

# Amy Joy Lanou

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## Education

### **Ph.D. in Human Nutrition, Cornell University, Ithaca, New York.**

January 1994

Minors in Physiology and Food Science.

Dissertation Topic: Factors affecting body weight and the control of food intake.

Director: David A. Levitsky

### **B.S. in Nutritional Sciences, University of California, Davis, California.**

June 1985

## Employment

### **Executive Director, North Carolina Center for Health and Wellness**

July 2018 to present

University of North Carolina Asheville, NC

### **Professor, Nutrition**

July 2015 to present

Department of Health and Wellness, University of North Carolina Asheville, NC

### **Chair**

July 2014 to present

Department of Health and Wellness, University of North Carolina Asheville, NC

### **Associate Professor, Nutrition**

August 2009 to July 2014

Department of Health and Wellness, University of North Carolina Asheville, NC

### **Assistant Professor, Nutrition**

August 2005 to July 2009

Department of Health and Wellness, University of North Carolina Asheville, NC

### **Senior Nutrition Scientist (consultant basis)**

August 2005 to 2015

Physicians Committee for Responsible Medicine, Washington, DC

### **Nutrition Director**, Physicians Committee for Responsible Medicine, Washington, DC

August 2000 to August 2005

### **Adjunct Faculty**, Ithaca College, Ithaca, NY

January 2000 to May 2000

### **Managing Editor**, New Century Nutrition Webzine, Paracelsian, Inc., Ithaca, NY

April 1999 to July 2000

### **Director, Product Development and Implementation Team**

March 1998 to April 1999

BioSignia, Inc. (formerly Biomar International, Inc.), Chapel Hill, NC

**Manager, Health Promotion Group**, Biomar International, Inc., Chapel Hill, NC January 1997 to March 1998

**Vice-President and Director of Nutrition Education**, ParaComm, Inc., Ithaca, NY January 1996 to December 1996

**Lecturer**, Division of Nutritional Sciences, Cornell University, Ithaca, NY Fall 1994 to Winter 1996

**Assistant Professor** (first 2 years as a Lecturer) Fall 1990 to Spring 1995  
Department of Health Promotion and Human Movement, Ithaca College, Ithaca, NY

**Research Assistant**, Division of Nutritional Sciences, Cornell University Fall 1990 to Spring 1991, Summer 1992

**Café Owner and Kitchen Manager**, Cafe Decadence, Ithaca, New York December 1987 to May 1990

**Laboratory Technician**, Department of Food Science, Cornell University June 1986 to January 1987

**Teaching Assistant**, Division of Nutritional Sciences, Cornell University Fall 1985 to Spring 1986

## Teaching Experience

**Professor/Associate/Assistant Professor, Department of Health and Wellness, UNC Asheville** August 2005 to present

**Nutrition and Lifestyle** (HWP 225: 25+ sections) Required course in the Health and Wellness Promotion major.

**Women's Health** (HWP 154: 11 sections) Previously fulfilled health and wellness integrated liberal studies requirement for students in all disciplines. Elective course in Women, Gender and Sexuality Studies major and minor.

**Health Communication** (HWP 335: 11 sections) Course developed for health and wellness majors and is currently used to fulfill a major requirement. Course is writing intensive.

**Food Politics and Nutrition Policy** (HWP 333: 9 sections) Course developed for the Food for Thought Cluster (9) and is now an elective in the health and wellness promotion major and fulfills the SS requirement for the LAC.

**Pathophysiology of Chronic Diseases and Conditions** (HWP 325 (now 455): 5 sections; Information literacy and formerly writing intensive) Required course in the Health and Wellness Promotion major.

**Foodways--Various Versions** (HWP 373; HWP 272: 7 sections; including 3 summers)  
*Foodways of the Mediterranean* (3 sections)  
*Foodways of Ancient Cultures* (3 sections)  
*Foodways of Blue Zones* (1 section)

**Senior Seminar in Health and Wellness** (HWP 459: 12 sections) Capstone course for HWP majors; successful completion fulfills core competencies.

**Health and Sexuality** (HWP 253: 8 sections) Formerly a required course in the Health and Wellness Promotion major; now can fulfill an HWP elective.

**Health and Wellness Promotion** (HWP 153: 1 section) Formerly fulfilled health and fitness integrated liberal studies requirement for students in all disciplines.

**Introduction to Women's Studies** (WMST 100: 1 section) Required course in Women, Gender and Sexuality Studies major and minor.

**Cultivating Food Justice** (MLA 540: 1 section/ 1 semester; HWP 473 2 sections)

**Food: Politics, Policies, and Practical Eating**--OLLI class co-caught with Dr. David Mouw (1 section)

**Adjunct Faculty, Department of Health Promotion and Human Movement, Ithaca College** January 2000 to May 2000

**Personal Health** (1 section) 100-level health and wellness class for students from all disciplines.

**Lecturer, Division of Nutritional Sciences, Cornell University, Ithaca, NY** Fall 1994 to Winter 1996

**Biology and Nutrition of Aging** (2 sections/2 semesters) 400-level elective course for upper division nutrition majors.

**Nutrition and Exercise** (2 sections/2 semesters) 300-level elective course for upper division nutrition majors.

## **Assistant Professor/Lecturer, Department of Health Promotion and Human Movement, Ithaca College**

Fall 1990 to Spring 1995

**Human Nutrition** (16 sections/10 semesters) 200-level course required for a number of health and sport-related majors.

**Nutrition for the Elderly** (4 sections/4 semesters) 400-level course required for nutrition minor.

**Nutritional Applications of Biochemistry** (2 sections/ 2 semesters) 400-level course required for nutrition minor.

**Critical Assessment of Nutrition Programs** (2 sections/ 2 semesters) 400-level course required for nutrition minor.

**Nutrition and Sport** (6 sections/ 6 semesters) 300-level course required for a number of health and sport-related majors.

**Decisions in Nutrition** (6 sections/ 3 semesters) 100-level course offered as an elective for students across campus.

**Personal Health** (10 sections/ 10 semesters) 100-level course offered as a general education requirement for all students.

## **Teaching Assistant, Division of Nutritional Sciences, Cornell University, Ithaca, NY**

Fall 1985 to Spring 1986

**Laboratory Methods in Nutritional Sciences** (2 sections/2 semesters) 300-level laboratory class for nutrition science majors.

## **Publications**

### **Scholarly Publications in Peer-Reviewed Journals**

Mills S and **Lanou AJ**. Dionysus Synergates: Critical Thinking and Interdisciplinary Learning. *The Classical Journal*. 113.4 (2018) 490-505.

Mathews LG, **Lanou AJ**, Peterson KE, Burchard M, Weldon A. Telling Stories, Gaining Wisdom: Putting our Voices into our Practice, chapter published in volume titled *Women Activating Agency in Academia: Metaphors, Manifestos and Memoir*, Eds. Black AL and Garvis S, Routledge, April 2018.

Wasileski SA, Peterson K, Mathews LG, **Lanou AJ**, Clarke D, Bailey E, Wingert JR. Why We Should Not 'Go It Alone': Strategies for Realizing Integrative Learning in SENCER Curricula. *Science Education and Civic Engagement*. (2016) Winter;8(1):55-65.

Rote AE, Pineda E, Wells O, **Lanou AJ**, and Wingert JR. Accuracy of self-perception and body mass index compared to actual body fat percentages in athletes and non-athletes. *J Sports Med Phys Fitness*. (2015) Apr 30. [Epub ahead of print]

Burchard M, **Lanou A**, Mathews L, Peterson K, Weldon A. Co-writing, Co-knowing: Transforming epistemologies. *Theoretical Practice, Feminist Epistemologies*, October (2014). Accessed at: <http://www.praktykateoretyczna.pl/english/issues/4102013-feminist-epistemologies/>

Gonzales JF, Barnard, ND, Jenkins DJA, **Lanou AJ**, Davis B, Saxe G, and Levin S. Applying the precautionary principle to nutrition and cancer. *Journal of the American College of Nutrition* (2014) 33(3):239-46.

Wingert JR, Wasileski SA, Peterson K, Mathews LG, **Lanou AJ**, and Clarke D. The impact of integrated student experiences on learning. *Journal of the Scholarship of Teaching and Learning* (2014) 14:42 - 58.

