

# Natalie A. Kružliaková

## *Curriculum Vitae*

### **Assistant Professor of Nutrition and Dietetics**

Department of Nutrition & Health Science  
Health Professions Building (HPB) 541  
Ball State University  
Muncie, IN 47306  
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Office: (765) 285-5961

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### **POSITIONS**

#### **Assistant Professor of Nutrition and Dietetics** (August 2019 – Present)

Department of Nutrition & Health Science  
Ball State University  
Muncie, IN 47304

#### **Adjunct Professor** (August 2018-May 2019)

Health Sciences  
Jefferson College of Health Sciences  
Roanoke, VA 24015

#### **Graduate Teaching Assistant** (August 2015-May 2018)

Human Nutrition, Foods, and Exercise  
Virginia Tech  
Blacksburg, VA 24060

#### **Graduate Research Assistant** (June 2013-May 2018)

Human Nutrition, Foods, and Exercise  
Virginia Tech  
Blacksburg, VA 24060

### **EDUCATION**

#### **Virginia Tech**

**Blacksburg, VA**

*Dietetic Internship (December 2018)*

Virginia Tech Internship in Nutrition and Dietetics; Individualized Supervised Practice Pathway

*Ph.D., Human Nutrition, Foods, and Exercise (May 2018)*

Concentration: Behavioral and Community Science

Dissertation: “The Role of Individual & Organizational Health Literacy on Health Behaviors & Health Outcomes”

*Didactic Program in Dietetics Verification Statement (December 2017)*

*B.S., Psychology (May 2013)*

### **TEACHING EXPERIENCE**

**Adjunct Professor - Jefferson College of Health Sciences**

**Roanoke, VA**

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*Nutrition (HLT 301)*

Time period: Fall 2018 – Spring 2019

Description: Undergraduate course required for nursing students and offered as an elective for other health sciences students. The course explores major concepts of nutrition and health, including characteristics of adequate and inadequate nutrition, essential nutrients, and nutritional needs across the lifespan. Dietary modifications for therapeutic purposes and cultural variations are included. Class size 35.

**Graduate Teaching Assistant - Virginia Tech**

**Blacksburg, VA**

*Medical Nutrition Therapy 1 &2*

Time period: Fall 2016 – Spring 2018

Description: Upper-level undergraduate and graduate-level courses on nutritional diagnostic, therapeutic and counseling services provided by a registered dietitian nutritionist. *Medical Nutrition Therapy 1:* Emphasis on the relationship between principles of nutritional care and the medical treatment of individuals with selected diseases or clinical problems. *Medical Nutrition Therapy 2:* Integration of knowledge of pathophysiology, biochemical, and clinical parameters, medical treatment and nutrition therapy for patients with selected clinical problems/disease states. Class size 30-60 students.

*Health Counseling*

Time period: Fall 2015 – Spring 2016

Description: Upper-level undergraduate course centered on the roles, responsibilities, and limitations of the professional health educator in health counseling, guidance and referral, health needs assessment, dynamics of health counseling interaction, and selected counseling techniques such as crisis intervention and value clarification. Class size 50-140 students.

## **RESEARCH INTERESTS**

- Decreasing effects of low health literacy
- Improving organizational health literacy
- Quality improvement in healthcare
- Health literacy competencies for health professions students
- Nutrition education
- Community-based participatory research among health disparate populations
- Dissemination and implementation of nutrition-related behavior change interventions

## **RESEARCH EXPERIENCES**

**Virginia Tech**

**Blacksburg, VA**

*SIPsmartER Southwest Virginia: A Systems-Based Approach to Disseminate and Implement an Effective Sugar-Sweetened Beverage Reduction Intervention*

Goal of project: To develop, establish feasibility, and determine the potential utility of an implementation strategy for SIPsmartER and build general capacity related to organizational health literacy, and to determine the adoption and implementation process at the organization-level and determine individual-level reach and effectiveness of SIPsmartER within an existing system of four Virginia Department of Health (VDH) districts in a medically-underserved health disparate region of rural southwest Virginia.

Funding source: National Institutes of Health, National Cancer Institute (NCI); **R21CA202013-01A1**

Time period: Spring 2016 – Spring 2018

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Role: Graduate Research Assistant

### ***SIPsmarter: A nutrition literacy approach to reducing sugar-sweetened beverages***

Goal of project: The purpose of the Talking Health trial was to conduct a two-group randomized controlled trial to determine the relative effectiveness of a Theory of Planned Behavior-based sugar-sweetened beverage intervention with an enhanced and integrated nutrition literacy component targeting nutrition numeracy and nutrition-related media literacy, as compared to a matched-contact control condition, in a medically-underserved health disparate region of rural southwest Virginia.

