

Teresa W. Johnson, DCN, RDN, FAND

Professor
Troy University
Kinesiology & Health Promotion
School of Nursing
Email: tjohnson@troy.edu

Education

Doctorate of Clinical Nutrition, Rutgers University (University of Medicine and Dentistry of New Jersey) 2010

MA, Auburn University 1987

BS, University of Montevallo 1984

Professional Positions

Academic

Advisory Board, Rutgers University. (August 1, 2011 - 2018).

Advisory Board, University of Montevallo. (August 1, 2011 - Present).

Government

Member, Alabama Department of Public Health- Council on Disease Prevention and Health Promotion. (February 1, 2007 - May 1, 2012).

Professional

House of Delegates Representative to the Academy of Nutrition and Dietetics (elected; June 1, 2017 – May 30, 2020)

President Montgomery District Dietetic Association (June 1, 2016 – May 30, 2017)

President-elect Montgomery District Dietetic Association. (May 30, 2015- June 1, 2016)

Chair of Nutrition Educators of Health Professionals. (National- elected). (May 1, 2011 - May 1, 2013).

Past president Montgomery District Dietetic Association

Licensures and Certifications

Registered, Licensed Dietitian, Academy of Nutrition & Dietetics and Alabama Dietetic Association. (August 1988 - Present). Reg. # 706982

Professional Memberships

Nutrition Educators of Health Professionals. (March 2011 – Present; **past chair**; current social media director).

Nutrition Educators of Dietetics Professionals (May 2013 – present)

American Society for Parenteral and Enteral Nutrition. (February 1, 2011 - Present).

Pediatrics Practice Group. (August 20, 2005 - Present).

Academy of Nutrition & Dietetics (formerly the American Dietetic Association). (September 1, 1988 - Present).

Alabama Dietetic Association. (September 1, 1988 - Present).

Past president, Montgomery District Dietetic Association. (September 1, 1988).

National League of Nursing. (September 2, 2010 - September 2, 2013).

Dietitians in Nutrition Support. (August 5, 2009 - August 5, 2010).

Clinical Practice (current and prior to full time teaching)

Nutritionist Vendor for Alabama Children's Rehabilitation Services (1996 – current)

Pool Dietitian for HealthSouth Rehabilitation Hospital (2011 – current)

Consultant dietitian for Charles Henderson Child Health Center (pediatrics practice group in Troy, Alabama). (2009 – 2017)

Clinical Dietitian for Fr. Walter Memorial Child Care Center for Exceptional Children (Long term care facility for children with severe developmental disabilities) March 1992 – August 2004.

Clinical Dietitian for Jackson Hospital and Clinic (May 1986 – December 1987)

Food Service Director for South Haven Manor Nursing Home and Corporate Offices (December 1984 – May 1986)

Teaching Experience

Professor in the College of Health and Human Services (Kinesiology and Health Promotion and Nursing) Troy University.

Full Professor – August 1, 2015

Associate Professor – August 1, 2012

Tenure – November 16, 2009

Assistant Professor – August 1, 2008

Lecturer – August 1, 2004

Adjunct Instructor (11 hour teaching load) for Auburn University Montgomery Campus teaching Biology 101 w/lab and Basic Nutrition courses. (August 1988 – August 2004)

Clinical Instructor Auburn University Coordinated Undergraduate Program (December 1987 – May 1988). Note this degree program was being phased out and I was hired to provide field supervision experiences after completing my master's degree.

