indian and Alaska Native adults. *Preventive Medicine Reports*. Published online Aug. 2021. doi: 10.1016/j.pmedr.2021.101517
22. Blue Bird Jernigan V, Maudrie TL*, **Nikolaus CJ**, Benally T*, Johnson S*, Teague T, Mayes M, Jacob T, Taniguchi T. (In-Press). Identifying Key Indicators of Indigenous Food Sovereignty for Health Promotion. *Frontiers in Sustainable Food Systems*. Published online Aug. 2021. doi: 10.3389/fsufs.2021.704750
21. **Nikolaus CJ**, Kownacki C, Darvesh Z, McCaffrey J. (In-Press). Technical assistance provided by SNAP-Ed implementing staff is related to improvements in the food pantry consumer nutrition

Last updated: Aug. 2021

- environment. *Journal of Nutrition Education and Behavior*. Published online June 2021. doi: 10.1016/j.jneb.2021.05.005.
20. Muzaffar H, **Nikolaus CJ**, Nickols-Richardson SM. (In-Press). Students' reflections on an experiential learning rotation with the Peer-Education About Weight Steadiness (PAWS) Club program. *Pedagogy in Health Promotion*. Published online Oct. 2020. doi: 10.1177/2373379920960647.
 19. Ellison B, Bruening M, Hruschka DJ, **Nikolaus CJ**, van Woerden I, Rabbitt M, Nickols-Richardson SM. (2021). Food Insecurity among College Students: A Case for Consistent and Comparable Measurement. *Food Policy*, 101, 102031. doi: 10.1016/j.foodpol.2021.102031.
 18. Sinclair K, Carty C, Gonzales K, **Nikolaus CJ**, Gillespie L, Buchwald D. (2020). Strong Men, Strong Communities: Design of a randomized controlled trial of a diabetes prevention intervention for American Indian and Alaska Native men. *American Journal of Men's Health*, 14(4), 1-12. doi: 10.1177/1557988320945457.
 17. Liguori CA, **Nikolaus CJ** & Nickols-Richardson SM. (2020). Cognitive distraction at mealtime decreases amount consumed in healthy young adults: a randomized crossover exploratory study. *Journal of Nutrition*, 150(5), 1324-1329. doi: 10.1093/jn/nxaa022.
 16. **Nikolaus CJ**, An R, Ellison B & Nickols-Richardson SM. (2020). Food insecurity among college students in the US: A scoping review. *Advances in Nutrition*, 11(2), 327-348. doi: 10.1093/advances/nmz111.
 15. **Nikolaus CJ**, Ellison B, Nickols-Richardson SM. (2020). Food insecurity among college students differs by questionnaire modality: An exploratory study. *American Journal of Health Behavior*, 44(1), 82-89. doi: 10.5993/AJHB.44.1.9.
 14. Muzaffar H, **Nikolaus CJ**, Ogolsky BG, Oakley A, Liguori C & Nickols-Richardson SM. (2019). Promoting cooking, nutrition and physical activity in afterschool settings. *American Journal of Health Behavior*, 43(6), 1050-1063. doi: 10.5993/AJHB.43.6.4.
 13. **Nikolaus CJ**, Ellison B & Nickols-Richardson SM. (2019) College students' interpretations of food security questions: Results from cognitive interviews. *BMC Public Health*, 19:1282. doi: 10.1186/s12889-019-7629-9.
 12. **Nikolaus CJ**, Loehmer E, Jones A, An R, Khan N & McCaffrey J. (2019). Use of survival analysis to predict attrition among women participating in longitudinal community-based nutrition research. *Journal of Nutrition Education and Behavior*, 51(9), 1080-1087. doi: 10.1016/j.jneb.2019.07.013.
 11. **Nikolaus CJ**, Ellison B & Nickols-Richardson SM. (2019). Are estimates of food insecurity among college students accurate? Comparison of assessment protocols. *PLOS ONE*, 14(4), e0215161. doi: 10.1371/journal.pone.0215161.
 10. Ellison B, Savchenko O, **Nikolaus CJ** & Duff BRL. (2019). Every Plate Counts: Evaluation of a food waste reduction campaign in a university dining hall. *Resources, Conservation and Recycling*, 144, 276-284. doi: 10.1016/j.resconrec.2019.01.046.
 9. **Nikolaus CJ**, Schierer M**, Ellison B, Eicher-Miller, HA, Gundersen, C & Nickols-Richardson SM. (2019). Grit is associated with food security among U.S. parents and adolescents. *American Journal of Health Behavior*, 43(1), 207-218. doi:10.5993/AJHB.43.1.17.
 8. Oakley AR, **Nikolaus CJ**, Ellison B & Nickols-Richardson SM. (2019). Food insecurity and food preparation equipment in U.S. households: Exploratory results from a cross-sectional questionnaire. *Journal of Human Nutrition and Dietetics*, 32(2), 143-151. doi:10.1111/jhn.12615.
 7. **Nikolaus CJ**, Nickols-Richardson SM & Ellison B. (2018). Wasted food: A qualitative study of U.S. young adults' perceptions, beliefs and behaviors. *Appetite*, 130(1), 70-78. doi: 10.1016/j.appet.2018.07.026.
 6. **Nikolaus CJ**, Laurent E, Loehmer E, An R, Khan N & McCaffrey J. (2018). Nutrition Environment Food Pantry Assessment Tool (NEFPAT): Development and evaluation. *Journal of Nutrition Education and Behavior*, 50(7), 724-728.e1. doi: 10.1016/j.jneb.2018.03.011. (Cataloged in the [NCOOR Measures Registry](#))

