

Curriculum Vitae

Crystal Clark Douglas, PhD, RD

Contact Information

Department of Family and Consumer Sciences
College of Health Sciences
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Education

2004	Doctor of Philosophy in Nutrition Sciences University of Alabama at Birmingham	Birmingham, AL
2000	Master of Science in Clinical Nutrition University of Alabama at Birmingham	Birmingham, AL
1998	Bachelor of Science in Nutrition and Dietetics Louisiana Tech University	Ruston, LA

Professional Experience

2016	Assistant Professor Sam Houston State University	Huntsville, TX
2015	Contributing Textbook Writer <i>Nutrition: Concepts and Controversies</i>	Tallahassee, FL
2015	Clinical Dietitian PRN-Tallahassee Memorial Cancer Center Dietitians on Demand, LLC	Tallahassee, FL
2011-2014	Instructor and Laboratory Manager Department of Nutrition, Food and Exercise Sciences, Florida State University	Tallahassee, FL
2013	Clinical Dietitian-Long Term Care Nutritious Lifestyles, Inc.	Tallahassee, FL
2009-2011	Adjunct Professor Department of Nutrition, Food and Exercise Sciences, Florida State University	Tallahassee, FL
2008 –2009	Postdoctoral Fellow Department of Nutrition, Food and Exercise Sciences, Florida State University	Tallahassee, FL
2005-2006	Postdoctoral Fellow Department of Nutrition Sciences, University of Alabama at Birmingham	Birmingham, AL

- 2000-2004 Nutrition Research Fellow
 General Clinical Research Center (GCRC)
 University of Alabama at Birmingham Birmingham, AL
- 2001 Adjunct Professor
 Department of Human Sciences and Design,
 Samford University Birmingham, AL
- 1997 Nutrition/Tennis Counselor
 Camp Camelot (Weight loss camp for children)
 Millersville University Campus Millersville, PA

Certificates/Licensure

Registered Dietitian - ID # 875825

Teaching Experience

Undergraduate Level

Basic Nutrition
Life Cycle Nutrition
Nutrition Assessment
Nutritional Biochemistry
Nutrition Practicum (Childhood Nutrition)
Science of Nutrition
Undergraduate Directed Individual Study

Undergraduate Level Distance Learning

Science of Nutrition

Graduate Level

Models of Health Behavior
Research Problems
Supervised Teaching

Graduate Level Distance Learning

Seminar in Recent Developments in Family & Consumer Sciences

Guest Lecture

Nutrition and Health Issues, Florida State University
Nutrition and the Elderly, Florida State University

Masters Research Committees

Jessica Plank, student (2014) "The Role of Whole Soy Foods and Supplements in Decreasing the Risk of Endometrial Cancer"

Megan Khan-Karen, student (2014) "Polycystic Ovary Syndrome and the Link to Endometrial Cancer: Possible Treatment of Symptoms with Phytoestrogens and Diet Management"

Patricia Frascchetti, student (2014) "The Expanded Food and Nutrition Education Program (EFNEP): Studying

the Effectiveness of an Eight Week Nutrition Related Intervention Program on Change in Diet Behaviors, Physical Activity, and Other Health Related Factors in a Healthy Adult Population”

Amanda Geil, student (2015) “Gestational Diabetes: Impact of Excess Gestational Weight Gain”

Darcy “Vanessa” LeMire, student (2015) “Obesity Prevention Begins with Breast Milk”

Published Manuscripts

Douglas CC, Johnson SBA, Arjmandi BH. Soy and Its Isoflavones: The Truth behind the Science in Breast Cancer. *Anti Canc Agents Med Chem* 2013; 13(8):1178-87.

Douglas CC, Rumbak I, Colić Barić I, Kovačina M, Piasek M, Ilich JZ. Are New Generations of Female College-Student Populations Meeting Calcium Requirements: Comparison of American and Croatian Female Students. *Nutrients* 2010; 2(6):599-610.

Douglas CC, Lawrence JC, Bush NC, Oster RA, Gower BA, Darnell BE. Ability of the Harris-Benedict Formula to Predict Energy Requirements Differs with Weight History and Ethnicity. *Nutr Res* 2007;27(4):194-99.

Douglas CC, Willig AL, Ard JD, López-Alarcón M, Fernández JR Nutritional, Health and Behavioral Factors Are Associated with Body Composition in Elderly Puerto Rican Women. *Int J Body Com* 2006;4(4):177-183.