TEACHING

Teaching Experience

Troy University

KHP 2211, Human Nutrition
KHP 3310, Introduction to Food Science
KHP 3311, Nutritional Assessment
KHP 3315, Complementary and Alternative Therapy
KHP 4458, Lifecycle Nutrition
KHP L310, Introduction to Food Science Lab
NSG 2204, Nutrition for Nursing
NSG 4407, Clinical Nutrition
NSG 6692, Data Analysis Techniques in Research
KHP 6650 Sport Nutrition & Exercise Metabolism

Directed Student Learning

Doctoral Advisory Committee Member, "Use of a Breast Feeding App in Health Care Professionals to Improve Breast Feeding Continuance". (August 1, 2015 – May 2017)

Master's Thesis Committee Member, "Effect of Self-Monitoring on Nutrient Quality of Diet," KHP. (October 1, 2012 - May 1, 2013).
Advised: Emily Hayes

Doctoral Advisory Committee Member, "Effectiveness of a Pediatric Weight Loss Program on Anthropometric Measures," Nursing. (September 1, 2011 - May 1, 2013).
Advised: Kerri Outlaw

Doctoral Advisory Committee Member, "Impact of Daily Consumption of Cranberry Juice on symptoms of Urinary Tract Infection," Nursing. (September 1, 2011 - May 15, 2012).
Advised: Altheia Bass

RESEARCH

Published Intellectual Contributions

Refereed Journal Articles

Carter, H., Johnson, K., **Johnson, T.**, Spurlock, A. Blended tube feeding prevalence, efficacy, and safety: What does the literature say? *Journal of the American Association of Nurse Practitioners*. March 2018 - Volume 30 - Issue 3 - p 150–157
doi: 10.1097/JXX.0000000000000009

Johnson Teresa W., Spurlock Amy L., Epp Lisa, Hurt Ryan T., and Mundi Manpreet S. Reemergence of Blended Tube Feeding and Parent's Reported Experiences in Their Tube Fed Children. *The Journal of Alternative and Complementary Medicine*. November 29, 2017, ahead of print. <https://doi.org/10.1089/acm.2017.0134>

Rachman-Elbaum, S., Stark, A., Kachal J., **Johnson, T.**, Porat-Katz, BS. A New System of Documentation to Improve Dietitian-Physician Crosstalk. *Israeli Medical Association Journal*. Vol 19, June 2017

Rachman-Elbaum, S., Stark, A., Kachal J., **Johnson, T.**, Porat-Katz, BS. Online training introduces a novel approach to the Dietetic Care Process documentation. Accepted on 10/11/2016 for publication in the *Australian Journal of Nutrition & Dietetics*. DOI: 10.1111/1747-0080.12331. Published first online January 24, 2017 ahead of print.

Johnson, T. W., Spurlock, A. L., Pierce, L. Assessing attitudes and experiences of pediatric registered dietitians with blended food by gastrostomy tube feeding. *Nutrition in Clinical Practice*. 2015; 30(3), 402-405.

Bass-Ware, A., Weed, L. D., **Johnson, T. W.**, Spurlock, A. L. Evaluation of the consumption of cranberry juice and symptoms of urinary tract infections. *Urologic Nursing*. 2014; 34(3), 121-127. (Feature article and CPE article through 2016)

Rachman-Elbaum, S., **Johnson, T. W.** Severe Hypertensive Episode Associated with Excess Licorice Consumption: A Case report and Review of the Literature. *Top Clin Nutr*. 2014; 29(2):158-164.

Outlaw, K. L., Spurlock, A. L., Farrell, R. G., **Johnson, T. W.** A family-based behavioral intervention for management of childhood obesity: A pilot study. *Journal of Athletic Medicine*. 2013; 1(3):149-162.

Johnson, T. W., Spurlock, A. L., Galloway, P. Blenderized formula by gastrostomy tube: A case presentation and review of the literature. *Top Clin Nutr*. 2013; 28(1): 84-92.

Avery, G. P. R., **Johnson, T. W.**, Hamilton, B. K. The school wellness nurse- a model for bridging gaps in school wellness programs. *Pediatric Nursing Journal*. 2013; 39(1):13-17.

Johnson, T. W., Spurlock, A. L., Parrott, J. S., Cousins, M., Dunn, J., Avery, G. P. R., Hamilton, B. K. A comparison of field methods to assess body weight of minority elementary school children. *International Journal of Body Composition and Research*. 2011; 9(4): 141-146.

