

## Bailey Houghtaling, PhD, MSc, RDN

14301 FNB Parkway, Suite 100

Omaha, NE 68154

Office: (531) 895-4049

[bhoughtaling@centerfornutrition.org](mailto:bhoughtaling@centerfornutrition.org)

[www.centerfornutrition.org](http://www.centerfornutrition.org)

[www.nutritionincentivehub.org](http://www.nutritionincentivehub.org)

### Education

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- 2019 PhD Virginia Tech, Blacksburg, VA**  
Department of Human Nutrition, Foods, and Exercise  
Specialization: Community and Behavioral Science
- 2015 MSc Montana State University, Bozeman, MT**  
Department of Health and Human Development  
Specialization: Sustainable Food Systems
- 2010 BSc Mansfield University of Pennsylvania, Mansfield, PA**  
Department of Health Sciences  
Specialization: Nutrition with Dietetics Concentration
- 2016 RDN Iowa State University, Ames, IA**  
Dietetic Internship

### Professional Experience

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**Research Scientist**, Gretchen Swanson Center for Nutrition (GSCN)

Omaha, NE | July 2022 – Present

- Lead and/or provide oversight for all scientific aspects of research and evaluation projects

**Adjunct Faculty**, Department of Human Nutrition, Foods, and Exercise, Virginia Tech

Blacksburg, VA | July 2022 – Present

- Contribute to the research and service mission of the University

**Senior Researcher**, School of Nutrition and Food Sciences, Louisiana State University (LSU) & LSU Agricultural Center

Baton Rouge, LA | July 2022 – Present

- Lead all aspects of a U.S. Department of Agriculture, National Institute of Food and Agriculture grant

**Assistant Professor**, School of Nutrition and Food Sciences, Louisiana State University (LSU) & LSU Agricultural Center

Baton Rouge, LA | July 2019 – June 2022

- Academic, tenure-track position with research, teaching, and service obligations

**Graduate Research Assistant / Graduate Teaching Assistant**, Family Nutrition Program / Department of Human Nutrition, Foods and Exercise, Virginia Tech

Blacksburg, VA | May 2016 – May 2019

- Contribution to research and teaching efforts

**Graduate Research Assistant / Graduate Teaching Assistant**, Food and Health Lab / Department of Health and Human Services, Montana State University  
Blacksburg, VA | January 2015 – May 2019

- Grant project coordination and independent instruction of a food fundamentals laboratory

## Grants and Contracts – Current

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January 2023- March 2025	<b>Understanding Limitations of a Produce Prescription Policy Restricting Incentive Redemptions for Lower-Income Americans to Fresh Fruits and Vegetables – Robert Wood Johnson Foundation</b> <ul style="list-style-type: none"><li>• Secondary analysis of National Household Food Acquisition and Purchase Survey (FoodAPS) data to understand factors that influence fruit and vegetable purchasing among households eligible for produce prescription programs.</li><li>• Role: Project Director</li></ul>
December 2022- November 2025	<b>Food as Medicine 3 (FAM3) – Feeding America and Elevance Health Foundation</b> <ul style="list-style-type: none"><li>• An external evaluation of 21 regional food bank and health care system partnerships regarding diet, food security, health, economics, healthcare utilization, and implementation outcomes.</li><li>• Role: Co-Investigator</li></ul>
June 2022-June 2023	<b>Intersectional Factors and Equity, Diversity, and Inclusion Strategies in Nutrition Assistance Programs – Share Our Strength</b> <ul style="list-style-type: none"><li>• A scoping review of intersectional strategies used to advance equity, diversity, and inclusion in U.S. nutrition programs.</li><li>• Role: Co-Principal Investigator</li></ul>
January 2021- January 2024	<b>Implementation Strategies for Extension to Scale Rural Healthy Eating and Active Living Policy, Systems, and Environmental Interventions – National Institute of Food and Agriculture, United States Department of Agriculture</b> <ul style="list-style-type: none"><li>• An investigation to identify implementation strategies required for Louisiana Cooperative Extension Services to scale healthy eating and active living policy, systems, and environmental change interventions to a greater number of rural Louisiana communities.</li><li>• Role: Project Director</li></ul>
December 2021- April 2023	<b>Evaluation of the American Diabetes Association’s What Can I Eat? Program – American Diabetes Association</b> <ul style="list-style-type: none"><li>• Evaluation of ADA’s e-Learning nutrition intervention for dietary management of type II diabetes mellitus.</li><li>• Role: Co-Principal Investigator</li></ul>
September 2019- August 2024	<b>Nutrition Incentive Program Training, Technical Assistance, Evaluation and Information Center (NTAE) – National Institute of Food and Agriculture, United States Department of Agriculture</b> <ul style="list-style-type: none"><li>• Reporting, evaluation, and technical assistance to Gus Schumacher Nutrition Incentive (GusNIP) grantees to implement a set of core measures to examine the impacts of nutrition incentive and produce prescription funding.</li><li>• Role: Research Scientist, 2022-Present; Consultant, 2021-2022</li></ul>