**Lanou AJ**. Soyfoods: are they useful for optimal bone health? *Therapeutic Advances in Musculoskeletal Disease* (2011) 3:293-301.

Wingert JR, Wasileski SA, Peterson K, Mathews LG, **Lanou AJ**, and Clarke D. Enhancing integrative experiences: Evidence of student perceptions of learning gains from cross-course interactions. *Journal of the Scholarship of Teaching and Learning* (2011) 11:34 - 57

**Lanou AJ**, Svenson B. Reduced cancer risk in vegetarians: An analysis of current data and recent studies. *Cancer Manag Res* (2010) 3:1-8.

**Lanou AJ**, Svenson B. Vegetarian dietary patterns as a means to achieve reduction in cardiovascular disease and diabetes risk factors. *Current Cardiovascular Risk Reports* (2010) 4 (1):48-56.

**Lanou AJ**. Should dairy be recommended as part of a healthy vegetarian diet? Counterpoint. *Am J Clin Nutr* (2009) 89:1638S-42S.

Jacobs DR Jr, Haddad EH, **Lanou AJ**, Messina MJ. Food, plant food, and vegetarian diets in the US dietary guidelines: conclusions of an expert panel. *Am J Clin Nutr* (2009) 89:1549S-52S.

(LTTE) **Lanou AJ**, Barnard ND. Dairy and weight loss hypothesis: Authors' reply. *Nutr Rev* (2008) 66(9):546-7.

**Lanou, AJ**, Barnard ND. Dairy and weight loss hypothesis: an evaluation of the clinical trials. *Nutr Rev* (2008) 66(5):272-9.

Cundiff DK, **Lanou AJ**, Nigg CR. Relation of omega-3 fatty acid intake to other dietary factors known to reduce coronary heart disease risk. *Am J Cardiol* (2007) 99:1230-3.

**Lanou AJ**. Bone health in children: Calcium recommendations should be revised. Invited Editorial. *BMJ* (2006) 333:763-4.

Reilly JK., **Lanou AJ**, Barnard ND. Acceptability of soymilk as a calcium-rich beverage in elementary school children. *J Am Diet Assoc* (2006) Apr;106(4):590-3.

(LTTE) **Lanou AJ**, Barnard ND. Calcium, dairy products, and bone health in children and young adults: An inaccurate conclusion: In reply. *Pediatrics* (2006) 117:260-1.

Barnard ND, Scialli AR, Turner-McGrievy G, **Lanou AJ**, Glass J. The effects of a low-fat, plant-based dietary intervention on body weight, metabolism, and insulin sensitivity. *Am J Med* (2005) 118:991-7.

(LTTE) **Lanou AJ**. Data do not support recommending dairy products for weight loss. *Obes Res* (2005) 13:191.

**Lanou AJ**, Berkow SE, Barnard ND. Calcium, dairy products, and bone health in children and young adults: A reevaluation of the evidence. *Pediatrics* (2005) 115:736-43.

Turner-McGrievy GM, Barnard ND, Scialli AR, **Lanou AJ**. Effects of a low-fat, vegan diet and a Step II diet on macro- and micronutrient intakes in overweight, postmenopausal women. *Nutrition* (2004) 20:738-46.

Barnard ND, Scialli AR, Turner-McGrievy G, **Lanou AJ**. Acceptability of a very-low-fat, vegan diet compares favorably to a more moderate low-fat diet in a randomized, controlled trial. *J Cardiopulm Rehabil* (2004) 24:229-35.

**Lanou AJ**, Barnard NB. Food power: a vegetarian approach to diabetes. *Diabetes Voice* (2003) 48:27-30.

Keller JK, **Lanou AJ**, and Barnard ND. The consumer cost of calcium from food and supplements. *J Am Diet Assoc* (2002) 102(11):1669-71.

Bell RC, **Lanou AJ**, Frongillo EA, Levitsky DA, Campbell TC. Accuracy and reliability of TOBEC for determining body composition in rats in experimental studies. *Physiol Behav* (1994) 56: 767-73.

Ferrell F, **Lanou A**, Gray SA. Salt level in weaning diet affects saline preference and fluid intake in Dahl rats. *Hypertension* (1986) 8:1021-6.

## **Publications for a General Audience**

### **Books**

**Lanou AJ**, Castleman MC. *Building Bone Vitality: A Revolutionary Diet Plan to Prevent Bone Loss and Reverse Osteoporosis—Without Dairy Foods, Calcium, Estrogen or Drugs*. McGraw-Hill, June 2009. (co-author)

**Lanou AJ**. Physicians Committee for Responsible Medicine Expert Nutrition Panel. *Healthy Eating for Life for Children*. JR Wiley and Sons. Inc: New York, NY, 2002. (co-author)

Barnard ND, Weissinger R, Jaster BJ. Nutrition Guide for Clinicians: Second Edition. Physicians Committee for Responsible Medicine, May 2009. (contributer)

Physicians Committee for Responsible Medicine Expert Nutrition Panel. *Healthy Eating for Life for Women*. JR Wiley and Sons. Inc: New York, NY, 2002. (member of the expert panel)

Physicians Committee for Responsible Medicine Expert Nutrition Panel. *Healthy Eating for Life to Prevent and Treat Cancer*. JR Wiley and Sons. Inc: New York, NY, 2002. (member of the expert panel)

Physicians Committee for Responsible Medicine Expert Nutrition Panel. *Healthy Eating for Life to Prevent and Treat Diabetes*. JR Wiley and Sons. Inc: New York, NY, 2002. (member of the expert panel))

## Reports and Food Policy Comments

**Lanou AJ**. Oral comments to the 2020 Dietary Guidelines Advisory Committee in Washington, DC, July 9, 2019.

**Lanou AJ**. Oral comments to the 2015 Dietary Guidelines Advisory Committee in Washington, DC, January 14, 2014.

**Lanou AJ**. Oral comments on the Dietary Guidelines Advisory Committee Report 2010 presented to the Department of Health and Human Services and the United States Department of Agriculture in Washington, DC, July 2010.

Wasileski SI, Peterson KE, **Lanou AJ**, Mathews LG, Clarke D. *Food for thought: Engaging the citizen in the science and politics of food information, food consumerism, nutrition and health: An integrative liberal studies topical cluster at The University of North Carolina at Asheville*. 2008 SENCER Model Courses, July 2008.

Rafal K, **Lanou AJ**, Barnard ND. *Nutritional approaches for coronary artery disease: Survey of cardiologists reveals insufficient use of very low-fat diets*, A Report from the Physicians Committee for Responsible Medicine, February 2006.

**Lanou AJ**, Sullivan P. *Healthy Hospital Food Initiative: A survey and analysis of food served at hospitals* by the Physicians Committee for Responsible Medicine and ADinfinitem, Inc., September 2005.

Kursban M, **Lanou A**. *Petition to the Federal Trade Commission to Prohibit False and Misleading Advertising RE: Dairy and Weight Loss Claims* for the Physicians Committee for Responsible Medicine, submitted April 21, 2005.

**Lanou A**, Green A, McVey J. *2004 School Lunch Report Card*, A Report by the Physicians Committee for Responsible Medicine. August 2004 and associated web site, [www.healthyschoollunches.org](http://www.healthyschoollunches.org).

Green A, **Lanou AJ**, Sullivan P. *Airport food improving: More low-fat and vegetarian choices, but some cities lag behind*, A report by the Physicians Committee for Responsible Medicine, Winter 2004.

**Lanou A**, Barnard D. *Fish and shellfish: Contamination problems preclude inclusion in the dietary guidelines for Americans*. Physicians Committee for Responsible Medicine, Spring 2004 and associated web page: [http://www.pcrm.org/health/reports/fish\\_report\\_2004.html](http://www.pcrm.org/health/reports/fish_report_2004.html)

**Lanou A**, Sullivan P. *Analysis of health problems associated with high-protein, high-fat, carbohydrate-restricted diets reported via an online registry*. Physicians Committee for Responsible Medicine, Updated May 25, 2004 and associated website, [www.atkinsdietalert.org](http://www.atkinsdietalert.org)

Turner-McGrievy, B, Green A, **Lanou A**. *The worst low-carb restaurant entrées*. A report by the Physicians Committee for Responsible Medicine, March 20, 2004.