Johnson, T. W., Weed, L. D., Decker, R. School-based Interventions for overweight and obesity in minority school children. *Journal of School Nursing*. 2011; 28:116-123.

Johnson, T. W., Burns, D. S. Pediatric Dental Erosion and Esophageal Reflux Disease. *Pediatric Nursing Journal*, 2010;36(1).

Johnson, T. W., Avery, G. P. R. Vitamin D and metabolic syndrome. *Top Clin Nutr*. 2009;24(1): 47-54.

Johnson, T. W. Dietary Considerations in Autism: Identifying a Reasonable Approach. *Topics in Clinical Nutrition*. 2006; 21(3):212-225.

Periodicals

Johnson, T. W. (2010). *Future Directions in Higher Education: A White Paper Summary* (Fall ed.). The Nutrition Educator's Resource.

Johnson, T. W. (2009). *Incorporating Genomics into Health Education* (Fall ed.). The Nutrition Educator's Resource.

Johnson, T. W. (2009). *Integrating Evidence Based Practice into Health Care Curriculum* (Summer ed.). The Nutrition Educator's Resource.

Johnson, T. W. (2008). *Using Webquests for Nutrition Instruction* (Summer ed.). The Nutrition Educator's Resource.

Johnson, T. W. (2006). *The Cultural Context of Breastfeeding Education and Promotion* (3rd ed., vol. 29, pp. 3). Building Block for Life: Pediatric Nutrition.

Presentations Given

Johnson, T. Diagnosing Pediatric Malnutrition Using the Nutrition Focused Physical Exam. (Invited; state-wide presentation). Children's Rehabilitation Services, Montgomery, AL 8/30/2018.

Johnson, T. From Formularies to the Frontline: Updates in Enteral Nutrition. (Invited; state-wide presentation). 8/24/2018. Auburn University Montgomery Wellness Center, AL

Johnson, T. Hot Topics in Sport Nutrition. ASAPHERD Conference. Orange Beach, AL. 4/20/2018. (Invited)

Johnson, T. Screening/Diagnosis of Adult and Pediatric Malnutrition. DNP Conference. Montgomery, AL 2/23/2018. (Invited)

Johnson, T. Top Issues in Pediatric Enteral Nutrition. UAB Intensive Pediatric Course. Birmingham, AL 2/21/2018. (Invited)

Johnson, T., Updates in Enteral Nutrition. District 5 Alabama State Nurses Association Meeting. February 2, 2018. (Invited)

Johnson, T., Managing the Top 10 Complaints of Home Enteral Nutrition Patients- Pediatrics. ASPEN Nutrition Science & Practice Conference. Las Vegas, NV. (1/25/18) Invited

Johnson, T.W., Carolipio, A. Utilizing Virtual Field Trips in Traditional and Online Teaching. University of North Alabama Faculty Development Forum. (3/2/2016) Invited

Johnson, T. W., Annual National Pediatric Nutrition Course. "The Cultural Context of Breastfeeding," UAB. (most recently February 24, 2016- invited past presenter for the last 10 years).

Johnson, T.W., Galloway, P. Food Through the Tube: An Old Feeding Strategy Comes Full Circle. National Webinar for the Pediatrics Practice Group. (11/15/2015) Invited

Johnson, T. W. Hill, J. International Blackboard World Conference, "Creating Courses that Pop! Redesigning (Not Re-inventing) the Wheel," Blackboard. Washington, D.C. (July 21, 2015). Accepted

Johnson, T. W., Carolipio, A. National Webinar, "Enriching Your Nutrition Courses by Adding Multimedia." Nutrition Educators of Health Professionals Dietetics Practice Group of the Academy of Nutrition and Dietetics. (April 14, 2015). Invited

Johnson, T. W., Math Camp, "Mathematical Applications in Nutrition Science," Troy University & grant from Mathematical Association of America Tensor Foundation. (June 9, 2014). Invited