## Grants and Contracts – Past

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March 2022- December 2022	<b>Creating Healthy Communities Program: Technical Assistance Services, Ohio Department of Health – Centers for Disease Control and Prevention</b> <ul style="list-style-type: none"><li>• Technical assistance provision to Ohio Department of Health practitioners in areas of healthy eating / food access policy, systems, and environmental change strategies.</li><li>• Role: Co-Investigator</li></ul>
April 2021-June 2021	<b>Holding Leaders Accountable: The ACTION Nutrition for Growth Scorecard – RESULTS Educational Fund</b> <ul style="list-style-type: none"><li>• Case study to explore the use and utility of an advocacy and accountability tool used among ACTION international partners regarding government and non-governmental financial commitments to combat the triple burden of malnutrition.</li><li>• Role: Lead Contractor/Consultant</li></ul>
April 2020-April 2021	<b>Nudges to Encourage Healthy and Sustainable Dietary Behaviors: Using Louisiana as a Case Study to Reduce Consumer Food Waste and Obesity – Louisiana Board of Regents Support Fund</b> <ul style="list-style-type: none"><li>• A randomized field experiment to test the influence of nudges on consumers’ dietary and food waste practices.</li><li>• Role: Co-Principal Investigator</li></ul>
November 2019- April 2020	<b>Current Practices in the Stocking and Marketing of Sugar-Sweetened Beverages and Opportunities for Favorable Food Retail Change to Improve Consumer Diet Quality: A Rapid Review – Healthy Eating Research, Robert Wood Johnson Foundation</b> <ul style="list-style-type: none"><li>• A rapid literature review of marketing-mix and choice-architecture strategies used to sell sugar-sweetened beverages in United States food stores.</li><li>• Role: Principal Investigator</li></ul>
January 2020- September 2020	<b>Rural Indicators and Assessment Strategies for Policies and Environmental Indicators of Physical Activity, Healthy Eating, and Breast Feeding – Division of Nutrition, Physical Activity and Obesity, Centers for Disease Control and Prevention</b> <ul style="list-style-type: none"><li>• A scoping review of policy, systems, and environmental change strategies / perspectives in rural U.S. settings regarding breastfeeding, healthy eating, and physical activity to inform opportunities for public health surveillance.</li><li>• Role: Consultant</li></ul>

## Peer-Reviewed Publications

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2023

1. **Houghtaling, B.**, Kourouma, P., Pradhananga, N., Balis, L. Louisiana trucking companies’ implementation of workplace health promotion programs: explanatory sequential mixed method case study. *WORK: A Journal of Prevention, Assessment & Rehabilitation*. In Press.

2. Lemke, M.K., **Houghtaling, B.**, Winkler, M.R., Hege, A. Rethinking efforts to improve dietary patterns among long-haul truck drivers: transforming truck stop retail food environments through upstream change. *American Journal of Health Promotion*. 2023.
3. **Houghtaling, B.**, Misyak, S., Serrano, E., Dombrowski, R.D., Holston, D., Singleton, C.R., Harden, S.M. Using the Exploration, Preparation, Implementation, and Sustainment (EPIS) Framework to advance the science and practice of healthy food retail. *Journal of Nutrition Education and Behavior*. 2023;55(3):245-251.

