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Education

INSTITUTION AND LOCATION	DEGREE	YEAR (S)	FIELD OF STUDY
Robert Packer Hospital School of Nursing, Sayre PA Mabel Lamberson Award for Leadership	RN	1979	Nursing
University of Saint Joseph, West Hartford CT Summa Cum Laude	BS/ RD	2002	Nutrition CDR #892018
University of Connecticut, Storrs CT Cum Laude James P. Cornish Memorial Award	MS	2006	Health Promotion

Professional Experience and Employment

2006-present: *Extension Educator Coordinated Program in Dietetics/Dietetics Internship, USDA funded SNAP Ed management.* University of Connecticut College of Agriculture, Health and Natural Resources, Department of Allied Health Sciences, Mansfield, CT

- Dietetics Programs:
 - Instructor of record community nutrition supervised practice courses Diet 3235, 4435
 - Co-instructor of record Diet 4365
 - Manage and coordinate training of student paraprofessionals in community nutrition, aligning student learning outcomes with ACEND competency guidelines for entry-level dietetics professionals and SNAP Ed paraprofessionals
 - Monitor all student placements off campus. Observe and mentor all paraprofessional teaching experiences
 - Mentor students' research experiences with community partners
 - Mentor/serve on graduate students' thesis committees
- Supplemental Nutrition Assistance Program Education (SNAP ED):
 - Project Manager/Supervisor: Coordinate student/paraprofessionals' off-campus community placements with CT state nutrition education goals for delivery of quality direct and indirect nutrition education to USDA SNAP recipients and eligibles
 - Collaborate annually on UCONN DAHS SNAP Ed *School and Family Nutrition Education Services* contract deliverables to CT DSS
 - Report community research outcomes at local, state and national conferences
- Project Collaborator/Funded Projects:
 - Child Development Institute of CT/Toddler-Parent Messages Grant: Testing ideal modes to deliver educational and obesity prevention messages for low-income families from diverse cultures, to parents and early care and education providers
 - Competitive Capacity Grants, UCONN College of Agriculture, Health and Natural Resources: Tailored messages for health promotion and obesity prevention using e-health and m-health technologies

Awards

Oct 2019-Waterbury, CT

- The Brian Gibbons Homeless Outreach Program Award

April 2018- Academy of Nutrition and Dietetics

- Nutrition and Dietetics Educators of Practitioners Outstanding Dietetics Educator Award

April 2014-University of Saint Joseph West Hartford, CT

- Florence Nightingale Health Sciences Distinguished Alumni Award for demonstrated leadership in field of health science

May 2010-Connecticut Dietetics Association

- Emerging Leader Award

Peer-Reviewed Publications

An Interprofessional Approach to Teaching Nutrition Counseling to Medical Students

Laurie Caines, MD, Yetunde Asiedu, MD, Tina Dugdale, MS, RDN, RN, CD-N, Helen Wu, PhD

Published: August 17, 2018 | [10.15766/mep_2374-8265.10742](https://doi.org/10.15766/mep_2374-8265.10742)

Research Poster Presentations

Accepted May 2021 5th Annual Virtual Conference: The COVID-19 Pandemic: Media, Misinformation, and Science Communication, May 13-14, 2021

- *Launching a Health Promotion Social Media (SM) Effort to Engage Low-Income Families*
Hanna Caridad, Benjamin Giroux, Shawn Lada, Leah Pfrommer, Caroline Thiede, Haley Gershman RDN, Rachel Hildrey RDN, Tina Dugdale MS RDN CD-N RN, Ellen Shanley MBA RDN CD-N FAND, Donna Zigmont RDN CD-N, Valerie Duffy PhD RDN

Accepted February 2020 pending presentation Fall 2021 International Dietetics Meeting, South Africa

- *Encouraging Wellness for Individuals with Intellectual and Developmental Disabilities*
Ellen Shanley, MBA, RDN, CDN, FAND¹; Tina Dugdale, MS, RDN, CDN, RN¹; Alicia Prigodich²

April 2021 CT Academy Annual Meeting (poster session virtual)

- *Promoting Healthy Eating and Home Cooking for the Mentally Disabled Via Recipe Tasting and Demonstration.* Megan Fitterman; Jaclyn Lerner; Monica Marcello, MS; Corinne Roman-White; Nicole Parenchuck; Madeline Ziff, Tina Dugdale, MS, RDN, RN, CDN; Ellen Shanley, MBA, RDN, CDN, FAND

April 1, 2019 Connecticut Academy Annual Meeting, Rocky Hill CT.

