

Amanda Kopetsky Fultz, PhD, RDN, LDN

Education:

- 2018 – 2021** **University of Delaware** – Newark, DE: Doctor of Philosophy in Nutrition Science
Dissertation – Examining Food Acquisition Behaviors and Diet Quality in Adults
- Three paper dissertation option including a systematic review and mixed methods research on food skills and diet quality
- 2015 – 2017** **University of Delaware** – Newark, DE: Master of Science in Human Nutrition
Thesis - Snacking Healthfully in Preschoolers
- Conducted a pilot randomized controlled trial to examine the effect of a snacking intervention on diet quality in preschool aged children. Thesis can be accessed [here](#).
- 2011 – 2012** **Cedar Crest College** – Allentown, PA: Dietetic Internship
- 2008 – 2011** **Penn State University** – University Park, PA: Bachelor of Science in Nutrition
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Research Training:

- 2021 – Present** **Postdoctoral Fellow, Center for Health Behavior Research**
Perelman School of Medicine, University of Pennsylvania
Mentored research training with Dr. Karen Glanz
- 2018 – 2021** **PhD Graduate Research Assistant, Energy Balance and Nutrition Laboratory**
Department of Behavioral Health and Nutrition, University of Delaware

University of Delaware Dissertation Research Projects:

THE PREPARE STUDY

Iterative dissertation project including focus groups and a pilot 8-week behavioral-based food skills intervention designed to assess the impact of food skills on diet quality.

8-Week Behavioral Based Food Skills Intervention:

Role: Principal Investigator. Developed concept of study and lesson content materials; Actively recruited participants through emails and advertisements in weekly circulars; Completed baseline assessments for comparison to future final assessments; Serve as lead interventionist responsible for implementing weekly sessions, data management, analysis, and manuscript writing.

Food Skills Focus Groups

Role: Principal Investigator. Responsible for study's design, recruitment, execution, post-analytics, and manuscript writing.

Other University of Delaware Research Projects:

EAT HEALTHY

A pilot randomized controlled study investigating the effect of a low-energy density dietary prescription in preschool children at risk for obesity funded by The American Heart Association (SDG17SDG33650047).

Role: Lead behavioral interventionist responsible for recruitment, initial baseline assessments, delivering session content, and final assessments. Educational lessons included delivering self-monitoring procedures, goal setting, etc.

EVALUATION OF THE VEGGIE METER®

A cross sectional study evaluating fruit and vegetable intake in older adult populations using a pressure-mediated reflection spectroscopy device known as the Veggie Meter®.

Role: Drafted IRB protocol, planned and aligned study evaluations with the Food Bank of Delaware and Commodity Supplemental Food Program (CSFP) partners' box distribution days. Compiled manuscript for journal submission.

PROMOTING SMALL BUSINESS SUPPORT OF YOUTH PHYSICAL ACTIVITY IN LOW-INCOME MINORITY NEIGHBORHOODS

This pilot study funded by the National Institutes of Health assessed the impact of small business' support for local youth physical activity opportunities in low-income minority neighborhoods. R21NR017267-01A1

Role: Recruited local business stakeholders for participation in focus groups and led subsequent organized group sessions; Analyzed qualitative data retrieved from focus groups and compiled manuscript.

PLAN 2 EAT

A cross sectional study examining the feasibility and acceptability of a meal planning app (Prepear) among parents with a child 6-12 years old.

Role: Conducted participant screening; Administered baseline and final assessments (including meal planning discussion and mobile application tutorials); Supervised and reviewed assessment's data entry and analysis.

2015 – 2017

MS Graduate Research Assistant, Energy Balance and Nutrition Laboratory,
Department of Behavioral Health and Nutrition, University of Delaware

Selected Research Projects:

Snacking Healthfully in Preschoolers (SHIP)

A pilot randomized controlled trial to determine the effect of a healthy snacking intervention on diet quality in preschool-aged children.

Role: Drafted IRB protocol, coordinated with community partners, created session schedules, conducted assessments, and analyzed initial data for thesis.

Peer Reviewed Publications:

Kopetsky A, Baker, S, Hobbs, K, Robson SM. Understanding Parents' Perceptions of Food Skills: A Qualitative Study. J Acad Nutr Diet. 2021.

Kopetsky A, Brewer B, Anderson-Steeves B, Robson S. Food Shopping Frequency of Rural Tennessee Adults with Comparisons by Federal Nutrition Assistance Participation. J Nutr Educ Behav. 2021.

