

Karen L. Plawecki, PhD, RD, LDN

Work:

Extension, Food and Consumer Science
MSC 3AE
New Mexico State University
PO Box 30001
Las Cruces, NM 88003-0031
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plawecki@nmsu.edu

EDUCATION

- PhD Nutritional Sciences. Dissertation: Impact of Lifestyle Intervention for Free-Living Adults on Bone-related Knowledge and Behavioral Indicators. Division of Nutritional Sciences, University of Illinois, December 2009
- MS Nutrition, emphasis in food science. Thesis: Comparison of Calcium Metabolism between Adolescent and Adult Females. Department of Foods and Nutrition, Purdue University, December 1991
- BS Dietetics. Department of Foods and Nutrition, Purdue University, May 1986

PROFESSIONAL REGISTRATION AND LICENSURE

- RD Registered Dietitian number 707398. Commission on Dietetic Registration of the Academy of Nutrition and Dietetics, October 1987 to present
- LDN Licensed Dietitian number 164-001935. State of Illinois Professional Regulation, October 1996 to present

PROFESSIONAL EXPERIENCES

- New Mexico State University January 2020-present
Extension Specialist, Family and Consumer Sciences, Las Cruces, New Mexico
Act as statewide resource for nutrition-related questions and concerns
Develop and assess food and nutrition programs.
Design and test surveys and measurement tools.
Design and write nutrition-related materials.
Interim Director, Didactic Program in Dietetics
- Benedictine University August 2012 to December 2019
Associate Professor, Nutrition Department, Lisle, Illinois
Conduct peer reviewed research in area of calcium and vitamin D assessment and bone health and college wellness.
Instructs both undergraduates and graduate students in Nutrition courses.
Directs the Nutrition Graduate program.
Advises graduate students completing the Nutrition Graduate program.
- University of Illinois at Urbana-Champaign January 1995 to August 2012
Director, Didactic Program in Dietetics (DPD), Department of Food Science and Human Nutrition, Urbana, Illinois
Advised Dietetic undergraduate majors and advises graduate students completing the DPD.
Maintained program accreditation

Established and maintains a continuous and systematic process of curriculum development, assessment, evaluation, and implementation to meet current Standards of Education

University of Illinois at Urbana-Champaign January 1995 to August 2012
Instructor/Teaching Associate, Department of Food Science and Human Nutrition,
Urbana, Illinois

Provided instruction in the undergraduate level courses in Foods and Nutrition
Evaluated and monitors student performance

University of Illinois at Urbana-Champaign Fall 2007-Spring 2008
Director, Dietetic Internship, Department of Food Science and Human Nutrition,
Urbana, Illinois

Conducted five year review to maintain accreditation status
Developed assessment tools
Updated curriculum

Purdue University Summer 2000
Director, Metabolic Kitchen for Research, Department of Foods and Nutrition,
West Lafayette, Indiana

Supervised metabolic kitchen staff to ensure nutrient-controlled diet as part of calcium metabolism study

Purdue University August 1989 to December 1994
Assistant to the Head, Department of Foods and Nutrition, West Lafayette, Indiana

Coordinated Executive in the Classroom program
Supervised administrative staff

Purdue University September 1991 to December 1994
Coordinator for Nutrition, Fitness, and Health, Department of Foods and Nutrition,
West Lafayette, Indiana

Managed curriculum issues
Advised students

Purdue University August 1989 to August 1991
Graduate Teaching Assistant, Department of Foods and Nutrition, West Lafayette,
Indiana

East Tennessee Baptist Hospital, Knoxville, Tennessee June 1987 to June 1989
Outpatient Dietitian, Nutrition Services Department,
Chronic Pain Center and Hypertension Center June 1988 to June 1989

Clinical Dietitian, Nutrition Services Department, June 1987 to June 1988

Good Samaritan Hospital, Cincinnati, Ohio August 1986 to June 1987
Dietetic Intern, Nutrition Department