- *Encouraging Wellness for the Mentally Disabled via Hands-on Counseling, Group Presentation and Menu Review.* Rachel Artis; Bonnie Blethen; Gina Cummings, MA; Annaliese DiFabbio; Ponita Kuoy; Cassandra Vigue, Sarah Chau, RDN, Tina Dugdale MS, RDN, RN, CD-N; Ellen Shanley, MBA, RDN, CD-N, FAND.

April 1, 2019 Connecticut Academy Annual Meeting, Rocky Hill CT.

- *Family Engagement with Food Corps in Meriden and New London School Districts*
M Conrad; W Kelsey; D. Crayco MPH; T. Dugdale MS, RDN, RN, CD-N; E. Shanley MBA, RDN, CD-N, FAND.

October 2016- AND Annual Food and Nutrition Conference Expo, Boston

- *Measuring Vegetable Intake and Dietary Quality in Response to a Preschool-based Education Program.* M. Sharifi, H. Peracchio, T. Dugdale, S. Scarmo, T. Huedo-Medina, V. Duffy

April 2015-Connecticut Academy Annual Meeting-Cromwell, CT

- *Supporting Nutrition Education in Communities: A Win-Win for Dietetic Students and Pantry Clientele.* R. Kirschner, K. Vosburgh, T. Dugdale, D. Zigmont.

April 2014-Connecticut Academy Annual Meeting, Stamford, CT.

- *Assisting Food Pantry Staff to Educate Clients and Empower Increased Cooking at Home.* R. Damiani, J. Buden, C. Guaglianone, S.-G. Glennon; UCONN Senior Dietetics Students. T. Dugdale, MS, RDN, RN, CD-N; D. Zigmont, RD, CD-N; V. B. Duffy, PhD, RD.

April 2014- Connecticut Academy Annual Meeting, Stamford, CT.

- *Plate Waste and Nutrition Intervention among Connecticut Fourth Graders in Public Schools.* E. Shanley, MBA, RD, CD-N; J. Artiaco, BS; E. Freschi, BS; G. Kelley, BS; C. Neilson, BS; K. Saulnier, BS; J. Shook, BS; J. Simon, BS; T. Dugdale, MS, RDN, RN, CDN

August 2013-Society for Nutrition Education and Behavior Annual Conference, Portland Or:

- *Commitment to a Worksite Wellness Program and Weight Loss Success.* Dugdale T, Rochester J, Arendt C, Fairchild N, Fraser C, Murray M, Racine J, Vangel A, Shanley E.

Professional Activities and Memberships

- The Academy of Nutrition and Dietetics (2001-present)
- Connecticut Academy of Nutrition and Dietetics (2001-present)
 - Delegate, State of CT: June 1st 2014-May 31st 2015; 2015-2018
 - President: (Elect, President, Past) 2010-2013
 - Secretary: June 2021-June 2023
- Society for Nutrition Education and Behavior (2005-present)

Speaking Honors and Professional Presentations

- April 2016
 - NEGEA (Northeastern Group on Educational Affairs) Annual Meeting. Brown University. *An Interdisciplinary Approach to Teaching Nutrition Counseling in the Pre-clinical Years.* L.C. Caines, Y.Asiedu, H.Wu UConn School of Medicine. T.F. Dugdale, R.O'Brien. UConn, Storrs.
- March 2016: CT Academy of Nutrition and Dietetics:
 - *Panel Presentation: Nutrition Experts Weigh in on the New Dietary Guidelines for Americans*
- March 2014 Foodshare, Bloomfield CT: Agency Roundtable
 - Presentation: *Nutrition Education for Your Clients*
- September 2013: Food Corps Advisory Committee
 - *Panel Discussion: Food Corps Orientation*

