

**Carol Stinson O'Neal, Ph.D.**

**Health and Sport Sciences Department**

**University of Louisville**

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### **Education**

Ph.D. Food Technology, Iowa State University, 1979, Ames, Iowa

M.S. Food Science and Nutrition, Iowa State University, 1977, Ames, Iowa

B.S. Food Science, North Carolina State University, 1973, Raleigh, NC

### **Teaching and Work Experience**

1980-1987 Assistant Professor; 1988-present Associate Professor

University of Louisville, College of Education and Human Development

Department of Health and Sport Sciences, Louisville, KY

### **Courses Taught: 2000-present**

HSS 302 Nutrition in Healthy Living

HSS 303 Human Nutrition

HSS 310 Healthy Lifestyles II

HSS 383 Public Health Principles and Practices

HSS 397 Eating Well and Cooking Healthy

HSS 350 Culinary Nutrition

HSS 402 Practicum

HSS 492 Internship

HSS 494 Internship for Public Health Education

HSS 597 Eating Well and Cooking Healthy

HSS 598 Independent Study

HSS 676 Community Health Promotion and Disease Prevention

HSS 692 Cooperative Internship

## **Awards and Recognition**

University of Louisville Red and Black 2000 and 2005 “Faculty Mentor” for athlete students

Faculty Favorite Award 2018

## **Publications**

**O’Neal, C.** 2020. Developing mindfulness in college students in a college nutrition class. *Journal of the Academy of Nutrition and Dietetics*. 120(9): A49.

Elmore, S., Brown, K, King, K., **O’Neal, C.**, Perez. A. 2020. Centering youth voices in evaluation through photovoice: Examining the Food Literacy Project. *Journal of the Academy of Nutrition and Dietetics*, 120 (9): A76.

Perez, A., Brown, A., Elmore, S., Hartson, K., **O’Neal, C.**, King, K. 2020. Nourishing Food Literacy, Community Health, and Sense of Place in Louisville, KY. *Journal of Nutrition Education and Behavior*, 52(7):S74.

Plouffe, K. & **O’Neal, C.** 2020. Developing mindfulness in college students through yoga classes: Effects on stress, sleep quality and eating habits. *KAHPERD* 57(2):65.

**O’Neal, C.** 2019. Culinary cooking for college students: Cooking with herbs and spices. *J Nutr. Educ. Behav.* 51(7):s41.

**O’Neal, C.** & Perez, A. 2019. Implementation of field-to-fork after-school programs in elementary schools in Kentucky. *KAHPERD* 55(2):139.

**O’Neal, C.** 2019. Using food challenges and online cooking videos in a college nutrition class as a strategy for healthy behavior change. *KAHPERD* 55(2):140.

**O’Neal, C.** 2018. Development of a Culinary Nutrition Program for College Students. *KAHPERD* 55(2):37

Cushing, A. & **O’Neal, C.** 2018. Effective Dietary Strategies for Muscle Recovery after Resistance Exercise Programs. *KAHPERD* 55(2):38.

Kommor, P, Kolander, C. A. **O’Neal, C.**, Straub, B. W, & Benson, P. 2018. Using Wellness Coaching Techniques to Anchor SMART Goals. *KAHPERD* 56(1):8-16.

**O’Neal, C.** & Ewing, A. 2017. Implementing Farm to School Programs in Kentucky: A Social Ecological Approach for Nutrition Education and Community Development. *KAHPERD* 54(2):56-60.

Ewing, A. & **O’Neal, C.** 2017. Connecting Kentucky Classrooms to Kentucky Farms. *KAHPERD* 54(2):55.

Antonini, A. & **O’Neal, C.** 2017. Farm to School: Closing the Food Literacy Gap to Address Healthy Eating Habits. *KAHPERD* 54(2):56.

**Stinson, C. T.** and Tomassetti, S. 2000. Effects of Natural Corn Flavor and Distillers’ Dried Grain on the Sensory Quality of Low-Fat Tortilla Chips During Storage. *Proceedings of the Southern Association of Agricultural Scientists*.

Mills, B. J., **Stinson, C. T.**, Liu, M. C. and Lang, C. A. 1997. Glutathione and Cyst(e)ine Profiles of Vegetables Using High Performance Liquid Chromatography with Dual Electrochemical Detection. *J. Food Composition and Analysis*,10: 90-101.