Johnson, T. W., Workshop (4 hour) for seniors in the nutrition major at Tel Hai College, Israel. "Medical Nutrition Therapy Assessment & Selected Disorders in Children with Developmental Disabilities," Tel Hai College. (May 19, 2014). Invited

Johnson, T. W., Israeli Ministry of Health, "Medical Nutrition Therapy Guidelines for Children with Developmental Disabilities," Israeli Ministry of Health. (May 18, 2014). Invited

- Johnson, T. W., Israeli National Nutrition Week Annual Gathering, "The Obesity Epidemic in America," Israeli Ministry of Health. (May 13, 2014). Invited
- Johnson, T. W., Carolipio, A., eColloquium, "Using Multi-Media in Online Course Design. eTroy. (April 21, 2014). Accepted
- Johnson, T. W., eTroy Colloquium, "Get Outta Class with Virtual Field Trips," eTroy. (April 21, 2014). Accepted
- Johnson, T. W., "Ignite Your Clinical Practice with Outcomes Based Research" National webinar for members of the Pediatric Nutrition Practice Group of the Academy of Nutrition and Dietetics. (December 3, 2013). Invited
- Outlaw, K. L. (Presenter & Author), Spurlock, A. L. (Author Only), Farrell, R. G. (Author Only), Johnson, T. W. (Author Only), 42nd Biennial Convention for STTI, "Outcomes of a family based intervention for the management of Childhood Obesity," Sigma Theta Tau. (November 18, 2013).
- Johnson, T. W., Montgomery District Dietetic Association, "Considerations in Blenderized Tube Feedings," Jackson Hospital. (November 28, 2012). Invited
- Outlaw, K. L. (Presenter & Author), Spurlock, A. L. (Author Only), Farrell, R. G. (Author Only), Johnson, T. W. (Author Only), the 2012 region 8 conference of the International Nursing Honor Society Sigma Theta Tau, ""LEAP" A family based intervention for management of Pediatric Overweight and Obesity," Union University. (October 26, 2012).
- Johnson, T. W., Spurlock, A. L., Avery, G. P. R., Hamilton, B. K., 2012 National Conference on Health Statistics, "Poster: A comparison of field methods to assess body fat of minority elementary school children," Center for Disease Control. (August 7, 2012).
- Johnson, T. W. (Presenter & Author), Spurlock, A. L. (Presenter & Author), Advances and Controversies in Clinical Nutrition, "Revisiting an Old Practice: Pureed Food via Gastrostomy Tube A Case Presentation," ASN Medical Nutrition Council (MNC). (Chicago, IL. June 2012). Accepted
- Johnson, T. W. (Presenter & Author), Alabama State Department of Education Child Nutrition Program Workshop, "(Invited) The Gluten-Free Casein-Free Diet in Child Nutrition Programs," Alabama State Department of Education. (November 11, 2011).
- Avery, G. P. R., Johnson, T. W., Alabama Obesity Task Force Meeting, "Union Springs Elementary School Approach to addressing obesity," APHA. (May 18, 2011).
- Johnson, T. W. (Presenter Only), FACES Conference, "Appropriate Applications of the Gluten-Free Diet," Alabama Nursing Association. (April 26, 2011).
- Johnson, T. W., Alabama Dietetic Association State Meeting, "Impact of CATCH on Health Behaviors," Poster. ALDA. (March 18, 2011).
- Avery, G. P. R., Hamilton, B. K., Johnson, T. W., Sigma Theta Tau Regional Conference, "A research teams efforts at decreasing obesity in elementary students in Alabama." (October 9, 2010).
- Avery, G. P. R., Hamilton, B. K., Johnson, T. W., Sigma Theta Tau Research Day, "A research team's efforts to intervene in the obesity epidemic in Alabama," Troy University School of Nursing. (February 26, 2010).

Burns, D. S. (Presenter & Author), Johnson, T. W. (Presenter & Author), National Pediatric Nursing Conference, "Nutrition Focused Oral Exam and Extra-Esophageal reflux Disease", Orlando, Florida. (June 27, 2009).