5. **Nikolaus CJ**, Graziose MM & Nickols-Richardson SM. (2017). Feasibility of a grocery store tour for parents and their adolescents: A randomized controlled pilot study. *Journal of Nutrition Education and Behavior*, 49(10), 827-837.e1. doi:10.1016/j.jneb.2017.07.012.
4. **Nikolaus CJ** & Nickols-Richardson SM. (2017). Family menu planning workshop: A pilot study on the feasibility of adult- and peer-led instruction. *American Journal of Health Behavior*, 41(3): 276-286. doi:10.5993/AJHB.41.3.7.
3. **Nikolaus CJ**, Ellison B, Heinrichs PA, Nickols-Richardson SM & Chapman-Novakofski KM. (2017). Spice and herb use with vegetables: Liking, frequency, and self-efficacy among U.S. adults. *American Journal of Health Behavior*, 41(1):52-60. doi:10.5993/AJHB.41.1.5.
2. Heinrichs PA, **Nikolaus CJ**, Ellison B, Nickols-Richardson SM & Chapman-Novakofski KM. (2016). Vegetables, herbs and spices: The importance of family and tasting. *Health*, 8(14): 1554-565. doi:10.4236/health.2016.814153.
1. **Nikolaus CJ**, Muzaffar H & Nickols-Richardson SM. (2016). Grocery store (or supermarket) tours as an effective nutrition education medium: A systematic review. *Journal of Nutrition Education and Behavior*, 48(8), 544-554. doi:10.1016/j.jneb.2016.05.016.

Manuscripts Under Review

Nikolaus CJ, Zamora-Kapoor A, Hebert LE, Sinclair K. Association of food security with cardiometabolic health during young adulthood: Cross-sectional comparison of American Indian adults with other racial/ethnic groups. *BMJ Open*. Manuscript submitted June 2021.

Nikolaus CJ, Hebert LE, Zamora-Kapoor A, Sinclair K. Risk of food insecurity in young adulthood and longitudinal changes in cardiometabolic health: Evidence from the National Longitudinal Study of Adolescent to Adult Health. *Diabetes Research and Clinical Practice*. Manuscript submitted Aug. 2021.

Maudrie TL*, **Nikolaus CJ**, Jernigan, V.B.B., Richardson, D., Hawk-Lessard, K., Gittelsohn, J., & O'Keefe, V.M.O. (2021). Impacts of COVID-19 on a food security study with the Baltimore Native community. *American Indian Alaska Native Mental Health Research Journal*. Manuscript submitted Aug. 2021.

