

SARAH DRAKE MS, RDN, LD

Curriculum Vitae

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Education:

- 06/2010-05/2013 Stephen F. Austin State University, Nacogdoches, Texas -- Master of Science in Human Sciences. Thesis Title: The Impact of Exposure on Fruit and Vegetable Recognition and Preference in East Texas School Children Ages 3 To 5 Years
- 08/2008-05/2009 Loyola University Chicago, Chicago, Illinois -- Dietetic Internship Registered Dietitian - July 2009
- 8/2004-5/2008 Michigan State University, East Lansing, Michigan
Bachelor of Science in Dietetics; Specialization in Health Promotions

Experience:

- 9/2016-present Nacogdoches Women's Services, Nacogdoches, Texas. Consultant Registered Dietitian (women's health).
- Responsible for nutrition education of patients, including nutrition surround fertility, pregnancy, gestational diabetes, and postpartum nutrition.
 - Specialize in integrative and functional approaches to management of gestational diabetes and weight.
- 1/2015-present Stephen F. Austin State University, Nacogdoches, Texas. Director of Didactic Program in Dietetics.
- Responsible for the assessment, planning, implementation and evaluation of the DPD program
 - Maintaining and updating compliance with standards of the Accreditation Council for Education in Nutrition and Dietetics (ACEND)
 - Oversees the development and implementation of long term (five year) and short term (annual) management plans for the DPD
 - Responsible for the organized maintenance of all student and program records required at the departmental, institutional and professional (ACEND) level
 - Responsible for coordination of curriculum development and maintenance
 - Responsible for internal evaluation of the program by implementing DPD goals, ensuring that outcomes assessment measurements are utilized, and directing the use of the evaluation outcomes to make required changes in the DPD

- 1/2015-present Stephen F. Austin State University, Nacogdoches, Texas. Clinical Instructor.
- Teach undergraduate and graduate courses in Food, Nutrition and Dietetics
 - Support the Dietetic Internship Program
 - Assist with advisory roles relating to student professional organizations, student advisement, mentoring and credentialing
 - Assume normal faculty responsibilities including accreditation records and reports, assessment, committee service, university-related activities and community service
 - Work cooperatively with Human Sciences faculty/staff; establish positive teacher/student relationships
- 10/2012-7/2015 Aramark, Nacogdoches, Texas. Registered Dietitian.
- Provide insight into the development of menus for residential, retail, and catering
 - Review menus for nutritional information, adequacy, and balance
 - Serve on university committees as a nutrition expert and work with faculty and staff across campus and disciplines to create connections and enhance the health and wellness environment of the campus community
 - Develop wellness events and resources for students at Stephen F. Austin State University
 - Lead and conduct regional nutrition calls and other communications amongst regional nutrition professionals
 - Preceptor for dietetic interns
- 8/2015-1/2015 Stephen F. Austin State University, Nacogdoches, Texas. Adjunct Faculty.
- Assume normal adjunct faculty responsibilities including accreditation records and reports and university-related activities.
 - Work cooperatively with Human Sciences faculty/staff; establish positive teacher/student relationships
- 9/2010-9/2013 Tyler ContinueCARE Hospital, Tyler, Texas. Clinical Dietitian (PRN).
- Responsible for the nutritional care of long-term acute care patients in the intensive care units and general medical/surgical units.
 - Attend interdisciplinary patient care meetings, as needed
- 5/2012-10/2012 Community Health Coalition of Caldwell County, Seton Healthcare Family, Lockhart, Texas. Clinical Dietitian (Outpatient/Community).
- Provide diabetes and weight management education/counseling to underinsured and uninsured members of the community
 - Work on the development of protocols and educational materials, as needed

- 05/2009-5/2012 Trinity Mother Frances Hospital, Tyler, Texas. Clinical Dietitian
- Responsible for the nutritional care of patients general medical/surgical, cardiac intensive care unit, and gastrointestinal disorders and surgeries, as well as coverage for the neonatal intensive care units, medical, neurosurgical, and surgical intensive care units, general pediatrics, oncology, and other floors.
 - Attend interdisciplinary rounds and patient care meetings
 - Participate in health fairs and foodservice staff in-services, as needed
 - Preceptor for dietetic interns