Rex S, **Kopetsky A,** Robson S. The Physical and Social Home Food Environment Impacts Maternal and Child Dietary Intake, Diet Quality. J Acad Nutr Diet. 2021.[Epub ahead of print]

Fultz AK, Rex S, Mazelin A, McGarry C, Brewer B, Paterson F, Robson S. Examining Fruit and Vegetable intake in Low-income Older Adults Using the Veggie Meter®. Nutr Health.

Hicks-Roof K, Xu J, **Fultz AK,** Yoder Latortue K. Beyond the Clinical Walls: Registered Dietitian Nutritionists Providing Medical Nutrition Therapy in the Home Setting. Nutr Res Prac. 2021

ABSTRACTS (Oral Presentation)

Kopetsky A, Rex S, Mazelin A, McGarry C, Brewer B, Paterson F, Robson S. Examining Fruit and Vegetable Intake, Food Security, and Blood Pressure in Participants Enrolled in the Commodity Supplemental Food Program in Delaware. ACCEL Community Research Exchange Conference. University of Delaware, Newark, DE. September 23rd, 2019.

ABSTRACTS (Poster)

Kopetsky A, Rex S, Katz S. Robson SM. Frequency of Food Shopping and Fruit and Vegetable Intake: A Systematic Review. American Society for Nutrition, Nutrition 2020 Conference; Seattle, WA. May 2020.

Kopetsky A, Robson S, Trabulsi J. Methods for Examining Dietary Energy Density. College of Health Science Research Day; Newark, DE. February, 2019.

Research Support

2020 University of Delaware Doctoral Student Summer Fellowship, \$4,500.

2019 Center for Innovative Health Research Graduate Student Fellowship, \$1,500.

Research Speaking Experience

Kopetsky, A. HER NOPREN Virtual Student Poster Presentation. “Examining Food Acquisition Behaviors in Adults”. August. 26th, 2020

Kopetsky, A. McGarry, C. ACCEL Community Research Exchange Conference. “Examining Fruit and Vegetable Intake, Food Security, and Blood Pressure in Participants Enrolled in the Commodity Supplemental Food Program in Delaware”. University of Delaware, Newark, DE. September 23rd, 2019.

Mentored/Ad Hoc Reviewer

Nutrients
Public Health Nutrition
Nutrition and Health

Research Evaluation Experience

2020 Supplemental Nutrition Assistance Program (SNAP-Ed) Evaluation Team
University of Delaware – Cooperative Extension
Evaluated two SNAP-Ed grantees’ project submissions for compliance with state and federal SNAP-Ed guidelines, policies, and regulations. Evaluation included assessing curricula, survey methods, and project outcomes.

2019 – 2020 Community Needs Assessment
University of Delaware- Cooperative extension
Collaborated with SNAP-Ed partners, stakeholders and community members in order to identify the state of Delaware’s top priorities by zip code for SNAP-Ed programming.

2020 Grant Reviewer
University of Delaware- Cooperative Extension
Reviewed SNAP-Ed grant applications for funding selection. Reviews included analyzing proposals, providing feedback, and selecting grantees.

Related Employment:

2018 – 2021 Dietitian
Family Food, LLC. Bala Cynwyd, Pa
Contracted dietitian providing one-on-one nutrition counseling in corporate, home, and virtual settings.

- Utilized principals of Motivational Interviewing;
- Created nutrition plans for individuals based on dietary guidelines and provided tailored recommendations;
- Developed nutrition material including handouts and recipes for specific populations;
- Assisted with evaluation and dissemination of RD impact.

2017 – 2018

Dietitian, Department Manager
Chestnut Hill Lodge Health and Rehabilitation, Wyndmoor, Pa
 Head dietitian.

- 180-bed short and long-term rehabilitation center. Residents included elderly, recovering addicts, bariatric patients, and those requiring short-term rehabilitation. Responsible for assessing each admitted patient to determine nutritional risk. Completed assessment documentation to comply with State and Medicare/Medicaid requirements.

Summer 2016

Nutrition Educator
The Food Bank of Delaware – Newark, Delaware

Prepared, delivered, and evaluated SNAP Adult and Youth Nutrition Education programs.

- Implementation of a policy, systems, and environmental change approach in food pantries by altering the food environment to promote healthier selections (i.e., guiding food pantries to rearrange food on shelves by placing healthier items at eye-level); and
- Served as a dietetic preceptor managing intern learning requirements.

