

CURRICULUM VITAE

Anna Marie Love, PhD, RD, LD, MCHES

Updated September 1, 2016

Love to Live Well
1011 Surrey Lane, Bldg 200
Flower Mound 75022

Phone: 877-978-9355
Fax: 940-312-7283
Email: anna@lovetolivewell.com

Love to Live Well
525 S. Locust # 200
Denton TX 76201

Education

- Ph.D. 2002 Health Studies, Texas Woman's University, Denton, Texas
- M.S. 1997 Exercise and Sports Nutrition, Texas Woman's University, Denton, Texas
- B.S. 1993 Dietetics and Institution Administration, Texas Woman's University, Denton, Texas

Dissertation

"Elements of fourth grade nutrition education curricula: A content analysis", August 2002, Chair: Susan Ward, PhD

Professional Certifications/Licensure

Master Certified Health Education Specialist (NCHEC), 2011
CPR/AED/First Aid Certification (American Red Cross), 2008
Certified Health Education Specialist (NCHEC), 2003
Dietetics Registration (Commission on Dietetics Registration), 1996-present
Dietetic Licensure (State of Texas), 1996 – 2004; 2010-present

Certificates

Weight Management in Adults Certificate (Commission on Dietetics Registration), 2010
Health Promotions Director (Cooper Institute for Aerobic Research), 1995

Employment

- 2012-Present Adjunct Professor, Department of Kinesiology, Texas Woman's University, Denton, TX
- 2010-Present Dietitian, Health Coach, & Founder, Love to Live Well, Flower Mound & Denton, TX
- 2004-2010 Assistant Professor Department of Health Studies, Texas Woman's University, Denton, TX
- 2003 – 2004 Visiting Assistant Professor, Department of Health Studies, Texas Woman's University, Denton, TX
- 2002-2003 Research Assistant for Distance Education, Office of Lifelong Learning, Texas Woman's University, Denton, TX

Employment continued:

2001-2001	Recreation Specialist, Goldfield Tennis Center, City of Denton Parks and Recreation Department, Denton TX
1996-2001	Nutrition Coordinator/Research Associate, Institute for Women's Health, Texas Woman's University, Denton, TX
1997-1999	Consulting Dietitian, Preferred Nutrition Therapists, Richardson, TX
1997-1997	Dietitian, Nutrition and Counseling Center, Texas Woman's University, Denton, TX
1994-1995	Graduate Research Assistant and Graduate Teaching Assistant, Texas Woman's University, Denton, TX
1991-1993	Diet Technician, Trinity Medical Center, Carrollton, TX
1990-1991	(summers only), Camp Counselor, Summer Camp for Children with Type I Diabetes, Camp Sweeney, Gainesville, TX

TEACHING**Courses Taught at TWU**

.01 denotes in-house classes (including weekend and short course formats)

.50 denotes online classes

8 Undergraduate Courses (number of times taught)

HS 1363.01 Introduction to Health Education (3)

HS 1902/1901.01 Personal Health & Wellness (3)

HS 2013.01 & .50 Health Communications (formerly Information Delivery Systems in Health Education) (15)

HS 2813.50 Cultural Diversity & the Health Consumer (1)

HS 3037.01 & .50 Program Planning (3)

HS 3133.01 Perspectives in Women's Health (2)

HS 3443.01 Aging (1)

HS 4353.01 & .50 Seminar in Program Planning & Evaluation-(Grant Writing) (2)

NFS 3163.01 Sports Nutrition (1)

7 Graduate Courses (number of times taught)

HS 5013.50 Data Collection & Analysis (2)

HS 5063.50 Aging (team taught) (1)

HS 5423.01 Ethnic & Cultural Diversity in Health & Illness (3)

HS 6073.01 (formerly HS 5073): Seminar in Health Education (Grant Writing) (4)

HS 6433.01 History of Health & Medicine (1)

HS 6453.01 & .50 Strategies for Health Education (8)

HS 6483.01 (formerly HS 5483): Program Evaluation in Health Education (4)

KINS 5273.50 Sports Conditioning & Nutrition (4)

Selected Doctoral Dissertations Served on Committee (21 total)

Struble, S. (Role of social connectedness in weight-related health behaviors: Implications for community health), May 2010, chair

Crosmer, J., *Professional burn-out among full-time U.S. university professors: Implications for worksite health promotion*, May 2009, committee member.

