

# Amber Roy, MS, RDN, LD

Clinical Professor of Nutrition

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St Paul, Minnesota



## SUMMARY

Highly motivated and passionate Clinical Professor and Registered Dietitian Nutritionist. Continuously learning and adopting inclusive teaching and nutrition education strategies. Leadership experience developing nutrition curriculum, including a new major and minor, as well as revising and coordinating an undergraduate student internship program. Education and experience with equity in online learning, weight-neutral nutrition education, culturally responsive teaching, and intercultural communication.

## EDUCATION

### Learning Technology Leadership & Innovation

Post-Baccalaureate Certificate  
University of St Thomas, School of Education  
May 2024

### M.S. Food Science and Technology

Iowa State University  
2014-2016

### Dietetic Internship

1500 hours, 42 week supervised practice  
Minneapolis VA Healthcare System  
2017-2018

### B.S. Dietetics

summa cum laude  
Iowa State University  
2011-2014

## CREDENTIALING

### Qualified Administrator (QA)

Intercultural Developmental Inventory  
IDI, LLC  
March 2024

### Licensed Dietitian (LD)

Minnesota Board of Dietetics & Nutrition Practice  
June 2021 - present

### Registered Dietitian Nutritionist (RDN)

Commission on Dietetic Registration  
August 2018 - present

## PROFESSIONAL EXPERIENCE

### Nutrition Program Director

Department of Health and Exercise Science (HES), University of St Thomas  
August 2024 - present

- Collaborate with department chair to schedule classes and find adjuncts
- Work with admissions and the college to market the nutrition program
- Advise and mentor students interested in nutrition majors and minors
- Develop and maintain an assessment plan for the nutrition major
- Direct the vision and progress for the nutrition program

### Chair, Ad Hoc Committee for Promotion of Clinical Professors

Morrison Family College of Health, University of St Thomas  
February 2024 - April 2024

- Lead committee in providing feedback to proposed operating framework for promotion of clinical professors to Senior Clinical Professor rank
- Coordinate and schedule meetings
- Prepare and distribute meeting agendas, minutes, and other relevant materials

### Diversity Advocate, Faculty Hiring Committee

Department of Health and Exercise Science (HES), University of St Thomas  
September 2023 - February 2024

- Provided leadership around diversity, equity and inclusion during the faculty hiring process.
- Advocated for strategies to diversify candidate pool and counteract implicit bias throughout hiring process

### Faculty Member, First Year Experience (FYE) Advisory Board

University of St Thomas  
September 2022 - present

- Represent Morrison Family College of Health in providing ongoing support and consultation in an advisory role for the FYE co-directors to the FYE program.

### Diversity Advocate, Faculty Hiring Committee

Department of Health and Exercise Science (HES), University of St Thomas  
September 2021 - February 2022

- Advocated for strategies to diversify candidate pool and counteract implicit bias throughout hiring process
- Created and submitted report assessing hiring process around diversity, equity and inclusion.

## GRANTS & AWARDS

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- 2024: MFCOH IPE Grant
- 2022: HHMI Diversity Curriculum Grant
- 2021: STEM Inclusive Excellence Vital Fund Grant
- 2020: Summer Faculty Development Funding
- 2020: STEM Inclusive Excellence Vital Fund Grant
- 2018: SPOT Award for Distinguished Achievement

## TRAINING

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- 2023: Tommie Pride Member
  - University of St Thomas
- 2022: Inclusive Classroom Certificate
  - University of St Thomas
- 2021: Inclusive Advisor Badge
  - University of St Thomas
- 2021: Writing Across the Curriculum
  - University of St Thomas
- 2020: Global Competence Certificate
  - AFS International
- 2020: Online Teaching Certificate
  - University of St Thomas