## Articles, Booklets, and Websites

**Lanou AJ**, Castleman MC. Building healthy bones: Calcium supplements and dairy foods have failed; what really works?. *Vegetarian Voice* (2009) 31:8-9,17.

**Lanou AJ**. Stacking the odds against disease: Stock-up on antioxidant-rich fruits and vegetables. For a Belgium newsletter produced by Nutrimesdes for Zespri called *Healthfruit News* published June 2009.

**Lanou AJ**. Vigilance is the key to maintaining water balance during pre-season training. *Sport EX Dynamics* (2008) 16:12-4.

**Lanou AJ**. A healthy vegan diet no crime. Opinion-editorial, *Atlanta Journal-Constitution*, June 11, 2007.

**Lanou AJ**. Just the facts: A vegan diet is safe, healthy for infants: Critics have misused case of baby's death to question food. Opinion editorial, *Houston Chronicle*, June 25, 2007.

**Lanou AJ**, Gragnolati S. Scrumptious Spoonfuls: It's now easier than ever to find pure foods for your baby. *Kiwi* (new organic parenting magazine), October 2007.

**Lanou AJ**, editor, content author, and content organization, [www.nutritionMD.org](http://www.nutritionMD.org), launched in 2007.

**Lanou AJ**. *Vegetarian Meals: Hot in 2007*. Opinion-editorial, *Nations Restaurant News*, January 2007.

**Lanou AJ**. *An American Idol Offers a Solution to the Nation's Obesity Epidemic*. Opinion editorial, several regional newspapers, December 2006.

**Lanou AJ**. *Nutriton for Kids: A "Get healthy" approach to achieving weight goals*. Physicians Committee for Responsible Medicine, December, 2004 and associated web site, [www.kidsgethealthy.org](http://www.kidsgethealthy.org).

**Lanou AJ**. Editor, content author, and content mapping, [www.healthyschoollunches.org](http://www.healthyschoollunches.org), launched in 2003.

**Lanou AJ**. Editor, content author, and content mapping, [www.cancerproject.org](http://www.cancerproject.org), launched in 2003.

**Lanou AJ**. *Parent's Guide to Building Better Bones*. Physicians Committee for Responsible Medicine, Washington, D.C., January 2002 and associated website, [www.strongbones.org](http://www.strongbones.org)

**Lanou AJ**. Editorial, Food Forum and Featured Chef, Monthly Webzine Columns, [www.newcenturynutrition.com](http://www.newcenturynutrition.com), for Paracelsian, Inc., 1999-2000.

**Lanou AJ**. *Senior Savvy*, Weekly newspaper column distributed by American Institute of Cancer Research, [www.aicr.org/ssmenu.htm](http://www.aicr.org/ssmenu.htm), 1998.

**Lanou AJ**. *Getting Healthy at Your Own Pace*, *New Century Nutrition's Handbook for Making Dietary Change*. New Century Nutrition, Ithaca, New York, 1996.

**Lanou AJ**, Cox C, Campbell TC, et al. *Pathway to Better Health*. New Century Nutrition, Ithaca New York, 1996.

**Lanou AJ**. No Body's Perfect. *New Century Nutrition Newsletter* 2(5):3, 1996.

## Grants

### Grants while at UNC Asheville

(NCCHW; funded) Miller, Nicolle with Dairaghi, J, Olson, E and **Lanou, AJ**. *Chronic Disease Self-Management 2: Focus on reimbursement for Diabetes management programs* through the Administration for Community Living's (ACL) 2019 *Empowering Older Adults and Adults with*

*Disabilities through Chronic Disease Self-Management Education Programs* through the Department of Health and Human Services submitted on January 28<sup>th</sup>, 2019 (\$898,298)

(NCCHW; not-funded) Olson, E, **Lanou, AJ**, Miller, N. *Raising Resilience: Strengthening Trauma-informed Systems of Community Health Assessment and Improvement across North Carolina* requested through the Duke Endowment on December 14<sup>th</sup>, 2018. (\$788,721)

(NCCHW); partially funded) Wallace, J, Belflower-Thomas, A, Olson, E, & **Lanou AJ**. *Behavioral Health Improvement and Empowerment to Reduce Substance Misuse in McDowell and Beaufort Counties* requested through the Kate B Reynolds Trust in partnership with NC Institute of Public Health submitted August 15, 2018. (\$499,489; funded at 50% of request just for McDowell County; UNCA portion \$68,829)

(NCCHW; funded) Miller, Nicolle with Dairaghi, J, Olson, E, Reeve, R, and **Lanou, AJ**. *A Statewide Approach to Connect North Carolinians to Arthritis-Appropriate Evidence-Based Interventions funded through the Centers for Disease Control and Prevention*, July 27<sup>th</sup>, 2018 (~\$1,250,000; 250,000+ yearly for 5 years)

(NCCHW; not funded) **Lanou, AJ**, Olson, E, Miller, N. *NC Center for Health and Wellness' General Operating Support from our State-Level Systemic Change Strategy* requested through the Z. Smith Reynolds Foundation, August 10<sup>th</sup>, 2018; \$354,233.

(Submitted full-proposal on invitation; not funded) **Lanou AJ**, Tanner C, with Hudson D, Watterson T, Christiana R, Meucci M, Zwetsloot J, Das B, Swift D, Jones L, Garrison E, Olson E, Rote A, Sanchez-Flack J, Wingert JR. *Building a Collaborative Network of Health and Human Performance Facilities to Better Utilize Health and Human Performance Measures and Feedback for Supporting Health Behaviors of Rural North Carolinians* Stage 2 proposal: Inter-institutional Planning and Pilot Project through the General Administration, \$75,000. Full-proposal submitted May 25<sup>th</sup>, 2018.

(Not funded) Ammerman A, Berkowitz, S, Trujillo G, Stichel F, **Lanou AJ**. *Across the State and Across the Street* submitted to UNC/MAHEC Academic Partnership Award in February 2018. (\$25,000)

(Not funded) Krishnamurthy A, Dulin M, Aiello AD, Crossky M, Halladay J, **Lanou AJ**, Morton K, Pfaff, E. *Unstructured Data to Actionable Knowledge: Extracting and Acting upon Social Determinants of Health Research proposal/Data Science: UNC System Grants*; \$2,100,000.

(Not funded) Batada A(PI), **Lanou AJ**, Ammerman A, Powell BJ, Woods CG, Johnson T, Thach S, Foley K. *Healthier Counties and Partnerships: Integrating Community-Based Participatory Research (CBPR) with County Health Assessments, Planning, and Implementation in Western NC*. Stage 2 proposal: Inter-institutional Planning and Pilot Project through the General Administration, \$75,000, not funded.

(Funded) Neutze D, Ammerman A (co-PI's) with Haynes-Maslow L, Creamer N, **Lanou A**, Aiken B, Boys K, Barzin A, Sisler L, Rowderdink, Wilson B. *Connecting NC Agriculture and Healthcare: A Nutrition Education Fruit and Vegetable Prescription Program to Support Healthier Diets and Local Farmers*. Inter-institutional Planning and Pilot Project through the General Administration, \$70,000, funded.

(Funded) Mills S, **Lanou AJ**, Clarke D. *Winter Dionysia*. University of North Carolina Asheville-Appalachian College Association Partnership for Undergraduate Research Grant with Sophie Mills (Classics) and David Clarke (Biology). Received \$5000 to host an interdisciplinary Winter Festival of Dionysus in December 2017.

(Funded) Rote AE & **Lanou AJ**. (Received full amount requested: \$116,450). MRI: Dual-Energy X-Ray Absorptiometry. *National Science Foundation Major Research Instrumentation Program Grant*. 2015.

(Funded) Mills S, **Lanou AJ**, Boudreaux G, Berls R, Clarke DA, and Kloeppel, L. *Interdisciplinary Project Team Block Grant: Great Dionysia in the Mountain South*. Funded for AY 2015-16; \$4000 (for stipends of \$650 each).