## 2022

4. Greene, M., Kroeger, R., Stroope, S., **Houghtaling, B.**, Holston, D. An analysis of equity in service provided by the SNAP-Ed program: a comparison of dietary outcomes among African Americans and white participants in Louisiana. *Journal of Human Sciences and Extension*. 2022;10(3): 13.
5. Kraak, V.I., Consavage Stanley, K., Rincón Gallardo Patiño, S., **Houghtaling, B.**, Byker Shanks, C. How the G20 leaders could transform nutrition by updating and harmonizing food-based dietary guidelines. *UN Nutrition Journal*. 2022;1:69-89.
6. Balis, L., **Houghtaling, B.**, Harden S. Implementation strategies in community settings: An introduction to the Expert Recommendations for Implementing Change (ERIC) compilation. *Translational Behavioral Medicine*. 2022 Nov; 12(10): 965-978.
7. Qi, D., Li, R., Penn, J., **Houghtaling, B.**, Prinyawiwatkul, W., Roe, B.E. Nudging greater vegetable intake and less food waste: A field experiment. *Food Policy*. 2022 Oct;112:102369.
8. **Houghtaling, B.**, Greene, M., Parab, K.V., Singleton, C.R. Improving fruit and vegetable accessibility, purchasing, and consumption to advance nutrition security and health equity in the United States. *International Journal of Environmental Research and Public Health*. 2022 Sept;19(18):11220.
9. **Houghtaling, B.**, Cater, M., Pradhananga, N., & Holston, D. Supplemental Nutrition Assistance Program (SNAP)-authorized store marketing environments in Louisiana encourage the selection of less nutritious foods and beverages. *Journal of Nutritional Science*. 2022 Aug;11:e64.
10. Hedrick, V., Farris, A.R., **Houghtaling, B.**, Mann, G., & Misyak, S. The validity of a Market Basket Assessment Tool for use in Supplemental Nutrition Assistance Program Education healthy retail initiatives. *Journal of Nutrition Education and Behavior*. 2022 Aug;54(8):776-783.
11. Byker Shanks, C., **Houghtaling, B.**, Shanks, J., Grocke-Dewey, M., Webber, E., Andress, L., Hardison-Moody, A., Patton-Lopez, M., & Haynes-Maslow, L. Disparities in dietary practices during the COVID-19 Pandemic by food security status. *Preventive Medicine Reports*. 2022 Aug;28:101830.
12. **Houghtaling, B.**, Englund, T., Chen, S., Pradhananga, N., Kraak, V.I., Serrano, E., Harden, S.M., Davis, G.C., & Misyak, S. Supplemental Nutrition Assistance Program (SNAP)-authorized retailers received a low score using the Business Impact Assessment for Obesity and population-level nutrition (BIA-Obesity) tool. *BMC Public Health*. 2022 Jun;22(1):1225.
13. Greene, M., **Houghtaling, B.**, Sadeghzadeh, C., De Marco, M., Bryant, D., Morgan, R., & Holston, D. African Americans' perceptions of nutrition interventions: A scoping review. *Nutrition Research Reviews*. 2022 May;1-20.
14. Balis, L., **Houghtaling, B.**, & Buck, J. Evaluating fidelity to the National Extension Dining with Diabetes Program: Challenges and opportunities. *Journal of Human Sciences and Extension*. 2022 Apr;10(1):11.
15. **Houghtaling, B.**, Balis, L., Minaker, L., Kheshaifaty, K., Morgan, R., & Byker Shanks C. A systematic review of trucking food, physical activity, and tobacco environments and tractor-trailer drivers' related patterns and practices in the United States and Canada, 1993-2021. *Preventive Medicine Reports*. 2022 Apr;26:101760.
16. Greene, M., **Houghtaling, B.**, Sadeghzadeh, C., De Marco, M., Bryant, D., Morgan, R., & Holston, D. Nutrition interventions addressing structural racism: A scoping review. *Nutrition Research Reviews*. 2022 Jan;1-53.

## 2021

17. **Houghtaling, B.**, Cater, M., Bryant, D., Brooks, A., & Holston, D. What is the availability, affordability, and quality of foods and beverages aligned with dietary guidance in Louisiana Supplemental Nutrition Assistance Program (SNAP) authorized stores? *Preventive Medicine Reports*. 2021 Dec;24:101578.
18. Grocke-Dewey, M., Hardison-Moody, A., Haynes-Maslow, L., Maras, S., Webber, E., Andress, L., **Houghtaling, B.**, Patton-Lopez, M., Shanks, J., & Byker Shanks, C. Examining the relationship between

- physical activity and mental health during the COVID-19 pandemic across five US States. *Preventive Medicine Reports*. 2021 Dec;24;101537.
19. Balis, L., Kennedy, L., **Houghtaling, B.**, & Harden S. Red, yellow, and green light changes: adaptations to Extension health promotion programs. *Prevention Science*. 2021 Oct; 22(7):903-912.
  20. Olfert, M.D., Hagedorn-Hatfield, R.L., **Houghtaling, B.**, Esquivel, M.K., Hood, L.B., MacNell, L., Soldavini, J., Berner, M., Savoie Roskos, M.R., Hingle, M.D., Mann, G.R., Waity, J.F., Knol, L.L., Walsh, J., Kern-Lyons, V., Paul, C., Pearson, K., Goetz, J.R., Spence, M., Anderson-Steeves, E., Wall-Bassett, E.D., Porter Lillis, J., Brooke Kelly, E., Hege, A., Fontenot, M.C., & Coleman, P. Struggling with the basics: Food and housing insecurity among college students across twenty-two colleges and universities. *Journal of American College Health*. 2021 Sep;1-12.
  21. Hagedorn, R.L., Olfert, M.D., MacNell, L., **Houghtaling, B.**, Hood, L.B., Savoie Roskos, M.R., Goetz, J.R., Kern-Lyons, V., Knol, L.L., Mann, G.R., Esquivel, M.K., Hege, A., Walsh, J., Pearson, K., Berner, M., Soldavini, J., Anderson-Steeves, E., Spence, M., Paul, C., Waity, J.F., Wall-Bassett, E.D., Hingle, M.D., Kelly, E.B., Lillis, J.P., Coleman, P., & Fontenot, M.C. College student sleep quality and mental and physical health are associated with food insecurity in a multi-campus study. *Public Health Nutrition*. 2021 Sep; 24(13):4305-4312.
  22. **Houghtaling, B.**, Holston, D., Szocs, C., Penn, J., Qi, D., & Hedrick, V. A rapid review of stocking and marketing practices used to sell sugar-sweetened beverages in United States food stores. *Obesity Reviews*. 2021 Apr;22(4):e13179.
  23. **Houghtaling, B.**, Serrano, E., Chen, S., Kraak, V.I., Harden, S.M., Davis, G.C., & Misyak, S. Supplemental Nutrition Assistance Program (SNAP)-authorized retailers' perceived costs to use behavioral economic strategies to encourage healthy product sales. *Ecology of Food and Nutrition*. 2021 Mar;60(2)212-224.
  24. **Houghtaling, B.**, Kniola, D., & Misyak, S. Supplemental Nutrition Assistance Program (SNAP)-authorized grocery, convenience, dollar, and restaurant or delivery service settings are associated with increased county obesity prevalence in Virginia. *American Journal of Health Promotion*. 2021 Jan;35(1):127-130.