Academic/Masters' Thesis Committees (Associate):

- May 2021
 - Josie Hare:
 - *The feasibility of using social media to improve toddler feeding behaviors in a Facebook group of low-income parents of toddlers*
- May 2021
 - Hanna Caridad:

- *The feasibility of a coordinated social media effort in increasing fruit and vegetable intake in a low-income population*
- May 2021
 - Leah Pfrommer:
 - *Examining the feasibility of using social media to target SNAP-Ed eligibles in promoting cooking at home and family meals to improve adolescent physical and mental health*
- May 2021
 - Shawn Lada:
 - *The effectiveness of social media/ videos on cooking literacy*
- September 2020
 - Sarah Chau:
 - *Improving Diet & Physical Activity Behaviors Through Tailored mHealth Messages: Application to childhood obesity prevention in a clinical setting*
- September 2019:
 - Heidi Karner:
 - *A Feasible and Tailored Nutrition Education Intervention for Middle-Schoolers: Coordination with school nutrition program and preliminary outcomes*
- Spring 2019
 - Lindsey Fenn:
 - *The Development of an online survey and screening tool to assess toddler feeding behaviors in a low-income CT community*
- Spring 2019
 - Will Kelsey and Melina Conrad
 - *Family Engagement with FoodCorps of CT*
- Summer 2018
 - Samantha Oldman RD:
 - *Improving Diet and Physical Activity Behaviors Through Tailored mHealth Messages*
- Spring 2018
 - Summer Yule:
 - *Nutritional Deficiencies Secondary to ARFID in Autism Spectrum Conditions: A Systematic Review of Case Reports*
- Spring 2017:
 - Ingrid Soto:
 - *Food Waste in Elementary Schools: The effects of USDA Fresh Fruit and Vegetable Program on Student's Selection and Consumption of Fruits, Vegetables, and Milk*
- Summer 2016:
 - Kayla L. Vosburgh RD
 - *Childhood Obesity Prevention in Income-disadvantaged Populations: An Evaluation of Two Novel Approaches*
- Spring 2016:
 - Cheyenne Barclay
 - *Effectiveness of an Online Worksite Weight Management Program with Social Support Systems to Aid in Weight Loss (Healthy Husky)*
 - Joanna Murawski
 - *Food Waste in Connecticut Schools: The effect of different environments on student selection and waste of fruit, vegetables, and milk*

- Alexandra Degenais
 - *Determining usability of an adolescent nutrition and health mobile device application*
- Jennifer Bove
 - *Go for green! A prospective study in food service marketing of healthy foods based on visual cues*
- Carianne Palumbo
 - *Web-based weight management program using a personalized e-coach to increase use and improve health outcomes*
- Esha Fletcher
 - *Do marketing messages influence parents' perception and shopping behaviors toward beverages for their children, including healthy and less healthy beverages?*

Task Forces/Ad Hoc Committees

- University of CT Strategic Plan (SP) Core Team (2020-present)
 - University of CT SP Secondary /Sub Exploratory Team (Co-chair) (2021)
- Foodshare Health and Nutrition Advisory Council (2018)
- Early Learning Center at Hockanum School (EHtfd) Health/Wellness Committee (2016-present)
- University of Connecticut College of Agriculture and Natural Resources
 - Extension and Outreach Advisory Committee (2012-2018)
- CT Child Nutrition Training Institute Advisory Council (2011-present)
- CT State Obesity Task Force (2012-present)
- Community Renewal Team (CRT) Hartford, Advisory Council (2009-present)
- Statewide Food Corps Advisory Committee (2012-present)
- CT Childhood Obesity Steering Committee: Senator invited (2013-2016)
- CT Coalition Against Childhood Obesity (August 2011-present)
- Connecticut Food System Alliance (2012-present)