Douglas CC, Norris LE, Oster RA, Darnell BE, Azziz R, Gower BA. Difference in Dietary Intake Between Women with Polycystic Ovary Syndrome and Healthy Controls. *Fertil Steril* 2006 Aug;86(2):411-7.

Douglas CC, Gower BA, Darnell BE, Ovalle F, Oster RA, Azziz R. Role of Diet in the Treatment of Polycystic Ovary Syndrome. *Fertil Steril* 2006 Mar;85(3):679-88.

Published Abstracts

Douglas, CC, Cecić, I, Shull, V, Colić Barić, I, Piasek, M, Ilich, JZ. Calcium Intake Among Different College-Student Populations. *Bone*, 44:S406, 2009.

Ilich, JZ, Shin, H, Liu, P-Y, **Douglas, CC**, Kelly, OJ. Low Vitamin D Status Among Floridian Overweight/Obese Postmenopausal Women and Its Relationship with Obesity Markers. *New Frontiers in Skeletal Research: Bone, Fat and Brain Connections*. American Society for Bone and Mineral Research, Abstract Book, T24, pg. 45, 2009.

Liu, P-Y, Shin, H, **Douglas, CC**, Ilich, JZ. Bone Mass Is Positively Influenced by Lean and Negatively by Fat Mass in Overweight and Obese Postmenopausal Women. *FASEB J*, 23:553.7, 2009.

Douglas, CC, Shin, H, Liu, P-Y, Ilich, JZ. Calcium Intake in African American and Caucasian Female College Students and Its Relationship with Weight. *FASEB J*, 23:735.16, 2009.

Humphrey, K, Liu, P-Y, Shin, H, **Douglas, CC**, Crombie, AP, Kelly, OJ, Panton, LB, Ilich, JZ. Functionality Test Outcomes Assessing Balance, Strength, and Speed Are Associated with Body Composition in Postmenopausal Women. *Obesity*, 16;S201, 2008.

Kelly, OJ, Kim, Y-J, Liu, P-Y, Shin, H, **Douglas, CC**, Ilich, JZ. The Effect of Resveratrol and Flax Seed Oil on MC3T3-L1 Pre-Adipocyte and ST2 Bone Marrow Stromal Stem Cell Proliferation. *J Bone Miner Res*, 23;S256, 2008.

Humphrey, K, Liu, P-Y, Shin, H, **Douglas, CC**, Crombie, AP, Kelly, OJ, Panton, LB, Ilich, JZ. Functionality Outcomes Including Brisk Walking Speed Are Associated with Bone Mineral Density in Postmenopausal Women. *J Bone Miner Res*, 23;S349, 2008.

Douglas, CC, Liu, P-Y, Shin, H, Crombie, AP, Humphrey, K, Kelly, OJ, Dutton, GR, Ilich, JZ. Increasing the Number of Steps Taken Per Day Leads to a Greater Weight Loss and More Favorable Body Composition in Overweight Postmenopausal Women. *J Bone Miner Res*, 23;S320, 2008.

Poster Presentations

Dominguez JL, Hook ML, Wilson C, Zeinstra PC, **Douglas CC**. Weight Controlling Behaviors Among Undergraduate Students Enrolled in Health and Non-Health Curricula. Texas Academy of Nutrition and Dietetics Annual Conference & Exhibition 2017.

Bjork JN, Lee TE, Li J, Sievers MJ, **Douglas CC**. Health and Fitness Smartphone Application Usage and The Relationship to Nutrition Knowledge and Behaviors Among College Students. Texas Academy of Nutrition and Dietetics Annual Conference & Exhibition 2017.

Douglas CC, Bush NC, Lawrence JC, Oster RA, Gower BA, Darnell BE. Harris Benedict Formula Multiplied by an Activity Factor of 1.35 Ensures Weight Maintenance in Overweight and Never-Overweight Healthy Female Volunteers. *Obes Res* 2005;13(S):A119.

Douglas C, Gower, B, Darnell B, Ovalle F, Oster R, Azziz R. Role of Diet in the Treatment of Polycystic Ovary Syndrome (PCOS). *Obes Res* 2004;12(S):A195.