## 2020

25. Li, R., Yang, B., Penn, J., **Houghtaling, B.**, Chen, J., Prinyawiwatkul, W., Roe, B.E., & Qi, D. Perceived vulnerability to COVID-19 infection from event attendance: Results from Louisiana, USA, during the first weeks of the pandemic. *BMC Public Health*. 2020 Dec;20:1922.
26. Singleton, C.R., Winkler, M., **Houghtaling, B.**, Adeyemi, O.S., Roehll, A.M., Pionke, J.J., & Anderson-Steeves, B. Understanding the intersection of race/ethnicity, socioeconomic status, and geographic location: A review of literature on U.S. consumer food purchasing and recommendations for future research. *International Journal of Environmental Research and Public Health*. 2020 Oct;17(20):7677.
27. Byker Shanks, C., Ahmed, S., Dupuis, V., **Houghtaling, B.**, Running Crane, M.A., Tryon, M., & Pierre, M. Perceptions of food environments and nutrition among residents of the Flathead Indian Reservation. *BMC Public Health*. 2020 Dec;20(1):1-15.
28. Holston, D., Stroope, J., Greene, M., & **Houghtaling, B.** Perceptions of the food environment and access among predominantly black low-income residents of rural Louisiana communities. *International Journal of Environmental Research and Public Health*. 2020 Jul;17(5):5340.
29. **Houghtaling, B.**, Serrano, E., Kraak, V.I., Harden, S.M., Davis, G.C., & Misyak, S. Availability of Supplemental Nutrition Assistance Program (SNAP)-authorized retailers' voluntary commitments to encourage healthy dietary purchases using marketing-mix and choice-architecture strategies. *Public Health Nutrition*. 2020 Jul;23(10):1745-1753.
30. Byker Shanks, C., Ahmed, S., Dupuis, V., Tryon, M., Running Crane, M., **Houghtaling, B.**, & Smith, T. Dietary quality varies among adults on the Flathead Nation of the Confederated Salish and Kootenai Tribes in Montana. *Journal of Community Health*. 2020 Apr; 45(2):388-399.
31. **Houghtaling, B.**, Serrano, E., Dobson, L., Kraak, V.I., Harden, S.M., Davis, G.C., & Misyak, S. Perceptions of rural SNAP-authorized food store owners and managers about healthy product availability. *Journal of Nutrition Education and Behavior*. 2020 Feb;52(2):171-179.
32. **Houghtaling, B.**, Byker Shanks, C., Ahmed, S., & Smith, T. Resources lack as food environments become more rural: Development and implementation of an infant feeding resource survey (InFeed). *Journal of Hunger & Environmental Nutrition*. 2020 Mar;15(2):170-189.

## 2019

33. Powell, L.M., Singleton, C.R., Li, Y., Anderson Steeves, E., Castro, I., Grigsby-Toussaint, D., Haynes-Maslow, L., **Houghtaling, B.**, Laska, M.N., Leone, L., Seguin, R., & Uslan, D. Changes to SNAP-authorized retailer stocking requirements and supply of foods and beverages in low income communities in seven U.S. states. *Translational Behavioral Medicine*. 2019 Dec;9(5):857-864.
34. **Houghtaling, B.**, Serrano, E., Dobson, L., Chen, S., Kraak, V.I., Harden, S.M., Davis, G.C., & Misyak, S. Rural independent and corporate Supplemental Nutrition Assistance Program (SNAP)-authorized store owners' and managers' perceived feasibility to implement marketing-mix and choice-architecture strategies to encourage healthy consumer purchases. *Translational Behavioral Medicine*. 2019 Dec;9(5):888-898.
35. **Houghtaling, B.**, Serrano, E., Kraak, V.I., Harden, S.M., Davis, G.C., & Misyak, S. A systematic review of factors that influence food store owner and manager decision making and ability or willingness to use choice architecture and marketing mix strategies to encourage healthy consumer purchases in the United States, 2005-2017. *International Journal of Behavioral Nutrition and Physical Activity*. 2019 Dec;16(1):1-14.