(Funded) Rundquist L, Peterson K, Bond L, **Lanou A**. *Visual Culture Studies of the American South*. Interdisciplinary Project Team Block Grant. Funded for AY 2015-2016; (I was a minor contributor)

(Funded) Arias, C. **Lanou, AJ**, Hinebaugh, N. Strengthening the roots: strategies for supporting Asheville's community gardens, McCullough Fellowship for Carolina Arias with me as the faculty advisor and Nicole as the community partner, \$5000 for summer and fall 2016.

(Funded) Mathews LG, **Lanou AJ**, Nicholie M, Poole, S. *Year-round locavorism: Does experiential food education increase year-round local food purchasing and positively impact eating behavior in younger and older adults?* Submitted to the NC Center for Health and Wellness Center Focus Area grant proposal funded for July 2014 to June 2015, \$15,000.

(Funded) **Lanou AJ**, Mathews LG, Weldon A, Burchard M and Peterson KE. *Storying as Knowledge Making: A Symposium: An Engaged Humanities Proposal* for April 2015. \$9600 Funded in October 2014 for events in April and May 2015.

(Funded) Mathews LG, Peterson K, Clarke D, Wasileski SA, Wingert JW, and **Lanou AJ**. ILS Interdisciplinary Block Grant–*Envisioning Food Studies in the new Liberal Arts Core Curriculum* funded for summer 2014, \$4000.

(Funded) Manns ML, Slatton A, Pearson E, Wilcox J ILS Interdisciplinary Block Grant–*Social Entrepreneurship Competition* Block Grant funded for summer 2014, \$4000. (written and submitted by Amy **Lanou**)

(Funded) **Lanou AJ**, Ray K. *The Effect of Experiential Food Education Programs Involving Healthful Cooking on Knowledge and Attitudes about Healthy Eating and Eating Behavior in Teens and Young Adults*. North Carolina Center for Health and Wellness Center Focus Area Grant 2012 for Summer 2012 to Spring 2013, \$19,850

(Funded) **Lanou AJ**, Mills SJV, Lanou AJ, Boudreaux G, Berls R, Wingert JR, Abrahms-Locklear E. *Ancient and Modern Spring Festivals: Ramping Up the Festival of Dionysus*. ILS Block Grant for Summer 2013, \$6000.

(Funded) Zubko K, Clarke D, Butera J, Haugh J, Cameron M, **Lanou AJ**. *Diversifying Thematic and Pedagogical Approaches in HUM 124*. ILS Block Grant for Summer 2013, \$3750. (I was a minor contributor)

(Funded) Horvitz L, **Lanou AJ**. *Deepening Diversity by Developing Curricular and Co-curricular Connections to the UNC Asheville 2013 Queer Studies Conference*. ILS Block Grant for Summer 2012, \$4000.

(Funded) **Lanou AJ**, Mills SJV, Boudreaux G, Berls, R. *The Festival of Dionysus: Linking Ancient and Modern Ideas and Practices*. ACA-UNCA Undergraduate Research Grant for Summer 2011 to Fall 2012, \$10,000.

(Funded) Clarke, D, Wingert J, **Lanou AJ**, Wasileski S, Mathews LG and Peterson K, *Expanded Assessment of the University of North Carolina at Asheville: Food for Thought, a Course Cluster Model for Integrating STEM and non-STEM Disciplines*, National Center for Science and Civic Engagement, Post-Institute Implementation SENCER National Science Foundation Sub-Award. October 2010-July 2012, \$3000.

(Funded) Mills S, Betsalel K, Boudreaux G, Kelley H, **Lanou A**. *Bridging the Hellespont: Broadening Access to Cluster 8: The Greek Experience* Integrated Liberal Studies Block Grant for 2010-2011, \$3900.

(Funded) Bailey E, **Lanou AJ**, and Rodriguez A. *A Family- and Community-Based Program to Prevent and Reduce Childhood Obesity among Latinos in Buncombe County*, Wellness Initiative Starter Grant awarded January 2010 for AY 2010 and Spring 2011, \$19,246.

(Funded) **Lanou AJ**, Peterson KE. *From Resistance to Opportunity: The Reception of Workplace Wellness Initiatives on a University Campus*, Wellness Initiative Starter Grant awarded January 2010 for AY 2010 and Spring 2011, \$15,721.

(Funded) Ghidina M, Weldon A, Rizzo T, **Lanou A**. *Service and Scholarship, Campus and Community, Person and Political: Linking Learning, Agency and Action on Social Justice Issues*, UR Research Grant (ACA) funded in Spring 2010 for 2010, \$10,000.



(Funded) **Lanou AJ**, Wasileski SA, Peterson KE, Mathews LG, Wingert J, Clarke DI, Bailey. *Food For Thought Harvest Bounty Shared Meal and Farm Tours*, Parents Grant Fund Award, Summer 2009 for 2009/2010, \$1690.

(Funded) **Lanou AJ**, Wasileski SA, Peterson KE, Mathews LG, Wingert J, Clarke DI, Bailey E. UNCA University Service Council grant. *Improving Access to Information about Food*, (\$1000 for spring 2009 Food Cluster activities, awarded February 2009).

(Funded) Arias D, Gonzalez A, Rodriguez A, Bailey E, **Lanou AJ**. *Latino Health Promotion Partnership: Gap Analysis and Planning for Capacity Building and Program Development*, North Carolina Center for Health and Aging, September 2007-February 2008, \$10,000.

(Funded) Peterson KE, Wasileski SA, **Lanou AJ**, Mathews LG, Clarke DI, Whitlock C. *Assessing Interdisciplinary Learning in the Food for Thought Cluster*, 2008 UNC Asheville ILS Block Grant, \$4,000.

(Funded) Wasileski SA, Peterson KE, **Lanou AJ**, Mathews LG., *Student Collaborative Learning Across Courses and Disciplines in ILS Cluster 9: Food for Thought: Engaging the Citizen in the Science and Politics of Food Information, Food Consumerism, Nutrition and Health*. UNC Asheville University Teaching Council Collaborative Learning Course Development Grant, \$1000 for Fall 2008, awarded April 2008.

(Funded) **Lanou A** (co-PI), Bailey E (co-PI), Peterson K (co-PI). *Identifying the Role of Self-Efficacy in Women's Health Behaviors*, Wellness Initiative Starter Grant Proposal, North Carolina Center for Health and Wellness, University of North Carolina Asheville. January 2007-December 2007, \$17,495.

(Funded) Patch S (co-PI), **Lanou AJ** (co-PI), West M, Voos G, Muench AM. *A Preliminary Evaluation of a Simple Intervention Designed to Reduce Blood Lead Concentrations in Western North Carolina Senior African-American Males*, Wellness Initiative Starter Grant Proposal, North Carolina Center for Health and Wellness, University of North Carolina Asheville. January 2007-December 2007, \$17,488.

(Funded) Wasileski S, (co-PI), Peterson K, (co-PI), **Lanou AJ**, Mathews LG. *Food for Thought: A Course Cluster Engaging the Citizen in the Science and Politics of Food Information, Food Consumerism, Nutrition, and Health*, National Center for Science and Civic Engagement, Post-Institute Implementation SENCER National Science Foundation Sub-Awards. October 2006-July 2008, \$3000.

## Awards

Excellence in Service Award University of North Carolina Asheville for 2017-2018.

Excellence in Teaching in the Social Sciences, University of North Carolina Asheville for 2015-16.

*William E. Bennett Award for Extraordinary Contributions to Citizen Science* was awarded to the Food Cluster Faculty for our work integrating STEM and non-STEM courses in the Food for Thought Cluster. This is related to our Scholarship of Teaching and Learning, July 2013.

Named *Sara and Joseph Breman Professor for Social Relations* for project titled, *Cultivating a Collective Sense of Belonging: Reconnecting to Health, Place and Each Other Through Shared Food Experiences*, awarded January 2013 for academic years 13/14 and 14/15, \$20,000.

Creative and Scholarly Achievement Award, UNC Asheville for 2010-2011.

