

Dr. Lisa M. Salinas
The University of Texas Rio Grande Valley
Department of Health and Biomedical Sciences
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Education

PhD, Rutgers University, 2008.
Major: Nutritional Sciences
Title: Taste and Endocrine Factors in Women with Gestational Diabetes Mellitus

BS, Rutgers University, 2000.
Major: Nutritional Sciences

Graduate/Post-Graduate Training

Fellowship, University of Texas Southwestern Medical Center, February 2008 - February 2010.

Internship, University of Saint Joseph (formerly Saint Joseph College), 2000 - 2001.

Employment History

Academic - Post-Secondary

Clinical Assistant Professor, University of Texas Rio Grande Valley. (September 1, 2020 - Present).

Part-time Lecturer, University of Texas Rio Grande Valley. (August 2018 - August 2020).

Professional

Nutrition Consultant, Velocity Boot Camp. (February 2015 - September 2015).

Associate Nutrition Scientist, Keurig Dr Pepper (formerly Dr Pepper Snapple Group) (Mott's and Snapple brand). (February 2010 - June 2012).

Clinical Consultant Dietitian, Circle of Friends Adult Center. (June 2003 - August 2005).

Clinical Dietitian, Robert Wood Johnson University Hospital Rahway. (June 2001 - August 2002).

Nutritionist, Diminishing Dimensions. (August 2000 - May 2001).

Licensures and Certifications

Licensed Dietitian, State of Texas. (August 2016 - Present).

ServSafe Certification, National Restaurant Association. (March 10, 2020 - March 10, 2025).

CITI Training, UTRGV. (June 2020 - June 2024).

Certified ServSafe Instructor and Registered ServSafe Examination Proctor, National Restaurant Association. (March 12, 2020 - March 12, 2023).

Nutrition Data System for Research Training Program, University of Minnesota School of Public Health Nutrition Coordinating Center. (January 13, 2021).

Awards and Honors

Today's Dietitian 2021 Symposium Scholarship, Today's Dietitian. (April 9, 2021).

IMERS Mentoring, The University of Kentucky Interactive Mentoring to Enhance Research Skills (IMERS). (March 2, 2021).

Keystone Symposia Scholarship, Keystone Symposia. (2010).

EWNJ Graduate Merit Award, Executive Women of New Jersey. (2006).

Ellen Swallow Richards Award for Outstanding Dietetic Intern, University of Saint Joseph (formerly Saint Joseph University). (2001).

Dr. Ann S. McChesney Award for Excellence in Nutrition Education, Rutgers, The State University of New Jersey. (2000).

Professional Memberships

Nutrition and Dietetic Educators and Preceptors. (October 2021 - Present).

International Organization for Health, Sports, and Kinesiology. (September 2020 - Present).

Academy of Nutrition and Dietetics. (June 2001 - Present).

Development Activities Attended

Faculty Fellowship, "Research Fellows Program," UTRGV COHP, Edinburg, Texas, United States. (October 2, 2020 - Present).

Faculty Fellowship, "COS ¡Juntos al Éxito! Empowering Excellence Program," UTRGV COS, Edinburg, TX, United States. (January 26, 2021 - August 24, 2021).

Self-Study Program, "Texas Learn OER Exploratory Grant Information Modules," UTRGV. (January 21, 2021 - April 30, 2021).

Conference Attendance, "Excellence in Online Learning Conference 2021," UTRGV. (March 26, 2021).

Workshop, "Suicide Prevention for College Students Training," UTRGV and Clover Educational Consulting Group. (March 25, 2021).

Workshop, "Interactive Mentoring to Enhance Research Skills (IMERS)," University of Kentucky and UTRGV. (March 23, 2021 - March 25, 2021).

Tutorial, "ASSIST Demonstration," UTRGV. (March 9, 2021).

Conference Attendance, "4th Annual STEM Education Conference," NSF and UTRGV. (February 25, 2021 - February 27, 2021).

Software certification, "Nutrition Data System for Research (NDSR) Certification," University of Minnesota. (December 15, 2020 - January 13, 2021).

Self-Study Program, "Time & Effort Training," UTRGV. (December 11, 2020).

Workshop, "Course Blueprinting," UTRGV. (July 6, 2020 - August 16, 2020).

Workshop, "Nutrition Data System for Research (NDSR) Training," University of Minnesota. (August 10, 2020 - August 11, 2020).

Self-Study Program, "CITI Training (Basic Course - Human Subjects Research; Responsible Conduct of Research)," UTRGV. (June 2020).

Workshop, "Competency-based education training," ACEND. (May 16, 2020 - June 25, 2020).