## 2018

36. Jenkins, M., Byker Shanks, C., Brouwer, R., & **Houghtaling, B.** Factors affecting farmers' willingness and ability to adopt and retain vitamin A-rich varieties of orange-fleshed sweet potato in Mozambique. *Food Security*. 2018 Dec;10(6):1501-1519.
37. Haynes-Maslow, L., Andress, L., Pitts, S.J., Osborne, I., Baquero, B., Bailey-Davis, L., Byker Shanks, C., **Houghtaling, B.**, Jolodinsky, J., Lo, B., Morgan, E., Piltch, E., Prewitt, E., Senguin, R., & Amrerman, A. Arguments used in public comments to support or oppose the USDA's minimum stocking requirements in 2016: A content analysis. *Journal of the Academy of Nutrition and Dietetics*. 2018 Sep; 118(9):1664-1672.
38. **Houghtaling, B.**, Byker Shanks, C., Ahmed, S., & Rink, E. Grandmother and health care professional breastfeeding perspectives provide opportunities for health promotion in an American Indian community. *Social Science & Medicine*. 2018 Jul;208:80-88.

## 2017

39. **Houghtaling, B.**, Byker Shanks, C., & Jenkins, M. Likelihood of breastfeeding within the USDA's Food and Nutrition Service Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) population: A systematic review of literature. *Journal of Human Lactation*. 2017 Feb;33(1):83-97.

## 2015

40. Schultz, D., Byker Shanks, C., & **Houghtaling, B.** The impact of 2009 WIC food package revisions on participants: A systematic review. *Journal of the Academy of Nutrition and Dietetics*. 2015 Nov;115(11):1832-1846.
41. Jenkins, M., Byker Shanks, C., & **Houghtaling, B.** Orange-fleshed sweet potato: Successes and remaining challenges of the introduction of a nutritionally superior staple crop in Mozambique. *Food and Nutrition Bulletin*. 2015 Sep;36(3):327-53.
42. Byker Shanks, C., Ahmed, S., Smith, T., **Houghtaling, B.**, Jenkins, M., Margetts, M., Schultz, D., & Stephens, L. Availability, price, and quality of fruits and vegetables in 12 rural Montana counties, 2014. *Preventing Chronic Disease*. 2015 Aug;12:150-158.

## **Peer-Reviewed Conference Presentations**

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### International

1. **Houghtaling, B.**, Kourouma, P., Pradhananga, N., Marchand, M., & Balis, L. Trucking company stakeholder views on workplace health promotion initiatives using the Transtheoretical Domains Framework. International Society of Behavioral Nutrition and Physical Activity, May 18-21, 2022. Phoenix, Arizona, USA.