Bowles, B., *Genograms as threat appeals: Using the Extended Parallel Process Model with familial cardiovascular disease*, May 2009, committee member.

Frantzen, L., *Nutrient Intake and Ready-to-eat-cereal Consumption among a predominately Hispanic population of children in 4th, 5th, and 6th grades*, May 2009, committee member. (PhD in Nutrition).

Melancon, J., *Knowledge, Attitudes, and Beliefs About Diabetes Type 2 Among Newly Diagnosed Hispanic Men and Women In North Texas: A Mixed Method Study*, August 2008, committee member.

Watkins, S., *Relationship of Health Risk Behaviors to Stress and Depression Among US Workers*, May 2007, co-chair.

Pullis, B., *The Relationship of Body Mass Index to Weight Status and Hypertension in a Cohort of Elementary School Students: A Longitudinal Study*, May 2006, committee member

Master's Theses Served on Committee (7 total)

Joshua, T., *Effects of Social Support on Social Support on Self-Care Adherence Among Diabetic Patients*, May 2009, chair.

Finnie, J., *An Analysis of Psychosocial Constructs of Weight Behaviors Among College Women*, May 2007, chair

Smith, S., *Relationships Among Physical Activity Levels, Physical Measures, and Barriers to Physical Activity in College Women*, May 2007, chair. (MS Exercise and Sports Nutrition)

Montalbano, M., *The Impact of Gender and Ethnicity on Nutrition Knowledge, Attitudes, and Behaviors Among Fourth and Fifth Graders in Lewisville, Texas*, August 2006, committee member. (MS Exercise and Sports Nutrition)

Master's Professional Papers (4 total)

Luttrell-Dennis, G. *College Students' Perceptions of Health Risks and Health Risk Assessment*, December 2004, co-chair

Lane-Kelley, J., *Development of Stage-of-Change Brochures for Weight Cycling Education and Prevention*, August 2005, chair

Master's Professional Papers (4 total) cont'd

Kline, A., *Development of an Evaluation Instrument to Determine The Impact of Financial Incentives on Health Behavior*, May 2005, committee member

Other Scholarly Teaching, Mentoring, and Curricular Achievements

Supervise volunteers and interns in private practice & wellness consulting business (Health & Wellness Services) from Health Studies, Health Promotion, Family Sciences, Dietetics, and Business programs at local universities (2006-2010 & 2012-present).

Advising Load Fall 2009: 21 undergraduate & 20 graduate students

Advising Load Fall 2008: 21 undergraduate & 20 graduate students

Advising Load Fall 2007: 24 undergraduate & 25 graduate students

Advising Load Fall 2006: 25 undergraduate & 34 graduate students

Advising Load Fall 2005: 16 undergraduate & 25 graduate students

Advising Load Fall 2004: 13 undergraduate & 8 graduate students

Advising Load Fall 2003: 16 undergraduate & 3 graduate students

Coordinated ESG honor students at Health Studies booth (online Health Risk Appraisals) for TWU Health Fair (Spring 2008) and the Power of a Healthy Woman Symposium (Fall 2008 & 2009).

Taught "Communicate health needs, concerns, resources" section of CHES Review course for HS students, TSOPHE Conference Spring 2007.

Supervised nursing doctoral student in research practicum (Spring '06).

Mentored 2 Lead Student Health Researchers in Institute for Women's Health (Fall '05).