Manuscripts in Preparation

Nikolaus CJ, Johnson S*, Benally T*, Maudrie TL*, Henderson A, Nelson K, Lane T, Segrest V, Ferguson GL, Buchwald D, Blue Bird Jernigan V, Sinclair K. Food insecurity among American Indians and Alaska Natives: A scoping review to inform future research and policy needs.

Haslam A, **Nikolaus CJ**, Sinclair K. Association of food environment characteristics with health outcomes in counties with a high proportion of Native American residents.

Hebert LH, **Nikolaus CJ**, Zamora-Kapoor A, Sinclair K. Gestational diabetes and breastfeeding among women of different races/ethnicities: Evidence from the Pregnancy Risk Assessment Monitoring Surveys.

Blue Bird Jernigan V, Love CV, Taniguchi TE, Haslam A, Williams MB, Maudrie TL,* **Nikolaus CJ**, Wetherill MS, Jacob T, Sisson S. A multi-level food system and educational intervention with Native American early childhood education programs in Oklahoma: The FRESH study.

Other Publications

Nutrition Environment Food Pantry Assessment Tool (NEFPAT). *SNAP-Ed Toolkit*.

<https://snapedtoolkit.org/interventions/programs/nutrition-environment-food-pantry-assessment-tool/>.

Policy, Systems & Environmental Facilitators and Barriers to Healthy Food Distribution among Food Pantries in Lake County, IL. Report prepared in May 2021 for *the Eat Well Action Team*.

** indicates undergraduate student co-author at time of submission

* indicates graduate student co-author at time of submission

GRANTS & FELLOWSHIPS

Validity Evidence for the Use of the USDA Adult Food Security Survey Module with American Indian and Alaska Native Adults. *United States Department of Agriculture; Economic Research Services, 25 Years of Food Security Measurement*. Amount: \$49,989. Period: 05/01/21-11/31/2022. Role: PI.

Characterizing the ‘real-world’ implementation of food security screening in healthcare settings. *National Center for Advancing Translational Sciences of the National Institutes of Health; Institute for Translational Health Sciences, Multidisciplinary Clinical Research Career Development (KL2) Program*. Amount: \$440,552. Period: 03/01/21-02/28/24. Role: PI.

Relationship of Food Security and Alcohol use among American Indian and Alaska Native Parents of Young Children. *Native Center for Alcohol Research and Education, Pilot Project Grant Program*. Amount: \$39,910. Period: 12/01/20-11/30/22. Role: PI.

Food Insecurity as a Longitudinal Predictor of Diet Sensitive Cardiometabolic Risk Factors among American Indian and Alaska Native Adults. *Center for American Indian and Alaska Native Diabetes Translation Research (CALANDTR): Pilot & Feasibility Program*. Amount: \$31,382. Period: 08/01/20-07/31/21. Role: PI.

Strong Men, Strong Communities: Cultural Tradition to Improve Native Men's Health. *National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). R01DK102728 (Sinclair)*. Period: 05/01/15-07/30/21. Role: Postdoctoral Research Fellow.

Kraft Human Nutrition Fellowship. *University of Illinois at Urbana-Champaign, Division of Nutritional Sciences*. Period: 08/15/14-06/15/15. Amount: \$20,810. Role: Fellow.

AWARDS & HONORS

Honors

Scholar, Mixed Methods Research Training Program for the Health Sciences	Summer 2021
Bloomberg School of Public Health, Johns Hopkins University	
Nutrition Education and Behavioral Sciences RIS Graduate Student Award	Summer 2019
Nutrition Education & Behavioral Sciences, American Society of Nutrition	
2019 PhD Graduate Student Research Award	Spring 2019
College of Agricultural, Consumer & Environmental Sciences, University of Illinois at Urbana-Champaign	
Seymour Sudman Dissertation Award	Summer 2018
Survey Research Laboratory, University of Illinois at Chicago	
2018 FSHN Outstanding PhD Student Award	Spring 2018
Department of Food Science & Human Nutrition, University of Illinois at Urbana-Champaign	
Invited Scholar, Building Future Faculty Program	Spring 2018
Office for Institutional Equity and Diversity, North Carolina State University	
Finalist, Research Live! Competition	Fall 2017
The Graduate College, University of Illinois at Urbana-Champaign	
President’s Scholar	Spring 2014
Central Washington University, <i>awarded to top one percentile of graduating undergraduates</i>	
College of Education & Professional Studies Best Oral Presentation Award	Spring 2014
Symposium of Undergraduate Research & Creative Expression, Central Washington University	