## Grants and Awards (pre-UNC Asheville)

NIH Grant (co-investigator) Diabetes Study at Physicians Committee for Responsible Medicine	2003
IDF Grant for International Health Education Effort, for Health Education in Ecuador, Ithaca College.	1994
Gerontology Internship Grant, Gerontology Institute, Ithaca College.	1993
National Institutes of Health Fellowship, Doctoral research, Cornell University.	1987 to 1991
Travel Grant Recipient, Federation of American Societies for Experimental Biology Conference.	1991
Teaching Assistant Recognition Award, Division of Nutritional Sciences, Cornell University.	1988

## **Presentations (individual and paired)**

### **Peer-reviewed conferences or invited presentations at conferences**

(Invited speaker/ panel chair) **Lanou, AJ**. *Food fight: Influencing food and nutrition policy in a challenging environment* as part of a panel titled *How to navigate successfully a progressive and evidence-based nutrition message in a challenging food policy environment*, at the 6<sup>th</sup> Annual Plant-based Prevention of Chronic Disease Conference, Raleigh, NC, May 2019.

**Lanou, AJ**. *Festival of Dionysus in the Mountain South: Melding local and ancient foodways* as part of a panel titled, *Teaching the Foodsystem*, convened by Leah G. Mathews, at the Appalachian Studies Association Conference on March 15<sup>th</sup> 2019, UNC Asheville, Asheville, NC.

**Lanou, AJ**. From 'Milk Does a Body Good' to 'Powerful Beefscapes': *The Case for Cultural Critique of and Resistance to Beef and Cow's Milk Messaging*, for the 40th annual Southwest Popular/American Culture Association (SWPACA) conference, held February 21, 2019, in Albuquerque, NM.

Mills, S and **Lanou, AJ**. *How do you solve a problem like Medea? New challenges in interpreting ancient culture*, co-presented paper at Classical Association of the Middle West and South, Southern section, on October 20<sup>th</sup>, 2018 in Winston-Salem, NC.

**Lanou, AJ**. From 'Milk Does a Body Good' to 'Powerful Beefscapes': *The Case for Queer Resistance against Deceptive Food Messaging and an Oppressive Food System*. Part of a panel titled Embodied Resistance to Medicalized, Sexualized and Advertised "Health" presented at the UNC Asheville Queer Studies Conference, April, 2018.

**Lanou, AJ**. Breast Cancer Discourse: Discovery, Diagnosis and Disclosure by the Bad Grrls of Primetime oral presentation at the 38th annual Southwest Popular/American Culture Association (SWPACA) conference, held February 15-18, 2017 in Albuquerque, NM.

**Lanou AJ**, Mills S. *Ancient Foodways and Festivals: Intellectual Sustenance through Tourism* oral presentation at the Tourism Naturally Conference in Alghero, Italy, in October 2016.

**Lanou AJ**. *Not All It's Cracked Up to Be: The Politics of Resistance in a "got milk?" Culture* talk given at the South Western Popular/American Culture Association in Albuquerque, NM, February 2016.

(Invited speaker) **Lanou AJ**. *Nutrition and Bone Health Update, and Strategies for Getting Off the Dairy-Go-Round*, talk given at the Plant-based Prevention of Chronic Disease (P-POD) Conference at NC State, Raleigh, NC in September 2015.

(Invited panelist) Esselstyn C, Golubic M, Karlsen M, **Lanou A**, Mills M, Saxe G. *How Can Medical Clinicians Convince Patients That Lifestyle Behavior Change Is Worth the Trouble, in Terms of Future Health and Functionality Rewards?* Panel discussion at the Plant-based Prevention of Chronic Disease (P-POD) Conference at NC State University, Raleigh, NC in September 2015.

(Invited speaker) **Lanou AJ**. *Building Bone Vitality with Plant-based Nutrition* at the Total Health Experience Retreat in the Dominican Republic, October 2015.

(Invited speaker) **Lanou AJ**. *Sharing Your Well(th): The Power of Plants for Promoting Food Justice* at the Total Health Experience Retreat in the Dominican Republic, October 2015.

**Lanou AJ**. *Queer Foodways and Health*, Navigating Normativities, Queer Studies Conference at UNC Asheville, April 4<sup>th</sup>, 2015.

Mills SJV and **Lanou AJ**. *Dionysus Synergates: Critical Thinking and Interdisciplinary Learning*. Joint oral presentation at the Classical Association of the Middle West and South March 27<sup>th</sup> 2015 in Boulder Colorado.

(Invited speaker) **Lanou AJ**. *Strategies for Influencing Nutrition Policy in the US*. Talk given as part of a Nutrition Center Seminar Series at the

Center for Research in Nutrition and Health Disparities in the Arnold School of Public Health, University of South Carolina, Feb 6<sup>th</sup>, 2015.

(Invited speaker) **Lanou, AJ**. *Plant-based Nutritional Approaches to Bone Health*, talk given at the Plant-based Prevention of Chronic Disease (P-POD) Conference at UNC Asheville, Asheville, NC in November 2014.

(Invited speaker) **Lanou, AJ**. *Translating Plant-based Research into Application and Policy: Part II*, presentation given at the Plant-based Prevention of Chronic Disease (P-POD) Conference at UNC Asheville, Asheville, NC in November 2014.

**Lanou, AJ**. *Five Years Later in the Food Fight to Move Vegetarian Diets to the Center of MyPlate*, oral presentation at the International Congress on Vegetarian Nutrition at Loma Linda University, Loma Linda, CA in February 2013.

**Lanou AJ**, Levin S. *Food Fights: The History and Politics of Vegetarian Dietary Guidance in the U.S. Dietary Guidelines*. Oral presentation at the American Public Health Association Conference, October 2012.

**Lanou AJ**, Peterson K. *Using Qualitative Methodological Strategies to Enhance Student Learning in a University-Level Women's Health Class*. Oral presentation at the 2<sup>nd</sup> Global Congress for Qualitative Health Research at the Università Cattolica del Sacro Cuore, Milan, Italy, June 2012.

(Invited speaker) **Lanou AJ**. *Expanding the Circle: University-Community Collaborations to Address Social Justice and Health Equity*. Presentation at the NC Society for Public Health Education Conference, October 2011.

(Invited speaker) **Lanou, AJ**. *Should Dairy Products be Part of a Healthy Diet?* Presentation at the Northwest Veg Fest, Portland, OR, September 2011.

(Invited speaker) **Lanou, AJ**. *Achieving Bone Vitality through Plant-based Foods*. Presentation at the Professional Health Conference for a Seventh Day Adventist Hospital in Portland OR, September 2011.

(Invited speaker) **Lanou, AJ**. *Food Fights: The Making and Revising of Nutrition Policy*. Presentation at the Wellness Forum Conference, Columbus, OH, November 2010.

(Invited speaker) **Lanou, AJ**. *Building Bone Vitality: An Alternative Approach to Osteoporosis Prevention*. Presentation at the Wellness Forum Conference, Columbus, OH, November 2010.

**Lanou, AJ**. *Building Bone Vitality: An Alternative Approach to Osteoporosis Prevention*. Presentation at the American Public Health Association Conference, Denver, CO, November 2010.

(Invited speaker) **Lanou, AJ**. *Should Milk or Other Dairy Products be Recommended for Maintenance of a Healthy Weight?* Presentation and debate at Kansas University Obesity and Weight Management Conference, Overland Park, KS, September, 2010.

(Invited speaker) **Lanou, AJ**. *Are Soy Foods Useful for Optimal Bone Health?* Satellite Symposium on Plant-Based Diets and Bone at the International Osteoporosis Foundation Conference in Florence, Italy, May 5<sup>th</sup>, 2010.

(Invited speaker) **Lanou, AJ**. *Recommending Milk for Strong Bones: Are We Doing More Harm Than Good?* Presentation at McDougall Advanced Seminar in Santa Rosa, CA, Feb 2010.

(Invited speaker) **Lanou AJ**. *Building Bone Vitality: An Innovative Approach to Osteoporosis Prevention*. Presentation at Vegetarian Summerfest, Johnstown, PA, July 2009.

(Invited speaker) **Lanou, AJ**. *Recommending Milk for Strong Bones: Are We Doing More Harm Than Good?* Presentation at Vegetarian Summerfest, Johnstown, PA, July 2009.

(Invited keynote speaker) **Lanou, AJ.** *Recommending Milk for Strong Bones: Are We Doing More Harm Than Good?* Keynote talk at the Congrès de Nutrition et Santé in Brussels, Belgium November 14-15, 2008.

(Invited speaker) **Lanou, AJ.** *Weaving Nutritional Wellness into the Classroom and Life: Feeding the Body Beautiful.* Association for Spa, Health and Beauty Educators conference in Birmingham, England, June 2008.