2. **Houghtaling, B.**, Haynes-Maslow, L., Andress, L., Hardison-Moody, A., Prewitt, T.E., Shanks, J., Pradhananga, N., Holston, D., Webber, E., Grocke-Dewey, M., Patton-López, M.M., & Byker Shanks, C. Predictors of food insecurity among households with children in the United States during the COVID-19 pandemic. International Society of Behavioral Nutrition and Physical Activity, May 18-21, 2022. Phoenix, Arizona, USA.
3. Kheshiafaty, K., Pradhananga, N., Holston, D., Rice, D., Morgan, R., & **Houghtaling, B.** Stocking and marketing of candy and confectionary products in high income food store settings: A systematic review. International Society of Behavioral Nutrition and Physical Activity, May 18-21, 2022. Phoenix, Arizona, USA.
4. Pradhananga, N., Niroula, K., Holston, D., Balis, L., Lima, M., Keenan, M., Morgan, R., & **Houghtaling, B.** A systematic review of policies to improve food and physical activity environments in community settings using RE-AIM. International Society of Behavioral Nutrition and Physical Activity, May 18-21, 2022. Phoenix, Arizona, USA.
5. Umstattd Meyer, M.R., **Houghtaling, B.**, Wende, M.E., Kheshiafaty, K., Delgado, H., Eze, S., Mecate, C., Summerall Woodward, R., & Krey, K. A scoping review of policies to encourage breastfeeding, healthy eating, and physical activity among rural people and places in the United States. International Society of Behavioral Nutrition and Physical Activity, May 18-21, 2022. Phoenix, Arizona, USA.
6. Wende, M.E., **Houghtaling, B.**, Krey, K., Kheshiafaty, K., Delgado, H., Eze, S., Mecate, C., Summerall Woodward, R., & Umstattd Meyer, M.R. A Scoping Review of Subjective Environmental Factors related with Breastfeeding, Healthy Eating, and Physical Activity Supports in the rural United States. International Society of Behavioral Nutrition and Physical Activity, May 18-21, 2022. Phoenix, Arizona, USA.
7. Chen, S., Fung, W., Oo, K., Wright, L., & Byker Shanks, C. Moderator: **Houghtaling, B.** The emergency food system during COVID-19 and beyond. Society of Nutrition Education and Behavior, August 8-10, 2021. Online.
8. **Houghtaling, B.**, Qi, D., Penn, J., Prinyawiwatkul, W., & Roe, B.E. O25 The impact of nudges and healthy eating information on consumer vegetable consumption and food waste. Society for Nutrition Education and Behavior, August 8-10, 2021. Online.
9. Greene, M., **Houghtaling, B.**, & Holston, D. P75 Disaggregating nutrition education evaluation data to assess racial equity in program outcomes. Society for Nutrition Education and Behavior, August 8-10, 2021. Online.
10. **Houghtaling, B.**, Chen, S., Kraak, V.I., Serrano, E., Harden, S.M., Davis, G.C., & Misyak, S. SNAP-Authorized retailers score poorly on Business Impact Assessment–Obesity and Population Nutrition Tool. World Public Health Nutrition Congress, March 31-April 1, 2020. Online.
11. **Houghtaling, B.**, Ahmed, S., Byker Shanks, C., & Dupuis, V. Development of a sustainable diets curriculum for use in diverse community settings. World Public Health Nutrition Congress, March 31-April 1, 2020. Online.
12. **Houghtaling, B.**, Serrano, E., Dobson, L., Chen, S., Kniola, D.J., Kraak, V.I., Harden, S.M., Davis, G.C., & Misyak, S. Gatekeepers to sustainable change: Prioritizing the food retailer perspective to inform a Supplemental Nutrition Assistance Program-Education (SNAP-Ed) statewide food retailer intervention. International Society of Behavioral Nutrition and Physical Activity, June 4-9, 2019. Prague, Czech Republic.
13. Dobson, L., Misyak, S., **Houghtaling, B.**, Serrano, E., & Johnson, M.L. Utilizing data-driven strategies to inform a SNAP-Ed healthy food retail initiative. Society for Nutrition Education and Behavior, July 27-30, 2019. Orlando, Florida, USA.
14. **Houghtaling, B.**, Serrano, E., Kraak, V., Harden, S., Davis, G., & Misyak, S. SNAP-authorized retailers' perceptions of healthy and ability to use behavioral economic strategies to promote consumer purchases of foods and beverages aligned with the Dietary Guidelines for Americans in rural Virginia. International Society of Behavioral Nutrition and Physical Activity, June 3-6, 2018. Hong Kong, SAR China.
15. Byker Shanks, C., Ahmed, S., Shanks, J., Smith, T., & **Houghtaling, B.** Fruit and vegetable quality and desirability is lower in more rural food environments of Montana. International Society of Behavioral Nutrition and Physical Activity, June 3-6, 2018. Hong Kong, SAR China.
16. **Houghtaling, B.**, Serrano, E., Kraak, V., Davis, G., & Misyak, S. Description of retailer perspectives of environmental changes in U.S. food-stores using behavioral economic domains: A systematic review of



literature, 1980-2016. International Society of Behavioral Nutrition and Physical Activity, June 7-10, 2017. Victoria, BC, Canada.

17. **Houghtaling, B.**, Serrano, E., Kraak, V., Davis, G., & Misyak, S. A systematic review of US food retailers' perspectives using behavioral economic domains, 1980-2016. Society for Nutrition Education and Behavior, July 20-24, 2017. Washington, DC.

