

KRISTEN ARNOLD

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EDUCATION

The Ohio State University, Columbus, OH

MS in Human Nutrition

2016

Thesis: Development and Testing of a Dietary Intervention to Enhance Diet Quality and Improve Inflammation in Postmenopausal Women

The Academy of Nutrition and Dietetics

Certificate of Training in Adult Weight Management

2014

The Ohio State University

Dietetic Internship

2014

Focus Area: Personalized Nutrition

Distinction: Registered Dietitian Nutritionist, Licensed Dietitian

The Ohio State University

B.S. Dietetics, Human Nutrition

2013

Minors: Integrative Approaches to Health and Wellness; Women, Gender and Sexuality studies

Distinction: Cum Laude

AWARDS

Russell Klein Nutrition Research Symposium Behavioral Science Poster Presentation Award, 2nd place

2016

College of Education and Human Ecology Student Scholarship

2014, 2015

The Academy of Nutrition and Dietetics Student Scholarship

2014

College of Education and Human Ecology Travel Award

2014 – 2016

FASEB MARC Travel Award Winner

2015

TEACHING EXPERIENCE

The Ohio State University – Department of Human Sciences

Graduate Teaching Associate – to Assistant Professors Julie Kennel and Tonya Orchard in “Medical Nutrition Therapy I and II”

2014-2015

Assisted students in assignments and coursework, graded assignments and tests, lectured on various topics

Founder and Instructor – Clinton Elementary Nutrition Club

2011-2013

Developed curriculum and provided instruction at nutrition club meetings

RELATED EXPERIENCE

Kristen K Arnold RDN LD, Columbus, OH

Practitioner and Owner

2014 – present

Provide Nutrition Counseling to adults and children with a variety of needs including weight management, athletic performance enhancement, and gastrointestinal issues

Nationwide Children’s Hospital, Columbus, OH

Nutrition Expert

2014

Developed health education materials for hospital cafeteria, conducted statistical analyses on recipes, provided consulting for healthier menu options and recipe modification

The Ohio State University, Columbus, OH

Lab Assistant

2012 – 2013

Perform experiments and lab procedures, conduct animal research, attend and present at lab meetings

PUBLICATIONS AND PAPERS

Testing the Use of Urinary Biomarkers to Assess Added Sugar Intake in Obese Postmenopausal Women

Poster presented at Experimental Biology 2016 International Conference	
Poster presented at Annual Russel Klein Nutrition Research Symposium	2016
<i>A novel dietary intervention to reduce chronic inflammation in postmenopausal women</i>	
Poster presented at The Food and Nutrition Conference and Expose (FNCE)	
Poster presented at College of Education and Human Ecology Research Forum	2015, 2016
<i>Healthy Eating Index Scores are Associated with Inflammatory Markers in Breast Cancer Survivors</i>	
Poster presented at Experimental Biology (EB) 2015 International Conference	
Poster presented at Ohio Academy of Nutrition and Dietetics Annual Conference (OAND Annual Conference)	
Poster presented at Annual Russel Klein Nutrition Research Symposium	2014, 2015
<i>Healthy Eating Index Scores are Associated with Inflammatory Markers in Breast Cancer Survivors</i>	
Abstract published in the FASEB Journal	
Arnold K, Andridge R, Logan A, Yee L, Lustberg M, Orchard T. Healthy Eating Index Scores are Associated with Inflammatory Markers in Breast Cancer Survivors. The FASEB Journal. 2015;29.	2015

MEMBERSHIPS

Academy of Nutrition and Dietetics (AND), Nutrition Entrepreneurs practice group, Sports, Cardiovascular and Wellness practice group (SCAN PG)
 Ohio Academy of Nutrition and Dietetics (OAND)
 Columbus Dietetic Association (CDA)
 American Society for Nutrition (ASN)

CONFERENCES AND MEETINGS

Experimental Biology (EB)	2015, 2016
Food and Nutrition Conference and Expose (FNCE)	2015
Ohio Academy of Nutrition and Dietetics Annual Conference	2015
College of Education and Human Ecology Student Research Forum	2015, 2016
The New Dietary Guidelines for Americans Summit	2015
Annual Russel Klein Nutrition Science Research Symposium	2013, 2014, 2015, 2016
P4 Personalized Health Care Conference	2013