Funding source: National Institutes of Health, National Cancer Institute (NCI); **R01CA154364-01**

Time period: Spring 2013 – Fall 2016

Role: Graduate Research Assistant

### **DIETETIC INTERNSHIP EXPERIENCES**

Time period: January – December 2018

- *Clinical – Carilion Clinic Roanoke Memorial Hospital, Richfield Living, & Fresenius Renal, Roanoke, VA*
  - Assessed dietary behaviors and collaboratively developed relevant goals with patients using nutrition care plan process and motivational interviewing
  - Provided medical nutrition therapy and nutrition counseling
  - Learned and utilized three different electronic medical record systems
  - Worked collaboratively with interdisciplinary teams
  - Analyzed NICU data from 3-year period, presented quality improvement findings to neonatologists
- *Foodservice Management – Warm Hearth Village Retirement Living, Blacksburg, VA*
  - Conducted safety audits and inspections in kitchens, mobile locations, pantries, and dining rooms
  - Developed and executed research, purchase, storage, and production of a meal for ~90 residents
  - Spearheaded quality improvement initiative for the new homemaker position to determine root cause of residents' cold food complaints and develop work flow and par lists
- *Community – Virginia Cooperative Extension Family Nutrition Program, Blacksburg, VA*
  - Developed 35 weeks of educational scripts for Facebook Walk and Talk live chats
- *Community – Virginia Tech Center for Public Health Practice & Research, Blacksburg, VA*
  - Taught 6-week Balanced Living with Diabetes program for two individual groups of adults
- *Community – Roanoke City WIC, Roanoke, VA*
  - Developed and delivered lesson on calcium to WIC participants

### **PUBLICATIONS**

**Kružliaková N**, Estabrooks P, You W, Hedrick V, Porter K, Kiernan M, Zoellner J. The relationship between the Stanford Leisure Time Exercise Questionnaire and the Godin Leisure-Time Exercise Questionnaire among rural intervention participants of varying health literacy status. *J Phys Act Health*. 2018;15(4):269-278.

Porter K, Alexander R, **Kružliaková N**, Perzynski K, Zoellner J. Using the Clear Communication Index to Improve Materials for Behavioral Intervention. *Health Commun*. 2018;8:1-7.

Zoellner J, You W, Estabrooks P, Chen Y, Davy B, Porter K, Hedrick V, Bailey A, **Kružliaková N**. Supporting maintenance of sugar-sweetened beverage reduction using automated versus live telephone support: findings from a randomized control trial. (In press 2018; *Int J Behav Nutr Phys Act*)

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Hedrick VE, Zoellner JM, Jahren AH, **Woodford NA**, Bostic JN, Davy BM. A Dual-Carbon-and-Nitrogen Stable Isotope Ratio Model Is Not Superior to a Single-Carbon Stable Isotope Ratio Model for Predicting Added Sugar Intake in Southwest Virginian Adults. *J Nutr.* 2015;145:1362-1369.

### MANUSCRIPTS UNDER REVIEW

**Kružliaková N**, Porter K, Hedrick V, Ray P, Brock DJ, Zoellner J. Understanding and advancing organizational health literacy within a public health setting: Application of the Agency for Healthcare Research and Quality Health Literacy Toolkit. (In *Health Literacy Practice and Research*)

Porter K, Brock DJ, Estabrooks P, Perzynski K, Hecht ER, Ray P, **Kružliaková N**, Cantrell ES, Zoellner JM. SIPsmartER delivered through rural, local health districts: Adoption and implementation outcomes. (In *BMC Public Health*)

### CONFERENCE PRESENTATIONS

- 2018 “Did the approach used to recruit rural adults into a behavioral intervention impact recruitment, enrollment, and engagement?”  
Porter K, Perzynski K, Hecht E, **Kružliaková N**, Zoellner J.  
Presented at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine in New Orleans, LA.
- 2017 “Understanding and promoting organizational health literacy in a public health setting.”  
Presented at the 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine in San Diego, CA  
**Kružliaková N**, Porter K, O’Dell M, Cantrell E, Counts M, Zoellner J.
- 2016 “A brief single-item physical activity measure: Performance across diverse reach settings and health outcomes.”  
Zoellner J, You W, Lane H, Alexander R, **Kružliaková N**, Estabrooks P.  
Presented at the 37th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine in Washington, D.C.
- 2016 “Assessing and promoting organizational health literacy within public health organizations.”  
Zoellner J, Porter K, **Kružliaková N**, O’Dell M, Cantrell E, Counts M.  
Presented at the 2016 National Health Outreach Conference in Roanoke, VA
- 2016 “Healthy Hurley: a randomized controlled feasibility study to reduce sugar-sweetened beverage consumption among middle school youth in Central Appalachia.”  
Lane H, Porter K, Hecht E, **Woodford N**, Tester R, Harris P, Zoellner J.  
Presented at the 144<sup>th</sup> American Public Health Association Annual Meeting in Denver, CO
- 2015 “Influence of Age on Participation and Preferences for Education Strategies in a Multi-Component Intervention.”  
Li J, Porter K, Bailey A, **Woodford N**, Zoellner J.  
Presented at the 48th Society for Nutrition Education & Behavior Annual Conference in Pittsburgh, PA.

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### PROFESIONNAL AFFILIATIONS, ACTIVITIES, & CERTIFICATIONS

2015 – Present	Academy of Nutrition and Dietetics; Student/Intern Membership
2016 – Present	ServSafe Food Manager Certification, National Restaurant Association
2015 – 2018	Human Nutrition, Foods, and Exercise Graduate Student Assembly Committee Member
	Human Nutrition, Foods, and Exercise Travel Fund Co-Chair
2015 – 2018	Society of Behavioral Medicine; Student Membership

### OTHER EXPERIENCE

#### Virginia Tech

Blacksburg, VA

- ◆ Office Support Assistant, Virginia Cooperative Extension Family Nutrition Program  
September 2012 – December 2016