

PROFESSIONAL VITA – JAYANTHI (JAY) KANDIAH, PhD, RD, CD

ACADEMIC/ADMINISTRATIVE POSITIONS

Associate Dean, College of Health, Ball State University (BSU) (July 2016-Present)
Interim Chairperson, Department of Nutrition and Health Science, BSU (July 2017-Present)
Professor of Nutrition, Dept. of Nutrition and Health Science, BSU (July 2016-Present)
Associate Dean, College of Applied Sciences & Technology, Ball State University (BSU) (August 2012-June 2016)
Interim Chairperson, Dept. of Family & Consumer Sciences (FCS), BSU (August 2012-June 2013)
Chairperson, Dept. of FCS, BSU (July 2010-2012)
Associate Chairperson, Dept. of FCS (Jan 2010-June 2010)
Acting Department Chairperson, Dept. of FCS, BSU (Fall 2009)
Professor of Nutrition and Dietetics, Dept. of FCS, BSU (Fall 2002- June 2016)
Director of Asia-Pacific Field Study, Dept of FCS, BSU (2002-present)
Associate Professor of Nutrition and Dietetics, Dept. of FCS, BSU (1996-2002)
Assistant Professor of Nutrition and Dietetics, Dept. of FCS, BSU (1991-1996)

Certification

R.D. (Registered Dietitian; 1992-present)
C.D./L.D. (Certified Dietitian/Licensed Dietitian; 2008-present)

EDUCATIONAL BACKGROUND

Pediatric Nutrition Fellowship

Indiana University School of Medicine & Medical Center Hospitals
Indianapolis, IN

Ph.D. in Human Nutrition

University of Nebraska-Lincoln, NE

M.S. in Human Nutrition & Food Service Mgt

University of Nebraska-Lincoln, NE

B.S. in Human Nutrition & Food Service Mgt (Dietetics Option)

University of Nebraska-Lincoln, NE

REFEREED PUBLICATIONS

- Dues, K., **Kandiah, J.**, Khubchandani, J., Haroldson, A. (2019). Adolescent body weight misperception: Association with diet and physical activity. *Journal of School Nursing*. <https://doi.org/10.1177/1059840518824386>.
- McIntosh, C., **Kandiah, J.**, & Boucher, N. (2019). Practical considerations for school nurses in improving the nutrition of children with autism spectrum disorder. *Journal of School Nursing*. <https://doi.org/10.1177/1942602X18822775>.
- Min, J., Jahns, L., Xue, H., **Kandiah, J.**, & Wang, Y. (2018). Americans' perception about fast food, and how they associate with its consumption and obesity risk. *Adv Nutr*. 9 (5), 590-60.
- Ritter, M., **Kandiah, J.**, & Saiki, D. (2018). Stress management through the lens of Family and Consumer Sciences. *Journal of Family & Consumer Sciences*, 110, 49-54.

- Isbill, J., **Kandiah, J.**, and Khubchandani, J. (2018). Use of ethnic spices by adults in the United States: an exploratory study. *Health Promotion Perspectives* 8(1), 33-40.
- **Kandiah, J.**, Saiki, D., Dues, K. & Adomaitis (2018) Influence of perceived stress on dressing and eating behaviors of Chinese female students residing in the United States. *Fashion and Textiles*,5 (6) <https://link.springer.com/article/10.1186/s40691-017-0117-x>.
- McIntosh, C.E. Dieringer, S.T. Haroldson, A.R., **Kandiah, J.**, and Mahon A.D., & McIntosh, D.E. (2018). Interprofessional collaboration: the role of nurse working at a day camp for children with autism spectrum disorder. *CompassPoint*, 28(1): 8-12.
- Saiki, D., **Kandiah, J.**, Beard, K., Jones, J.A. (2016). Leadership styles and collaboration among AAFCS members, *Family and Consumer Sciences Research Journal*, 45 (1), 17-33.
- Hingle, MD, **Kandiah, J.**, Maggie, A (2016). Practice paper of the Academy of Nutrition and Dietetics: Selecting nutrient-dense foods for good health. *Journal of the Academy of Nutrition and Dietetics*, 116 (9): 1473-1479.
- Elliott, K.L., **Kandiah, J.**, & Walroth, A.W. (2015). Interdisciplinary discrepancies between nutrition macronutrient prescribing and recommendations: Is body mass index a factor? *Journal of Parenteral and Enteral Nutrition*, <http://pen.sagepub.com/cgi/reprint/0148607115609586v1.pdf?ijkey=98gRrf9rexpTxBa&keytype=finite>.
- Hall, S., **Kandiah, J.**, Saiki, D., Nam, J., Harden, A., & Park, S. (2014). Implications of smart wear technology for family caregiving relationships: Focus group perceptions. *Social Work in Health Care*, 53(10):994-1014.
- Fernandes, N., Chezem, J.C., and **Kandiah, J.** (2014). Familiarity of ten ethnic spices and their association with diseases/illnesses among registered dietitians and dietetic students. *Journal of Alternative Medicine Research*, 6(1):67-74.
- **Kandiah, J.**, Vincent, D., Amend, V., and Pike, K. (2013). Preliminary assessment of diabetic youth's acceptance of cinnamon in treating diabetes. *Journal of Human Sciences and Extension*, 1(2), 63-72. (<http://www.jhseonline.com/#!current-issue/c2xg>).
- Saiki, D., & **Kandiah, J.** and McCarthy, L. (2012). Women's perceived influence of stress on their dressing and eating behaviours. *International Journal of Home Economics*, 5(2), 279-289.
- **Kandiah, J.**, & Saiki, D. (2012). Collaboration: Perceptions of FCS professionals in teaching, research, and service. *Journal of Family and Consumer Sciences*, 104(4), 40-45.
- Park, S., Harden, A., Nam, J., Saiki, D., Hall, S., and **Kandiah, J.** (2012). Attitudes and acceptability of smart wear technology: Qualitative analysis from the perspective of caregivers. *International Journal of Human Ecology*, 13: 87-100.
- Zimmerman, Caitlyn, & **Kandiah, J.** (2012). A pilot study to assess students' perception, familiarity, and knowledge in the use of complementary and alternative herbal supplements in health promotion *Alternative Therapies in Health and Medicine*, 18 (5), 28-33.
- **Kandiah, J.**, Brinson, D., Amend, V. Compliance of a small convenience sample and efficacy of short-term modified carbohydrate diet on weight loss in overweight college students: A pilot study. *Food and Nutrition Sciences*, Vol. 3 No. 5, 2012, pp. 699-704.
- **Kandiah, J.**, Burian, C., & Amend, V. (2011). Teaching new mothers about infant feeding cues may increase breastfeeding duration. *Food and Nutrition Sciences*, 2(4), 259-264.
- **Kandiah, J.**, Resler, J., & Amend, V. (2010). Effect of an innovative educational contest to lower serum phosphorus levels and calcium phosphorus products in hemodialysis patients. *Topics in Clinical Nutrition*, 25(4), 345-350.
- **Kandiah, J.**, & Amend V. (2010). An exploratory study on perceived relationship of alcohol, caffeine, and physical activity on hot flashes in menopausal women. *Health*, 2(9), 989-996.

