

Karina Díaz Rios

5200 North Lake Road, Merced, CA 95343
kdiazrios@ucmerced.edu | kdiazrios@ucanr.edu

EDUCATION

- Aug 2013 **Doctor of Philosophy in Nutritional Sciences**, University of Illinois at Urbana-Champaign, IL
- Nov 2008 **Master of Medical Sciences**, University of Guanajuato, Institute of Medical Research, México
- Oct 2005 **Bachelor of Nutrition**, University of Guanajuato, Faculty of Medicine, México

professional credential

- 2016– **Registered Dietitian Nutritionist**, Academy of Nutrition and Dietetics (#R 86082318)

EXPERIENCE

academic positions

- 2021– **Associate Specialist in Cooperative Extension**
Division of Agriculture and Natural Resources, University of California, Merced, Merced, CA
- 2014–2021 **Assistant Specialist in Cooperative Extension**
Division of Agriculture and Natural Resources, University of California, Merced, Merced, CA
- 2017–2019 **Co-Director**, The Blum Center for Alleviating Poverty and Social Disparities
University of California, Merced, Merced, CA
- 2013–2014 **Post-Doctoral Research Associate**, Community Nutrition Group
Department of Nutrition, Hospitality and Retailing, Texas Tech University, Lubbock, TX
- 2009–2013 **Graduate Research Assistant**, Community Nutrition Laboratory
Division of Nutritional Sciences, University of Illinois at Urbana-Champaign, Urbana, IL
- Spring 2008 **Visiting Scholar**, Community Nutrition Laboratory
Department of Food Science & Human Nutrition, University of Illinois at Urbana-Champaign, Urbana, IL

professional appointments

- Fall 2015 **Dietetics Intern**, Iowa State University Dietetics Program; Valley Children's Hospital, Madera, CA
- 2011–2013 **Pre-Professional Graduate Assistant**
Health Education Unit, McKinley Health Center, University of Illinois at Urbana-Champaign, Urbana, IL
- 2005–2008 **Outpatient Clinical Dietitian**, Private Practice, León, GTO, México
- 2005–2007 **Oncologic Clinical Dietitian**, Rodolfo Padilla Foundation Clinic, León, GTO, México
- 2002–2003 **Sports Dietitian**, DAR Sports Rehabilitation Clinic, León, GTO, México
- 1998–1999 **Sports Dietitian**, Punto Verde Sports Club, León, GTO, México
- Dietetics Intern**, University of Guanajuato Dietetics Program, México
- 2001–2002 Medical Nutrition Therapy; Civil Hospital, León, GTO, México
- Spring 2001 Foodservice and Management; KOMBA Industrial Diners, León, GTO, México
- Winter 2001 Community Nutrition; System for Integral Family Development, León, GTO, México
- Fall 2000 Food Science; State Public Health Laboratories, León, GTO, México

GRANTS & FUNDING

external awards

Díaz Rios LK (PD), Ontai L (Co-PD), et al. Community-informed capacity bridging to increase access to health education for rural, underserved populations via telehealth. Source: USDA NIFA RHSE; \$345,618 (9/21–8/23)

Díaz Rios LK (PI). Validation of a New Modular Evaluation Tool for Adult CalFresh Healthy Living Participants. Source: Catholic Charities of California, California Department of Social Services; \$90,629 (11/20–9/23)

NC3169: EFNEP Related Research, Program Evaluation and Outreach. USDA Multistate Research (10/18–9/23)

Townsend MS (PI), et al. Obesity Risk, Parenting and Diet Quality Assessment Tools for Spanish-speaking Families with Preschool Age Children: EFNEP, Head Start, Medical Clinic. Source: USDA NIFA AFRI Program, Integrated Approaches to Prevent Childhood Obesity; **Role: Co-I**; \$2,387,816 (7/15–6/18)

Dhillon J (PI), et al. Effects of Functional Food Diets on Cardiometabolic and Metabolomics Profiles in Minority Youth. Source: National Institutes of Health, NHLBI K99 Pathway to Independence Award; **Role: Co-Mentor**; \$958,463 (9/18–8/21)

Ortiz R (PI), et al. UC Merced FARMERS: Facilitating Agriculture Related Mentoring for Emerging Research Scholars. Source: US Department of Agriculture, HSI Education Program; **Role: Mentor**; \$999,030 (9/17–8/21)

Abroad Graduate Scholarship. Mexican National Science and Technology Council (CONACyT); \$109,620 (1/09–12/11)

Graduate Scholarship. Mexican National Science and Technology Council (CONACyT); MX\$111,690 (8/06–12/07)

internal awards

Díaz Rios LK (PI), Payan Denise (PI). Global Food Initiative UC Merced Campus Collaborative Center. Source: University of California Office of the President; \$25,000 (06/20–8/21)

Dhillon J (PI), Ortiz R, **Díaz Rios LK**. Sensory Perceptions of Fruits, Vegetables and Nuts in a Food Desert Campus and Associations with Metabolic Risk Factors. Source: University of California Merced Blum Center Seed Grant Program; **Role: Co-PI**; \$10,000 (6/17–5/18)

Schnier K (PI), **Díaz Rios LK (Co-PI)**. The Blum Center for Alleviating Poverty and Social Disparities. Source: University of California Office of the President; \$280,000, (01/17–12/18)

Ritchie L (PI), et al. Healthy Beverages in Childcare: Putting Policy into Practice for Child Obesity Prevention. Source: UC ANR Competitive Grants; **Role: Co-PI**; \$452,881 (4/16–3/19)

Chapman-Novakofski K (PI), **Díaz Rios LK (Co-I)**, Donovan S, de Mejia E, Teran-Garcia M. Preventing Diabetes in Hispanic Communities. Source: Christopher Family Foundation of the Family Resiliency Center's Food and Family Program, University of Illinois; \$49,667 (08/11–07/13)

development funding

Childhood Obesity Prevention Across Borders: The Promise of US-Latin American Research Collaboration. Center for Global Health Studies, Fogarty International Center, National Institutes of Health (11/19)