PUBLICATIONS

Articles

- Plawecki K and Chapman-Novakofski K. Effectiveness of community intervention in improving bone health behaviors in older adults. *Journal of Nutrition in Gerontology and Geriatrics*. 2013;32(2):145-160.
- Plawecki K, Chapman-Novakofski K. Nutrition issues in bone health and aging. *Nutrients*. 2010; 2(11):1086-1105.
- Plawecki K, Evans E, Mojtahedi M, McAuley E, Chapman-Novakofski K. Assessing calcium intake in postmenopausal women. *Prev Chronic Dis*. 2009;6(4).
http://www.cdc.gov/pcd/issues/2009/oct/08_0197.htm.
- Mojtahedi MM, Evans EM, Plawecki KL, Chapman-Novakofski KM, McAuley E. Older black women differ in calcium intake source compared to age and socioeconomic matched white women. *J Amer Diet Assoc*, 2006;106:1102-7.
- Weaver, C. M., Peacock, M., Martin, B. R., Plawecki, K. L., McCabe, G. P. Calcium retention estimated from indicators of skeletal status in adolescent girls and young women. *Amer J Clin Nutr* 1996;64:67-70.
- Weaver C M, Martin B R, Plawecki K L, Peacock M, Wood O B, Smith D. L Wastney M E Differences in calcium metabolism between adolescent and adult females. *Amer J Clin Nutr*. 1995;61:577-581.
- Weaver C M, Plawecki K L. Dietary calcium: Adequacy of a vegetarian diet. *Amer J Clin Nutr*. 1994;59:1238S-1241S.

Abstracts

- Plawecki K, Go-Oco R, Ketner T and Rodriguez Figueroa R. Vitamin D Intake Patterns in a High School Population. Accepted for publication for *Journal of the Academy of Nutrition and Dietetics* May, 2020.
- Plawecki K, Bulat, K, Lorentz C, Speicher C, Sumsky J, Yeh F-T. Validity and Reliability of a Vitamin D Focused Food Frequency Questionnaire in High School Females: A Pilot Study. *Journal of the Academy of Nutrition and Dietetics*, Vol. 119, Issue 9, A26.
- Beezhold B, Plawecki K, Hussani Z, Mancuso E, Taylor N. Relationship of lifestyle factors with mental health in college students: A cross-sectional study. Accepted for *APHA*, 2019.
- Plawecki K, Beezhold B, Rayhab D, Rieman N, Seitz K. Relationship of Physical, Mental and Emotional Wellness Parameters on Bone Health Status in College Students. *Journal of the Academy of Nutrition and Dietetics*, September 117:A94, 2017.
- Plawecki K, Beezhold B, Chen T, Cundari C and Hannah S Sabella. Health and Wellness in the College Population: Dietary & Lifestyle Contributions to Bone Health. *FASEB J* April 2017 31:788.27.
- Plawecki K, Allaben S, Auriemme E, Blandine A, Ehrke K, Hashiguchi E, Tignanelli S. Factors Influencing School-age Children to Choose Bone Healthy Behaviors. *Journal of the Academy of Nutrition and Dietetics*, Vol. 116, Issue 9, A51, 2016.

Plawecki K, Arcilla N, Casey J, Mitchell C, Simmons L, and Tsegai E. Effects of theory-based nutrition intervention using learner-centered activities on bone health knowledge, intent, and influences of school-age children. *Journal of the Academy of Nutrition and Dietetics*. 2015; Vol. 115, Issue 9, A49

Plawecki K, Chapman-Novakofski K, Dahl W, Meck Higgins M, Hongu N, Horacek T, Tobey L, Belluomini M, Qualls J, and Vadala A. Availability of consumer sources of dietary vitamin D *FASEB J* 2014 28:630.3.

Plawecki K, Kwan CK and Chapman-Novakofski K. Impact of prompts with diet self-assessment tools in determining calcium intake in college-aged adults. *FASEB J* 2013 27:1065.3.

Plawecki K, Hipp A, Evans E and Chapman-Novakofski K. Role of supplements and fortified foods in meeting calcium needs. *J Amer Dietetic Assoc* 110 (9, Supplement): A26, 2010.

Plawecki K, Blankenberger A, Evans E, Chapman-Novakofski K. Changes in Health Behavior Theory after an Osteoporosis Education Intervention. *Journal of the American Dietetic Association* 2009;Vol. 109, Issue 9, A48.

Plawecki K, Blankenberger A, Evans E, Chapman-Novakofski K. Impact of community-based program on bone-health behaviors. 2009; *FASEB J*; 23:736.2.

Plawecki K and Chapman-Novakofski K. Surfin' bone safari web-based osteoporosis education program. *JNutr Educ Behav* 2007;39: S105.

Plawecki KL, Chapman-Novakofski KM. Validation of a calcium-focused assessment tool. *J Amer Diet Assoc*. 2006; 106 (Supplement): A25.