- **Kandiah, J.,** & Saiki, D. (2010). Instrument to assess perceived effects of stress on dressing and eating behaviors. *The Forum for Family and Consumer Issues*, 15(2), <http://ncsu.edu/ffci/publications/2010/v15-n2-2010-summer-fall/kandiah-saiki.php>.
- **Kandiah, J.,** Yake, M., & Gore, H. (2008). Effect of stress on eating practices among adults. *Family and Consumer Sciences Research Journal*, 37, 27-38.
- Pennington, J., **Kandiah, J.,** Nicklas, T., Pitman, S., & Stitzel, K. (2007). Practice paper of the American Dietetic Association: Nutrient density: Meeting nutrient goals within calorie needs. *Journal of the American Dietetic Association*, 107, 860-869.
- **Kandiah, J.,** Stinnett, L., & Lutton, D. (2006). Observed plate waste in hospitalized patients: Length of stay and diet order. *Journal of the American Dietetic Association*, 106, 1663-1666.
- Saiki, D., & **Kandiah, J.** (2006). Clothing and food purchasing trends among U.S. ethnic groups: 1980 to 2003. *The Forum for Family and Consumer Issues*, 10(2).
- **Kandiah, J.,** Yake, M., Jones, J., & Meyer, M. (2006). Stress influences appetite and comfort food preferences in college women. *Nutrition Research*, 26, 118-123.
- Brinson, D., & **Kandiah, J.** (2006). Efficacy of low-carbohydrate diets on weight loss. *The Digest, Public Health/Community Nutrition Practice Group*, American Dietetic Association, Winter, 7-9.
- **Kandiah, J.** (2005) Low fiber diet. *Indiana Diet Manual*, Indiana Dietetic Association, 318-322.
- Seltz, S., & **Kandiah, J.** (2005). Nutrition considerations and needs for older adults. *The Digest, Public Health/Community Nutrition Practice Group*, American Dietetic Association, Fall, 1,3,4.
- **Kandiah, J.,** & Brinson, D. (2005). Nutritional efficacy of vegetarian diets in pediatrics. *Nutrition Link, The School Nutrition Services Dietetic Practice Group*, American Dietetic Association, 1, 7.
- **Kandiah, J.,** & Brinson, D. (2005). Current research on nutritional adequacy of vegetarian diets in children. *A Building Block for Life, Pediatric Practice Group*, American Dietetic Association, 28, 10-13.
- **Kandiah, J.,** Jones, C., & Ignico, A. (2005). Nutrition knowledge and food choices of elementary school children. *Journal of the International Council for Health, Physical Education, Recreation, Sport and Dance*, 1(2), 40-43.
- **Kandiah, J.,** & Bischoff, L. (2003). Garlic for your heart. *Clinical Connections, Clinical Practice Group*, American Dietetic Association, 22, 6-7.
- Bischoff, L., & **Kandiah, J.** (2003). Dysphagia: A standardized approach. *Clinical Connections, Clinical Practice Group*, American Dietetic Association, 23, 1-4.
- **Kandiah, J.,** Gibson, K., & Page, Christine. (2003). Plate waste in elementary school lunches: Type of entrée and method of meal service. *Research Applications in Family and Consumer Science*, 87-93.
- **Kandiah, J.,** Peterson, C., & Ignico, A. (2003). National school breakfast and lunch meals: Blood lipid levels in prepubescents. *International Journal of Adolescence and Youth*, 11, 71-78.
- **Kandiah, J.,** & Laird, J. (2002). Sensory attributes and acceptance of flavored soy nuts by college students. *Nutrition Research*, 22, 405-410.
- **Kandiah, J.** (2002). Impact of tofu or tofu + orange juice on hematological indices of lacto-ovo-vegetarian females. *Plant Foods for Human Nutrition*, 57, 197-204.

- **Kandiah, J.** (2000). Does nutrition education help lower serum lipid levels in athletes with cerebral palsy? *Palaestra*, 16(2), 44-47.
- **Kandiah, J.** (1999). Ethics: Point-counterpoint on alternative medicine. *Journal of Family and Consumer Sciences*, 91(1), 30.
- **Kandiah, J., & Tuitoek, P.** (1998). Levels of dietary fat and sources of calcium on protein utilization in humans. *Journal of Applied Nutrition*, 68(2), 15-18.
- **Kandiah, J., & Fadhillah, P.** (1998). Fast food consumption and nutrient composition of diets of Malaysian elementary school children. *International Journal of Biosocial and Medical Research*, 14(1), 23-30.
- **Kandiah, J.** (1997). Nutritional concerns and recommendations for children with cerebral palsy. *Exceptional Parent*, 76-77.
- **Kandiah, J.** (1996). Nutritional assessment of U.S. Paralympic athletes with cerebral palsy. *International Journal of Biosocial and Medical Research*, 14(2), 133-141.
- **Kandiah, J., Tuitoek, P., & Kies, C.** (1996). Protein utilization in humans as affected by level of dietary fat. *Nutrition Research*, 16, 33-40.
- **Kandiah, J.** (1995). Carbonated soft drink acceptability of college students: impact of glass bottle or aluminum can packaging. *Ceylon Journal of Medical Sciences*, 38, 19-23.
- **Kandiah, J., & Gentry, G.** (1995). Dietary antioxidants: adequacy of vegetarian diets among female college students. *INFORM - American Oil Chemists Society Proceedings*, 6, 4 (abstract).
- **Kandiah, J., & Kies, C.** (1994). Protein utilization in humans as affected by guar gum and/or selenium supplementation. *Journal of Applied Nutrition*, 46, 26-31.
- Driskell, J.A., Kies, C.V., Giraud, D.W., Dempsey, S.L., Ganji, V.K., Ediowne, A.O., & **Kandiah, J.** (1994). Plasma pyridoxal 5'-phosphate concentrations and urinary 4-pyridoxic acid: creatine ratios of adults of various ethnicities. *Ecology of Food and Nutrition*, 32, 129-136.
- **Kandiah, J., & Kies, C.** (1994). Calcium carbonate supplements may adversely affect protein nutriture. *Nutrition Research*, 14, 177-184.
- **Kandiah, J., & Kies, C.** (1994). Aluminum concentrations in tissues of rats: effect of soft drink packaging. *BioMetals*, 7, 57-60.
- **Kandiah, J., & Kies, C.** (1993). Aluminum status of humans fed diets varied in sources of dietary aluminum. *Journal of Applied Nutrition*, 36, 26-30.