Western Extension Leadership Development Program, (3/17–3/18)

Nutrition Leadership Institute Early Career Fellowship, Dannon Institute (6/17)

PUBLICATIONS

[MyNCBI](#) | [Google Scholar](#)

peer-reviewed

Díaz Rios LK, Ontai L, Shilts MK, Lanoue L, Townsend M. Cross-cultural adaptation and initial validation of Mi Niño, a tool to measure food-related parenting practices of Spanish-speaking parents with young children. *Curr Dev Nutr*. In Press

Aldaz KJ, Ortiz S, Ortiz RM, **Díaz Rios K**, Dhillon J. A cross-sectional analysis of food perceptions, food preferences, diet quality, and health in a food desert campus. *Nutrients*. 2022;14(24):5215

PUBLICATIONS *(cont.)*

peer-reviewed *(cont.)*

- Dhillon J, Jacobs AG, Ortiz S, **Diaz Rios LK**. A systematic review of literature on the representation of racial and ethnic minority groups in clinical nutrition interventions. *Adv Nutr*. 2022;13(5):1505-28
- Diaz Rios LK**, Stage VC, Leak TM, Taylor CA, Reicks M. Collecting, using, and reporting race and ethnicity information: implications for research in nutrition education, practice, and policy to promote health equity. *J Nutr Educ Behav*. 2022;54(6):582-93
- Hazard K, Lee D, Ritchie L, Rose R, **Diaz Rios LK**, Plank K, Alkon A. Development of an online curriculum for California early care and education providers on healthy beverages. *BMC Public Health*. 2021;21(1):1387
- Shilts MK, **Diaz Rios LK**, Panarella KH, Styne DM, Lanoue, L Drake C, Ontai L, Townsend MS. Feasibility of colocating a nutrition education program into a medical clinic setting to facilitate pediatric obesity prevention. *J Prim Care Community Health*. 2021;12:21501327211009695
- Payán DD, **Diaz Rios LK**, Ramírez AS, Young MT. Structural barriers influencing food insecurity, malnutrition, and health among Latinas during and after COVID-19: Considerations and recommendations. *J Acad Nutr Diet*. 2021;121(5):837-43
- Lee DL, Alkon A, Plank K, Neelon M, **Diaz Rios LK**, Hecht CE, Thompson HR, Ritchie LD. Self-paced online training on healthy beverage policy for child care providers. *J Nutr Educ Behav*. 2021; 53(6):457-70
- Townsend MS, Shilts MK, Lanoue, L, Drake C, **Diaz Rios LK**, Styne DM, Keim NL, Ontai L. Obesity risk assessment tool for low-income Spanish speaking immigrant parents with young children: validity with BMI and biomarkers of obesity. *Nutrients*. 2020;12(11):3582
- Horowitz M, Kaiser LL, Manzo R, Aguilera A, **Diaz Rios LK**, Macias K. Influence of preschooler and parent nutrition education on carotenoid levels of Mexican-heritage children. *Public Health Nutr*. 2020;23(13):2336-44
- Townsend MS, Shilts MK, **Diaz Rios LK**, Panarella KH. Designing retrospective evaluation tools for limited-literacy adults. *J Nutr Educ Behav*. 2020;52(6):658-62
- Chrisman M, **Diaz Rios LK**. Evaluating MyPlate after eight years: a perspective. *J Nutr Educ Behav*. 2019;51:899-903
- Dhillon J, **Diaz Rios LK**, Aldaz K, De La Cruz N, Vu E, Asghar SA, Kuse Q, Ortiz R. We don't have a lot of healthy options: food environment perceptions of first-year, minority college students attending a food desert campus. *Nutrients*. 2019;11(4):816
- Diaz Rios LK**, Chapman-Novakofski K. Latino/Hispanic participation in community nutrition research: an interplay of decisional balance, cultural competency, and formative work. *J Acad Nutr Diet*. 2018;118(9):1687-99
- Dhillon J, Thorwald M, De La Cruz N, Vu E, Asghar SA, Kuse Q, **Diaz Rios LK**, Ortiz RM. Glucoregulatory and cardiometabolic profiles of almond vs. cracker snacking for 8 weeks in young adults: a randomized controlled trial. *Nutrients*. 2018;10(8):960
- Ramirez AS, **Diaz Rios LK**, Valdez Z, Estrada E, Ruiz A. Bringing produce to the people: implementing a social marketing food access intervention in rural food deserts. *J Nutr Educ Behav*. 2017;49(2):166-174
- Diaz Rios LK**, Muzaffar H, Meline B, Chapman-Novakofski K. Talk, heart, hands: A culturally sensitive approach to nutrition education for Latinos with young children. *J Nutr Educ Behav*. 2016;48:425-429
- Murimi M, Chrisman M, **Diaz Rios LK**, McCollum HR, McDonald O. A qualitative study on factors that affect school lunch participation: Perspectives of school food service managers and cooks. *J Nutri Health*. 2015;1(2):6
- Diaz Rios LK**, Chapman-Novakofski K, Malacara JM, Bollero G, Aradillas-Garcia C, Garay-Sevilla ME. Metabolic and nutritional profile differences among Mexican, Mexican-American and Non-Hispanic White children. *Rev Invest Clin*. 2014;66(1):31-44
- Fernandez-Raudales D, **Diaz Rios LK**, Lotton J, Chapman-Novakofski K, Gonzalez de Mejia E. Effect of beverages with different protein profiles on postprandial blood glucose response in overweight and obese men. *J Diabetes Mellitus*. 2012;2:40-46
- Diaz Rios LK**, Rivera-Cisneros AE, Macias-Cervantes MH, Sanchez-Gonzalez JM, Guerrero-Martinez FJ. [Acute responses on lipid profile by practicing cycling] Acondicionamiento físico y respuesta aguda en la concentración de lípidos séricos. *Rev Med Inst Mex Seguro Soc*. 2008;46(2):119-128