Mojtahedi MM, Evans EM, Plawecki KL, Chapman-Novakofski KM, McAuley E. Older black women differ in calcium intake compared to age and socioeconomic matched white women *J Amer Diet Assoc*. 2005;105:19.

Heinrichs KL, Evans EM, Plawecki KL, Chapman-Novakofski KM. Patterns of calcium intake and sources in elite female collegiate athletes. *J Amer Diet Assoc* 2005;105:20.

Plawecki KL, Burgoon L. Campus collaboration in providing didactic communication experience. *J Amer Diet Assoc*. 2000;100 (supplement), A-47.

Weaver C M, Martin B R, Plawecki K L, Peacock, M. Calcium retention, bone mass, and bone turnover in adolescent and adult females. *JBone Min Res*.1993;883, S337.

Plawecki K L, Weaver C M, Martin B R, Wood O B, Smith D L, Wastney M E, Peacock M. Comparison of calcium balance between adolescent females and adult females. *FASEB J*.1992; 6: A1948.

Chapters

Plawecki K. "Chapter 15 Disease and Conditions in the Older Adult: Nutritional Implications of Skeletal Health". In: Bernstein M and Munoz N, ed. *Nutrition for the Older Adult*. Jones & Bartlett Learning, 3rd ed. 2020.

Bernstein M and Plawecki K. Chapter 3 Macronutrients, Fluid, and Alcohol Requirements in Older Adults. In: Bernstein M and Munoz N, ed. Nutrition for the Older Adult. Jones & Bartlett Learning, 2nd ed. 2014.

Plawecki K. "Chapter 15 Disease and Conditions in the Older Adult: Nutritional Implications—Skeletal Health". In: Bernstein M and Munoz N, ed. Nutrition for the Older Adult. Jones & Bartlett Learning, 2nd ed. 2014.

Outreach

Plawecki, K and Chapman-Novakofski K. "Effectiveness of Community Intervention in Improving Bone Health Behaviors in Older Adults." The Spectrum (Summer 2013): 1-10.

Plawecki K and Faust K. Taking advantage of the verification statement to strengthen didactic programs and prepare students for the dietetic internship. DEPLine. Fall 2009,15-18.

Plawecki K. "Combating Cholesterol". Food Product Design. December 2002.

Plawecki K. "Infant Nutrition". Food Product Design. October 2002.

Plawecki K. "Underutilized Nutrients". Food Product Design. March 2002.

Plawecki K. "Vegetarian Advice". Food Product Design . February 2002.

Plawecki K. B Vitamins: The Bottom Line. Food Product Design. April 2001, available at <http://www.foodproductdesign.com/articles/2001/04/b-vitamins.aspx>

Plawecki K. Carnitine: An Essential Nutrient? Food Product Design. 2001, available at <http://www.foodproductdesign.com/articles/2001/09/carnitine.aspx>

Plawecki K. Minerals: A Balancing Act. Food Product Design. 2001 Available at <http://www.foodproductdesign.com/articles/2001/10/minerals.aspx>

Plawecki K. Minerals. Food Product Design, 2001. Available at <http://www.foodproductdesign.com/articles/2001/10/minerals.aspx#>

PRESENTATIONS

Plawecki K. "Tools to Manage Stress through Self-Care" part of New Mexico Extension four part webinar workshop series entitled: "Stress Management –Thriving in Today's Demanding World". May 2020.

Arnold C and Plawecki K. "Determine Impact and Maximize It!" Society for Nutrition Education and Behavior. Portland, OR, July 2018.

Plawecki K, Beezhold B, Rayhab D, Rieman N, Seitz K. Relationship of Physical, Mental and Emotional Wellness Parameters on Bone Health Status in College Students. Poster at the Food and Nutrition Conference & Exhibition of the Academy of Nutrition and Dietetics Annual Meeting, Chicago, IL, October 2017.

Plawecki K, Beezhold B, Chen T, Cundari C and Hannah S Sabella. Health and Wellness in the College Population: Dietary & Lifestyle Contributions to Bone Health. Poster at the Experimental Biology conference, Chicago, IL, April 2017.