GRANTS RECEIVED

- Digital Scholar Lab faculty Fellowship Project Proposal, Ball State University, \$14,600, co-investigator (2019).
- Center for Diversity, Ball State University, \$600, co-investigator (2018).
- Center for Autism Research, \$24,710, co-principal investigator (2017).
- Indiana Campus Compact, \$2,500, co-principal investigator (2017).
- Nutrition Children's Camp for Autism Spectrum Disorder, \$12,559, co-PI (2016).
- President's Travel Fund, Ball State University, \$2000 total (fall & spring), PI (2015).
- President's Travel Fund, Ball State University, \$2,234 total (fall/spring), PI (2014).
- International Travel Fund, Ball State University, \$5642, principal investigator (2014).
- President's Travel Fund, Ball State University, \$1227, principal investigator (2013).
- McCormick Spice Institute, \$2,700, co-principal investigator (2013).
- President's Travel Fund, Ball State University, \$847, principal investigator (2012).

- The Diversity Policy Institute, Ball State University, \$4500, co-investigator (2010).
- The Diversity Policy Institute, Ball State University, \$900, principal investigator (2008).
- Lilly V Grant, Ball State University, \$62,994, co-principal investigator (2007).
- Lilly V Grant, Ball State University, \$60,042, co-principal investigator (2006).
- Center for International Programs, Ball State University, \$1,400, principal investigator (2007).
- Center for International Programs, Ball State University, \$1,400, principal investigator (2007).
- The Diversity Policy Institute, Ball State University, \$900, principal investigator (2006).
- Center for International Programs, Ball State University, \$1,400, principal investigator (2004).
- Center for International Programs, Ball State University, \$1,400, principal investigator (2003).
- Graduate School and College of Applied Sciences and Technology, \$13, 900, PI (2001-2003).
- Center for International Programs, Ball State University, \$2,100, principal investigator (2000).
- AAFCS Massachusetts Avenue Building Assets Fund, AAFCS, \$15,000, PI (1998).
- Distinguished Fellowship Awards, Provost Office, Ball State University, \$1,300, PI (1998-1999).
- Undergraduate Fellowship Awards, Honors College, Ball State University, > \$10,700, principal investigator (1992-2000; 2003; 2005-2009).
- National Science Foundation, \$1 million, one of the science researchers (1995-1997).
- Competitive Annual Faculty Core Grant, College of Applied Sciences and Technology, Ball State University, Muncie, IN, \$8,525, principal investigator (1991-1995).
- United Cerebral Palsy Foundation, Indianapolis, IN, \$9,500, principal investigator (1992-1994).
- Kraft Educational Grant, Indianapolis, IN, \$2,700, principal investigator (1993).
- New Faculty Research Grant, Ball State University, \$1,500, principal investigator (1992).

AWARDS

- Hurley Goodall Distinguished Faculty/Staff Award, Multicultural Center, Ball State Univ (2019).
- Graduate Faculty Mentor Award, Graduate School - BSU (2019).
- Outstanding Immigrant Health Professional for 2018 Award, Health for All (2018).
- 2016 Best Paper Award in Family and Consumer Sciences Education, Family and Consumer Sciences Research Journal; Paper: Saiki, D., Kandiah, J., Beard, K., & Jones, J. (2017).
- 2015 Diversity Research Award. Ball State University. The Office of Institutional Diversity Paper: Hall, S., Kandiah, J., Saiki, D., Nam, J., & Harden, A. (2014).
- Abbott Nutrition Award in Women's Health, Academy of Nutrition & Dietetics Foundation (2014).
- Robert O. Foster Faculty/Professional Staff Award, Multicultural Center, B (2013).
- Honored Dietitian, Indiana Dietetic Association (2012).
- Leader Award, American Association of Family and Consumer Sciences, (2010).
- Outstanding Educator Award, Indiana Dietetic Association (2010).
- Leader Award, Indiana Association of Family and Consumer Sciences (2009).
- Outstanding Teacher of the Year, Department of Family and Consumer Sciences, BSU (2009).
- 2008 Best Article Award in the Foods and Nutrition Area, Family and Consumer Sciences Research Journal, American Association of Family and Consumer Sciences (2009).
- Outstanding Teacher of the Year, Department of Family & Consumer Sciences, BSU (2005).
- Outstanding Educator Award, Indiana Dietetic Association (2000).
- New Achievers Award, American Association of Family and Consumer Sciences (1999).
- Nominated for Excellence in Teaching, USDA Award (1999).
- Woman of the Year, American Biographic Institute (1998).
- New Achiever Award, Indiana Association of Family and Consumer Sciences, IN (1998).
- Nominated for Outstanding Junior Faculty Award, Ball State University, Muncie, IN (1995).
- Fellowship in Pediatric Nutrition, Riley Hospital for Children, Indiana University School of Medicine, IN (1993-1994).