2013 – 2015

Nutrition Education Project Coordinator
The Food Trust – Philadelphia, Pennsylvania

Prepared and delivered SNAP Adult and Youth Nutrition Education programs.

- Participated in a city-wide food policy council attended by organizations in the Reading, PA community that were primarily focused on promoting food and health. Met monthly to create policy programs that made the city healthier (i.e., farmers' market offering nutrition lessons and cooking demonstrations with attendance incentivized through \$5 tokens redeemable at fruit and vegetable stands).
- Provided cooking workshops for adults, parents, and children which involved nutrition lessons and corresponding recipe preparation.

2013 – 2014

Clinical Dietitian
Nazareth Hospital – Philadelphia, Pennsylvania

Clinical dietitian providing nutrition care.

- Screened patients admitted to hospital for nutrition risk determined by department criteria (i.e., weight loss, tube feeding, etc.).
- Calculated nutrition needs for general patients, tube feeding requirements, and parenteral formulas for intensive care patients.

2012 – 2013

Nutrition Education Project Associate
The Food Trust – Philadelphia, Pennsylvania

Prepared and delivered SNAP Adult and Youth Nutrition Education.

- Provided cooking workshops for adults, parents, and children involving nutrition lessons and corresponding recipe preparation.

Teaching Experience:

Instructor, Nutrition and Physical Activity NTDT 310:010. Course syllabus development, created lesson content, PowerPoint slides, and evaluation. Fall Semester 2020.

Instructor, Nutrition and Physical Activity NTDT 310:010. Course syllabus development, created lesson content, PowerPoint slides, and evaluation. Spring Semester 2021.

Guest Lecturer, Nutrition Program Planning and Evaluation for Graduate Students. NTDT 608. Presented SNAP-Ed program planning and evaluation. Fall Semester 2020.

Guest Lecturer, Nutrition Program Planning and Evaluation for Graduate Students. NTDT 608. Presented SNAP-Ed program planning and evaluation. Spring Semester 2019.

Additional Speaking Engagements

Kopetsky, A; Sherman, S. Pennsylvania Nutrition Education Network Annual Conference. "SNAP-Education at Farmers' Markets and Food Pantries". Harrisburg, PA. September 2013.

Leadership Experience

Leadership Education in Neurodevelopmental Disabilities – Delaware LEND Program, 2020-2021.

Professional Membership and Activities:

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| 2020 – Present | Co-Webmaster
Pennsylvania Academy of Nutrition and Dietetics <ul style="list-style-type: none">• Responsible for updating and managing eatrightpa.org website. |
| 2019 – 2020 | Co-Chair
Pennsylvania's Annual Meeting and Exhibition 2020 <ul style="list-style-type: none">• Recruited, interviewed, and selected planning committee;• Led committee through aspects of planning: securing speakers, events, menu development, applying for CEU's, and advertising for promotion of event; Readjusted planning for virtual sessions due to Covid-19. |
| 2021 – Present | Strategic Communications Chair
Public Health/Community Nutrition Dietetic Practice Group <ul style="list-style-type: none">• Lead the strategic communications of the practice group including monthly e-blasts, social media and webstie content as well as the practice group's discussion board. |
| 2019 – 2021 | Treasurer
Public Health/Community Nutrition Dietetic Practice Group <ul style="list-style-type: none">• Treasurer: Manage budget and allocation of practice group funds;• Member since 2017 |
| 2017 – 2019 | Board Member
Pennsylvania Nutrition Education Network's Regional Representative <ul style="list-style-type: none">• Member since 2015. |
| 2017 – 2019 | Board Member
Philadelphia Academy of Nutrition and Dietetics: Council on Practice Chair <ul style="list-style-type: none">• Developed and coordinated speakers for webinar and in-person events for Philadelphia region. Created flyers, coordinated and conducted webinar sessions, organized in-person events, and applied for continuing education credits. |
| 2012 – Present | Member
Academy of Nutrition and Dietetics <ul style="list-style-type: none">• Weight Management Dietetics Practice Group• Public Health and Community Nutrition Dietetics Practice Group |

Certifications:

2017 – Present CITI Certification for Human Subjects' Research

2012 – Present

Registered Dietitian by Commission of Dietetic Registration - #1092687

Awards:

2021

Amy Rextrew Graduate Student Award: University of Delaware, \$500
A monetary award for outstanding scholarship and demonstration of potential leadership in the profession of human development and family studies, hotel, restaurant and institutional management, or nutrition and dietetics.