**Stinson, C. T.** and Tomassetti, S. 1995. Effect of Natural Corn Flavor on the Sensory Quality of Low-Fat Tortilla Chips. *Food Technology*, 49(5)84, 88, 90.

**Stinson, C. T.** and Tomassetti, S. 1995. Sensory Evaluation of Microwaved Devil's Food Cakes Containing Different Types and Levels of Fiber. *National Proceedings of the Institute of Food Technology*.

**Stinson, C. T.** and Tomassetti, S. 1994. Sensory Qualities of Baked, Fried and Microwaved/Baked Tortilla Chips Containing a Natural Corn Flavor. *National Proceedings of the American Association of Cereal Chemists*.

**Stinson, C. T.** and Tomassetti, S. 1994. Sensory Qualities of Baked, Fried and Microwaved/Baked Tortilla Chips Containing a Natural Corn Flavor. *Cereal Foods World*, 39:609.

**Stinson, C. T.** and Tomassetti, S. 1993. The Quality of Microwaved Devil's Food Cakes Containing Different Types and Levels of Fiber. *National Proceedings of the Institute of Food Technologists*.

**Stinson, C. T.** 1986. Effects of Microwave/Convection Baking and Pan Characteristics on Cake Quality. *Journal of Food Science*, 51(6): 1580-1582.

**Stinson, C. T.** 1986. A Quality Comparison of Devil's Food and Yellow Cakes Baked in a Microwave/Convection Versus a Conventional Oven. *Journal of Food Science*, 51(6):1578-1579.

**Stinson, C. T.** 1985. The Sensory Evaluation of Food Products Prepared with Ultra-High Temperature Versus Regular Milk. *National Proceedings of the American Home Economics Association*.

**Stinson, C. T.** 1985. Viscosity Differences between UHT and Regular Milk Due to Processing. *National Proceedings of the Institute of Food Technologists*.

**Stinson, C. T.** 1984. Baking Devil's Food Cakes in a Combination Microwave/Convection Oven: Sensory Evaluation. *National Proceedings of the American Home Economics Association*.

**Stinson, C. T.** 1984. Baking Devil's Food Cakes in a Combination Microwave/Convection Oven: Baking Conditions. *National Proceedings of the Institute of Food Technologists*.

**Stinson, C. T.** and Snyder, H. E. 1980. Evaluation of Heated Soy Flours by Measurement of Tryptic Hydrolysis Using a pH Stat. *Journal of Food Science*, 45(4):936-939, 945.

**Stinson, C. T.** and Love, M. H. 1978. Storage Stability of Textured Soy Flour. *National Proceedings of the Institute of Food Technologists*.

### **Presentations**

**O'Neal, C.** & Lee, Y. Developing mindfulness in college students in a college nutrition class. *Academy of Nutrition and Dietetics conference*, October, 2020.

Elmore, S., Brown, K, King, K., **O'Neal, C.**, Perez, A. 2020. Centering youth voices in evaluation through photovoice: Examining the Food Literacy Project. Academy of Nutrition and Dietetics conference, October, 2020.

Perez, A., Brown, A., Elmore, S., Hartson, K., **O'Neal, C.**, King, K. Nourishing Food Literacy, Community Health, and Sense of Place in Louisville, KY. Nutrition Education and Behavior conference, July 2020.

**O'Neal, C.** Culinary cooking for college students: Cooking with herbs and spices. Nutrition Education and Behavior Conference, Orlando, FL, June, 2019.

Plouffe, K. & **O'Neal, C.** Developing mindfulness through yoga. KAHPERD conference, Louisville, KY, October, 2019

**O'Neal, C.** Using Food Challenges and Online Cooking Videos as a Strategy for Healthy Behavior Change in a College Nutrition Class. KAHPERD Conference, Lexington, KY, Nov. 2018.

**O'Neal, C.** & Perez, A. Food Literacy Project: Implementation of Field-to-Fork After-School Programs in Elementary Schools. KAHPERD Conference, Lexington, KY, Nov. 2018.

**O'Neal, C.** Development of a Culinary Nutrition Program for College Students. Kentucky Association of Health, Physical Education, Recreation and Dance (KAHPERD) conference, Lexington, KY, Nov. 2017.

**O'Neal, C.** and Perez, A. Using Experiential Education to Enhance Child and Family Health. 27 Annual Art and Science of Health Promotion Conference, Colorado Springs, CO, March 2017.