BOOK CHAPTERS

- **Kandiah, J.,** & Amend V. (2009). Caffeine and tannins. In Driskell JA (ed.), In *Nutrition and Exercise Concerns of Middle Age* (pp. 269-281). CRC Press, Taylor & Francis Group.
- **Kandiah, J.** (2004). Tannins. In Wolinsky, I. & Driskell, J.A. (eds.), In *Nutritional Ergogenic Aids. 1st edition* (pp. 455-465). Boca Raton, FL: CRC Press.
- **Kandiah, J.** (2001). Physically disabled athletes. In C. Rosenbloom (ed.), In *Sports Nutrition: A Guide for the Professional Working with Active People. 3rd edition* (pp. 331-337). Chicago, IL: The American Dietetic Association.
- **Kandiah, J.** (2000). Nutritional concerns of physically disabled athletes. In Wolinsky, I. & Driskell, J.A. (Eds), In *Nutritional Applications in Exercise and Sport. 4th edition* (pp. 131-135). Boca Raton, FL: CRC Press.
- **Kandiah, J.** (2000). Physically disabled athletes. In *Sport Nutrition: A guide for the professional working with active people, 3rd edition* (ch. 21). SCAN, The American Dietetic Association.
- **Kandiah, J.** (1997). Nutrition and the physically disabled athlete. *Nutrition in Exercise and Sport, 3rd edition* (ch. 21). Boca Raton,FL: CRC Press.
- **Kandiah, J.** (1995). Calcium and iron intakes of disabled elite athletes. *Sports Nutrition - Minerals and Electrolytes, 1st edition* (ch. 7). Boca Raton, FL: CRC Press.

REFEREED PRESENTATIONS/ABSTRACTS (2000-2019)

- **Kandiah, J.,** Kotecki, J.E., Greene, M., & Khubchandani, J. (2019). *Weight misperception in young adults: Race and gender based disparities.* American Society for Nutrition Conference, Baltimore, MD. (National)
- Khubchandani, J., **Kandiah, J.,** Kotecki, J.E., & Greene, M. (2019). *Psychological distress is associated with unhealthy dietary behaviors in young adults.* American Society for Nutrition Conference, Baltimore, MD. (National)
- Kimmel, K., Mbogori, T., Zhang, M., **Kandiah, J.,** & Wang, Y. (2019). *Nutrition transition and double burden of malnutrition in Africa: A case study of four selected countries with different income levels.* American Society for Nutrition Conference, Baltimore, MD. (National)
- **Kandiah, J.,** Wesley, J.A., & Khubchandani, J. (2019). *Registered dietitians' perspectives and practices on complementary and alternative medicine.* American Society for Nutrition Conference, Baltimore, MD. (National)
- Davis, A.S., Muchera, W., Abebe, S., Siktberg, L., Brey, R.A., **Kandiah, J.,** & Knight, S. (2019). *A community education program to increase awareness of SCA in Kenya.* American Academy of Pediatric Neuropsychology, Las Vegas, NV. (National)
- Kotecki, J.E., Greene, M., Greene, C., **Kandiah, J.,** & Kent, A. (2019). *Psychometric validation of the behavioral rapid dietary assessment (B-RDA) screening tool for chronic disease prevention.* American Association for Behavioral and Social Sciences Conference, Las Vegas, NV. (National)
- Kirby, J.L., Sweigart, L., Freeman, P., Landis, K. Ellecessor, G., Gray, J., Pike, K., Osborne, K., Hawkins, W., Tschopp, M., K., **Kandiah, J.,** & Walker, S.E. (2019). *Implementing interprofessional educational experiences into a new college of health.* Athletic Training Educators Conference, Grapevine, TX. (National)
- Xue, H., Hong, W., Wu, S., Kong, X., Shi, W., Min, J., Yang, J., **Kandiah, J.,** & Wang, Y. (2018). *The public opinions on fast food in the United States based on social media data.* Obesity Week, Nashville, TN. (National)
- Melton, M., **Kandiah, J.,** Del Pozzi, A., Kistler, B., Pike, K., & Khubchandani, J. (2018). *Preliminary research on the effect of dietary nitrate supplementation from beetroot juice on sprint*

- performance in army ROTC cadets.* Journal of the Academy of Nutrition and Dietetics, Washington, DC. (National)
- Abebe, S., Siktberg, L., Mucherah, W., Brey, R., & **Kandiah, J.** (2018). *Developing an innovative community based collaboration in Kakamega, Kenya to provide education and awareness on Sick Cell Anemia (SCA).* School Health Association, Indianapolis, IN. (National)
 - Min J., Jahns, L., Xue, H., **Kandiah, J.**, Wang, Y. (2018). *Americans' perception about fast food, and how they associate with its consumption and obesity risk.* American Society for Nutrition. Boston, MA. (National)
 - Dues, K., **Kandiah, J.**, and Khubchandani, J. (2017). *Association of adolescent body weight perception with dietary behaviors: Results from the National Youth Risk Behavior Survey.* Journal of the Academy of Nutrition and Dietetics, Chicago, IL. (National)
 - Haroldson, A., **Kandiah, J.**, and Jones, J. (2017). *Assessment of an interactive nutrition education program for children with Autism Spectrum Disorder enrolled in a summer camp.* Journal of the Academy of Nutrition and Dietetics, Chicago, IL. (National)
 - Isbill, J., **Kandiah, J.**, and Khubchandani, J. (2017). *Consumers' perceptions, knowledge, and predictors of spice usage for health promotion: A pilot study of adults in Midwestern United States.* Journal of the Academy of Nutrition and Dietetics, Chicago, IL. (National)
 - Maclin, K., **Kandiah, J.**, Haroldson A., and Khubchandani, J. (2017). *Nutrition education intervention by Registered Dietician Nutritionists (RDNs) improve sweet and plant-based protein consumption in children with Autism Spectrum Disorder (ASD).* Journal of the Academy of Nutrition and Dietetics, Chicago, IL. (National)
 - **Kandiah, J.**, Saiki, D., Dues, K., and Adomaitis, A.D. (2017). *Influence of perceived stress on eating behaviors of Chinese female students residing in the United States.* Journal of the Academy of Nutrition and Dietetics, Chicago, IL. (National).
 - Haroldson, A., and **Kandiah, J.** (2016). *Preliminary dietary assessment of packed lunches of children with autism spectrum disorder enrolled in a summer camp.* Journal of the Academy of Nutrition and Dietetics, Boston, MA. (National)
 - Killion, H., **Kandiah, J.**, Haroldson, A. (2016). *Efficacy of parental nutrition education and changes in food consumption in children with autism spectrum disorder attending a summer camp.* Journal of the Academy of Nutrition and Dietetics, Boston, MA. (National)
 - Killion, H., Haroldson, A., **Kandiah, J.**, McIntosh, C., Dieringer, ST., Mahon, A., McIntosh, D. (2016) *Assessment of dietary intake of children with autism spectrum disorder enrolled in a summer camp.* Society for Nutrition Education and Behavior; San Diego, CA. (National)
 - Saiki, D., & **Kandiah, J.** (2016). *Best practices in stress management for healthy living.* Paper presented at the American Association of Family and Consumer Sciences Annual Conference, Bellevue, WA. (National)
 - **Kandiah, J.**, & Saiki, D. (2016). *How do exemplary American Association of Family and Consumer Sciences members lead and collaborate?* Paper presented at the American Association of Family and Consumer Sciences Annual Conference, Bellevue, WA. (National).
 - McIntosh, C. E., Dieringer, S. T., Haroldson, A. R., **Kandiah, J.**, Mahon, A. D., McIntosh, D. E. (2015). *Inter-Professional collaboration at specialized summer camp for children with Autism Spectrum Disorders (ASD).* National Association of School Nurses, Indianapolis, IN. (National)
 - Douglas, G., Saiki, D., Ritter, M., **Kandiah, J.** (2015). *Effects of stress on dressing & eating behaviors of Chinese female students.* International Textile and Apparel Association; Santa Fe, NM. (International)
 - Burger, T., **Kandiah, J.**, and Fernandes, N. (2015). *Effect of dietary calcium, caffeine intake, and body mass index on bone mineral density of young female adults.* Academy of Nutrition and Dietetics (AND) Food & Nutrition Conference & Expo; Nashville, TN. (National)
 - **Kandiah, J.** and Saiki, D. (2015). *Promoting health and wellness with technology.* American Association of Family and Consumer Sciences; Jacksonville, FL. (National)