Courses Facilitated

Stephen F. Austin State University

NUTR 1133 Food, Nutrition, and Dietetics as a Profession
 CHEF 1201/1101 Principles of Food Science + Lab NUTR 1138 Diet and Fitness
 NUTR 2339 Introductory Nutrition CHEF 3131/3231 – Experimental Foods
 NUTR 3339 Introduction to Integrative and Functional Nutrition
 NUTR 3349 Nutrition During the Lifecycle NUTR 4335 Nutrition Counseling
 NUTR 4339 Advanced Human Nutrition NUTR 5339 Food and Nutrition Studies

Refereed Presentations and Posters

Drake, S., O'Dwyer, D., & McKeehan, P. (2021, October). Creating a Didactic Program in Dietetics (DPD) Consortium. Poster presentation at the Food and Nutrition Conference and Exposition (FNCE) 2021, hosted by the Academy of Nutrition and Dietetics.

Castleberry, C., Buckley, D.J., **Drake, S.C.**, Whitehead, M.T., & Rowe, J. R. (2020, **March**). The Effects of Video Instruction Versus Verbal Instruction on High Intensity Interval Exercise Performance: A Pilot Analysis. **Poster presentation at the Texas American College of Sports Medicine Regional Conference 2020.**

Day, J.D., Jones, E.J., Joubert, D.P., **Drake, S.C.**, & Whitehead, T. (2019, April). *Physical Therapy Students' Knowledge and Attitudes of Nutrition*. Poster presentation at American College of Sports Medicine National Conference 2019, Orlando, FL.

Drake, S., O'Dwyer, D., Darville, R., & Newman, T. (2013, April). *The Impact of Exposure on Fruit and Vegetable Intake and Preference in Texas Children Ages 3 to 5 Years*. Poster presented at the Texas Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, Austin, TX.

Professional Development

National Pork Board, Phrases that Help and Hinder: Nudging Children Toward Healthy Eating Habits with Language. Webinar. December 7, 2023. 1 CEU

sKelly Skills, Charting Your Career in Functional Nutrition: Advice from Successful Practitioners. Webinar. August 23, 2023. 1 CEU.

Academy of Nutrition and Dietetics; Advanced Dietitian, Code of Ethics for th Nutrition and Dietetics Profession. Self-Study. May 16, 2023. 1 CEU.

Academy of Nutrition and Dietetics, Current Topics in Health Care Law. Self-Study. November 2, 2022. 1 CEU.

Academy of Nutrition and Dietetics, Application of Path Analysis and Structural Equation Modeling in Nutritoin and Dietetics. Self-Study. November 2, 2022. 1 CEU.

Academy of Nutrition and Dietetics, State and Local Healthy Kids Meal Laws in the United States: A Review of Content Analysis. Self- Study. August 2, 2022. 1 CEU.

Academy of Nutrition and Dietetics – 2021 Food & Nutrition Conference and Expo – Addressing the Obesity Cycle Through Preconception and Prenatal Health. Webinar. May 23, 2022. 1 CEU.

Academy of Nutrition and Dietetics – 2021 Food & Nutrition Conference and Expo – Integrative Practices in Oncology: The State of the Science. Webinar. May 23, 2022. 1 CEU.

Academy of Nutrition and Dietetics – 2021 Food & Nutrition Conference and Expo – Reframing the Purpose of Immersion-Based Simulation Experiences in Dietetics Education with Empathy. Webinar. May 23, 2022. 1 CEU.

Academy of Nutrition and Dietetics – 2021 Food & Nutrition Conference and Expo – Foundation Symposium: The Critical Role of Nutritoin and its Impact on Stress. Webinar. April 20, 2022. 1 CEU.

Integrative and Functional Nutrition Academy’s Integrative and Functional Nutrition Certified Practitioner training, Case Study Immersion Track. Online. January 2020 – September 2020. 35 CEU

Abbott Nutrition Health Institute (ANHI), Nutrition Needs of Infants and Children with Malnutrition and Faltering Growth. Online. July 8, 2020. 1 CEU.