Dean's List

September 2010-June 2014

Central Washington University

Scholarships

Swagger Foods Graduate Student Award	Spring 2018
Department of Food Science & Human Nutrition, University of Illinois at Urbana-Champaign	
ConAgra Foods Scholarship	Fall 2017
Academy of Nutrition & Dietetics Foundation	
Henry D. & Donna E. Strunk Fellowship Award	Spring 2017
Department of Food Science & Human Nutrition, University of Illinois at Urbana-Champaign	
Student Scholarship	Spring 2017
Society for Nutrition Education & Behavior Foundation	
Rita Campbell Weaver Memorial Scholarship	Spring 2015
Academy of Nutrition & Dietetics Foundation	
John A. Shoudy Undergraduate Nutrition Scholarship	Winter 2014
Department of Food Science & Nutrition, Central Washington University	
Alumni Association Departmental Scholarship	Fall 2013
Department of Food Science & Nutrition, Central Washington University	

Travel Awards

Toshiro Nishida Research Award	Spring 2018
Department of Food Science & Human Nutrition, University of Illinois at Urbana-Champaign	
Conference Travel Award	Fall 2017
The Graduate College, University of Illinois at Urbana-Champaign	
Research Symposium Oral Presentation Travel Award	Spring 2017
Food Science & Human Nutrition Graduate Student Association, University of Illinois at Urbana-Champaign	
Conference Travel Award	Winter 2015
The Graduate College, University of Illinois at Urbana-Champaign	

RESEARCH PRESENTATIONS[‡]

2021 Conferences: NIH Virtual Workshop on Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities,* American Public Health Association Annual Meeting and Expo,* American Diabetes Association's 81st Scientific Sessions (Poster)

2020 Conferences: Society for Nutrition Education and Behavior 2020 Annual Conference (Oral), International Society of Behavioral Nutrition and Physical Activity 2020 Annual Meeting (Oral), American Society for Nutrition's Nutrition 2020 (Abstract)

2019 Conferences: American Society for Nutrition's Nutrition 2019 (2 Posters), Society for Nutrition Education and Behavior 2019 Annual Conference (Poster)

2018 Conferences: Universities Fighting World Hunger Summit (Oral), Tufts University Future of Food and Nutrition Conference (Poster), American Society for Nutrition's Nutrition 2018 (Poster), Food for the Future – FSHNGSA Symposium (Oral), Society for Nutrition Education and Behavior 2018 Annual Conference (2 Posters)

2017 Conferences: Experimental Biology (Poster), Food for the Future – FSHNGSA Symposium (Oral), Society for Nutrition Education and Behavior 2017 Annual Conference (2 Orals), American Public Health Association 2017 Annual Meeting & Expo (Poster)

2016 Conferences: Experimental Biology (2 Posters), Food for the Future – FSHNGSA Symposium (Poster), Society for Nutrition Education and Behavior 2016 Annual Conference (Poster), Food & Nutrition Conference & Expo (Poster)

2015 Conferences: 2015 Nutrition NSGSA Symposium (Poster), Focal Point on Promoting Health Equities Symposium (Poster), Experimental Biology (Poster), Society for Nutrition Education and Behavior 2015 Annual Conference (Poster), Food & Nutrition Conference & Expo (Poster)

2014 Conferences: Idaho Academy & Washington State Academy of Nutrition and Dietetics 2014 Educational Conference (Poster), Symposium of Undergraduate Research & Creative Expression (Poster & Oral)