(Invited panelist) **Lanou AJ.** *Putting Vegetarian Diets at the Center of the Plate: Lessons Learned and Key Strategies for Updating the Dietary Guidelines for Americans.* Oral presentation at the International Vegetarian Nutrition Congress in Loma Linda, CA, March 2008.

(Invited speaker) **Lanou AJ.** *Should Dairy be Recommended in a Healthy Vegetarian Diet?* Formal debate presentation at the the International Vegetarian Nutrition Congress in Loma Linda, CA, March 2008.

**Lanou, AJ.** Kinburn D. *Science and Policy: Weighing the Evidence on Dairy and Weight Loss Claims.* Poster presentation at the the International Vegetarian Nutrition Congress in Loma Linda, CA, March 2008.

**Lanou AJ,** Kinburn D. *Science Matters: Using Evidence to Influence Health Policy Decisions.* Oral presentation at the American Public Health Association Conference in Washington DC, November 2007.

(Invited presenter) **Lanou AJ.** *Big Food and Nutrition Policy: Concerns, Challenges, and Opportunities.* Nutritional Concerns Conference hosted by Cornell Cooperative Extension in Albany NY on April 10<sup>th</sup>, 2006.

(Invited keynote speaker) **Lanou, AJ.** *Healthy Eating for Life for Children.* Nutrition for Children Conference hosted by the Wellness Forum in Columbus, OH, in August 2005.

**Lanou AJ,** Chaitowitz S, Barnard ND. *A Technology Success Story: Using Innovative Methods to Dispel Myths about Low-carbohydrate Diets and Encourage Safer Methods for Achieving a Healthy Weight.* Oral presentation at the American Public Health Association Conference in Philadelphia, PA in December 2005.

**Lanou AJ,** Barnard ND. *The Dairy and Weight Loss Hypothesis: An Evaluation of the Evidence.* Oral Presentation at American Public Health Association Conference in Philadelphia, PA in December 2005. (presented)

**Lanou AJ,** Barnard ND, Keller J. *Nutrition and Bone health in Youth: A Call for a Reevaluation of the Role of Dairy Products.* Oral presentation at the American Public Health Association Conference, San Francisco, November 2003.

**Lanou AJ.** *Learning through Identifying Solutions to Real Problems: Connecting College Students and Aging Organizations.* Roundtable discussion at 23rd Annual Conference of the State Society on Aging of New York, October 1995.

**Lanou AJ,** Levitsky DA. *The Effects of Dexfenfluramine Treatment and Dietary Composition with Respect to Fat, Carbohydrate and Cellulose on Food Intake and Body Composition in the Rat.* Oral presentation at Second Independent meeting of the Society for the Study of Ingestive Behavior, August 1994.

**Lanou AJ.** *The Effects of Diet Composition and Fenfluramine Treatment on Caloric Intake, Energy Balance and Body Composition in Rats,* Ph.D. Dissertation Seminar, Cornell University, Ithaca, New York, January 1994.

**Lanou AJ,** Levitsky DA. *Inaccuracy of Long Term Caloric Regulation in Rats.* Presentation at the Experimental Biology 93 Conference, March 29, 1993, New Orleans, Louisiana.

(invited speaker) **Lanou AJ.** *Nutrition for the Athlete.* Presentation at National Strength and Conditioning Training Conference, Cornell University, August, 1992.

**Lanou AJ**, Levitsky DA. *Effect of High Fat and High Carbohydrate Snacks on Caloric Intake and Body Weight in Rats*. Presentation at the Federation of American Societies for Experimental Biology Conference, April 5, 1992, Anaheim, California.

Novak (a.k.a. **Lanou**) A, Bell RC, Levitsky DA, Campbell TC. *Problems in the Use of TOBEC for Serial Determinations of Body Composition in Rats*. Presentation at the Federation of American Societies for Experimental Biology Conference, April 24, 1991, Atlanta, Georgia.

**Lanou AJ**, Ferrell F, Gray SA. *Taste Preference for Sodium Chloride in Dahl Salt-sensitive and Salt-resistant Rats Fed High or Low Levels of Sodium Chloride in Weaning Diets*. Presentation at the society of Neuroscience Conference, 1984, Anaheim, California.

### **Group Presentations** (\* denotes undergraduate co-author)

**Lanou, AJ**, Mathews LG, Speer J, Mills L, Gold-Leighton N. *Do experiences with the local food system change purchasing and eating behavior? Evidence from Western North Carolina* oral presentation given by Mathews given by in June, 2018, at the Agriculture, Food and Human Values Society conference in Madison, Wisconsin.

(peer-reviewed, presented by KP) Peterson K, **Lanou AJ**. *Critical Analysis of Food Advertising Through the Lenses of Gender and Nutrition: A Collaborative Cross-Class Project*. 38th Annual Southwest Popular/American Culture Association (SWPACA) conference, Albuquerque, NM, February 15-18, 2017.

Clarke D, **Lanou AJ**, Mathews LG, Peterson K, Wasileski SA, and Wingert JR *The Impact of Integrated Student Experiences on Learning Through the Food for Thought Cluster of Courses*. Auburn Research Week Special Symposium: Food in the Context of SENCER, Auburn, AL (April 17, 2014), oral presentation (co-presented by A. Lanou and K. Peterson).

(Peer-reviewed) Horvitz L, Harzula A\*, Haire L\*, Russell L, and **Lanou, AJ**. *What We Talk About When We Talk About Triggers: How We Negotiate the Through the Thorny Subject of Triggers/Trigger Warnings in the Classroom,* Workshop/Roundtable presented at Southeastern Women's Studies Association Conference, UNC Wilmington, March 27-29<sup>th</sup>, 2014 (co-presented by all)

Clarke D, **Lanou AJ**, Mathews LG, Peterson K, Wasileski SA, and Wingert JR, *A SENCER-ized Course Cluster that Serves as a Scaffold for Faculty Development, Student Research and Community Engagement*, Gulf South Summit Annual Conference, Auburn, AL (March 27, 2014), oral presentation (presented by D. Clarke).

(Peer-reviewed) Moore WJ\*, Tindall S\*, Ray K, Wingert JW, and **Lanou AJ**. *Lifestyle Change Initiative: Support Needed to Shift to a Nutrient Dense, Whole Food, Plant-based Dietary Pattern on a College Campus* oral presentation at the American Public Health Conference, Boston, MA, November 2013. (presented by Wendy Moore; attended by AJL)

**Lanou AJ**, and Mckay, T. *Your Liberation Depends on Ours: Queering Interspecies Interactions in Social Justice Performance*, oral presentation at the 2013 Queer Studies Conference at UNC Asheville, Asheville, NC on April 6<sup>th</sup>, 2013 (co-presented)

(Peer-reviewed) Tindall SCR,\* Moore W,\* **Lanou AJ**, and Ray K. *Nutrient Adequacy of Adopting a Whole Food, Plant-Based Dietary Pattern*, oral presentation at the International Congress on Vegetarian Nutrition at Loma Linda University, Loma Linda, CA in February 2013. (all attended)

(Peer-reviewed) Moore W,\* Tindall, SCR\*, **Lanou AJ**, and Ray K. *Lifestyle change initiative 2012: Support needed to shift to a whole food, plant-based diet*, poster presentation at the International Congress on Vegetarian Nutrition at Loma Linda University, Loma Linda, CA in February 2013. (all attended)

(Peer-reviewed) Bailey E, **Lanou AJ**, Rodriguez A. *Evaluation of a Community-Based Program to Encourage Physical Activity and Healthy Eating among Latino Families*. Oral presentation at the American Public Health Association Conference, October 2012. (presented by EB; attended by AJL)

(Peer-reviewed) Artman AEC,\* **Lanou, AJ**, Peterson K, Lax J,\* Shuurmans B\*. *Using written reflection to encourage positive body image in college women*. Oral presentation at the American Public Health Association Conference, October 2012. (Presented by AA; attended by AJL)

(Peer-reviewed) Peterson K, **Lanou AJ**. *Self-efficacy and the liberation of women's health education*. Presentation at the Southeastern Women's Studies Association Conference, George Mason University, Fairfax, VA in March 2012. (co-presented)