PUBLICATIONS *(cont.)*

chapters in books

Chapman-Novakofski K, **Diaz Rios LK**. Chapter 13: Education and Counseling: Behavioral Change. In: Raymond JL, Morrow K, eds. *Krause and Mahan's Food & The Nutrition Care Process*. 15th ed. Elsevier; 2021:226-238

published abstracts

Shilts M, Ontai, L, Styne, DM, Shively V, Espinoza D, Pressman J, Rodriguez S, **Diaz Rios K**. Methods for Adapting Medical Clinic Referral to EFNEP to Serve Rural Native American Communities Via Telehealth. *J Nutr Behav Educ*. 2022;54(7):S75

Shilts M, **Diaz Rios K**, Ontai, L, Panarella K, Drake C, Styne, DM, Navarro S, Loera A, Lanoue L, Townsend MS. Interest and acceptability of a clinic based EFNEP intervention in English and Spanish speaking parents for pediatric obesity prevention. *J Nutr Behav Educ*. 2021;53(7):S37

Ortiz F, Ortiz Flores S, Rodriguez Cruz E, Kaur B, Hlubik K, **Diaz Rios LK**. Food resource awareness and information sharing among college students at high risk of food insecurity. *Curr Dev Nutr*. 2020;4(S2):S258.

Ortiz Flores S, Ortiz F, Rodriguez Cruz E, Diaz Machado E, Kaur B, Hlubik K, Ortiz R, **Diaz Rios LK**. Food access information and nutrition education needs assessed by college student key-informants. *J Nutr Behav Educ*. 2019;51(7):S109

Ritchie L, Lee D, Alkon A, Neelon M, **Diaz Rios K**, Soule K. Evaluation of an Interactive, Online Training for Child Care Providers on Healthy Beverages for Young Children. *Curr Dev Nutr*. 2019;3(S1):P16-039-19

Townsend MS, Shilts MK, Ontai, L, Drake C, Lanoue L, Styne, DM, Keim N, **Diaz Rios LK**, Panarella K. Obesity risk, parenting & diet quality tools for Hispanic families with preschoolers: EFNEP, Head Start, medical clinic-year 3. *J Nutr Behav Educ*. 2018;50(7):S108

Lanoue L, Townsend MS, Shilts MK, Drake C, Ontai L, **Diaz Rios LK**, Keim N, & Styne DM. Using biomarkers for the validation of Niños Sanos, an obesity risk assessment tool: preliminary results. *J Nutr Behav Educ*. 2018;50(7):S109

Ontai L, **Diaz Rios LK**, Shilts MK, Lanoue L, Townsend MS. Mi Niño a La Hora De Comer: Concurrent validation methods through mealtime observations and preliminary analyses. *J Nutr Behav Educ*. 2018;50(7):S107-8

Dhillon J, **Diaz Rios LK**, De La Cruz N, Vu E, Asghar S, Kuse Q, Ortiz R. There isn't much variety: food environment perceptions of students in a food desert campus. *J Acad Nutr Diet*. 2017;117(9):A98

Diaz Rios K, Zavala G, Espinoza M, Keim N, Shilts MK, Townsend M. Spanish adaptation of a pictorial assessment of diet quality. *J Nutr Educ Behav*. 2017;49(7):S122.

Ontai L, **Diaz Rios K**, Shilts MK, Lanoue L, Davidson C, Zavala G, Espinoza M, Townsend M. Process for validating My Child at Mealtime: assessing parent mealtime behavior in Spanish speaking families of preschoolers. *J Nutr Educ Behav*. 2017;49(7):S121-2

Townsend M, Shilts MK, Ontai L, ..., **Diaz Rios K**, et al. Obesity risk, parenting and diet quality tools for Hispanic families with preschoolers: EFNEP, Head Start, medical clinic-year 2. *J Nutr Educ Behav*. 2017;49(7):S120-S121.

Diaz Rios K, Ontai LL, Zavala G, Espinoza M, Shilts MK, Townsend MS. Spanish adaptation of My Child at Mealtime: a feeding style self-assessment tool for low-income parents of preschoolers. *J Nutr Educ Behav*. 2016;48(7):S117

Townsend M, Shilts M, Ontai L, Drake C, Lanoue L, Styne D, Allen L, **Diaz Rios LK**, Panarella K. Obesity risk, parenting and diet quality assessment for Spanish-speaking families with preschool children: EFNEP, Head Start, medical clinic-year 1. *J Nutr Educ Behav*. 2016;48(7):S132

Diaz Rios LK, Chapman-Novakofski K. Relevance and appropriateness of ¡Salud! Comiendo en Familia, an obesity early prevention program for Hispanics. *J Nutr Educ Behav*. 2014;46(4S):S182

Diaz Rios LK, Chapman-Novakofski K, Garay-Sevilla, ME, Malacara JM, Bollero G, Aradillas-Garcia C. Comparison of metabolic and nutritional profiles among Mexican, Mexican-American, and Non-Hispanic White children. *FASEB J*. 2010;24:737

Diaz Rios LK, Chapman-Novakofski K, Garay-Sevilla ME, Bollero G, Aradillas-Garcia C, Malacara JM. Comparison of metabolic and nutritional profiles among Mexican children living in Mexico, Mexican children living in the US, and non-Hispanic white children in the US. *J Diabetes*. 2009;1(1): A176

PUBLICATIONS (*cont.*)

published abstracts (*cont.*)

Diaz K, Miller M, Nava E, Chapman-Novakofski K. Formative evaluation of a community-based diabetes education program for Hispanics. *J Nutr Educ Behav*. 2009;41(4S):S26-S27

materials for education

Alkon A, Rose B, Hazard K, Lee DL, Ritchie LD, Hecht C, Hecht K, DiMatteo G, Patel A, Neelon M, Soule K, **Diaz Rios K**, Ravalin D, Pyeatt G, James P, Tellez S, Beattie A, Borrman A, Chamnes N, Myers L. Healthy Beverages in Early Care & Education. eXtension Campus. February 2020