### National

18. Balis, L., **Houghtaling, B.**, Harden, S.M. Using implementation strategies in community settings: terminology, examples, and next steps. 15<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation, December 11-14, 2022. Washington, DC.
19. Pradhananga, N., Niroula, K., Holston, D., Balis, L., Lima, M., Keenan, M., Morgan, R., & **Houghtaling, B.** A systematic review of policies to improve food and physical activity environments in community settings using RE-AIM. Tufts Research and Data Symposium for Food and Nutrition, March 3-5, 2022. Online.
20. Kheshaifaty, K., Pradhananga, N., Holston, D., Rice, D., Morgan, R., & **Houghtaling, B.** Stocking and marketing of candy and confectionary products in high-income food stores settings: A systematic review. Tufts Research and Data Symposium for Food and Nutrition, March 3-5, 2022. Online.
21. Kourouma, P., Marchand, M., & **Houghtaling, B.** An assessment of health promotion and disease prevention initiatives among large trucking companies in Louisiana. Society for Behavioral Medicine, April 12-16, 2021. Online.
22. Qi, D., **Houghtaling, B.**, Penn, J., Prinyawiwatkul, W., & Roe, B.E. Vegetable forward: Does vegetable consumption improve when more vegetables are selected? 10th Annual Conference of the American Society of Health Economists, June 21-23, 2021. Online.
23. Qi, D., Li, R., Penn, J., **Houghtaling, B.**, Prinyawiwatkul, W., & Roe, B.E. The efficacy and interactions of nudges to reduce restaurant plate waste and improve vegetable intake: A field experiment. AAEA & WAEA Joint Annual Meeting, August 1-3, 2021. Austin, TX.
24. **Houghtaling, B.**, Balis, L., Minaker, L., Kheshaifaty, K., Morgan, R., & Byker Shanks, C. A review of trucking food, physical activity, and tobacco environments and tractor-trailer drivers' related patterns/practices in the U.S. and Canada. American Public Health Association Annual Meeting and Expo, October 24-27, 2021. Online.
25. Haynes-Maslow, L., Hardison-Moody, A., Grocke, M., Maras, S., Patton-Lopez, M., **Houghtaling, B.**, Andress, L., Webber, E., & Byker Shanks, C. Examining the relationship between physical activity and mental health during the COVID-19 pandemic across five U.S. states. American Public Health Association Annual Meeting and Expo, October 24-27, 2021. Online.
26. **Houghtaling, B.**, Holston, D., Szocs, C., Qi, D., Penn, J., & Hedrick, V. Current practices in the stocking and marketing of sugar-sweetened beverages in United States food stores: A rapid review. Healthy Retail Research Convening hosted by Center for Science in the Public Interest, The Food Trust, Johns Hopkins Bloomberg School of Public Health, and Healthy Eating Research. January 29, 2020. Washington, DC, USA.
27. **Houghtaling, B.**, Holston, D., Szocs, C., Penn, J., Qi, D., & Hedrick, V. A rapid review of current practices in the stocking and marketing of sugar-sweetened beverages in American food stores. American Public Health Association Annual Meeting and Expo, October 24-28, 2020. Online.
28. Balis, L., Kennedy, L., **Houghtaling, B.**, & Harden, S. Red, yellow, and green light changes: Adaptations to Extension health promotion programs. Annual Conference on the Science of Dissemination and Implementation, December 15-17, 2020. Online.
29. **Houghtaling, B.**, Serrano, E., Misyak, S., Davis, G., & Kraak, V. An analysis of frequent SNAP-authorized food retailers' corporate social responsibility statements for behavioral economic strategies used to promote healthful food and beverage Purchases. Food and Nutrition Conference and Exposition, October 21-24, 2017. Chicago, IL.
30. Haynes-Maslow, L., Morgan, E.H., Piltch, E., Byker Shanks, C., Lo, B., Seguin, R.A., Kolodinsky, J., Andress, L., **Houghtaling, B.**, Jilcott Pitts, S., Prewitt, T.E., Baquero, B., Bailey-Davis, L., Ammerman, A., & Osborne, I. Arguments used in public comments to support or oppose the USDA's minimum stocking requirements: A content analysis. American Public Health Association Annual Meeting & Expo, November 4-8, 2017. Atlanta, GA.



### Regional or State

31. **Houghtaling, B.**, Dobson, L., Ledlie Johnson, M., Serrano, E., & Misyak, S. 'Shop Smart, Eat Smart': Using retailer perspectives to design a statewide healthy retail program. Weight of the State, April 29-30, 2019. Richmond, Virginia, USA.
32. **Houghtaling, B.**, Byker Shanks, C., Ahmed, S., & Rink, E. Exploring breastfeeding practices among the Fort Peck Tribes. NIH IDeA Western Regional Conference, October 12-14, 2015. Coeur d'Alene, ID.

### **Invited Presentations**

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#### National

1. **Houghtaling, B.** Using the Exploration, Preparation, Implementation, and Sustainment (EPIS) framework to advance the science and practice of healthy food retail. Speaker for Rural Food Access Working Group, Nutrition and Obesity Policy Research and Evaluation (NOPREN) network. February 2023.
2. Glasgow, R, **Houghtaling, B.**, & Neta, G. Reflections from the field: Recap of the 12th annual D&I meeting. Speaker for panel moderated by Harden, S.M. February 2020. Webinar.

#### Regional or State

3. **Houghtaling, B.** Assessing and understanding food environments in Louisiana. Speaker for Baton Rouge Academy of Nutrition and Dietetics. April 2022. Webinar.
4. **Houghtaling, B.** Cultivating food security. Discussion participant for panel, Louisiana Public Square. Louisiana Public Broadcasting, Baton Rouge, LA. November 2019.
5. **Houghtaling, B.** Shopping for food in rural Virginia – The type of store matters! Speaker for Virginia Cooperative Extension's Family Nutrition Program Professional Development Series. Webinar. May 2019.
6. **Houghtaling, B.** SNAP-authorized retailers' perceptions of behavioral economic strategies and costs to promote purchases of healthy foods and beverages. Virginia Cooperative Extension's Family Nutrition Program *Shop Smart Eat Smart* Statewide Training. Lynchburg, VA. November 2017.

#### Louisiana State University (LSU)

7. **Houghtaling, B.** Prioritizing Supplemental Nutrition Assistance Program (SNAP) retailers' perspectives to inform healthy food retail programming in rural communities. Speaker for the LSU Department of Agricultural Economics and Agribusiness Seminar. November 2019.
8. **Houghtaling, B.** Food access and insecurity among older adults. Speaker for the Louisiana Volunteers for Family and Community Mini College Event. April 2019.