‡Details of presentations are listed in the Appendix

* indicates accepted abstracts

** indicates submitted abstracts

RESEARCH EXPERIENCE

Research Assistant Professor, Seattle, WA Mar. 2021 – Present

Institute for Research and Education to Advance Community Health, Washington State University

Supervisor: Ka`imi Sinclair

- Lead independent grant-funded research examining questions related to food security and health equity

Research Consultant, Urbana, IL March 2020 – Present

Office of Extension & Outreach, University of Illinois at Urbana-Champaign

- Develop and design evaluation plans for nutrition education and health promotion initiatives conducted by extension staff in charitable foods settings

Postdoctoral Research Associate, Seattle, WA July 2019 – Feb. 2021

Institute for Research and Education to Advance Community Health, Washington State University

Supervisor: Ka`imi Sinclair

- Coordinated diabetes risk reduction intervention for Native American men
- Analyzed nutrition and food-related data generated from hypertension management studies with Native American, Native Hawaiian, and Pacific Islander adults
- Developed independent research ideas and funding proposals

Doctoral Research Assistant, Urbana, IL August 2016 – May 2019

Department of Food Science & Human Nutrition, University of Illinois at Urbana-Champaign

Co-Advisors: Sharon M. Nickols-Richardson; Brenna Ellison

- Conducted mixed methods study of food security measurement protocols with college students
- Collected parent-child dyad data to analyze relationship of grit with food security

Independent Studies, Urbana, IL Jan. 2016 – June 2017

Division of Nutritional Sciences, University of Illinois at Urbana-Champaign

Supervisors: Brenna Ellison; Sharon M. Nickols-Richardson

- Conducted focus groups on wasted food perceptions, attitudes, and behaviors with young adults
- Analyzed online survey results and contributed to written reports from focus groups and survey

Graduate Hourly Assistant, Urbana, IL October 2015 – May 2019

Office of Extension & Outreach, University of Illinois at Urbana-Champaign

Primary Investigators: Jennifer McCaffrey; Ruopeng An; Naiman Khan

- Designed data management protocols and final dataset codebook for >500 variables in longitudinal community-based assessment of nutrition education programming

Cassandra Nikolaus, PhD

- Developed and evaluated environmental scan (NEFPAT) for emergency food setting prior to state-wide training and adoption of tool

Predocctoral Research Assistant, Urbana, IL

July 2014 – July 2016

Division of Nutritional Sciences, University of Illinois at Urbana-Champaign

Mentor: Sharon M. Nickols-Richardson

- Revised grocery store tour curriculum prior to pilot-testing peer-led lessons for parent-child dyads
- Revised family menu planning curriculum prior to pilot-testing peer-led lessons for parent-child dyads

Undergraduate Researcher, Ellensburg, WA

May 2013 – July 2014

Department of Nutrition, Exercise, & Health Sciences; Central Washington University

Mentor: David L. Gee

- Analyzed NHANES 1999-2004 to assess relationship of health and persistent organic pollutants
- Conducted sensory study on brownies fortified with MicroDried produce powder

TEACHING EXPERIENCE

Lecturer

NUTR101: Introduction to Human Nutrition

Central Washington University, Winter & Spring 2021

- Conducted remote lectures, graded assignments, and held office hours
- Enrollment: 61 students (Winter) and 46 students (Spring)
- Evaluations: On a 5-point scale, student's agreed that it was a positive learning environment (Winter: 4.2; Spring: 4.5) and the course was taught for student learning (Winter: 4.1; Spring: 4.4)

Teaching Assistant

FSHN420: Nutritional Aspects of Disease

University of Illinois at Urbana-Champaign, Fall 2018

- Provided assistance during in-class assignments, graded exams, and held office hours
- Enrollment: 71 students (52 undergraduate; 19 graduate)
- Included on List of Teachers Ranked as Excellent by Their Students

Invited Lectures

TR6122: Contemporary Nutrition – Community and Culture

Bastyr University, Spring 2020 & Spring 2021

- “Nutrition Assistance and Education Programs in the U.S.”