## PRESENTATIONS

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1. **Roy, A.** 22 March 2024. Nutrition and Well-Being Myths and Facts. Guest Speaker. Cristo Rey High School Retreat. University of St Thomas.
2. **Roy, A.** 18 March 2024. Nutrition During Times of Fasting. Keynote Speaker. MFCOH Iftar Event: Ramadan and Wellbeing. University of St Thomas.
3. **Roy, A.** 28 November 2023. Nutrition for Active Students. Guest Speaker. Tommie Strength Club. University of St Thomas.
4. **Roy, A.** 3 April 2023. Malnutrition. Guest Lecture. NRSJ 550: Complex Nursing Care 1. University of St Thomas.
5. **Roy, A.** 28 January 2020. Nutrition in Aging and End of Life. Guest Lecture. PHIL 297-L01: Dying in America. University of St Thomas.
6. **Roy, A., Shaw, A., L. Rajagopal, C. Strohhahn, S. Arendt and K. Sauer.** 13 July 2015. Evaluation of Intervention Using Microbial Assessment of Leafy Greens and Leafy Greens Contact Surfaces in Foodservice Operations. Poster Presentation. Institute of Food Technologists. Chicago, IL.
7. Francis, S.L., **Noterman, A., Litchfield, R.** 22 April 2013. Factors influencing Latino participation in community-based diabetes education. Poster Presentation. Experimental Biology. Boston, MA.

## PUBLICATIONS

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1. **Roy, A.** 2016. Reducing risk of foodborne illness in older adults: Interventions targeting at home food handling behaviors and foodservice handling. (Master's Thesis). Iowa State University.
2. **Roy, A., Shaw, A.M., Rajagopal L., Strohhahn, C.H., Arendt, S.W., and Sauer K.L.** 2016. Use of minimal text posters to improve the microbial status of leafy greens and food contact surfaces in foodservice sites serving older adults. Food Protection Trends.
3. **Roy, A., Francis, S.L., Shaw, A.M., Rajagopal, L.** 2016. Promoting food safety awareness for older adults by using online education modules. Journal of Extension. 53:1518TOT.
4. Francis, S.L., **Noterman, A., Litchfield, R.** 2014. Factors influencing Latino participation in community-based diabetes education. Journal of Extension. 52: 5RIB5.

## PROFESSIONAL EXPERIENCE

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### Theme Coordinator, First Year Experience (FYE)

University of St Thomas  
April 2020 - May 2022

- Provided leadership in building and framing course engagement with the FYE theme (Human Well-Being [Flourishing]).
- Collaborated with the FYE Co-Directors to provide general support for TBLCs in the FYE program.
- Provided support for faculty to enroll into Theme-based Learning Communities (TBLCs).
- Coordinated and tracked out-of-class opportunities for students to engage with the theme.

### Chair, Nutrition Curriculum Committee

Department of Health and Exercise Science, University of St Thomas  
January 2020 - May 2024

- Provided leadership in developing curriculum map, program outcomes and course objectives for a new minor and major in nutrition.
- Developed syllabi for four new nutrition courses.
- Attended department meetings and communicated with Dept. Chairs outside HES to answer questions and obtain approval for major
- Submitted (successfully) new minor and new major proposals

### Clinical Professor of Nutrition

Department of Health and Exercise Science, University of St Thomas  
August 2019 - present

- Developed and taught four new nutrition courses:
  - NUTR 245: Introduction to Nutrition
  - NUTR 260: Introduction to Food Science
  - NUTR 360: Nutrition for Sports and Fitness
  - NUTR 460: Food and Nutrition Communication
- Coordinating Exercise Science Internship Program
  - Revised program and moved all documents online
  - Built online Canvas course and Pre-Registration Canvas site
  - Maintain communication with students and site supervisors
  - Collect and organize student and program assessment data

### Graduate Teaching Assistant

Department of Food Science and Human Nutrition, Iowa State University  
January 2016-May 2016

- Created and taught in-class lectures on nutrition and food safety to >100 students.
- Developed and graded in-class nutrition activity and co-developed exam questions.
- Mentored undergraduate students during weekly office hours.

### Graduate Teaching Assistant

Department of Food Science and Human Nutrition, Iowa State University  
May 2014-May 2016

- Thesis: Reducing risk of foodborne illness in older adults: Interventions targeting at home food handling behaviors and foodservice handling.
- Promoted food safety awareness for older adults through the creation of online education modules.
- Assessed microbial status of fresh leafy greens and surface swab samples.
- Analyzed data to evaluate minimal-text food safety poster intervention.
- Assessed shelf-life (quality and spoilage) of tofu, whole and value-added fruit and vegetable products.
- Implemented food safety strategies within hydroponic and aquatic production systems.
- Evaluated environmental and post-harvest controls of foodborne pathogens in fruit and vegetable production.
- Co-designed and delivered microbiology laboratory exercises and prepared course materials.
- Led group exercises and facilitated small group discussion during extension course.
- Facilitated small group development of hazard analysis and critical control point (HACCP) plan during extension course.