SCHOLARSHIP/CREATIVE ACHIEVEMENTS

Refereed Publications or Other Creative Achievements

A. Love, & E. Essery. Central Mexico. In S. Edelstein (Ed.), *Food, Cuisine, and Cultural Competency for Culinary, Hospitality and Nutrition Professionals* (pp. 65-76). Sudbury, MA: Jones & Bartlett, 2011.

M. Massey-Stokes & A. Love. Kenya (Western). In S. Edelstein (Ed.), *Food, Cuisine, and Cultural Competency for Culinary, Hospitality and Nutrition Professionals* (pp. 371-384). Sudbury, MA: Jones & Bartlett, 2011.

D. Nichols, C. Sanborn, A. Love. Resistance training and bone mineral density in adolescent females. *Journal of Pediatrics*, 139 (4), 2001, 494-500.

H. E. Hughes, A. Love, K. Peabody, S. Kardong-Edgren. Diabetes education programs for African American women: What works? *Diabetes Educator* 27 (1), 2001, 46-54.

Non-Refereed Publications or Other Creative Achievements

A. Love. Spin your New Year's resolutions the right way, *Denton Record Chronicle*, December 25, 2014 <http://www.dentonrc.com/living-in-denton/home-garden/home-garden-headlines/20141225-anna-love-spin-your-new-years-resolutions-the-right-way.ece>

A. Love. What's your filter for a healthier holiday, *Denton Record Chronicle*, November 03, 2013 <http://www.dentonrc.com/business-tech/denton-business-headlines/20131103-anna-love-what-is-your-filter-for-a-healthier-holiday.ece>

A. Love. A good season to scale down, *Denton Record Chronicle*, June 16, 2013 <http://www.dentonrc.com/business-tech/denton-business-headlines/20130616-anna-love-a-good-season-to-scale-down.ece>

A. Love. Look for healthier options at Denton dining spots, *Denton Record Chronicle*, 2013 <http://www.dentonrc.com/business-tech/denton-business-headlines/20130519-anna-love-look-for-healthier-options-at-denton-dining-spots.ece>

A. Love. Let's reclaim dinnertime together Denton County!, *Cross Timbers Gazette*, 2013.

A. Love. Reclaim dinnertime together, *Lifestyles of Denton County*, Mar-Apr 2012.

A. Love (*An Interview with*). Set goals with patients, not for patients. *Report of the North American TNT Study Coordinators*, 2001, p 4-5. Sponsored by Pfizer/ Parke-Davis.

Presentations at Professional Meetings

J. Finnie, A.M Love, S. Rich. Psychosocial Constructs of Healthy Weight Behaviors Among College Women. Poster presentation at American Academy of Health Behavior Annual Meeting, Hilton Head, South Carolina, March, 2009.

S. Watkins, A. Love, R. Rager, E. Framer, Poster presentation at American Public Health Association, Annual Meeting, San Diego CA, October, 2008, *The relationship between stress/depression and health risk behaviors among U.S. employees.*

S.S. Rich, J.L Martinson, A.N. Roe, S.M LeClere, K. Foster, A. Love (2007, May 24). Poster presentation at the Association for Psychological Science Annual Meeting, Washington D.C., *Ethnic differences in barriers to healthy weight behavior.*

A. Love, Texas Society of Public Health Education Annual Meeting, Denton, TX October 2007, *Area VII: Communicate & Advocate for Health Education.*

A. Love, S. Rich, J. Finnie, S. Smith, & B. Tyus, Poster presentation at American Academy of Health Behavior Annual Meeting, Savannah, GA, March 2007, *Barriers to healthy weight behaviors among ethnically diverse young women.*