NEP 505: Graduate Seminar

Washington State University, Spring 2020

- “The importance of survey validity and reliability in nutrition research”

NUTR 180: Sustainable Food Systems

Everett Community College, Fall 2019

- “Food Insecurity in the U.S.: Overview, Alleviation Efforts, and Personal Actions”

NUTR 343: Food and Nutrition Professionalism

Central Washington University, Fall 2019

- Brief overview of research as a career path for nutrition undergraduate students

EOL 585: College Teaching

University of Illinois at Urbana-Champaign, Spring 2019

- Brief discussion on first-generation college student experiences and relevant teaching considerations

FSHN 322: Nutrition and the Lifecycle

University of Illinois at Urbana-Champaign, Spring 2019

- Provided overview and case study on food insecurity among young adult college students

Preparation

Certificate in Foundations of Teaching

Center for Innovation of Teaching and Learning, University of Illinois at Urbana-Champaign, Spring 2019

- Completed a teaching development program, was observed teaching, observed an experienced instructor, read and reflected on a pedagogical text, and constructed a teaching philosophy statement

MENTORING

Supervision of Graduate Students' Independent Projects

Institute for Research and Education to Advance Community Health, Washington State University

- **Washington State University MD Scholarly Project Students**
 - Christian Pham: Engaging NHPs and Activating Communities to Take Steps (ENACTS): The online environment, Dec. 2020 – Present
- **University of Washington MPH Practicum Students**
 - Snowy Johnson & Tia Benally: Food insecurity among American Indians and Alaska Natives: A scoping review to inform future research and policy needs, Jan. 2021 – June 2021

Supervision of Undergraduate Research Assistants, Nickols-Richardson Laboratory

Department of Food Science & Human Nutrition, University of Illinois at Urbana-Champaign

Students each year: 2014-2015 (5), 2015-2016 (8), 2016-2017 (12), 2017-2018 (13) & 2018-2019 (5)

Independent research projects:

- Emily Schierer (Integrative Biology, May 2018): *Relationship of Body Mass Index, Physical Activity, and Sleep with Eating While Bored: A Post Hoc Analysis of Healthy Young Adults*; presented at 2018 Undergraduate Research Symposium (Oral)
- Crystal Lopez (Specialized Chemistry, Expected May 2020): *Relationship of Eating Awareness and Snacking Behavior: Experimental Evidence among Young Adults*; presented at 2018 Undergraduate Research Symposium (Poster)
- Stacy Chan (Food Science, May 2018): *Perceived Weight Classification in Comparison to Calculated Body Mass Index: Familial Trends in Accuracy among Parents and Adolescents*; presented at 2018 Undergraduate Research Symposium (Poster)
- Frederick Yang (Food Science, May 2018): *The Relationship of Eating Behavior and Food Intake Recall*; presented at 2018 Undergraduate Research Symposium (Oral)
- Megan Schierer (Integrative Biology, May 2017): *Greater perseverance and determination is associated with lower odds of food insecurity among U.S. parents*; presented at 2017 Undergraduate Research Symposium. Spring 2017. (Poster) & Experimental Biology. Spring 2016 (Poster)
- Helen Cheung (Dietetics, Dec. 2016): *Impact of caffeine on macronutrient metabolism: Literature review*; presented at 2016 Undergraduate Research Symposium. Spring 2016 (Poster)

INVITED TALKS

Risk of Food Insecurity in Young Adulthood and Longitudinal Changes in Cardiometabolic Health among American Indian and Alaska Native adults

May 2021

Center for American Indian and Alaska Native Diabetes Translation Research, Colorado School of Public Health; Online

Assessing Food Insecurity among Undergraduate Students

March 2018

Department of Food, Bioprocessing, & Nutrition Sciences, North Carolina State University; Raleigh, NC

OUTREACH

Alumni Guest Speaker, SOURCE 2021 College Day

May 2021

College of Education and Professional Studies, Central Washington University; Virtual

Panelist, Dietetics Career Panel

Fall 2019

Cassandra Nikolaus, PhD

North Sound Dietetics Association Fall Meeting

Co-Speaker, Wasted Food: Young Adults' Perceptions and Behaviors Fall 2018
Too Good To Waste Peer Network Call; Webinar