Workshop, "Blackboard Advanced Online Training," UTRGV. (September 2019).

Workshop, "Blackboard Intermediate Online Training," UTRGV. (July 2019).

Workshop, "Blackboard Basics Online Training," UTRGV. (May 2019).

Workshop, "Independent Applying the QM Rubric (APPQMR) workshop," UTRGV. (April 2019).

Workshop, "NIH Grant Writing Workshop," University of Kentucky and UTRGV. (February 2019).

Workshop, "Teaching Large Online Classes Workshop," UTRGV. (September 2018 - December 2018).

TEACHING

Teaching Experience

The University of Texas Rio Grande Valley

DIET 6344, Cultur Sensitive Counsel Diet, 1 course.

NUTR 2125, Nutritional Assessment, 1 course.

NUTR 2351, Intro to Clinical Nutrition, 14 courses.

NUTR 3125, Nutritional Assessment, 3 courses.

NUTR 3452, Food Preparation, 6 courses.

NUTR 3456, Experimental Foods, 6 courses.

NUTR 4310, Nutrition Education, 2 courses.

NUTR 6320, Prevent/Treatment of Obesity, 4 courses.

Non-Credit Instruction

Guest Lecture, 21 participants. (February 1, 2021).

Guest Lecture, 24 participants. (February 3, 2020).

RESEARCH

Published Intellectual Contributions

Book, Chapter in Scholarly Book-New

Tepper, B. J., Belzer, L. M., Smulian, J. C., Lu, S.-E. (2012). Sweet Taste Preferences and Cravings in Gestational Diabetes Mellitus (GDM): Implications for Diet and Medical Management. In R. Kanarek & H. Lieberman (Ed.), *Diet, Brain, Behavior: Practical Implications* (pp. 169-188). CRC Press, Taylor & Francis Group.

Encyclopedia Entry

Belzer, L. M. (2008). Fat Taste. In Kathleen Keller and Geoffrey J. Golson (Ed.), *Encyclopedia of Obesity*. SAGE publications.

Journal Article, Academic Journal

Tepper, B. J., Neilland, M., Ullrich, N. V., Koelliker, Y., Belzer, L. M. (2011). Greater energy intake from a buffet meal in lean, young women is associated with the 6-n-propylthiouracil (PROP) non-taster phenotype. *Appetite*, 56(1), 104-110. 10.1016/j.appet.2010.11.144

Belzer, L. M., Smulian, J. C., Lu, S. E., Tepper, B. J. (2010). Food cravings and intake of sweet foods in healthy pregnancy and mild gestational diabetes mellitus. A prospective study. *Appetite*, 55(3), 609-15. 10.1016/j.appet.2010.09.014

Belzer, L. M., Smulian, J. C., Lu, S. E., Tepper, B. J. (2009). Changes in sweet taste across pregnancy in mild gestational diabetes mellitus: relationship to endocrine factors. *Chemical senses*, 34(7), 595-605. 10.1093/chemse/bjp041

Presentations Given

Salinas, L. M., (June 29, 2022). *Emotional Eating and Healthy Snacking*, GME Orientation UTRGV in Zoom.

Salinas, L. M., (June 17, 2022). *Emotional Eating: Identification and Management*, GME Wellbeing Grand Rounds UTRGV in Zoom.

Salinas, L., (January 12, 2022). *Dispelling Common Nutrition Myths*, Building For the Future - Next Level UTRGV.

Salinas, L., Pequeno, A.*, (December 3, 2021). *The 3 P's of Healthy Eating*, UTRGV Campus Food Security Initiative Sustainable Webinar Series UTRGV.

Salinas, L., (March 26, 2021). *Bachelor of Science in Nutritional Science (BSNS) . . . and more*, in UTRGV Mathematics and Science Academy.

Salinas, L., (March 8, 2021). *"My nutrition journey . . . so far"*,.

Salinas, L., (January 23, 2021). *Nutrition on a Budget*, Bye Bye Butter in Online (Zoom).

Salinas, L., (January 6, 2021). *Nutrition on a Budget*, Building For the Future - Next Level UTRGV.

Salinas, L., (February 2020). *Cherishing Chocolate Bark*, UTRGV in <https://youtu.be/0LDmODLI-Vo>.

Salinas, L., (November 2019). *Healthy and 'Heart'-y Holiday*, UTRGV in <https://youtu.be/NX6peBAWEZM>.

Salinas, L., (September 19, 2019). *Bachelor of Science in Nutritional Science (BSNS) . . . and more*, in UTRGV Mathematics and Science Academy.

Salinas, L., (December 19, 2018). *Lunch and Learn: Healthy Holidays*, in UTRGV McAllen Teaching Site.