- Saiki, D., and **Kandiah, J.** (2014). *Global strategies to promote a healthy body image*. American Association of Family and Consumer Sciences; Atlanta, GA. (National)
- Zimmerman, C., **Kandiah, J.**, and Pike, K. (2014). *Effect of geographical residency on structured physical activity patterns and body mass index of Chinese university students*. Academy of Nutrition and Dietetics (AND) Food & Nutrition Conference & Expo; Atlanta, GA. (National)
- Chezem, J., **Kandiah, J.**, and Fernandes, N. (2014). *Registered dietitians' perspectives on the health effects of spices by areas of practice*. Academy of Nutrition and Dietetics (AND) Food & Nutrition Conference & Expo; Houston, TX. (National)
- **Kandiah, J.**, Saiki, D. (2013). *Stress: Friend or foe for Family & Consumer Sciences professionals in managing change?* American Association of Family & Consumer Sciences; Houston, TX. (National)
- **Kandiah, J.**, Fernandez, N., and Chezem, J. (2013). *Health effects of ethnic spices: Knowledge and perceptions among registered dietitians*. Academy of Nutrition and Dietetics (AND) Food & Nutrition Conference & Expo; Houston, TX. (National)
- **Fernandes, N. V.**, Chezem, J. C., & **Kandiah, J.** (2013). *Familiarity, perceptions and knowledge of commonly consumed ethnic spices among registered dietitians and dietetic students*. Federation of American Societies for Experimental Biology (FASEB); Boston, MA. (National)
- Saiki, D. and **Kandiah, J.** (2013) *FCS Professionals' experiences and expertise related to stress*. Indiana Association of Family and Consumer Sciences; Indianapolis, IN. (State)
- Othman, A., and **Kandiah, J.** (2013) *Effect of stress and eating practices of Saudi Arabian women*. 2nd International Conference on Nutritional Science and Therapy, Philadelphia, PA. (National).
- Elliot, K., Walroth, T., and **Kandiah, J.** (2012). *A retrospective review of the provision of parenteral nutrition macronutrients: Discrepancies between medical residents and registered dietitians in the management of obese patients*. American Society of Parenteral and Enteral Nutrition, Phoenix, AZ. (National)
- Zimmerman, C., & **Kandiah, J.** (2012). *College students' familiarity, perception, and knowledge in the use of herbal supplements*. American Academy of Nutrition and Dietetics (AND) Food & Nutrition Conference & Expo; Pennsylvania, PA. (National)
- Suchshinskaya, O., & **Kandiah, J.** (2012). *Hispanic women's health survey: Does caffeine consumption, physical activity and body mass index influence hot flashes?* Academy of Nutrition and Dietetics (AND) Food & Nutrition Conference & Expo; Pennsylvania, PA. (National)
- Saiki, D., & **Kandiah, J.** (2012). *Leadership through successful collaboration*. American Association of Family and Consumer Sciences; Indianapolis, IN. (National)
- **Kandiah, J.**, & Saiki, D. (2011). *Strategies to communicate health and wellness to diverse cultures*. American Association of Family and Consumer; Phoenix, AZ. (National)
- **Kandiah, J.**, & Saiki, D. (2011). *FCS members' perception related to multidisciplinary collaboration*. Indiana Association of Family and Consumer Sciences; Indianapolis, IN. (State)
- **Kandiah, J.**, Brinson, D., & Amend, V. (2011). *Effect of low and moderate carbohydrate diets on weight loss and calcium excretion in overweight college students*. American Dietetic Association (ADA) Food & Nutrition Conference & Expo; San Diego, CA. (National)
- Saiki, D., & **Kandiah, J.** (2010). *Perceived influences of stress on dressing and eating behaviors*. International Textile and Apparel Association Inc.; Montreal, Canada. (International)
- Saiki, D., & **Kandiah, J.** (2010). *Leap into the future with FCS research*. American Association of Family and Consumer Sciences; Cleveland, OH. (National)
- **Kandiah, J.** (2010). *Learning on the go*. Indiana Association of Family and Consumer Sciences; Indianapolis, IN. (State)
- **Kandiah, J.**, & Amend, V. (2010). *An exploratory study on perceived relationship of alcohol, caffeine, and physical activity on hot flashes in menopausal women*, American Dietetic Association (ADA) Food & Nutrition Conference & Expo; Boston, MA. (National)
- **Kandiah, J.**, & Saiki, D. (2009). *Using collaborative strategies from the past century to sustain FCS*. American Association of Family and Consumer Sciences; Milwaukee, WI. (National)