Kaiser L, Aguilera A, Silva J, Horowitz M, Lamp C, Johns M, Espinoza D, Byrnes M, Ontai L, **Diaz Rios LK**. Niños Sanos, Familia Sana. University of California Division of Agriculture & Natural Resources. Publication 8581. ©2019 The Regents of the University of California. All rights reserved

Ontai L, Horowitz M, Rosales D, Spezzano T, **Diaz Rios K**, Mendoza C, Manglallan S, Pressman J. Healthy Happy Families Express. University of California Division of Agriculture & Natural Resources. Publication 8587. ©2018 The Regents of the University of California. All rights reserved

materials for evaluation

Townsend MS, Shilts MK, **Diaz Rios LK**, Lanoue L. Niños Sanos. [18-item Spanish pictorial assessment of obesity prevention behaviors in the family environment]. Design: M Reed. University of California Cooperative Extension. ©2019 The Regents of the University of California. All rights reserved

Ontai L, Sitnick SL, **Diaz Rios LK**, Sylva K, Leavens L, Davidson C, Townsend MS. Mi Niño a la Hora de Comer. [27-item Spanish pictorial assessment of food-related parenting behaviors]. Design: M Reed. University of California Cooperative Extension. ©2016 The Regents of the University of California. All rights reserved

Townsend MS, Shilts MK, **Diaz Rios LK**, Leavens L, Panarella K. Primero los Vegetales...Ahora y Antes. [10-item Spanish language retrospective pictorial assessment of child vegetable behaviors in the family environment]. Design: M Reed. University of California Cooperative Extension. ©2019 The Regents of the University of California. All rights reserved

Townsend MS, Shilts MK, **Diaz Rios K**, Leavens L, Panarella K. Focus on Veggies...Now and Then. [10-item retrospective pictorial assessment of child vegetable behaviors in the family environment]. Design: M. Reed. University of California Cooperative Extension. ©2018 The Regents of the University of California. All rights reserved

Townsend MS, Shilts MS, Leavens L, **Diaz Rios K**, Panarella K. Focus on Veggies...Now and Then, Instruction Guide. University of California Cooperative Extension. ©2019 The Regents of the University of California. All Rights Reserved

Townsend MS, Shilts MK, **Diaz Rios LK**, Styne D. Primero los Vegetales. [10-item Spanish language pictorial assessment of child vegetable behaviors in the family environment]. Design: M Reed. University of California Cooperative Extension. ©2018 The Regents of the University of California. All rights reserved

Townsend MS, Keim N, Espinoza M, Zavala G, Shilts MK, **Diaz Rios LK**. Mis Vegetales. [8-pg diet quality assessment tool in Spanish for low literacy program participants: a surrogate to the more complex 24-hour dietary recall]. Design: M Reed. University of California, Davis. ©2018 The Regents of the University of California. All rights reserved

Townsend MS, Keim N, Espinoza M, Zavala G, **Diaz Rios LK**. My Veggies. v.1. [8-pg diet quality assessment tool for low-literate program participants; a surrogate for the more complex 24-hour dietary recall]. Design: M Reed. University of California, Davis. ©2016 The Regents of the University of California. All rights reserved

Townsend MS, Shilts MK, **Diaz Rios LK**, Panarella K. Focus on Sweet Drinks: Now and Then. [3-item retrospective pictorial assessment of child sweetened beverage behaviors in the family environment]. Design: M Reed. University of California Cooperative Extension. ©2018 The Regents of the University of California. All rights reserved

Townsend MS, Shilts MS, Leavens L, **Diaz Rios K**, Panarella K. Focus on Sweet Drinks...Now and Then, Instruction Guide. University of California Cooperative Extension. ©2019 The Regents of the University of California. All Rights Reserved

Townsend MS, Shilts MS, Leavens L, **Diaz Rios K**, Panarella K. Focus on Sweet Drinks, Instruction Guide. University of California Cooperative Extension. ©2019 The Regents of the University of California. All Rights Reserved

PUBLICATIONS *(cont.)*

reports & other publications

Townsend M, Shilts M, **Diaz Rios K**, Ontai L, Keim N, Lanoue L, Drake C, Styne D. Final Report to USDA NIFA AFRI, grant 2015-68001-23280: Obesity Risk, Parenting & Diet Quality Assessment for Spanish-speaking Families with Preschool Children using EFNEP, Head Start, & Medical Clinics. June 2021

Healthy Beverages in Child Care: Adherence to California's Healthy Beverages in Child Care Act. Nutrition Policy Institute, University of California Division of Agriculture and Natural Resources; 2020

Diaz Rios LK. Spanish for the Nutrition Professional. *J Nutr Educ Behav*. 2010;42:430.e1

PRESENTATIONS

invited

Diaz Rios LK. Nutrition access and community health. UCSF San Joaquin Valley Program in Medical Education (SJV PRIME). Virtual, 2/23

Diaz Rios LK. Culturally sensitive approaches to reach Latino communities for nutrition education. Interdepartmental Graduate Nutrition Program Fall Webinar Series. North Carolina State University. Virtual, 11/21

Diaz Rios LK. Building Cultural Competence & Inclusive Care. Advanced Diabetes Management (FSHN 595), University of Illinois at Urbana-Champaign, IL. Virtual, 03/21

Diaz Rios LK, Muzaffar H. Building cultural competence in nutrition and dietetics. Military Families Learning Network, Nutrition & Wellness Program. Webinar, 6/20. *Featured in the Military Families Readiness Academy Spring 2022*.