- A. Love, FitFutures Wellness Organizational Meeting, University of North Texas Health Science Center, Fort Worth, TX, September 2005, *Wellness Curriculum at Texas Woman's University*.
- T. Gallien, J. Oomen, A. Love, & N. Barrett, Annual Louisiana American Alliance Physical Education, Recreation, & Dance Meeting, Shreveport, LA, November 2004, *Cultural encounters of the worst kind: The importance of cultural competency within the academic setting. (presentation with MS in HS alum & PhD in HS student)*
- D.L. Nichols, J. Feller, A.M. Love, J. Smith, & J. Duncan, Poster presentation at American College of Sports Medicine Annual Meeting, San Francisco, CA, May, 2003, *Is there an impact of high blood pressure on bone mineral density?*
- S. Compton, A. Love, & L. Murphy. Presentation at Educause Southwest Regional Conference, Dallas, TX, February, 2003, *Incentives and targeted modules: the next level in faculty training*.
- M. Hendricks, A. Love, & N. DiMarco. Poster presentation at Texas Dietetic Association Annual Meeting, Dallas TX, April, 2002, *Development of a questionnaire to evaluate the likeability of a nutrition education curriculum by elementary school teachers, kindergarten through fifth grade*.
- A. Love, D. Nichols, C. Sanborn. Poster presentation at American Academy of Health Behavior Annual Meeting, Napa Valley, CA, March, 2002, *Triangulation of dietary assessment data in adolescent females*.
- A. Love. Poster presentation at American Public Health Association Annual Meeting, Atlanta, GA, October, 2001, *Triangulation of dietary assessment data in adolescent females*.
- A. Love & J. Feller. Presentation at the Pfizer/ Parke-Davis TNT North American Coordinators Conference, Phoenix, AZ, October, 2000, *Dietary Adherence*.
- S. Clark, J. Smith, J. Feller, A. Love, V. Ben-Ezra, K. Greenfield, & J. Duncan. Poster presentation at American College of Sports Medicine Annual Meeting, Orlando, FL, June, 1998, *Differences in metabolic variables between two different groups of middle-aged hypertensive adults*.

Honors, Grants, and Fellowships

Honors

Supporting the Advancement of TWU Small Business Institute Initiatives, City of Denton Mayor and City Council's Small Business Breakfast Awards, 2013
 Public Health Advocate of the Year Award, Denton County 2011
 Research Affiliate, Institute for Women's Health (2006-2010)
 Redbud Award-Outstanding Faculty Advisor for a Student Organization (2004)
 Golden Key International Honour Society member & honorary member (2003)
 Mary Lynn Drews Academic Scholarship, Texas Woman's University (2002)
 Phi Kappa Phi Honor Society (2001)
 International Who's Who of Professional and Business Women (2000)

Grants, Fellowships, and Financial Support

Funded Proposals

Chair, Research Cluster on Obesity: Anna Love
Dean, College of Health Sciences 10/05-12/06
0.50 FTE Graduate Research Assistant for Obesity Research Cluster
Achievements: data collection (2-phase mixed method) on 180 participants
(fa '06), data audit & analysis (sp '06) *Psychosocial Barriers to Healthy Behaviors
Among College Students* study (co-PIs: Shannon Rich & Anna Love)

PI: Anna Love 6/14/06
Research and Sponsored Programs Small Grants Proposal
*"Women for Wellness" "Amigas para la Salud" Community Health Needs
Assessment: Defining Health Priorities in Latina and African American Women in
the City of Denton* \$750

Chair, Research Cluster on Obesity: Anna Love
Dean, College of Health Sciences 01/05-08/05
0.25 FTE Graduate Research Assistant for Obesity Research Cluster
Achievements: cluster goals and objectives established, one internal grant
Research Enhancement Program for Continuing Faculty) submitted (PI: Anna
Love), pilot data collection during (su '05)

Other Research and Creative Achievements

Completed Research Projects

Wellness & Sport Evaluation Program-PI: Nancy DiMarco. Role: Investigator (Weight
management program development) 11/07-1/10