Abbott Nutrition Health Institute (ANHI), Measure to Identify Pediatric Malnutrition: Introduction to Mid-Upper Arm Circumferences and Z-scores. Online. July 7, 2020. 1 CEU.

DietitianConnection, Oncology Nutrition in 2020: The intersection of evidence, guidelines, and clinical practice. Online. June 23, 2020. 1 CEU.

Integrative and Functional Nutrition Academy's Integrative and Functional Nutrition Certified Practitioner training, "TED" Therapeutic Elimination Diet Track. Online. February 2019 – December 2019 42 CEU

sKelly Skills, Hot Topics in Nutrition and Lactation: Supporting Pregnant and Breastfeeding Clinets. Webinar. August 28, 2019. 1 CEU

Abbott Nutrition Health Institute, Perinatal-Neonatal Nursing in 2019: Best Care for Mother and Baby. Seminar. June 6, 2019. 6.5 CEU

East Texas Seminar Texas Academy of Nutrition and Dietetics Northeast Region. Seminar. March 1, 2019. 6 CEU

Integrative and Functional Nutrition Academy's Integrative and Functional Nutrition Certified Practitioner training, Track 3. Online. August 2018 – February 2019 22 CEU

Texas Department of Licensing and Registration, Jurisprudence Exam. November 20, 2019. 1 CEU

Integrative and Functional Nutrition Academy's Integrative and Functional Nutrition Certified Practitioner training, Track 2. Online. January 3, 2017 – August 13, 2018. 22 CEU

Integrative and Functional Nutrition Academy's Integrative and Functional Nutrition Certified Practitioner training, Track 1. Online. October 22, 2016 – December 1, 2016. 22 CEU

Texas Department of Licensing and Registration, Jurisprudence Exam. November 14, 2016. 1 CEU

East Texas Academy of Nutrition and Dietetics Spring Seminar, Tyler, TX. April 1, 2016. 6 CEU

East Texas Academy of Nutrition and Dietetics Meeting, Longview, TX. January 9, 2015. 2 CEU

East Texas Academy of Nutrition and Dietetics Spring Seminar, Tyler, TX. March 6, 2015. 6 CEU

Texas Academy of Nutrition and Dietetics, Houston, Texas. April 8-10, 2015. 14 CEU

Accreditation Council for Education in Nutrition and Dietetics Program Director Workshop, Chicago, IL. July 30-31, 2015. 6 CEU

Professional Service

Texas Academy of Nutrition and Dietetics – Member, 2009-present

Academy of Nutrition and Dietetics – Member, 2006-present

Northeast Region, Texas Academy of Nutrition and Dietetics – Area Liaison, 2017-2018

East Texas Academy of Nutrition and Dietetics – Past President, 2015- 2016

East Texas Academy of Nutrition and Dietetics – President, 2014-2015

East Texas Academy of Nutrition and Dietetics – President Elect, 2013-2014

East Texas Academy of Nutrition and Dietetics – Member, 2013-2017

University Service

Faculty Senate – Faculty Government and Involvement (internal) – Member, September 2023 – present

Faculty Senate – Student Wellness Task Force (external) – Member, September 2023 - present

Faculty Senate – Distance Education Committee (external) – Member, September 2022 – May 2023

Faculty Senate – Member, May 2020 – present

Financial Assistance & Scholarship Committee – Member, January 2020 – present

Core Curriculum Assessment Committee – Faculty Senate Member, September 2021 – May 2022

Faculty Senate – Academic Affairs Policy Committee (external) – Member, August 2020 – May 2022

Faculty Senate – Professional Welfare Committee (internal) – Member, August 2020 – May 2022

SFA Early Childhood Lab (ECHL) Advisory Council – Member, September 2020 – May 2022

Organization for Women’s Leadership and Equity (OWLE) – Member, September 2020 – May 2022

Thesis Committee, Alexander Alvara – Outside Committee Member, October 2020 – May 2021

Wellness Committee – Organization for Women’s Leadership and Equity (OWLE) – Chair, August 2020 – May 2021

Lumberjack Innovation Team, Faculty and Staff Welfare Committee – Member, December 2020 – April 2021.