Plawecki K, Allaben S, Auriemme E, Blandine A, Ehrke K, Hashiguchi E, Tignanelli S. Factors Influencing School-age Children to Choose Bone Healthy Behaviors. Poster at the Food and Nutrition Conference & Exhibition of the Academy of Nutrition and Dietetics Annual Meeting, Boston, MA, October 2016

Plawecki K. Demystifying Research. Spring Nutritional Sciences and Kinesiology Symposium. Symposium theme: "The Sciences that Move and Fuel Us!", University of Wisconsin-Milwaukee, April, 2016.

Plawecki K, Arcilla N, Casey J, Mitchell C, Simmons L, and Tsegai E. Effects of theory-based nutrition intervention using learner-centered activities on bone health knowledge, intent, and influences of school-age children. Poster at the Food and Nutrition Conference & Exhibition of the Academy of Nutrition and Dietetics Annual Meeting, Nashville, TN, October, 2015

Plawecki K, Chapman-Novakofski K, Dahl W, Meck Higgins M, Hongu N, Horacek T, Tobey L, Belluomini M, Qualls J, and Vadala A. Availability of consumer sources of dietary vitamin D. Poster at the Experimental Biology conference, San Diego, April 2014.

Arnold C and Plawecki K. "Validating Your Efforts". Society for Nutrition Education and Behavior. Portland, OR, August 2013

Plawecki K, Kwan CK and Chapman-Novakofski K. Impact of prompts with diet self-assessment tools in determining calcium intake in college-aged adults. FASEB J 2013 27:1065.3. Poster at the Experimental Biology conference, Boston MA, April 2013.

Plawecki K. "Nutrition through the Stages". Regional Alzheimer's Conference: Challenges, Choices and Opportunities. Mattoon, IL, October 2011

Plawecki K, Hipp A, Evans E and Chapman-Novakofski K. Role of supplements and fortified foods in meeting calcium needs. Poster at the Food and Nutrition Conference & Exhibition of the American Dietetic Association Annual Meeting. Boston, MA, October 2010

Plawecki K, Hipp A, Evans E, Chapman-Novakofski K. "Community Course Champions Bone Health". Poster at the Society for Nutrition Education conference. Reno, NV, July 2010.

Plawecki K. "Perspectives in Geriatric Nutrition", 18th Annual Multi-Disciplinary Certificate Program for Non-Physicians, Champaign, IL, May 2010

Plawecki K, Blankenberger A, Evans E, Chapman-Novakofski K. "Impact of Community-based Program on Bone-Health Behaviors." Poster at the Experimental Biology Conference, New Orleans, LA, April 2009.

Burgoon, L.A., Plawecki, K.L. and Tappenden, K.A. "Problem-based Learning in a Dietetics Capstone Course". Poster at the North American Colleges and Teachers of Agriculture (NACTA) annual conference. Urbana, IL, June 2007.

Plawecki, K.L. "Clueing in on Calcium: Dietary Assessments and Outcome Measurements" as part of Leading the Way in Osteoporosis Prevention: Nutrition Education Research Strategies, American Society of Nutrition symposium, Experimental Biology conference, Washington, DC, May 2007.

Plawecki, K.L. "Clueing in on Calcium" as part of Leading the Way to Osteoporosis Prevention Program, Society of Nutrition Education (SNE) annual meeting, Orlando, Florida July 2005.

Plawecki, K. L., Burgoon, L. Roach, R. "Campus Collaboration in Providing Didactic Communication Experience." Poster present at the American Dietetic Association Annual Meeting. Denver, Colorado October 2001.

Plawecki, K. L. "Teaching Research Skills." Paper presented at the American Dietetic Association Annual Meeting, Anaheim, California October 1993.

Plawecki, K. L., Weaver, C. M., Martin, B. R., Wood, O. B., Smith, D. L., Wastney, M. E. & Peacock, M. "Comparison of Calcium Balance Between Adolescent Females and Adult Females." Poster presented at the Federation of American Society for Experimental Biology Annual Meeting, Anaheim, California April 1992.

Plawecki, K. L., & Caise, D. "Laboratory Exercises in Health and Wellness." Paper presented at the Nutrition, Health, and Performance: Educating the Adolescent Conference, Purdue University, West Lafayette, Indiana March 1991.

WEBSITE DEVELOPMENT

Chapman-Novakofski, K., Camp, S. and Plawecki, K.L. Osteoporosis. <http://urbanext.illinois.edu/osteoporosis/>. Launched September 2009

Plawecki, K.L. and Faust, K. Didactic Program in Dietetics. <http://fshn.illinois.edu/>. (Select Dietetics for program's main page). Initiated and launched major renovation September 2005.