Denton County Healthy Communities Coalition Community Assessment. Role:
Investigator. BRFSS survey administration in Denton County through UNT
Survey Research Center in collaboration with UNT faculty and director of Denton
County Health Department as measurement of Denton County Healthy
Communities Coalition efforts throughout the year. 1/09-1/10

Healthy Campus Evaluation Survey. Co-PI: Nancy DiMarco Role: Co-PI. Needs
assessment in preparation for Health and Wellness Initiative Proposal.
12/08-2/09

*"Power of a Healthy Woman" Targeted Assessment of Women's Health Needs in
Denton, Texas*. PI: Anna Love 11/07

Creative Achievements

Coordinated development of Healthy Denton Dining Guide for Denton County Healthy
Communities Coalition, Fall 2008.

Distance Education Proposal for Online Master's Degree in Health Studies submitted
Spring 2005, approved by TWU Board of Regents, June 2005.

PROFESSIONAL SERVICE

Governance and Other Professionally Related Service

National:

Reviewer, *Journal of Human Nutrition & Dietetics* (2012-present)
Reviewer, *Social Marketing column of Health Promotion Practice* (2008-2010)
Reviewer, *Public Health Nutrition* (2008-present)
Scholarship/Awards Committee SOPHE (2007-2008)

State:

Partnership for Cardiovascular Disease & Stroke (2013-present)
Texas Salt Reduction Initiative (2013-present)

Community:

Flow Foundation Board (2014-present)
Seniors in Motion Advisory Board (2014-present)
Age Well Live Well Initiative (2012-present)
Texas A & M Agrilife Leadership Board (2012-present): Vice President
Texas A & M Agrilife Family Consumer Sciences Committee (2010-present)
Denton County Healthy Communities Coalition (2008-present): lead Healthy Eating Workgroup 2008-2015.
Wellness Alliance for Total Child Health (2008-present): Leadership Committee & Education Workgroup
Denton County Health Advisory Board (2008-2013) (by appointment)
RESULTS Group Leader-Denton Chapter (2006-2008)
Power of a Healthy Woman Symposium Planning Committee (2006-2013)

Service Activities for the University, College, Component

University:

School of Management Undergraduate Program Review Committee (2009)
TWU Health Fair Committee (2007-2009)
Institutional Review Board (Fall 2004-2008)
Taskforce on Obesity (Spring 2004-Fall 2004) absorbed into Wellness Committee
Enrollment Management Plan Research Subcommittee on Undergraduate Recruitment & Retention (Spring 2003-Fall 2004)
Distance Learning Strategic Plan Committee (2002-2003)
Distance Learning Committee for THECB Institutional Plan (2002-2003)
Golden Key Honor Society Faculty Advisor (Fall 2003-Fall 2005)

College:

NFS search committee member (Fall 2009)
Obesity Research Cluster- chair (Spring 2005-Spring 2010)
Serve on student research committees in MS in Exercise & Sports Nutrition program
College of Health Sciences Research Committee (Fall 2003-Fall 2004)

Component Service Activities

Health Studies Policies Procedures Committee (Spring 2008-Spring 2010)
Health Studies Graduate Admissions Committee (chair, Spring 2004-Spring 2006; member-Summer 2006-Spring 2010)
Health Studies Tenure & Promotion Committee (Fall 2006-2007)

Graduate Program Coordinator (Spring 2004-Spring 2006)
Health Studies Search Committees (Fall 2004-2005) 1 chair, 2 faculty, 3 staff
Health Studies Library Liaison (Fall 2003-Fall 2004)
Health Studies Curriculum Committee (Fall 2003-Fall 2008)
Health Studies Distance Program Committee (Fall 2003-2005)
Health Studies Web page Committee (Fall 2003-2005)