Bailey E, **Lanou AJ**, Rodriguez, A. *A Family- and Community-Based Program to Prevent and Reduce Childhood Obesity among Latinos in Buncombe County*. Poster presentation at the Minority Health Conference, UNC Chapel Hill, NC in Feb 2012. (co-presented by EB and AJL)

(Peer-reviewed) Berry A,\* Campbell KS,\* Forney L,\* Arruza L,\* Holtz U,\* Peterson K, **Lanou, A**. *FACADE: An Interactive Installation and Workshop* presented at Southeastern Women's Studies Association Conference in March 2011. (co-presented by all except AJL)

**Lanou AJ**, Wasileski S, Peterson K, Mathews LG, Wingert J, and Clarke D. *Food for Thought: Integrating Learning Across STEM and non-STEM Disciplines Using Cross-Class Projects* presented at the SENCER 2010 Summer Institute, July, 2010 at UNC Asheville. (co-presented)

**Lanou AJ**, Peterson KE. *Drag King Evolution: A Social Justice Revolution?* Presentation given at the Southeast Women Studies Association Conference in Columbia, SC, March 2010. (co-presented)

(Peer-reviewed) Clarke DI, Mathews LG, Wingert J (presenters) with coauthors **Lanou AJ**, Peterson K, Wasileski S. *Food for Thought: Designing an Integrative Cluster of Courses Across Natural and Social Science Disciplines*. Oral presentation and workshop at the AAC & U conference, Atlanta, October 23<sup>rd</sup>, 2009.

(Peer-reviewed) **Lanou AJ**, Perry PH, Roark H, Weldon A. *Food and feminism(s): Eco-enlightened nurturing*. Panel presentation at Southeastern Women's Studies Association Conference at Appalachian State University, March 2009.

(Peer-reviewed) Bailey E, **Lanou AJ**, Arias D, Gonzalez A, Rodriguez A. *Latino health promotion partnership*. Poster presentation at the North Carolina Minority Health Conference at UNC-Chapel Hill, NC, on February 27, 2009. (co-presented by EB and AJL)

Clarke DI, **Lanou AJ**, Mathews LG. *UNC Asheville's Food for Thought Cluster*. Presentation at SENCER Center of Innovation-South, Asheville, NC, January 10 2009. (co-presented)

Katz EJ with Wasileski SA, Peterson KE, **Lanou AJ**, Mathews LG, Clarke D, Fox J and Weatherford S. *Strengthening STEM through Civic Engagement. Invited Keynote for Faculty Development Workshop on Civic Action through Teaching, Service and Research*. Christopher Newport University, Newport News, VA, January 2009.

**Lanou AJ**, Wasileski SA, and Peterson KE (panel participants). Additional coauthors: Mathews LG, Clarke D, Boyd G, Curtis C, and Whitlock C. *Reflections on an interdisciplinary effort to engage students in the science and politics of food information, food consumerism, nutrition and health: Year one of a "Food for Thought" cluster of classes*. Panel discussion at the Association of General and Liberal Studies conference, Asheville, NC, September 2008.

Wasileski SA, Peterson KE, **Lanou AJ**, Mathews LG. *Food for Thought: Engaging the Citizen in the Science and Politics of Food Information, Food Consumerism, Nutrition and Health*. Oral presentation at the SENCER DC Symposium, Washington DC, April 2008. (AJL not in attendance)

Wasileski SA, Peterson KE, **Lanou AJ**, Mathews LG. *Food for thought: Engaging the citizen in the science and politics of food information, food consumerism, nutrition and health*. Panel Discussion at SENCER DC Symposium, Washington DC, April 2008. (AJL not in attendance)

Peterson K, **Lanou AJ**. *A Brief Royal History: The Changing Face of North American Drag King Performance*. Presentation at UNCA LGBTQ Conference: Queer Today; Where Tomorrow? March 22-24<sup>th</sup>, 2007. (co-presented)

**Lanou AJ**, McKay TM, Holland T, Pinion R, Johnson A, Fixmer-Oraiz V. *Where the Rubber Meets the Road: Performance as Radical Theory in Action*. Panel presentation at UNCA LGBTQ Conference: Queer Today; Where Tomorrow? March 22-24<sup>th</sup>, 2007. (co-presented)

(Peer-reviewed) Reilly J, **Lanou AJ**, Barnard ND. *Soymilk Proves an acceptable calcium-rich beverage in three ethnically diverse elementary schools*. Poster Presentation at American Public Health Association Conference in Philadelphia, PA in December 2005. (AJL and JR co-presented)

(Peer-reviewed) **Lanou AJ**, Radak T, Barnard ND. *The Dairy and Weight Loss Hypothesis: An Evaluation of the Evidence*. Poster Presentation at the NAASO: The Obesity Society conference in Vancouver, BC in October 2005. (AJL presented)

(Peer-reviewed) **Lanou, AJ**, McKay T, Neeve N, Holland T, DePuy D, et al. *Drag Kinging: The Power of Performance as Activism*. Panel presentation, Queer Matters Conference at Kings College, London, England, June 2004. (co-presented)

(Peer-reviewed) **Lanou AJ**, Barnard ND, Turner-McGrievy G. *A Comparison of the Effect of Low-fat Vegan and Step II Diets on Insulin Sensitivity and Thermic Effect of Food in Overweight Postmenopausal Women*. Oral presentation at 62<sup>nd</sup> Scientific Session of the American Diabetes Association Annual Conference, San Francisco, June 14-18, 2002. (AJL presented)

(Peer-reviewed) Barnard ND, Scialli AR, Turner-McGrievy G, **Lanou AJ**, Glass JA. *Randomized, Controlled Study of the Effect of a Low-fat, Vegan Diet on Body Weight and Metabolism in Overweight Postmenopausal Women*. Oral presentation at the 4th International Vegetarian Nutrition Congress, Loma Linda, CA, April 8-10, 2002. (BTG presented)

McClelland E\*, **Lanou AJ**. *FoodNet Nutrition Services: Report on Nutrition Screening*. Abstract and presentation at 22nd Annual Conference of the State Society on Aging of New York, October 1994. (co-presented)

## Local Presentations

*Nutrition for Cancer Prevention and Survival* for the YMCA Livestrong program at the Blue Ridge Assembly, April 2019.

*Dairy-Free and Fabulous: Why ditching dairy is better for your health and the planet* as part of Vegan Awareness Week in June, 2018.

*Should dairy products be recommended in a healthy diet?*, for Whole Foods Plant-based OLLI Interest Group in June 2017.

*Sifting Through the Hype: Miracle Meal or Dietary Disaster?* as part of Vegan Fest Activities on 9/1/17 at The Block.

*Should Dairy be Recommended in a Healthy Diet?* Talk given at OLLI for the Plant-Based Special Interest Group, June 2016

*Local Food Security and Food Policy Panel*—Panel respondent as part of this interesting event organized by Ameena Batada and her intern on April 13, 2016.

Served as a panelist (along with Aubri Rote and Libby Pascoe) on a *Body Positivity Panel* for students on October 15<sup>th</sup>, 2015 organized by Students United for Reproductive Justice.

*Reflections from the Festival of Dionysus in the Mountain South: Do Culturally- and Historically-linked Shared Food Experiences Matter?* for SENCER teams at the request of Susan Reiser on October 16<sup>th</sup>.

Offered a kick-start presentation for Brother Wolf Employees engaging in a 14-Day Health Challenge in hopes of improving their health through a whole foods plant-based diet, Spring 2015

VeganFest—Invited speaker at Asheville's VeganFest on August 16<sup>th</sup>, 2015; addressed the benefits of a vegan dietary pattern.

*Queer Foodways: Nourishing Body, Heart and Mind*, Just Us for All's body image themed event, September 2014.

*Soy and Wheat: From the Garden of Good or Evil?* for Asheville Vegan Society as a benefit for Full Circle Animal Sanctuary on February, 2014.

*Sifting Through the Hype: Miracle Meal or Dietary Disaster* for the Interdisciplinary STEM Seminar Series at the Osher Lifelong Learning Institute, February, 2014.

*Vegetarian and Vegan Nutrition*. Kiwanis Club Luncheon Seminar Series, February 2012.

*Ten Tips for Nutritional Health: Eating Well for Aging Well* for Cliffs Community, May 2012.