COURSE AND PROGRAM DEVELOPMENT

Program Assessment Report, MS in Nutrition and Wellness, Nutrition Department, Benedictine University. January 2017. Site visit May 2017

NTR 647 – Advanced Metabolism: Protein. (both online and on campus). New core course for MSNW program, Nutrition Department, Benedictine University, Lisle, IL. October 2015

NTR 614/644 – Macronutrient Metabolism (both online and on campus). New core course for MSNW program, Nutrition Department, Benedictine University, Lisle, IL. October 2014.

NTR 633 Special Topics in Micronutrient Metabolism (both online and on campus). Nutrition Department, Benedictine University, Lisle, IL

Self-study for the Didactic Program in Dietetics, Food Science and Human Nutrition, University of Illinois at Urbana-Champaign. Program developed for review by the Commission on Accreditation for Dietetics Education of the American Dietetic Association. January 2010. Site visit March 2010.

Program Assessment Report, Didactic Program in Dietetics, Food Science and Human Nutrition, University of Illinois at Urbana-Champaign. March, 2003. Report discussing outcomes and goal achievement over the last five years.

Self-study for the Didactic Program in Dietetics, Food Science and Human Nutrition, University of Illinois at Urbana-Champaign. Program developed for review by the Commission on Accreditation/Approval for Dietetics Education of the American Dietetic Association. February 1998. Approval August 1998. Developmental Accreditation March 1999

Self-study/Proposal for the Dietetic Internship Program, Food Science and Human Nutrition, University of Illinois at Urbana-Champaign. Program developed for review by the Commission on Accreditation/Approval for Dietetics Education of the American Dietetic Association. Submitted November 1996; received Developmental Accreditation July 1997.

Food Science and Human Nutrition (FSHN) 199 – Issues and Careers in Dietetics and Nutrition. Course for freshman in dietetics and human nutrition. Developed Fall 2002. Adapted for dietetics Fall 2010.

Food Science and Human Nutrition (FSHN) 322 - Nutrition through the Lifecycle. Course for undergraduate majors and graduate students in FSHN. Developed Spring 1996.

Food Science and Human Nutrition (FSHN) 297 - Senior Seminar in Dietetics. Course for seniors in dietetics and others applying for dietetic internships. Developed Fall 1995; revised Fall 1996.

Food Science and Human Nutrition (FSHN) 329 - Therapeutic Nutrition and Assessment. Course for undergraduate majors and graduate students in FSHN. Developed Spring 1995; revised Spring 1997, 2002.

INSTRUCTION AT THE UNIVERSITY LEVEL

Nutritional Biochemistry. Nutrition Department, Benedictine University, Lisle, IL. Fall 2015-present.

Advance Metabolism: Carbohydrates and Lipids. (traditional and online) Nutrition Department, Benedictine University, Lisle, IL. October 2014-present.

Special Topics in Micronutrient Metabolism (both online and on campus) Nutrition Department, Benedictine University, Lisle, IL. Fall 2013-2014.

Macronutrient Metabolism. (traditional and online) Nutrition Department, Benedictine University, Lisle, IL. January 2013 to 2014.

Medical Nutrition Therapy II. Nutrition Department, Benedictine University, Lisle, IL. Fall 2012 to Spring 2014.

Nutritional Oncology. Department of Food Science and Human Nutrition, University of Illinois. Fall 2006, Spring 2011.

Quantity Food Production. Department of Food Science and Human Nutrition, University of Illinois. Spring 2005, Fall 2005, Spring 2006, Spring 2007.

Therapeutic Nutrition and Assessment. Department of Food Science and Human Nutrition, University of Illinois. Spring 1995, 1997, 1998, 2000, 2001, 2002, 2004.

Communication Techniques in Nutrition. Department of Food Science and Human Nutrition, University of Illinois. Fall 1998, Spring 1999 – 2011.

Contemporary Nutrition. Department of Food Science and Human Nutrition, University of Illinois. Spring 1997, Summer 1997, Spring 1998, Spring 2001, Fall 2003.

Nutrition through the Lifecycle. Department of Food Science and Human Nutrition, University of Illinois. Spring 1996, Fall 1997, 1999, 2001, Spring 2004, 2006, Fall 2007, 2009, 2011.

Senior Seminar in Dietetics. Department of Food Science and Human Nutrition, University of Illinois. Fall 1995 - 2011.