Diaz Rios LK. Choice vs. access: food security in the San Joaquin Valley. Pediatric Grand Rounds Lecture, UCSF Fresno. Fresno, CA, 4/19

Townsend MS, Shilts MK, **Diaz Rios LK**. An obesity risk assessment tool for young children: validity with BMI and nutrient values. Society for Nutrition Education and Behavior Journal Club #5. Webinar, 11/18

Ramirez S, **Diaz Rios LK**. Bringing produce to the people: implementing a social marketing food access intervention. Society for Nutrition Education and Behavior Journal Club #7. Webinar, 11/17

Diaz Rios LK, Gibbs H. Understanding nutrition literacy and effective strategies for communicating nutrition information. Pennsylvania Nutrition Education Network Annual Conference. Harrisburg, PA, 5/17

Diaz Rios LK. Development and implementation of a nutrition education program for parents. Nutritional Biology Graduate Group Seminar. University of California, Davis. Davis, CA, 10/14

academic & professional audiences

Ontai L (presenter), Li J, **Diaz Rios LK**, Shilts M, Lanoue L, Townsend M. Food Parenting Practices in Latinx Families. Symposium Parenting Across Continents: Linkages, Pathways and Trajectories. Society for Research in Child Development (SRCD) Biennial Meeting. Online, 4/21

Ortiz F, Ortiz Flores S, Kaur B, Rodriguez Cruz E, Hlubik K, **Diaz Rios LK**. Utilization of food resources among college students: A mixed methods approach. American Public Health Association Annual Meeting (APHA). Online, 10/20

Diaz Rios LK, Shilts M, Ontai L, Townsend M. Shop with your eyes open: choosing tools to evaluate your nutrition education program. Society for Nutrition Education and Behavior (SNEB) Annual Meeting. Online, 7/20

Ortiz Flores S (student presenter), Ortiz F, Rodriguez Cruz E, Diaz Machado E, Kaur B, Hlubik K, Ortiz R, **Diaz Rios LK**. Food security needs assessed by college student key-informants. Youth Roundtable: Youth leading the way to healthier communities. American Public Health Association Annual Meeting. Philadelphia, PA, 11/19

Diaz Rios LK, Townsend M, Ontai L, Shilts M. Symposium: Combating childhood obesity among Spanish speaking families: new valid evaluation and education tools for practitioners and researchers. Society for Nutrition Education and Behavior Annual Meeting. Orlando FL, 7/19

PRESENTATIONS (*cont.*)

academic & professional audiences (*cont.*)

- Diaz Rios LK**, Townsend M, Shilts MK. Workshop: Learn techniques to tailor obesity risk assessment tools to the literacy, socioeconomic, language, and cultural practices of your target audience and select appropriate validation methods. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Prague, Czech Republic, 6/19
- Goliaei Z (student presenter), Gonzalez M, Burke N, **Diaz Rios K**. Food insecurity based on food choices and food access after resettlement: afghani refugees' experiences in Central Valley California, Session: Barriers and enablers promoting or impeding health among immigrant and refugee communities. American Public Health Association Annual Meeting. San Diego, CA, 11/18
- Diaz Rios LK**, Muzaffar H. Health promotion research with Latino children and parents. Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo™. Washington, DC, 10/18
- Goliaei Z (student presenter), Gonzalez M, Burke N, **Diaz Rios K**. Food insecurity and nutrition difficulties among recently arrived afghani refugees in the San Joaquin Valley California: stakeholders' perspective. North American Refugee Health Conference, the Postgraduate Institute for Medicine and the Society of Refugee Healthcare Provider. Portland, OR, 6/18
- Diaz Rios LK**, co-authors: Keim N, Shilts MK, Townsend M. Development and validation of a vegetable variety pictorial tool for estimation of diet quality in community settings, Symposium: Novel methods for dietary assessment with socially-disadvantaged populations. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Hong Kong, 6/18
- Shilts MK (presenter), **Diaz Rios LK**, Ontai L, Panarella KH, Styne DM, Townsend MS. Feasibility of embedding a community nutrition program into a medical clinic setting, Symposium: Scaling up childhood obesity prevention interventions from feasibility, RCT to translation. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Hong Kong, 6/18
- Diaz Rios LK**, Panarella KH. Feasibility and potential synergy of outcomes of an EFNEP intervention delivered in a medical clinic setting. University of California Division of Agriculture and Natural Resources Statewide Conference. Ontario, CA, 4/18
- Diaz Rios LK**, co-authors: Townsend M, Shilts M, Welk G, Lanoue L. Cultural adaptation of tools for assessing parent dietary behaviors, Symposium: Tools for assessing home obesogenic environments: from development to real world applications. Society for Nutrition Education and Behavior Annual Meeting. Washington DC, 7/17
- Diaz Rios LK**, Gibbs H. nutrition literacy: next steps in increasing capacity with nutrition information. Society for Nutrition Education and Behavior Annual Meeting. San Diego CA, 7/16
- Diaz Rios LK**, The environment & food choices. Health Sciences Research Institute Symposium: Food and the Environment, UC Merced Research Week, 5/16

extension & educator audiences

- The UC Merced Community Nutrition Lab, **Speaker**, Reunion for Retired NFCS, 4-H YDP Academics, UC ANR, 9/21
- The What and How of The Mealtime, **Co-Presenter**, Tulare County Office of Education, Early Childhood Education, 6/21
- El Qué y Cómo de la Hora de Comer*, **Presenter**, Tulare County Office of Education, Early Childhood Education, 6/21
- Introduction to a New Flexible Adult Healthy Eating and Physical Activity Evaluation Tool, **Co-Speaker**, CalFresh Healthy Living Virtual Forum: Improving Health Equity in a Virtual World, Virtual Forum, 3/21
- Child Feeding Community of Practice Bi-Annual Web Series, **Co-Speaker**, UC CalFresh program, 2016-2020
- My academic and research trajectory. **Speaker**, Latino 4-H Youth-led Participatory Action Research Field Trip, Hopland Research & Extension Center, Hopland, CA, 2/20
- Food Access & Security: The College Student Case, **Speaker**, Healthy San Joaquin Collab, UCCE San Joaquin, 9/19
- Cultural Adaptations to Engage Your Audience, **Speaker**, Scholarly Speakers Series, UCCE San Luis Obispo, 8/19
- Child vs. Parent: A Tale of the Mealtime, **Speaker**, Home Visitation Learning Exchng, UCCE & First 5 San Joaquin, 8/18