*Building Bone Vitality: An Innovative Approach to Osteoporosis Prevention*. Hendersonville Celiac Support Group, March 2011 and Eat. Breathe. Move. Yoga and nutrition class, March 2011. Jubilee Health and Wellness Series, November 2011.

*Food Fight: The Politics of Making and Revising Nutrition Policy in the US*, Animal Science Dept, Clemson University, October 2009 and for Mercy for Animals in July 2010.

*Building Bone Vitality: An Innovative Approach to Osteoporosis Prevention.* Asheville Vegetarians May 2009, UNC Asheville Reuters Center, June 2009, Malaprop's Bookstore, Library Local Authors Series, and Mercy for Animals, October 2009.

*Eating Locally and Well in Your Dorm Room*, Pre-Rendezblue, UNC Asheville, August 2009.

*Keeping Food Safe.* Food for Thought Cluster Seminar, Fall 2008, Fall 2009.

*"Professor, are you talking to me? I can't find myself in the content": Including Diverse Genders and Sexualities across the Curriculum.* Oral presentation at the Living in, Living with, Diversity Conference, UNC Asheville, November 2008.

*Food Politics.* Food for Thought Cluster Lunch and Learn, Fall 2008.

*Food for Optimal Performance.* Talk given for UNCA's Women's History Month, Spring 2008.

*Taking A Bite Out of Climate Change: Your Plate and the Planet.* Focus the Nation Panel Presentation at UNCA, January 2008.

Food, Nutrition, and Wellness Career Panel. Moderator for Human Resources event at UNCA, February 2008.

*Milk and other Dairy Products: More Harm than Good?* Talk given for Asheville Vegetarians, Spring 2007.

*Eating for Athletic Performance.* Talk given for UNCA Athletes, Fall 2007.

*Eating Healthy at Work.* Talk given for UNCA faculty and staff as part of a Human Resources event, January 2007

*Healthy Holiday Entertaining* for UNCA Faculty and Staff hosted by the UNCA Wellness Committee, December 2006.

*Genderqueer Performance: Radical Theory in Action.* Talk given at the Western Carolina University Gender Research Conference: Gender across Cultures, March 2006.

*Drag Kinging: Radical Theory in Action.* Talk given for UNCA's Women's History Month, Asheville NC, March 2006.

*Drag Kinging: Art as Activism*, ARTS 310, Spring 2006, Queer Sociology, Fall 2005, and Vagina Dialogues Fall 2007.

## Service Activities

### To UNC Asheville

Joint MPH planning team	Spring 2017 to present
Post-Tenure Review Committee	Fall 2015 to Spring 2017
Key Center Director Search Committee	Fall 2015 to Spring 2015
Advisory Board, Student Environmental Center	Spring 2014 to Fall 2016
Committee of Tenured Faculty	Fall 2012 to Spring 2014
Teaching Awards Committee	Fall 2015 to Spring 2016
Food Security and Wellbeing Group. Member and Notetaker	Fall 2013 to Fall 2015
Social Entrepreneurship Team Advisor, Statewide Competition	May 2013 to March 2014
Member, Curriculum Review Task Force, Curricular Sustainability Committee	April 2011 to August 2013
Inquiry ARC Advisory Team	August 2012 to May 2015
SACS Working Group/Quality Enhancement Plan, Assistant to QEP Chair	August 2010 to August 2012
Co-chair/Co-organizer of the UNC Asheville Queer Studies Conference, 2011, 2013, 2015 and 2018 conferences	January 2010 to present
Strategic Planning Task Force for Undergraduate Research	January 2009 to 201
Human Resources Advisory Council	September 2008 to 2011
Media Spokesperson on Nutrition Issues, UNC Asheville	August 2005 to present
Women's, Gender and Sexuality Studies Faculty	August 2005 to present
Faculty Advisor, UNCA's Gay Straight Alliance	August 2006 to 2015
ILS Cluster Oversight Committee	April 2010 to July 2012
Faculty Senate, Institutional Development Committee	August 2008 to June 2010
University Planning Council	August 2008 to August 2010
Faculty Advisor, UNCA Garden Crew	Fall 2008 to Spring 2009
Latin Honors Committee (Chair 2006-2007)	September 2005 to May 2009
2009 and 2007 UNC Asheville LGBTQ Conference Organizing Committees	December 2005 to April 2009
Forum on Food and Nutrition Guidelines for UNC Asheville	Fall 2008
Faculty Senate, Faculty Welfare and Development Committee	August 2007 to August 2008
Faculty Advisor, Health and Wellness Majors Club	November 2006 to December 2008



Alcohol Policy Committee  
Wellness Committee

August 2006 to May 2007  
September 2005 to December 2006

## To Profession

Co-hosted the 1<sup>st</sup> Annual Plant-based Nutrition of Chronic Disease Conference at UNC Asheville November 2014  
Peer-review journal articles for prestigious nutrition and health journals including *Journal of the American College of Nutrition*, *British Medical Journal*, *Nutrition Research* and *Cochrane Reviews*, *Nutrition*, *Pedagogy in Health Promotion among others* 2004 to present  
Peer-reviewer for Food and Nutrition section abstracts for the American Public Health Association Conference, 2004 to 2010  
Book fact-checking and review including  
*The Campbell Plan: The Simple Way to Lose Weight and Reverse Illness, Using The China Study's Whole-Food, Plant-Based Diet* (wrote cover comments) published in 2015.  
*Nutrition Guide for Clinicians* (content reviewer) published in 2007 and reviewed and republished in 2009.  
*The Milk Imperative* (wrote forward) published in 2005.  
*Skinny Bitch* (content reviewer/wrote cover comments) published in 2005.  
*Dr. Spock's Baby and Childcare*, 8<sup>th</sup> edition (reviewed and edited nutritional content) published in 2004.  
Media Spokesperson on nutrition, plant-based dietary patterns, nutrition policy, and health lifestyles 2001 to present  
Over 100 interviews for print publications of all types—magazine, newspaper, webzines, blogs, and scientific journals.  
Filmed for two documentaries on milk and health.  
Over 50 radio interviews including the BBC and NPR local and international programs  
20+ TV interviews from for local to international news programs

## To Community

**Board Member, Bountiful Cities Project, Asheville** 2014 to present  
**Media Spokesperson**, Physicians Committee for Responsible Medicine, Washington, DC. August 2005 to present  
**Member, Asheville Food Policy Council** September 2011 to present  
**Board of Directors, Full Circle Farm Sanctuary**, Burnsville NC January 2013 to December 2015  
**Scientific Advisory Board Member**, Cancer Project, Washington, DC August 2005 to 2010  
**Service-Learning Rotary Trip**, Granada, Nicaragua March 2017, March 2015, February 2011 and February 2009  
Participated in building a health care facility (2009) and schools (2011, 2015, & 2017).  
**Board Member**, IRISE, Asheville, NC 2006 to 2007  
**Board of Directors Member and Educator**, Community Cuisine, Chapel Hill, NC. 1997 to 1999  
**Advisory Board Member**, Educacion Para Todos, Ithaca, NY. 1996 to 1998  
**Board of Directors Member**, Ithacare, Senior Living Community, Ithaca, NY. 1994 to 1997  
**Women's Issues, Self-Help, Education and Support Group Advisor**, Ithaca College, Ithaca, NY. 1992 to 1996  
**FoodNet Volunteer** FoodNet, Nutrition for the Elderly Program of Tompkins County, NY. 1995 to 1996  
**Speaker's Bureau Education Volunteer** Ithaca Rape Crisis, Ithaca, NY. 1993 to 1996  
**Nutrition Educator** Cortland County Senior Nutrition Program, Cortland, NY. 1995  
**Consulting Nutritionist** Ithaca College Dining Services, Ithaca, NY. 1992 to 1994  
**Advisory Council Member** Healthy Heart Program, Tompkins County, NY. 1991 to 1993  
**Task Force Member** Task Force for Physical Fitness and Sport, Ithaca, NY. 1991 to 1993

## Professional Memberships

American Public Health Association and member of the Food and Nutrition Practice Group and LGBTQ Health Caucus  
National Association of Nutrition and Activity  
Physicians Committee for Responsible Medicine  
Classical Association of the Middle West and South