Belzer, L., (August 2009). *Meal effects on acylcarnitines in insulin resistance*, in Baylor Institute of Metabolic Disease.

Belzer, L., (July 2008). *Sweet taste in human gestational diabetes mellitus*, ISOT/AchemS in San Francisco, CA.

Belzer, L.** , (2007). *Changes in insulin and leptin across pregnancy in women with diet-treated gestational diabetes mellitus*, Experimental Biology Meetings in Washington, D.C.

Media Contributions

Magazine

RGVision. (June 2020).

Newspaper

UTRGV Rider. (August 2020).

TV

KVEO. (November 29, 2020).

Contracts, Grants and Sponsored Research

Funded Grant

Trevino, R. (PI), Salinas, L. M. (Co-PI), Machiorlatti, M. (Co-PI), Romero, Z. (Co-PI), Wang, L. (Co-PI), "South Texas Early Prevention Studies Supplemental Nutrition Assistance Program-Education (STEPS SNAP-Ed)," Sponsored by The Texas Health and Human Services Commission (HHSC), The University of Texas Rio Grande Valley, \$472,553.00. (October 1, 2021 - Present).

Intellectual Contributions under Submission

Journal Articles

Salinas, L. M., Machiorlatti, M., Romero, Z., Wang, L., Alanis, E., Trevino-Pena, R. The relationship between food insecurity and food assistance program participation in families of preschool children in the Rio Grande Valley. *Journal of Hunger & Environmental Nutrition*.

Research Currently in Progress

"Pulse Intake Survey Tool and Nutrition Curriculum Development" (On-Going).
- Creation of a validated, comprehensive, standalone, pictorial survey of pulse intake,

nutrition/cooking knowledge, barriers and attitudes
- Establishment of pulse-oriented engaging nutrition and food preparation curriculum geared towards college students

"South Texas Early Prevention Studies (STEPS)" (On-Going).

Executive committee member
Co-Principal Investigator
Nutrition expert in the interdisciplinary research group
Nutritional data management
Direction of 3 program assistants
Conduct literature reviews
Assist in grant writing
Support data analysis
Manuscript writing

SERVICE

Department Service

Faculty Advisor, Nutritional Sciences and Health Society. (September 1, 2021 - Present).

Committee Member, Search Committee Member for Clinical Assistant Professor - MS in Dietetics. (January 15, 2021 - Present).

Committee Member, Advisory Board Member - MS in Dietetics. (October 1, 2020 - Present).

Committee Member, MS in Dietetics Admission Committee. (February 10, 2022 - August 29, 2022).

Committee Member, MSHS Faculty Search Committee. (March 3, 2022 - July 5, 2022).

Committee Member, MSHS Nutrition Faculty Search Committee. (February 25, 2022 - June 29, 2022).

BSNS advisor and recruitment representative, BSNS Advising and Recruitment. (January 1, 2021 - October 11, 2021).

Committee Member, BSNS Lab Supervisor Hiring Committee. (April 2, 2021 - October 4, 2021).

Committee Member, Committee for the MS in Dietetics. (September 1, 2020 - August 31, 2021).

Committee Member, HABS Recruitment Committee. (September 1, 2020 - August 31, 2021).

Active faculty member, Nutritional Sciences Health Society (student nutrition organization). (September 1, 2020 - August 31, 2021).

BSNS advisor and recruitment representative, BSNS Advising and Recruitment. (January 1, 2020 - January 1, 2021).

Committee Member, Committee for the MS in Dietetics. (September 1, 2019 - August 31, 2020).

Committee Member, HABS Recruitment Committee. (September 1, 2019 - August 31, 2020).

Active faculty member, Nutritional Sciences Health Society (student nutrition organization). (September 1, 2019 - August 31, 2020).

BSNS advisor and recruitment representative, BSNS Advising and Recruitment. (January 1, 2019 - January 1, 2020).

Committee Member, Committee for the MS in Dietetics. (September 1, 2018 - August 31, 2019).

College Service

Committee Member, College of Health Professions Strategic Plan Committee. (September 15, 2021 - Present).

Committee Member, NTT Compensation College Taskforce. (July 16, 2021 - August 2, 2021).

University Service

Committee Member, UTRGV Sustainable Food Network. (October 26, 2021 - Present).

Member, Women's Faculty Network. (September 24, 2020 - Present).

Committee Member, Graduate College Committee. (September 23, 2021 - August 31, 2022).

Public Service

Editorial Review Board Member, Editorial Review Member of IOHSK/JOHSK. (September 13, 2020 - September 13, 2022).

* indicates undergraduate student

** indicates graduate student