PRESENTATIONS *(cont.)*

extension & educator audiences *(cont.)*

- Culturally Relevant Programming, **Speaker**, California 4-H Association Professional Development Webinar, 30/17
- Culturally Sensitive Approaches to Nutrition Education Delivery, **Speaker**, UC CalFresh Town Hall Meeting, 8/16
- Effective Nutrition Education in High School, **Speaker**, Robert Fore Excellence in Health Retreat, Wawona, CA, 11/14

refereed conference proceedings: posters

- Plank K, Lee D, Alkon A, Neelon M, **Diaz Rios LK**, Soule KE, Ritchie LD. Online training increases child care provider knowledge of healthy beverage policy and practices for young children. APHA Annual Meeting. Online, 10/20
- Lee D, Ritchie LD, Alkon A, Neelon M, **Diaz Rios LK**, Soule KE, Colvin M. Does an online training for ECE providers improve beverages offered to children? 10th Biennial Childhood Obesity Conference, Anaheim, CA, 7/19
- Horowitz M, Kaiser LL, **Diaz Rios LK**, Manzo R, Aguilera A. Influence of preschooler and parent nutrition education on skin carotenoid scores of Mexican-heritage children during an obesity prevention intervention. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Prague, Czech Republic, 6/19
- Lee D, Ritchie LD, Alkon A, Neelon M, **Diaz Rios LK**, Soule KE. Evaluation of an interactive, online training for child care providers on healthy beverages for young children. Nutrition 2019, ASN Annual Meeting. Baltimore, MD, 6/19
- Kaiser LL, Horowitz M, **Diaz Rios LK**, Manzo R, Aguilera A. Influence of preschooler and parent nutrition education on skin carotenoid scores of Mexican-heritage children. American Public Health Association Annual Meeting. San Diego, CA, 11/18
- Goliaei Z, Gonzalez M, Burke N, **Diaz Rios K**, Alanhari, S. Post resettlement food and nutrition access and the risk of food insecurity: a qualitative study among recently arrived Afghani refugees in San Joaquin Valley California. University of California Global Health Day. San Diego, CA, 4/18
- Townsend MS, Keim N, **Diaz Rios LK**, Shilts MK. Pictorial assessment of Diet Quality: content and face validation. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Victoria, Canada, 6/17
- Shilts MK, Panarella K, Leavens LL, Kenyon V, **Diaz Rios LK**, Davidson C, Lanoue L, Townsend MS. Feasibility of an EFNEP intervention delivered in 3 medical clinics: preliminary results. Childhood Obesity Conference. San Diego, CA, 6/17
- Gonzalez M, Mendiola J, Song AV, **Diaz Rios LK**, Modayil MV. Social determinants of physician care utilization vary by generational status for Mexican-identified Californians. American Public Health Association Annual Meeting. Chicago, IL, 10-11/15
- Gonzalez M, Mendiola J, Song AV, **Diaz Rios LK**, Modayil MV. Unfavorable eating patterns among Mexican-identified Californians: Stratifying by nativity is crucial to understanding generational differences. APHA. Chicago, IL, 10-11/15
- Ramirez AS, Young-Bergman N, **Diaz Rios LK**, Ruiz A, Estrada E. Bringing the grocery store to the people: Process and impact evaluation of Produce on the Go, a social marketing strategy to reduce food access disparities and provide nutrition education to rural Latinos. American Public Health Association Annual Meeting. Chicago, IL, 10-11/15
- Townsend M, Schneider C, **Diaz Rios K**, Rosales D, Donohue S. Using video-recorded assessment in the certification of California EFNEP educators collecting the 24 hr. diet recall: year 2. EFNEP National Coordinators' Conference. Arlington, VA, 3/15
- Diaz Rios LK**, Chapman-Novakofski K. Development of a nutrition education program for early prevention of obesity and diabetes in Hispanic communities. School of Science and Technology of Eastern University Conference Diabetes in Children and Adolescents: Emerging Epidemic, San Juan, PR, 11/11
- Diaz Rios LK**, Malacara JM, Rivera AE, Aguilar H. Acute hormone response to psychosocial stress in subjects with recent body weight gain. Endocrine Society, 91st Annual Meeting, Washington, DC, 6/09
- Diaz Rios LK**, Chapman-Novakofski K, Garay-Sevilla ME, Bollero G, Aradillas-Garcia C, Malacara JM. Comparison of metabolic and nutritional profiles among Mexican children living in Mexico, Mexican children living in the US, and non-Hispanic white children in the US. International Congress on Prediabetes & the Metabolic Syndrome, Nice, France. 4/09

PRESENTATIONS (*cont.*)

refereed conference proceedings: posters (*cont.*)

Diaz Rios LK, Garay-Sevilla ME, Chapman-Novakofski K, Bollero G, Aradillas-Garcia C, Malacara JM. Comparison of metabolic and nutritional profiles among Mexican, Mexican-American, and non-Hispanic white children. University of Guanajuato, Medical Sciences Department, Ninth Annual Alumni Meeting, Leon, GTO, México, 4/09

Diaz Rios LK, Rivera-Cisneros AE, Macias-Cervantes MH. Influence of the physical fitness on the acute lipids response to spinning. University of Guanajuato, Medical Sciences Department, Annual Alumni Meeting, Leon, GTO, México, 4/06

non-refereed conference presentations: posters

Bhat N, Pokhrel M, Kiranjot Kaur, **Diaz Rios LK**. Needs on Nutrition Education Capacity Assessed by Pediatric Provider Informants. UC Merced 15th Summer Undergraduate Research Virtual Symposium. Merced, CA, 7/21

Solorio Lopez MG, **Diaz Rios LK**. Scaling-up a Nutrition Education Intervention for Parents with Young Children: Phase 1 Asset Mapping. UC Merced UROC Research and Creative Activities Virtual Showcase. Merced, CA, 8/20

Navarro SP, Townsend MS, **Diaz Rios LK**. Relevance of stories & emotion-based messages to improve parent modeling behaviors and feeding practices. UC Merced Summer Undergraduate Research Symposium. Merced, CA, 8/19