- **Kandiah, J.**, Seals, B.L., & Amend, V. (2009). *Relationship between restraint eating behavior and dietary calcium intake among adolescents*. American Dietetic Association (ADA) Food & Nutrition Conference & Expo; Denver, CO. (National)
- Saiki, D., & **Kandiah, J.** (2009). *Sustainability of FCS in the 21st century: Creative & collaborative effects*. Indiana Association of Family and Consumer Sciences; Indianapolis, IN. (State)
- **Kandiah, J.**, Parkinson, N., & Amend, V. (2009). *Factors influencing competence of food service directors in managing the national school lunch programs*. American Dietetic Association (ADA) Food & Nutrition Conference & Expo: Denver, CO. (National)
- **Kandiah, J.**, & Saiki, D. (2009). *Using collaborative strategies from the past century to sustain FCS*. American Association of Family and Consumer Sciences; Knoxville, TN. (National).
- Olson-Badeau, M.L., & **Kandiah, J.** (2009). *Putting the AAFCS code of ethics into practice*. American Association of Family and Consumer Sciences; Knoxville, TN. (National)
- **Kandiah, J.**, Resler, J.M., Amend, V. (2008). *Effect of an innovative educational contest on serum phosphorus levels and calcium-phosphorus products among hemodialysis patients*. American Dietetic Association (ADA) Food & Nutrition Conference & Expo; Chicago, IL. (National)
- **Kandiah, J.**, Burian, C., & Amend, V. (2008). *Teaching new mothers about infant feeding cues increases breastfeeding duration*. American Dietetic Association (ADA) Food & Nutrition Conference & Expo; Chicago, IL. (National)
- Saiki, D., **Kandiah, J.** (2008). *What are the health and psycho-social effects of extended computer use?* American Association of Family and Consumer Sciences; Milwaukee, WI. (National)
- Weiss, T., & **Kandiah, J.** (2008). *Factors and attitudes influencing WIC mothers' infant feeding decisions*. Indiana Dietetic Association; Indianapolis, IN. (State)
- Vincent, D., **Kandiah, J.**, & Amend, V. (2008). *Acceptance of Complementary and Alternative Medicine*. Indiana Dietetic Association; Indianapolis, IN. (State)
- **Kandiah, J.** (2007). *Children's kaleidoscope: Fruits and vegetables*. Early Childhood Conference; Muncie, IN. (Regional)
- **Kandiah, J.** & Page, C. (2006). *Texture and flavor influences acceptance of soy nut butter*. Federation of American Societies for Experimental Biology (FASEB); San Diego, CA. (National)
- **Kandiah, J.** (2005). *Asia-Pacific field experiences for Family and Consumer Sciences majors*. Indiana Association of Family and Consumer Sciences, Terre Haute, IN. (State)
- **Kandiah, J.** (2005). *Unhealthy weight management practices of college students*. American Association of Family and Consumer Sciences; Minneapolis, Minnesota. (National)
- **Kandiah, J.**, & Meyer, M. (2005). *Effect of stress on college students' change in appetite and food selection*. Federation of American Societies for Experimental Biology (FASEB); San Diego, CA. (National)
- **Kandiah, J.**, & Priest, S. (2004). *Relationship between soft drink intake and fruit and vegetable consumption among college students*. American Association of Family and Consumer Sciences; San Diego, CA. (National)
- **Kandiah, J.**, Techakittiroj, C., & Strahley, M. (2004). *Nutrition awareness of folic acid and neural tube defects among Thai women*. Federation of American Societies for Experimental Biology (FASEB); Washington D.C. (National)
- Stewart, B., Thompson, N., **Kandiah, J.**, Alexander, K., Crase, D., & Winchip, S. (2003). *Using the AAFCS monograph – Research applications in family and consumer sciences. The authors speak*. American Association of Family and Consumer Sciences; Washington D.C. (National)
- **Kandiah, J.**, & Pedtke, A. (2003). *Prevalence and efficacy of fad diets among college students*. Federation of American Societies for Experimental Biology (FASEB); San Diego, CA. (National)
- **Kandiah, J.**, & Laird, J. (2002). *Sensory attributes and acceptance of flavored soy nuts by college students*. FASEB; New Orleans, LA. (National)
- **Kandiah, J.** (2002). *Fight back with the ACES of nutrition*. American Association of Family and Consumer Sciences; Dallas, TX. (National)

- **Kandiah, J.** (2001). *Comparison of fat-free and regular potato chips: gastrointestinal symptoms in female college students*. American Association of Family and Consumer Sciences; Providence, RI. (National)
- **Kandiah, J., & Peterson, C.** (2001). *National school breakfast and lunch meals: Blood lipid levels in prepubescents*. FASEB; San Diego, CA. (National)
- **Kandiah, J.** (2001). *Nutrition intervention lowers dietary and serum lipid levels of elite disabled athletes*. Indiana Dietetic Association; Indianapolis, IN. (State)
- **Kandiah, J.** (2001). *College students' nutrition knowledge on folic acid*. Indiana Association of Family and Consumer Sciences; Indianapolis, IN. (State)
- **Kandiah, J., & Lillge, Y.** (2000). *Cultural influences of food intake of college students*. American Association of Family and Consumer Sciences; Chicago, IL. (National)
- Taggart, C., & **Kandiah, J.** (2000). *Effect of diet on fitness levels of college students*. Federation of American Societies for Experimental Biology; San Diego, CA. (National)
- **Kandiah, J.** (2000). *Soy consumption and blood iron levels of lacto-ovo-vegetarian females*. Indiana Dietetic Association; Indianapolis, IN. (State)

TEACHING EXPERIENCE (1991-Present; 1-6 Courses/Year)

Undergraduate (U) and Graduate (G) courses taught

Nutrition Cardiometabolic Disease (U), Medical Nutrition Therapy (I & II) (U), Principles of Human Nutrition (U), Vitamins and Minerals (G), Human Nutrition (G), Pediatric Nutrition (G), Nutrition Assessment (G), Nutrition Counseling Practicum Nutrition (U), Foods and Customs of the World (U), and Nutrition for Educators (U), Special Studies in Health Science (U)

Average Student Evaluations: 4.86/5; Average Peer/Administrative Evaluations: 5/5