Avery, G. P. R., Hamilton, B. K., Johnson, T. W., Health Disparities, "Building a Children's Health Model through Participatory Research," Southern Nursing Research Society. (February 23, 2008).

Hamilton, B. K., Avery, G. P. R. (Author Only), Johnson, T. W. (Author Only), Watkins, T. (Author Only), Iota Theta Annual Showcase in Nursing Research Excellence, "Evaluating the Effectiveness of CATCH on the Health Status of Third, Fourth, and Fifth Grade Students in Pike and Bullock Counties," Iota Theta. (March 2006).

Contracts, Grants and Sponsored Research

Grants

Johnson, T. Healthy Home Makeover (Principal). Alabama Council for Developmental Disabilities 2016-2017 mini-grant, \$12,000. Not funded.

Spurlock, A. L. (Co-Principal), Hamilton, B. K. (Co-Principal), Avery, G. P. R. (Co-Principal), Merkel, E. T. (Supporting), Johnson, T. W. (Supporting), "Environmental Predictors of Consumption Behaviors and Revenue in Rural Elementary Schools," Sponsored by Robert Wood Johnson, Private, \$10,000.00. Not funded

Shaughnessy, C. H. (Principal), Sluder, J. B. (Co-Principal), Johnson, T. W. (Co-Principal), Juan, H. (Co-Principal), "Healthy Start," Sponsored by General Mills, Private, \$10,000.00. Not Funded

Johnson, T. W., "Nutrition Education Resources for Young Mothers," Sponsored by Allen Foundation, Private, \$13,000.00. Not funded

Spurlock, A. L. (Principal), Avery, G. P. R. (Co-Principal), Hamilton, B. K. (Co-Principal), Merkel, E. T. (Supporting), Johnson, T. W. (Supporting), "Policy Predictors of Nutritional Health Indicators, Consumption Behaviors and Revenue in Rural Elementary Schools," Sponsored by Robert Wood Johnson, Private, \$98,000.00. Not Funded

Johnson, T. W. (Co-Principal), Hamilton, B. K. (Principal), Avery, G. P. R. (Co-Principal), Bazzell, J. L. (Supporting), Dunn, C. G. (Supporting), Outlaw, K. L. (Supporting), Warren, I. L. (Supporting), "Healthy Schools Healthy Kids Healthy Families Phase 2," Sponsored by HRSA, Federal, \$450,000.00. (May 1, 2013 - May 1, 2016). Not Funded

Weed, L. D. (Co-Principal), Johnson, T. W. (Co-Principal), "Nutrition Education," Sponsored by Allen Foundation Inc., Private, \$14,000.00. (June 2011 - June 2012). Not funded

Hamilton, B. K. (Co-Principal), Avery, G. P. R. (Principal), Johnson, T. W. (Co-Principal), Dunn, C. G. (Supporting), Bazzell, J. L. (Supporting), "Healthy Schools Healthy Kids Healthy Families," Sponsored by HRSA, Federal, \$375,000.00. (May 2009 - April 2012). **Funded**

Hamilton, B. K. (Co-Principal), Avery, G. P. R. (Co-Principal), Johnson, T. W. (Supporting), Watkins, T. (Principal), Cathy, R. (Supporting), "Healthy Schools Healthy Kids Phase II," Sponsored by HRSA Rural Outreach, Federal, \$600,000.00. (May 1, 2005 - April 30, 2008). **Funded**

Awards and Honors

Recipient of the 2017-18 Nutrition Educators of Health Professionals Excellence in Nutrition Education Award. FNCE, Chicago, IL 2017.

Exemplary Course Award Winner (runner up) 2014, eTroy.

Inducted into Phi Kappa Phi, Troy University. (April 21, 2014).

Ruth Stovall Outstanding Alumnus, University of Montevallo Dept. Family & Consumer Sciences. (February 8, 2014).