#### Virginia Tech

9. **Houghtaling, B.** SNAP-authorized retailers' perceptions of healthy and ability to use behavioral economic strategies to promote consumer purchases of foods and beverages aligned with the Dietary Guidelines for Americans in rural Appalachia. Speaker for Margaret C. Hepler Summer Research Fellowship Award Presentations. February 2018.

#### Guest Lectures

10. **Houghtaling, B.** Nutrition careers. PhD Seminar, Department of Nutrition and Hospitality Management, University of Mississippi. October 2022.

### **Teaching, Courses**

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#### Louisiana State University, Assistant Professor

Introduction to Nutritional Sciences (NFS 1110), 3 credit lecture	Fall 2019, Fall 2020, Fall 2021
Nutrition through the Lifecycle (NFS 2112), 3 credit lecture	Spring 2020, Spring 2021, Spring 2022
Contemporary Topics in Nutrition (NFS 4021), 1 credit lecture	Fall 2020, Spring 2020

Weight Management Principles and Practices (NFS 7021), 3 credit lecture Spring 2021

The Food Environment and Public Health (NFS 7014), 3 credit lecture Spring 2022

### Virginia Tech

Food Service and Meal Management (HNFE 3114) *Graduate Teaching Assistant* Fall 2018

### Montana State University

Food Fundamentals (NUTR 227), 2 credit lab, *Graduate Teaching Assistant (Spring 2015)*, Instructor of Record Spring 2014, Fall 2014, Spring 2015, Fall 2015

## **Teaching, Advising**

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### **Graduate Committees**

- Maria DeNunzio, MS, PhD Student, 2022-Present, Department of Human Nutrition, Foods, and Exercise, Virginia Tech.
- Nila Pradhananga, BS, PhD Student, 2020-Present, School of Nutrition and Food Sciences, Louisiana State University.
- Matthew Greene, PhD, RDN, 2020-2022. “*Applying transformative evaluation to assess service provided to African Americans through the SNAP-Ed program.*” Doctorate, School of Nutrition and Food Sciences, Louisiana State University.

### **Undergraduate Research Advising**

- Paulette Kourouma, BS, 2019-2021, Ronald E. McNair Scholar, Louisiana State University.

## **Honors and Awards**

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2020 Selected Participant, National Institute on Minority Health and Health Disparities, Health Disparities Research Institute.

2019 Virginia Tech P. Howard Massey International Endowed Scholarship

2018 Virginia Tech Institute for Critical Technology and Applied Science Adaptive Brain and Behavior travel award. Attended the Society for Behavioral Neuroscience’s annual meeting in Boca Raton, FL, USA.

2017 Margaret C. Hepler Summer Research Fellowship Award

2015 Montana State University Dept. of Health and Human Development Outstanding Graduate Student in Sustainable Food Systems.

2015 3rd Place, Graduate Student Poster Competition. “Exploring Breastfeeding Practices Among the Fort Peck Tribes.” 2015 NIH IDeA Western Regional Conference, October 12 – 14 in Coeur d’Alene, ID, USA.

## **Service, Professional**

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### **Board of Editors**

2021-2023 International Journal of Behavioral Nutrition and Physical Activity

### **Grant/Proposal Review**

2022 Gretchen Swanson Center for Nutrition, Food Insecurity Supported Publishing Opportunity

2021	Capacity Building and Innovation Fund, Nutrition Incentive Program Nutrition Incentive Program, Training, Technical Assistance, Evaluation and Information Center (NTAE)
2020	Healthy Eating Research, special solicitation on beverage consumption in early childhood

### **Ad-Hoc Journal Review**

*American Journal of Health Promotion*  
*American Journal of Preventive Medicine*  
*American Journal of Public Health*  
*Canadian Journal of Public Health*  
*Comprehensive Reviews in Food Science and Food Safety*  
*Family & Community Health*  
*Food Policy*  
*International Journal of Behavioral Nutrition and Physical Activity*  
*International Journal of Circumpolar Health*  
*International Journal of Environmental Research and Public Health*  
*International Journal of Obesity*  
*Journal of Human Sciences and Extension*  
*Nutrients*  
*Obesity Reviews*  
*Preventive Medicine Reports*  
*Public Health Nutrition*  
*Social Science & Medicine*  
*Translational Behavioral Medicine*

### **Guest Editor**

2021-2022 *International Journal of Environmental Research and Public Health* Special Issue, “Nutrition and Health Equity: Revisiting the Importance of Fruit and Vegetable Availability, Purchasing, and Consumption” guest edited with Chelsea R. Singleton, PhD, MPH ([link](#)).

### **Current Professional Affiliations**

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2016-Present	Member, International Society for Behavioral Nutrition and Physical Activity
2023-Present	Member, Implementation and Scalability Special Interest Group, International Society for Behavioral Nutrition and Physical Activity