Panelist, Journal Club: Nutrition Environment Food Pantry Assessment Tool Fall 2018
Journal of Nutrition Education and Behavior; Webinar (102 registrants)

Speaker, Lightning Talk at First Annual Appreciation Dinner Spring 2017
Friends of Champaign County Food Pantry; Urbana, IL

CAMPUS PRESENTATIONS

“Engaging NHPIs and Activating Communities to Take Steps: Proposed Policy Activities” Nov. 2019
Native-Controlling Hypertension and Risk Through Technology Annual Meeting 2019

“Measuring Food Insecurity Among College Students” July 2019
IREACH Junior Faculty Meeting

“The Student’s Dilemma: Supper, Sleep or Social Life” Fall 2017
UIUC Graduate College Research Live! Competition
Selected as a finalist to present 3-minute speech on research to community in competition with 13 students

UNIVERSITY SERVICE

Organizer, Indigenous Collaborative for Health, Agriculture, Nutrition, Growers, and Environmental Sovereignty (I-CHANGES) Dec. 2020 - Present
Institute for Research and Education to Advance Community Health

Judge, Undergraduate Research Symposium Spring 2016, Spring 2017 & Spring 2018
Office of Undergraduate Research

Member, Visiting Research Specialist Search Committee Summer 2015 & Spring 2016
Department of Food Science & Human Nutrition

EXTRACURRICULAR UNIVERSITY SERVICE

Member Spring 2020 – Present
Food Systems Team, Washington State University
Collaborate and network with academic and community members focused on improving the food system in Washington state to improve economic potential, equitable access, and health

General Member Fall 2016 – Spring 2019
Food Science & Human Nutrition Graduate Student Association
Collaborate with board members to arrange regular events for graduate students and department

Steering Committee Member Fall 2014 – Spring 2016
Nutritional Sciences Graduate Student Association
Annotated steering committee meetings and organized notes from sub-committee meetings
Photographed events and represented successes through media outlets on campus

SERVICE TO PROFESSION

Ad hoc Peer Reviewer
BMC Nutrition, Public Health Nutrition, Journal of Nutrition Education and Behavior, Journal of the Academy of Nutrition and Dietetics

Volunteer Positions

ACPP Committee Representative Summer 2020 – Present
Research Division, Society for Nutrition Education & Behavior
Participate in all Research Division calls and serve as liaison for division on Advisory Committee on Public Policy monthly calls

Postdoc Representative Spring 2019 – Spring 2021
Nutrition Education & Behavioral Sciences RIS, American Society for Nutrition
Participate in bi-monthly conference calls to plan NEBS-RIS events and communications

Graduate Student Representative Spring 2016 – Spring 2019
Nutrition Education & Behavioral Sciences RIS, American Society for Nutrition
Participate in bi-monthly conference calls to plan NEBS-RIS events and communications

PROFESSIONAL AFFILIATIONS

Center for Native American Research and Collaboration (Affiliate Faculty)	2019 – Present
Institute of Translational Health Sciences	2019 – Present
Society for Nutrition Education & Behavior	2015 – Present
• SNEB Representative on Federal Nutrition Research Coalition	2021 – Present
American Society for Nutrition	2014 – Present
Research Interest Sections:	
• Community & Public Health	
• Nutrition Education & Behavior Science	

APPENDIX. FULL LIST OF REGIONAL & NATIONAL RESEARCH PRESENTATIONS

2021 Conferences:

1. **Nikolaus CJ**, Johnson S, Benally T, Maudrie T, Henderson A, Sinclair K. Food Insecurity among American Indians and Alaska Natives: A Scoping Review. *NIH Virtual Workshop on Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities*. Fall 2021. (Poster)
2. **Nikolaus CJ**, Benally T, Johnson S, Maudrie T, Henderson A, Sinclair K. Food Insecurity among American Indians and Alaska Natives: A Scoping Review to Inform Future Research and Policy Needs. *American Public Health Association Annual Meeting and Expo*. Fall 2021. (Oral)
3. **Nikolaus CJ**, Hebert LE, Zamora-Kapoor A, Sinclair K. Association of food security with cardiometabolic health during young adulthood: Comparison by race and ethnicity. *American Diabetes Association 81st Scientific Sessions*. Summer 2021. (Poster)