Food Management. Department of Food Science and Human Nutrition, University of Illinois. Fall 1996, Spring 1997, Fall 2000, Spring 2003.

Careers in Dietetics. Department of Food Science and Human Nutrition, University of Illinois. Fall, 2002-2011.

Introductory Food Science. Department of Food Science and Human Nutrition, University of Illinois. Fall 1995, Spring 1996.

Executive in the Classroom. Department of Foods and Nutrition, Purdue University. Fall 1991, 1992, 1993, 1994.

CAMPUS SERVICE AND COMMITTEES

Academic Council, Benedictine University, 2013-present.

General Education Core Committee, Benedictine University, 2013-2016.

Ambassador Committee, Department of Food Science and Human Nutrition, University of Illinois. 2011-2012.

Scholarship Committee, Department of Food Science and Human Nutrition, University of Illinois.

Dietetics concentration/program academic advisor, approximately 80-100 students/year, University of Illinois, January 1995 – August 2012.

Student Dietetic Association, Faculty Advisor, University of Illinois, January 1995 – August 2012.

PROFESSIONAL SERVICE

Geisinger Health System Dietetics Internship Advisory Committee member, 2015-present.

Courses and Curriculum Committee, Department of Food Science and Human Nutrition, University of Illinois. 1995-August 2012.

Illinois State University Dietetics Programs External Advisory Committee member, 2004-2012.

Editorial review services

Reviewer for Chapman-Novakofski K. Osteoporosis Prevention and Treatment. Continuing Education Manual, 111 pgs, 9 hours continuing education credit. Wolf Rinke Publishing, Inc., 2004, updated 2008.

Reviewer for Journal of Nutrition Education and Behavior, since 2010-2012.

Reviewer for Preventing Chronic Disease, since 2011-2012.

PROFESSIONAL MEMBERSHIPS AND AFFILIATIONS

Academy of Nutrition and Dietetics (formerly American Dietetic Association), 1985-1989 and 1992-present.

Research, 2011-present

Nutrition Entrepreneurs, 2014-present

Sports, Cardiovascular and Wellness Nutritionists, 1994-2014

Nutrition Education for the Public, 2002-2014

Dietetic Educators of Practitioners, 1995-2012

Healthy Aging, 2006-2012

Nutrition in Complementary Care, 2000-2002

Roundtable discussion leader, CAADE session, ADA annual meeting, Boston, Massachusetts. October 1997.

Illinois Academy of Nutrition and Dietetics (formerly Illinois Dietetic Association), 1995-present.

Strategic Planning Co-Chair, 2006-2009

President, 2004-2005

President-Elect, 2003-2004

Hospitality Committee and Host, State Assembly, June 1997.

Eastern Illinois Dietetic Association, 1995-2000.

President, Bylaws Committee, June 1997-1998.

Society for Nutrition Education and Behavior, 1999-present.

Public Health Division

American Association for the Advancement of Science, 2009-2011.

The American Society for Nutrition, 2010-present.

AWARDS

Hall of Fame member, Department of Foods and Nutrition, Purdue University. 2012.

Outstanding Dietetics Educator, Illinois Dietetic Association, 2010.

2005 College of ACES Outstanding Instructor, Alpha Zeta Honorary Agricultural Fraternity.

Voted Outstanding Advisor/Mentor, Department of Food Science and Human Nutrition, University of Illinois. 2003-2004.

Who's Who Among America's Teachers. 2000.

Outstanding Young Professional, School of Consumer and Family Sciences, Purdue University. 1998.

Recognized Young Dietitian of the Year, Illinois Dietetic Association, 1998.

Voted Outstanding Instructor, Department of Food Science and Human Nutrition, University of Illinois. 1997-1998.

GRANTS

Chapman-Novakofski K (PI), Scherer J, Plawecki K, Castelli D, Kohl HW, Colby S, Wuensch K, Heidal K. The HOT Project: Healthy Outcomes for Teens (second phase). College of ACES Competitive Planning Grants, 2010, \$6,000.

College of ACES Teaching Enhancement grants:

Plawecki K and Burgoon L. Development of Cultural Competency On-line Assignment in Communication in Nutrition and AGED Leadership, Spring 2011-2012.

Plawecki K and Faust K. Communication in Nutrition, Spring 2008.

Plawecki K. Nutrition through the Lifecycle, Fall 2003.