SELECTED DOCTORAL, MASTER'S THESES/RESEARCH PAPERS/CREATIVE PROJECTS

- Jessica Wesley Nutrition Master's Thesis Committee Chairperson (February 2018- completed)
- Fatima Alshhree, Apparel Design Master's Thesis Committee Member (October 2017- completed)
- Katelyn Maclin, Nutrition Master's Thesis Committee Chairperson (October 2017 - completed)
- Sean Jones, Doctor of Counseling Psychology Committee Member (June 2017- completed)
- Kiya Dues, Nutrition Master's Thesis Committee Chairperson (April 2017 - completed)
- Michael Melton, Nutrition Master's Thesis Committee Chairperson (May 2017 -completed)
- Christina Miller, Nutrition Master's Thesis Committee Co-Chairperson (July 2015 -completed)
- Caitlyn Zimmerman, Nutrition Master's Thesis Committee Chairperson (May 2014 -completed)
- Jenna Doerffler-Walker, Nutrition Master's Thesis Committee Member (February 2014- completed)
- Olga Suchshinskaya, Nutrition Master's Thesis Chairperson (February 2012 - completed)
- Vicki Zielinski, Nutrition Master's Thesis Chairperson (February 2012 - completed)
- Katie Danielson, Nutrition Master's Thesis Chairperson (February 2012 - completed)
- Andrew Jackson, Doctor of Education Committee Member (November 2011- completed)
- Holly TenBrink, Doctor of Counseling Psychology Committee Member (October 2011 - completed)
- Steve Bertrand, Physiology Master's Thesis Committee Member (July 2011- completed)
- Dawn Vincent, Nutrition Master's Thesis Chairperson (March 2010 - completed)
- Judith Resler, Nutrition Master's Thesis Chairperson (March 2010 - completed)
- James Stewart Jr, Nutrition Master's Thesis Chairperson (June 2009 - completed)
- Kristen Siegfried, Nutrition Master's Thesis Chairperson (April 2009 - completed)
- Valerie Amend, Nutrition Master's Thesis Chairperson (March 2009 - completed)

- Tonya Chapman, Nutrition Master's Thesis Committee Member (September 2008 - completed)
- Jessica Beck, Nutrition Master's Thesis Committee Member (April 2008 - completed)
- Alisha Harmeson, Nutrition Master's Thesis Committee Member (October 2007 - completed)
- Kayla Crecelius, Family & Consumer Sciences, Master's Thesis Committee Member (May 2007)
- Lea Bischoff-Seals, Nutrition Master's Thesis Chairperson (April 2007 - completed)
- Lydia Stinnett, Nutrition Master's Thesis Chairperson (April 2007 - completed)
- Danielle Blain, Nutrition Master's Thesis Chairperson (April 2007-completed)
- Charlene Burian, Nutrition Master's Thesis Chairperson (Feb 2007 - completed)
- Julie Klitzky, Nutrition Master's Thesis Chairperson (Dec 2006 - completed)
- Anthea Bayless, Nutrition Master's Thesis Chairperson (Dec 2006 - completed)
- Laura Hormuth, Nutrition Master's Thesis Committee Member (July 2006 - completed)
- Dawn Brinson, Nutrition Master's Thesis Committee Member (July 2006 - completed)
- Adrienne Thomas, Nutrition Master's Thesis Committee Member (March 2006 - completed)
- Carla Peterson, Wellness Master's Thesis Chairperson (March 2002 - completed)
- Kimberly Pike, Nutrition Master's Thesis Chairperson (Nov 2000 - completed)
- Ellen Wendt, Nutrition Master's Thesis Chairperson (July 2000 - completed)
- Yvette Lillege, Nutrition Master's Thesis Chairperson (March 1998 - completed)
- Tracy Miles, Nutrition Master's Thesis Committee Member (Nov 1997 - completed)
- Jennifer Pazos, Nutrition Research Paper (May 1998 - completed)
- Michelle Carmody, Nutrition Research Paper (February 1998- completed)
- Donna Raven, Nutrition Master's Thesis Committee Member (February 1998 - completed)
- Pamela Fadilah, Nutrition Research Paper (June 1997- completed)
- Penny Davis, Nutrition Master's Thesis Chairperson (March 1997 - completed)
- Katherine Tierney, Physiology Master's Thesis Committee Member (October 1997 - completed)
- Bruce Hall, Wellness Master's Thesis Committee Member (June, 1997 - completed)
- Sally Parks, Nutrition Master's Thesis Chairperson (March 1997- completed)
- Charlotte Jones, Nutrition Master's Thesis Chairperson (March 1995 - completed)
- Barbara Mader, Nutrition Master's Thesis Committee Member (July 1995 - completed)
- Cara Sewell, Nutrition Master's Thesis Chairperson (June 1995 - completed)
- Joka Ljuboja, Nutrition Master's Thesis Chairperson (May 1994 - completed)

ADVISOR OF UNDERGRADUATE STUDENT GRANTS & PROJECTS (2011-Present)

- Lauren Lerew (Honors College Student). Title: Why study marijuana? Mapping out the importance and barriers to cannabis research. Honors Thesis, BSU Honors College (Spring 2019)
- Kara Tripp (Honors College Student). Title: Pre-employment eating and dressing needs of physically disabled students, Co-Chair, Funded - \$2180, BSU Honors College (Spring 2019 & Fall 2019)
- Kara Tripp (Honors College Student). Title: Effectiveness of nutrition education on food intake of high school seniors transitioning to adult life. Co-Chair, Funded -\$2180, BSU Honors College (Summer 2018)
- Toni Stoermann (Honors College Student). Title: Dietary sodium intake and pulse wave analysis as a predictor of hypertension in college students. Funded - \$2180, BSU Honors College (Fall 2017 & Spring 2018)
- Jonathan Isbill (Honors College Student). Title: Dietary supplements use in college students: Prevalence, correlates, and predictors. Co-Chair, Funded -\$1050, BSU Honors College (Spring 2018)
- Toni Stoermann (Honors College Student). Title: Effectiveness of post-discharge nutrition

education for patients with heart failure. Funded - \$2180, BSU Honors College (Fall 2016 & Spring 2017)

- Derick Fraley (Honors College Student). Title: Education in the Asia-Pacific belt and what America might learn from it. Honors Thesis, BSU Honors College (Fall 2015)
- Jonathan Isbill (Honors College Student). Title: Consumers interest and perceptions of ethnic spices in health promotion: Efficacy for prevention and treatment of illnesses and diseases. Funded - \$2180, BSU Honors College (Fall & Spring 2015)
- Mickala Ritter (Honors College Student). Title: Effect of stress and dressing on eating practices of Chinese students. Funded - \$1080, BSU Honors College (Fall 2015)
- Mickala Ritter (Honors College Student). Title: Effect of stress on eating practices and cultural influences on body image. Funded - \$2180, BSU Honors College (Fall 2014 & Spring 2015))
- Teresa Burger (Honors College Student). Title: Effect of dietary sources of calcium on bone mineral density in female college students. Funded -\$2180, BSU Honors College (Fall 2011& Spring 2012)