Memberships in Professional Societies

Academy of Nutrition and Dietetics (AND) formerly American Dietetic Association (ADA)
Sports, Cardiovascular, and Wellness Nutritionists Dietetic Practice Group (SCAN)
Nutrition Education for the Public Dietetic Practice Group (NEP)
Public Health/Community Nutrition Practice Group (PNCHPG)
Nutrition Entrepreneurs Dietetic Practice Group (NE)
Texas Dietetic Association (TDA)
North Texas Dietetic Association (NTDA)
Society for Public Health Education (SOPHE)
Texas Society for Public Health Education (TSOPHE)

Other Community Outreach Achievements

Multiple Health Fairs throughout Denton/Dallas County since Spring 2010
Immaculate Conception Church (since October 2008) Fall Festival and June Health Fair.
Provided health education information in Spanish at Health Ministry table.
Secured list of individuals interested in participating in active communities such as walking, biking, yoga, etc. as well as educational classes on health behaviors.
Power of a Healthy Woman Symposium planning committee (Summer 2006-2010).
Successful local events reaching 450 registrations with nationally known speakers.
Denton ISD Community Health Fair (October 2005). Incorporated undergraduate and graduate students to assist with interactive health fair booth to largely migrant family population of Denton ISD.
Denton ISD School Supply Distribution Presentation (August 2005). Presented Family Health Packets to migrant parents of Denton when school supplies were distributed to children.
Collaboration in Denton for Health Disparities Project (Spring 2005-Spring 2006)
Incorporate undergraduate and graduate students in capacity building activities to develop a network of community based organizations that offer free and low-cost services to the underserved women in the City of Denton

Internal Guest Speaking at TWU

Live Well Resort, *Diet/Weight Loss Myths*, Aug. 25th, 2007
Student Health Advisory Committee, *Facilitating a Focus Group* (2006)
Health Studies Research Methods, *Content Analysis* (2002)
Nurse Practitioner Program, *The Diabetic Diet* (1998-2000)

External Guest Speaking

Good Samaritan, *Meet & Beat Metabolic Syndrome* (September 2015)
Robson Ranch Kiwanis Club, *Meet & Beat Metabolic Syndrome* (May 2015)
Sanger Public Library, *Fast Food with Slow Cookers* (March 2015)
Greater Lewisville Early Childhood PTA, *Reclaim Dinnertime Together* (January 2015)
Dallas Veterans' Business "Morning Formation", *Reclaim Dinnertime Together* (October 2014)

External Guest Speaking cont'd

Agrilife Diabetes Support Group, *Checklist for Healthy Living with Diabetes* (July, 2014)

Emeritus College at Robson Ranch, *Dr. Love's Top 10 Nutrition Tips for Healthy Aging* (October, 2013 & 2014)

Coserv Lunch & Learn, *6 Dimensions of Wellness & Scale Down to a Healthier You* (October 2013; June 2014)

Borman Elementary PTA Meeting, *Healthy Pathways to Food & Fun*, (January 2012)

Agrilife Extension Family Issues Summit, *Enjoy Your Path to Wellness* (March 2011)

SBDC Small Business Breakfast, *Healthy Body Healthy Business* (April 2011)

Denton Rotary Club (noon), *Building Healthy Communities* (April, 2011)

Denton ISD Nurses In-service, *Are You Well—How Do You Know* (August 2011)

American Association of University Women, *Enjoy Your Way to Wellness* (November, 2011)

Denton ISD Health Fair, *6 Ways to Enjoy Your Path to Wellness*, (September 2010)

Power of a Healthy Woman, *Enjoy Your Path to Wellness* (September 2010)

Beneserre Active, Ladies Night Out, *Healthy Grocery Shopping* (June, 2010)

Fit Future Wellness Organizational Meeting (UNTHSC) FitFutures for Tarrant County (October 2005). Represented College of Health Sciences in sharing TWU's efforts wellness components incorporated into the curriculum

Denton County Friends of the Family In-service on Women's Health (July 2004)

Undergraduate Health Promotion (UTA) Nutrition across the Lifecycle (2001)

RN to BSN program (UTA) Women's Health Research (2000)