2020 Conferences:

4. **Nikolaus CJ**, Sinclair K. Association of food security and access to traditional foods among American Indians and Alaska Natives. *Society for Nutrition Education and Behavior 2020 Annual Conference*. Summer 2020. (Oral)
5. **Nikolaus CJ**, Suchy-Dacey AM, Sinclair K, Buchwald D. Association of resilience and stress with health behaviors among American Indian and Alaska Native adults. *American Society for Nutrition's Nutrition 2020*. Summer 2020. (Poster)
6. McCaffrey J, Kownacki C, Darvesh Z & **Nikolaus CJ**. Assessing the consumer nutrition environment for the implementation and adoption of recommended policy, system and environmental practices within food pantries in Illinois. *International Society of Behavioral Nutrition and Physical Activity 2020 Annual Meeting*. Spring 2020. (Oral)

2019 Conferences:

7. **Nikolaus CJ**, Ellison B, An R & Nickols-Richardson SM. Food insecurity among college students in the U.S.: A systematic review and meta-analysis. *American Society for Nutrition's Nutrition 2019*. Summer 2019. (Poster). Published in *Current Developments in Nutrition*, 3(1S). doi:10.1093/cdn/nzz051.P04-072-19. Selected for finalist in *Emerging Leaders in Nutrition Science Poster Competition*.
8. Muzaffar H, **Nikolaus CJ**, Nickols-Richardson SM. Parental participation in a healthy lifestyle program for middle schoolers improves their family meal patterns and social support and self-regulation for healthy eating. *American Society for Nutrition's Nutrition 2019*. Summer 2019. (Poster). Published in *Current Developments in Nutrition*, 3(1S). doi:10.1093/cdn/nzz050.P16-041-19.
9. **Nikolaus CJ**, Ellison B & Nickols-Richardson SM. Correlates of screened food insecurity in undergraduate students. *Society for Nutrition Education and Behavior 2019 Annual Conference*. Summer 2019.

2018 Conferences:

10. **Nikolaus CJ**, Loehmer E, Jones A, An R, Khan N & McCaffrey J. Impact of food assistance program participation on food security patterns: A longitudinal study of women in Illinois. *SNEB 2018 Annual Conference*. Summer 2018. (Poster). Published in *Journal of Nutrition Education and Behavior*, 50(7S). doi: 10.1016/j.jneb.2018.04.065
11. **Nikolaus CJ**, Ellison B & Nickols-Richardson SM. How students view food security: Results from cognitive interviews with undergraduates at a land-grant university. *SNEB 2018 Annual Conference*. Summer 2018. (Poster). Published in *Journal of Nutrition Education and Behavior*, 50(7S). doi: 10.1016/j.jneb.2018.04.202
12. **Nikolaus CJ**, Ellison B & Nickols-Richardson SM. Comparative accuracy of food security assessments among undergraduate students. *Food for the Future – FSHNGSA Symposium*. Spring 2018. (Oral)
13. **Nikolaus CJ**, Ellison B & Nickols-Richardson SM. Comparative accuracy of food security assessments among undergraduate students. *Nutrition 2018*. Spring 2018. (Poster) Published in *Current Developments in Nutrition*, 2(11). doi: 10.1093/cdn/nzy033

14. **Nikolaus CJ**, Ellison B & Nickols-Richardson SM. Assessing food security among undergraduate students: Comparison of results based on survey medium, length, and screening. *Tufts University Future of Food and Nutrition Conference*. Spring 2018. (Poster)
15. **Nikolaus CJ**, Ellison B & Nickols-Richardson SM. Estimating food insecurity among college students: Comparison of measures, medium, and qualitative interpretations. *Universities Fighting World Hunger Summit*. Spring 2018. (Oral)

2017 Conferences:

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