Diaz Rios LK, Shilts MK, Ontai L, Zavala G, Espinoza M, Townsend MS. Relevance of Motivational Modeling, a pedagogic strategy to improve parental modeling behaviors and feeding practices. University of California Division of Agriculture and Natural Resources Statewide Conference. Ontario, CA, 4/18

Lee D, Ritchie LD, Alkon A, Rose B, Hazard K, Soule KE, Neelon M, **Diaz Rios LK**, Espinosa T, Carrillo E, Ravalin D. Healthy Beverages in Child Care: putting policy into practice with Cooperative Extension. University of California Division of Agriculture and Natural Resources Statewide Conference. Ontario, CA, 4/18

Diaz Rios LK, Ramirez AS, Ruiz A, Estrada E. Perceived food environment & barriers to healthful eating among Latinos living in food deserts in the Central Valley. University of California Division of Agriculture and Natural Resources Joint Strategic Initiatives Conference. Sacramento, CA, 10/15

Ramirez AS, **Diaz Rios LK**, Ruiz A, Estrada E. Implementation of a mobile farmer's market intervention: Challenges and opportunities for a novel strategy to reduce food access disparities. University of California Division of Agriculture and Natural Resources Joint Strategic Initiative Conference. Sacramento, CA, 10/15

Kaiser L, Horowitz M, Johns M, Lamp C, Espinoza D, Ontai L, **Diaz Rios LK**, et al. UC ANR addresses childhood obesity in a rural central valley community. University of California Division of Agriculture and Natural Resources Joint Strategic Initiative Conference. Sacramento, CA, 10/15

public communication & media appearances

Charla de nutrición. Vela R. NOS Facebook Live. University of California Division of Agriculture & Natural Resources, News & Information Outreach in Spanish, 10/22

Hablando de nutrición. Vela R. NOS Podcast: Charla y Café al Mediodía. University of California Division of Agriculture & Natural Resources, News & Information Outreach in Spanish, 3/22

Crowder L. Q-and-A: COVID-19's effects on food systems, youth development programs and nutrition. *Calif Agr.* 2020;74(3):116-118. doi:doi.org/10.3733/ca.2020a0024

Mi Plato el mejor aliado para mantenerse sano. de la Vega N. University of California Division of Agriculture & Natural Resources, Spanish Information Service News, 5/20

El cuidado de la salud para los trabajadores agrícolas en la era del coronavirus. de la Vega N. Los Angeles Times, 4/20

¿Qué puedo hacer para que mi niño desayune? de la Vega N. University of California Division of Agriculture & Natural Resources, Spanish Information Service News, 2/19

UC ANR Spanish YouTube. *La alimentación saludable* [Video]. California. 5/20

Fomente buenos hábitos de alimentación en sus niños. Hauffen A. University of California Division of Agriculture & Natural Resources, Spanish Information Service News, 4/17

PRESENTATIONS *(cont.)*

public communication & media appearances *(cont.)*

El agua natural es la mejor opción para chicos y grandes. de la Vega N. University of California Division of Agriculture & Natural Resources, Spanish Information Service News, 11/16

La comida suple una necesidad física y afectiva. de la Vega N. University of California Division of Agriculture & Natural Resources, Spanish Information Service News, 9/15

TEACHING

- Fall 2022 Public Health Journal Club (PH 293). University of California, Merced, CA
- Spring 2022 Directed Readings: Child Nutrition in the United States (PH 294). University of California, Merced, CA
- Fall 2013 **Teaching Assistant**, Nutrition Education (NS 3360). Department of Nutritional Sciences, Texas Tech, TX
- Spring 2014 **Curriculum Developer**, International Public Health Nutrition (new course). Texas Tech University
- Fall 2008 **Lecturer**, Advanced Sports Nutrition; Clinical and Preventive Exercise; Physical Training.
Universidad del Valle de Atemajac (UNIVA), Lagos de Moreno, JAL, México
- Fall 2007 **Lecturer**, Food Preservation Methods. Universidad de Guanajuato, Faculty of Medicine, México
- Fall 2007 **Lecturer**, Exercise Physiology. Universidad del Valle de Atemajac (UNIVA), Lagos de Moreno, JAL, Méx

guest lectures

- Fall 2017-20 Community nutrition & policy. Topics in Public Health: Health Policy (PH 190, PH 106), UC Merced, CA
- Spring 19, 20 Nutrition, the case of sugar. Sweet Origins of a Global Crisis (SPRK-001-22), UC Merced, CA
- Fall 2015-19 Nutrition and public health. Foundations of Public Health (PH 201), UC Merced, CA
- July 2018 Humans & food. Blum Center Summer Institute: Agriculture in the California Central Valley, UC Merced
- Spring 2018 Community nutrition research. Research Methods (PH 112), UC Merced, CA
- Fall 2016 Community nutrition. Health Care in the San Joaquin Valley (PH 108), UC Merced, CA
- Fall 2015,16 A career trajectory in nutrition. Professional Skills Seminar, UC Merced, CA
- Fall 2012 Working with different cultures. Community Nutrition (FSHN 428), University of Illinois at Urbana-Champaign
- Fall 2012 Conducting research with Latino/a populations. US Latino/a Families (HDFS/LLS 422), Department of Human and Community Development, University of Illinois at Urbana-Champaign, IL

HONORS

- 2022 National Excellence in Extension Team (NC3169: EFNEP Related Research, Program Evaluation and Outreach) Award, Association of Public and Land-grant Universities, USDA
- 2014, 2021 Reviewer of Excellence Award, Journal of Nutrition Education and Behavior
- 2014 Community Scholarship Award, Society for Nutrition Education and Behavior Foundation
- 2010–2012 Graduate Fellowship Recognition, Honor Society of Agriculture Gamma Sigma Delta
- 2011 Travel Award, School of Science and Technology of Eastern University, San Juan, PR
- 2008 Outstanding Academic Trajectory Merit Award, University of Guanajuato, México
- 2008 Graduated *Cum Laude* from the Institute of Medical Research, University of Guanajuato, México
- 2007, 2008 Academic Performance Award, University of Guanajuato, México