SELECTED PROFESSIONAL SERVICE

NATIONAL/INTERNATIONAL

- Nutrition Educator/Speaker for professional institutions, organizations, and community groups in Australia, Malaysia, Thailand & Singapore (2002-present).
- Nutrition Researcher/Educator on Sickle Cell Anemia Project with Masinde Muliro University of Science and Technology (MMUST), Kakamega, Kenya (2017-present).
- Editorial Board Member, Global Journal of Medicine and Public Health (August 2016-present)
- Editorial Board Member, Indian Journal of Child Health (August 2016- present)
- Reviewer, Journal of the American Dietetic Association; Academy of Nutrition & Dietetics (1993-present).
- Member of Ethics Committee, American Association of Family and Consumer Sciences - National (June 2006 – 2010; June 996-1998).
- Reviewer for Benjamin Cummings (April 2008, October 2007, April 2006).
- Vice-Chair for Research, American Association of Family and Consumer Sciences (2000-2002).
- Reviewer for the American Journal of Clinical Nutrition (August 1998-present).
- Reviewer for the American Association of Family & Consumer Sciences (Nov 1998 -2006).
- Reviewer for Thomson Publishing, Understanding Nutrition, 10th, 9th & 8th editions, (2008, 2004, 2002, 1999).
- Editorial Board Member, Journal of Applied Nutrition (September 1996-2009).
- Reviewer for W. B. Saunders Publishing, Biochemical and Physiological Bases of Human Nutrition, 1st Edition, 1997.
- Reviewer for Mosby Publishers, Nutrition and Diet Therapy 8th Edition, 1996.
- Presider of Foods and Nutrition Division, American Association of Family and Consumer Sciences, Nashville, TN (1996).
- Reviewer for West Publishers, Understanding Nutrition, 7th Edition, 1995.
- Reviewer for West Publishers, Advanced Nutrition and Human Metabolism, 2nd Edition, 1994.
- Reviewer for West Publishers, Nutrition Concepts and Controversies, 6th Edition, 1993.
- Presider, Sports Nutrition: Mineral & Electrolytes, American Chemical Society, Denver, CO (1993).
- Reviewer for the United States Department of Agriculture (1993).

STATE

- Chair of Honored Dietitian Committee, Indiana Dietetic Association (May 2012-June 2013).
- Chair of Education and Research Committee, Indiana Association of Family and Consumer Sciences (May 2010-Present; May 1996-2006).
- Co-Education Chair, Indiana Dietetic Association (May 2011-2012).
- President, Indiana Dietetic Association (June 2009 -May 2010).
- President- Elect, Indiana Dietetic Association (June 2008 - May 2009).
- Counselor, Indiana Association of Family and Consumer Sciences (June 2008 - June 2009).
- President, Indiana Association of Family and Consumer Sciences (May 2007- May, 2008).
- President -Elect, Indiana Association of Family and Consumer Sciences (May 2006 - May 2007).
- Education Chair, Indiana Dietetic Association (April 1997-1999, April 2005-2006).
- Chair of Continuing Education, Indiana Dietetic Association (April 2007 - present, April 2001- 2005).
- Nominating Committee, Indiana Dietetic Association (April 1998-2000).
- Chair, International Relations Committee, Indiana Association of Family and Consumer Sciences (May 1997-2001).
- Chair of Clinical Dietetics and Research Division of Practice, Indiana Dietetic Association - State and District (May 1995-1998).
- Co-Chair, International Relations Committee, Indiana Association of Family and Consumer Sciences (May 1996-1997).

LOCAL

- Co-Chair for Strategic Enrollment Committee 2.0, BSU (August 2018-present)
- Member, Search Committee for assistant director for Institutional Effectiveness, BSU (Sept 2018 - January 2018; August 2005-Dec 2005)
- Chair, Search Committee for nutrition tenure-line faculty, Department of Nutrition and Health Science (January 2016-July 2016).
- Chair, Search Committee for nutrition tenure-line faculty, Department of Family and Consumer Sciences (April 2013-January 2016).
- Member, Search Committee for Assistant Director, Fisher Institute & Wellbeing (August 2015-June 2016).
- Member of University's Academic Long-Range Planning Committee (May 2012-May 2016).
- Member of University's Health Professions Committee (May 2012-May 2014).
- Chair of Search Committee for Chairperson of Department of Family and Consumer Sciences (Nov 2008-April 2009).
- Member of Search Committee for Dean of Applied Sciences and Technology (Fall 2007-April 2008).
- Chair of Nutrition Area, Department of Family and Consumer Sciences (Fall 2002-2005).
- Chair of Foods and Nutrition Area, Department of Family and Consumer Sciences (Fall 1997-Spring 2002).
- International Affairs Committee, Ball State University (1995-August 1998, 2001-2003).
- Member, Search Committee, University Computing Services (2001).
- Member of Graduate Faculty, Department of Family and Consumer Sciences (1991-present, Chair of publicity committee- 1997-2000; Chair of policy committee- 1993-1997; Secretary of graduate committee- 1993-1996).
- Member, Asian Studies Committee, Ball State University (2000-2012).
- Advisor for Dietetic Students, Department of Family and Consumer Sciences (1998-2004).
- University Research Committee, Ball State University (1995-August 1998).

COUNSELING SERVICES

- Nutrition Consultant for Head Start Program, Marion (April 2004 -2008); Muncie, IN (1992-1994).
- Clinical Dietitian, Ball State Students, Cardinal Health Systems, Ball State University, Muncie, IN (1998-2005).
- Nutrition Consultant for St. John's Health System, Anderson, IN (July 1999-2003).
- Nutrition Consultant for Associates in Mental Health, Muncie, IN (1996-2004).
- Dietitian for Behavioral Care of Anderson, Anderson, IN (1996-July1999).
- Nutrition Consultant for Paralympic Athletes in U.S. and Canada (1992-1999).
- Nutrition Consultant for Central Indiana Sports Medicine, Muncie, IN (June 1992-1995).

MEMBERSHIP

- Academy of Nutrition and Dietetics (American Dietetic Association) (1991-present)
- Indiana Academy of Nutrition and Dietetics (1993-present)
- American Society for Nutrition (2001-2015; 2019-present)
- Federation of American Societies for Experimental Biology (1991-2013)