Mentoring, Outreach, and Membership Committee - Organization for Women’s Leadership and Equity (OWLE) - Member, August 2020 – December 2020

Lumberjack Innovation Team, Curriculum Innovation Group (Priorities 3 and 5) – Member, September 2020 – December 2020

Thesis Committee, David Buckley – Outside Committee Member, Fall 2019 – Summer 2020

Peer Faculty Mentoring Program – Faculty Member, Fall 2019 – Spring 2020

Mentor for Emma Baker (2020, April) *Iron Deficiency in Infancy and Its Impact on Motor and Mental Development*. Undergraduate Research Conference, Student Presentation at Stephen F. Austin State University

Family Weekend Planning Committee – Faculty Member, May 2019

Core Curriculum Rubric Scoring Committee – Member, April 2019-May 2019

Thesis Committee, Delaney Day – Committee Member, Fall 2017 – Spring 2018

Mentor for Rebecca Prince, Lexi Perimon, and Alexis Malquist (2017, April) *Perception of Moderation in Dietary Behavior*. Undergraduate Research Conference, Student Presentation at Stephen F. Austin State University

Thesis Committee, Margaret Hance – Outside Member, Spring 2016

Student Wellness Committee – Member, Spring 2015

College Service

College of Education Excellence Review Committee – Member, Fall 2023 - present

College of Education Non-Tenure Track Faculty Promotion Committee – Member, Fall 2023 – present

College of Education Masters Thesis Handbook Committee – Member, Fall 2021 – Spring 2022

COE Assessment Committee – Member, Fall 2018 – Spring 2020

Committee for Promotion of Non-Tenure Track Faculty – Member, Spring 2020

Family Friendly Committee – Member, Fall 2019

Diversity Committee – Member, Fall 2015 – Spring 2018

School Service

Non-Tenure Track Faculty Promotion Committee – Member, Fall 2023 - present

Didactic Program in Dietetics Consortium with Tarleton State University – Director, Fall 2020 - present

Dietetic Intern Application Review Committee – Member, Spring 2016-present

Student Association of Nutrition and Dietetics – Co-Advisor, Spring 2015-present

Didactic Program in Dietetics (DPD) – Director, Spring 2015-present

Food, Nutrition, and Dietetics Program Advisory Board Member, Spring 2015 - present

School Diversity Committee – Member, Spring 2019 – Fall 2020

School Assessment Committee – Member, Spring 2017 – Spring 2020

Non-Tenure Track Promotion Policy Committee – Member, Spring 2020

Food, Nutrition, and Dietetics Faculty Search Committee – Member, Fall 2019

Merit Policy Committee – Member, Spring 2017 – Fall 2017

Course Reassignment – complete DPD Program Assessment Report (PAR) – Spring 2017

Search Committee, Food, Nutrition, and Dietetics Faculty – Member, Spring 2016

Showcase Saturday Committee – Member, Spring 2015-Spring 2016

Other Service

Local ISD Gateway Event. Participated in a recruitment and career gateway event for the local ISD students in the East Texas area – January 11, 2024

Convention and Visitors Bureau Board, City of Nacogdoches – Member, June 2019 – June 2022

Nettie Marshall Elementary School. April 17, 2021. Participated in a STEM activity, teaching participants how to make ice cream the science behind ice cream making.

Nacogdoches HOPE (Helping Other People Eat). July 31, 2019. Provided a general wellness presentation related to hydration to a group of pantrons who were in attendance at the food pantry for the first “Jo’s Diner” meal.

Norbord, Inc. February 15, 2019. Provided a wellness presentation to a group of employees of Norbord, Inc. who were involved with an employee wellness initiative.

FitNac Health Fair. April 2015. Supervised Food, Nutrition, and Dietetic students in HMS 439 providing nutrition information to participants attending the FitNac Health Fair.