MEMBERSHIPS

- 2013– Society for Nutrition Education and Behavior—Journal Editorial Board member (2015–21); Journal Committee Chair (2022-23); Journal Committee Vice-Chair (2021-22); Editor in Chief Search Committee (2021-22); Position Papers Subcommittee Chair (2018–22); Journal Mentored Editorship Subcommittee Chair (2021-22); Journal DEI Subcommittee (2021-22); Journal DEI Subcommittee Co-Chair (2022)
- 2014– American Society for Nutrition—Research Interest Sections membership: Community and Public Health Nutrition, Nutrition Education and Behavioral Science, Nutritional Epidemiology, and Obesity
- 2015– Academy of Nutrition and Dietetics—Registered Dietitian Nutritionist (RD; 2016–present); Journal *ad hoc* reviewer (2016–present); Interest Group membership: Public Health/Community Nutrition (2016–present), Nutrition Education for the Public (2016–present), and Research (2018–present) Practice Group membership; Latinos and Hispanics in Dietetics and Nutrition (2016–present)
- 2018, 2019 International Society of Behavioral Nutrition and Physical Activity
- 2019–2021 American Public Health Association

SERVICE

university assignments

University of California, Merced:

- 2023– Vice-Chair, Public Health Graduate Program
- 2023– Chair, Admissions Committee, Public Health Graduate Program
- 2022–23 Public Health Graduate Program Executive Committee
- 2021–23 Institutional Animal Care and Use Committee
- 2018–2021 Admissions Committee, Public Health Graduate Program
- 2016–2021 Basic Needs Committee
- 2016–2018 Health Sciences Research Institute Community Action Group

University of California Division of Agriculture and Natural Resources:

- 2021– Communications Advisory Board
- 2018– Co-chair, Food Literacy and Healthy Lifestyles Program Team
- 2021–2022 Representative Committee for Multiple Academic Titles, UC ANR Academic Assembly Council
- 2019–2021 Chair, Representative Committee for Multiple Academic Titles, UC ANR Academic Assembly Council
- 2017–2018 UC CalFresh Joint Curriculum Committee
- 2015– Families with Young Children Workgroup

University of California Division of Agriculture and Natural Resources, Faculty Search Committees:

- 2022 Climate Smart Agriculture Academic Coordinator, UC Merced, Merced, CA
- 2019 Money Talks Academic Coordinator, San Luis Obispo, CA
- 2018 Cooperative Extension Nutrition, Family and Consumer Sciences Advisor Fresno and Madera Counties
- 2017, 2018 Cooperative Extension 4-H Youth Development Advisor San Luis Obispo and Santa Barbara Counties
- 2015, 2018 Cooperative Extension Youth, Family and Communities Advisor Imperial County
- 2017 Cooperative Extension Nutrition, Family and Consumer Sciences Advisor Kern County
- 2016 Cooperative Extension Nutrition, Family and Consumer Sciences Advisor Tulare and Kings Counties
- 2016 Youth, Families and Communities Statewide Director
- 2015 Assistant Director for Diversity and Expansion, 4-H Youth Development Advisor

Other:

- 2013 Fundraising Committee, Nutritional Sciences Graduate Student Association, University of Illinois
- 1998 Faculty of Medicine Student Association, University of Guanajuato, México

external assignments

Society for Nutrition Education and Behavior:

- 2022–2023 Chair, Journal Committee

SERVICE (*cont.*)

external assignments (*cont.*)

Society for Nutrition Education and Behavior (*cont.*):

- 2022 Editor in Chief Search Committee, Journal of Nutrition Education and Behavior
- 2022 Co-Chair, Diversity Equity and Inclusion Subcommittee, Journal Committee
- 2021–2022 Vice Chair, Journal Committee
- 2021–2022 Chair, Mentored Editorship Subcommittee, Journal Committee
- 2020–2022 Diversity Equity and Inclusion Subcommittee, Journal Committee
- 2018– Chair, Position Papers Subcommittee, Journal Committee

Academy of Nutrition and Dietetics:

- 2021– Nutrition Education Task Force, Academy of Nutrition and Dietetics

Other:

- 2022 Advisory Board, USDA NIFA Leveraging Interdisciplinary Nutritional Knowledge (LINK) Program
- 2015–2017 Advisory Board, Project MESA [*Mejorando Entornos de Salud y Acción*]
- 2014–2015 Advisory Board, Produce on the Go, initiative to increase food access in CA's San Joaquin Valley
- 2008–2013 Translator, Diabetes Lifelines Newsletter Spanish, University of Illinois Extension

editorial appointments

- 2017– Statistical Reviewer, Journal of Nutrition Education and Behavior
- 2015– Associate Editor, Food and Nutrition, UC Division of Agriculture & Natural Resources
- 2015–2021 Editorial Board Member, Journal of Nutrition Education and Behavior
- Summer 2013 Interim Managing Editor, Journal of Nutrition Education and Behavior

peer review

Ad Hoc Review for Scholarly and Professional Journals:

- 2013– Journal of Nutrition Education and Behavior (designated statistics reviewer)
- 2016– Journal of the Academy of Nutrition and Dietetics
- 2015– UC ANR California Agriculture
- 2014 Health Promotion Practice
- 2016 Nutrition Journal
- 2018 Public Health Nutrition

Extension and Educational Material Review:

- 2020 Nutrition.gov Spanish, USDA National Agricultural Library
- 2016– Food & Nutrition Publications, University of California Division of Agriculture and Natural Resources
- 2014 MyPlate eCatalog, USDA, Society for Nutrition Education and Behavior

Grant & Funding Proposals Review:

- 2022 USDA NIFA Internal Limited Submission Review Panel, UC Division of Agriculture and Natural Resources
- 2020 Grow Grant Program, Global Food Initiative Collaborative Center, University of California, Merced
- 2017, 2018 Seed Grant Program, Blum Center, University of California, Merced
- 2014, 2015 Big Ideas @ Berkeley, Pre-proposal Phase, University of California, Berkeley