Norris L, **Douglas C**, Oster R, Darnell B, Gower B, Azziz R. The Role of Dietary Factors in the Development and/or Maintenance of Androgen Disorders in Women. *Obes Res* 2003;11(S):A223.

Applications for Funding

2016 Soy and Cancer Risk in Polycystic Ovary Syndrome. Sam Houston State University Enhancement Research Grant 2017. **Douglas, CC** (PI).

2012 Endometrial Cancer Risk and the Effects of Soy on Estrogen Metabolism in Polycystic Ovary Syndrome. National Cancer Institute R21. \$275,000 (**scored/passed first phase of review**). **Douglas, CC** (PI).

Original Research Projects

2017 Lifestyle Habits and Peer Mentoring Outcomes Among College Students: Service Learning Project Utilizing Senior Level Nutrition Students for Peer Counseling-Assessing Dietary Patterns and Body Composition Among SHSU Students. **Douglas, CC** (PI).

2014 Eating the Rainbow: A Community Nutrition Approach-Assessing and Modifying Health Habits Among Parents and Their Children Using the 9-5-2-1-0 Model in Collaboration with Whole Child Leon. **Douglas, CC** (PI).

2014 The Expanded Food and Nutrition Education Program (EFNEP): Studying the Effectiveness of an Eight Week Nutrition Related Intervention Program on Change in Diet Behaviors, Physical Activity, and Other Health Related Factors in a Healthy Adult Population. **Douglas, CC** (PI), in collaboration with The University of Florida Institute of Food and Agricultural Sciences (UF/IFAS) Cooperative Extension Service.

Professional Activities

1999-current Academy of Nutrition and Dietetics Member
 2016-current Texas Dietetic Association Member
 2008-2016 Florida Dietetic Association Member
 2017 Women's Health Dietetic Practice Group
 2015 Manuscript Review for Food and Nutrition Research
 2008 Manuscript Review for Fertility and Sterility
 2003-2006 NAASO Member
 1999-2006 Alabama Dietetic Association Member

Awards Received

2000-2004 Graduate Assistantship through the GCRC, NIH facility, University of Alabama at Birmingham, Birmingham, AL
 2002 ALDA Foundation's Wood Fruitticher Grocery Company, Inc. Scholarship
 2002, 2001 ADA Foundation's Annette Rachman Memorial Scholarship

Service

2016 - current Faculty Advisor for Sam Houston State University Student Dietetic Association
 2016 - current Online Campus Security Authority (CSA)
 2016 Program Recruiter -Saturday at Sam
 2016 Proctor for Comprehensive Finals (Family and Consumer Sciences Department)
 2009 Guest food judge at 4H Leon County Fair, Tallahassee, FL
 2010 Nutrition Guest Speaker for *The Wellness Committee* at the Department of Highway Safety and Motor Vehicles, Tallahassee, FL
 2011 Nutrition Guest Speaker for *Kids in the Kitchen* (Tallahassee Junior League Production) at Raa Middle School, Tallahassee, FL
 2012 Co-created brochure for Nutrition, Foods, and Exercise Sciences Department, Tallahassee, FL
 2013 Created laboratory manual for Nutrition, Foods, and Exercise Sciences Department, Tallahassee, FL
 2103 Founded a community project "Eating The Rainbow: A Community Nutrition Approach" Tallahassee, FL. <http://www.wctv.tv/home/headlines/Community-Nutrition-Project-Aimed-at-Local-Neighborhoods-247415641.html>
 2014 Co-created presentation for Gilchrist Elementary School Science Night, Tallahassee, FL.
 2014 Community Cleanup Day, The Tallahassee-Leon County Beautiful Campaign

Committees

2017 Sam Houston State University - Dietetic Internship Selection Committee Member
 2017- current Sam Houston State University - Nutrition Program Advisory Board Member
 2016 - current Sam Houston State University-TWC Health Fair Committee Member
 2016 – current Sam Houston State University – Pathfinder Scholar Program (for new TT faculty)
 2009-2014 Florida State University - Dietetics Advisory Board Member

- 2013-2014 Florida State University - Nutrition, Foods, and Exercise Sciences Space Committee Member
- 2014 Florida State University - Nutrition, Foods, and Exercise Sciences Admissions Committee Member
- 2014 Florida State University - Nutrition, Foods, and Exercise Sciences Specialized Faculty Promotion Committee