Recipient of the 2012 Published Research Award, Recipient of the Pediatrics Practice Group of the Academy of Nutrition and Dietetics. (October 7, 2012).

Third place winner for the Scholarly Publication Award for SAGE Publishers for article in Journal of School Health. (2011)

Certificate of Excellence for Outstanding Academic Performance UMDNJ School of Health Related Professions – Doctorate of Clinical Nutrition Program on May 24th, 2011, University of Medicine and Dentistry of New Jersey. (May 24, 2011).

Chancellor's Award of Distinction for Sponsored Program Success, Troy University. (December 2009).

Edna Page Langholz Memorial Scholarship, American Dietetic Association. (September 2007).

SERVICE

University/College/Dept. Service

Faculty sponsor for KHP club. August 2016 – 2018.

Committee Member, Library. August 1, 2014 – present.

Committee Member, Learning Management System Review Committee. 6/28/2016 – 2/20/2017

Committee Member, University Health and Wellness. (September 1, 2011 - 2016).

Committee Member, College Review Committee. (August 1, 2012 - May 1, 2015).

Committee Member, eTROY Instructional Design Faculty Feedback Group. (June 1, 2012 - May 1, 2014).

Committee Member, eColloquium Planning Committee. (August 1, 2012 - May 1, 2013).

Committee Chair, Learning Resources School of Nursing. (September 2010 - May 2012).

Committee Member, eCampus Academic Communication Committee. (August 1, 2010 - May 1, 2012).

Professional Service

HOD Delegate Academy of Nutrition and Dietetics. 2017-2020.

Committee Member, University of Medicine and Dentistry of New Jersey Graduate Programs Council, New Jersey. (January 2011 - Present).

Committee Member, University of Montevallo Dietetics Program Advisory Board, Montevallo, Alabama. (January 2011 - Present).

Invited Lecturer & member (past president), Montgomery District Dietetic Association, Montgomery, Alabama. (August 1, 1985 - Present).

Invited Lecturer for Math Camp, Troy University Dothan Campus, Dothan, Alabama. (June 9, 2014).

Chairperson (national/elected), Nutrition Educators of Health Professionals. (May 1, 2011 - May 1, 2013).

Public Service

Nutrition and Cancer presentation for Christ Center Church. Montgomery, AL 10/28/17.

Prepare and host a booth for the Children's Health Field Day, Troy, Alabama. (April 4, 2011 - Present).

Pianist for Pinning Ceremonies at the Nursing School, Troy, Alabama. (May 1, 2009 - Present).

Guest Speaker, Troy University Athletic Programs on Sport Nutrition. (August 1, 2010 - May 1, 2015).

Guest Speaker, Parkinson's Support Group, Montgomery, Alabama. (September 15, 2012 - September 25, 2014).

Guest Speaker, Sodexo, Troy, Alabama. (May 15, 2013).

Guest Speaker, Sigma Theta Tau (Troy University Chapter), Troy, Alabama. (April 20, 2013).

Committee Member, Alabama Department of Public Health Council for Disease Prevention & Health Promotion, Alabama. (2006 - 2012).

Provide nutrition therapy and counseling for students, faculty and staff referred from the Troy University Health Center- pro bono (2008 – present)

Consulting

Academic, Journal of Geriatric Nursing. (April 1, 2015 - Present).

Academic, Journal of the Academy of Nutrition and Dietetics. (November 1, 2012 - Present).

Academic, Reviewer for Topics in Clinical Nutrition Journal. (September 1, 2012 - Present).

Academic, Reviewer World Health and Medical Policy. (June 1, 2012 - Present).

Academic, Reviewer for the Journal of Clinical Hypertension. (May 10, 2012 - Present).

Academic, Reviewer for the Journal of School Health. (January 1, 2008 - Present).

Government, Children's Rehabilitative Services- consultant RD. (May 1999 - Present).

Academic, Reviewer- McGraw Hill Publishing. (March 1, 2013 - April 1, 2013).