Cushing, A. and **O'Neal, C.** Effective Dietary Strategies for Muscle Recovery after Resistance Exercise Programs. KAHPERD Conference, Lexington, KY. Nov 2017.

Ewing, A. and **O'Neal, C.** Connecting Kentucky Classrooms to Kentucky Farms. Kentucky Association of Health, Physical Education, Recreation and Dance (KAHPERD) Conference, Lexington, KY. Nov. 2016.

Antonini, A. and **O'Neal, C.** Farm to School: Closing the Food Literacy Gap to Address Healthy Eating Habits. Kentucky Association of Health, Physical Education, Recreation and Dance (KAHPERD) Conference, Lexington, KY. Nov. 2016.

Vidoni, C., & **O'Neal, C.** (2012, January). Goal setting: increasing students' engagement in physical activity in and beyond physical education classes. Share the Wealth Conference 2012, Jekyll Island, GA.

**Stinson, C. T.** et al., 2006. Hot Health Topics for Practical Living K - 12. KAHPERD, Lexington, KY

**Stinson, C. T.** et al., 2006. Simple Strategies to Encourage Physical Activity in a Built Environment, AAHE, Nashville, TN.

**Stinson, C. T.** 2000. Effects of Natural Corn Flavor and Distillers' Dried Grain on the Sensory Quality of Low-Fat Tortilla Chips During Storage. Southern Association of Agricultural Scientists, Lexington, KY.

**Stinson, C. T.** and Tomassetti, S. 1995. Sensory Evaluation of Microwaved Devil's Food Cakes Containing Different Types and Levels of Fiber. National Meeting of the Institute of Food Technologists, Anaheim, CA.

**Stinson, C. T.** and Tomassetti, S. 1995. Sensory Evaluation of Microwaved Devil's Food Cakes Containing Different Types and Levels of Fiber. Bluegrass IFT, Louisville, KY.

**Stinson, C. T.** and Tomassetti, S. 1994. Sensory Qualities of Baked, Fried and Microwaved/Baked Tortilla Chips Containing a Natural Corn Flavor. National Meeting of the American Association of Cereal Chemists, Nashville, TN.

**Stinson, C. T.** 1994. Nutraceuticals: Fad or Fact. Bluegrass IFT, Louisville, KY.

**Stinson, C. T.** 1994. Impact of Chinese Food on American Diet. China Institute, Louisville, KY.

**Stinson, C. T.** and Tomassetti, S. 1993. The Quality of Microwaved Devil's Food Cakes Containing Different Types and Levels of Fiber. National Meeting of the Institute of Food Technologists, Chicago, Illinois.

**Stinson, C. T.** 1986. The Content of Glutathione and its Precursors in Pork. KDA Spring Meeting, Owensboro, KY.

**Stinson, C. T.** 1985. The Sensory Evaluation of Food Products Prepared with Ultra-High Temperature Versus Regular Milk. National Meeting and Exposition of the American Home Economics Association, Philadelphia, PA.

**Stinson, C. T.** 1985. Viscosity Differences Between UHT and Regular Milk Due to Processing. National Meeting and Food Expo of the Institute of Food Technologists, Atlanta, GA.

**Stinson, C. T.** 1984. Baking Devil's Food Cakes in a Combination Microwave/Convection Oven: Sensory Evaluation. National Meeting and Exposition of the American Home Economics Association, Anaheim, CA.

**Stinson, C. T.** 1984. Baking Devil's Food Cakes in a Combination Microwave/Convection Oven: Baking Conditions. National Meeting and Food Expo of the Institute of Food Technologists, Anaheim, CA.

**Stinson, C. T.** 1978. Storage Stability of Textured Soy Four. National Meeting and Food Expo of the Institute of Food Technologists, Dallas, TX.

## **Grants**

2013 Green Threads: Sustainability Across the Curriculum Description: Awarded to university faculty practicing environmental sustainability promotion in their coursework. Funding Source: University of Louisville Office of Sustainability Funding Amount: \$500.00;

Stinson, C. & Bauder, D. K. (2002). Internal University Grant, Investigation: The Use of Dynamic Communication Boards for Individuals with Autism. (Funded \$3,800).

## **Service**

### **University**

Sustainability committee member 2013-present

TES evaluator- transfer equivalency 2004-present

## **College of Education and Human Development**

Curriculum Committee 2018-2019

Diversity Committee 1994-96

Research and Faculty Development Committee 1997-98

Honors and Scholarship Committee, 2005-7 (chair for two years)

NCATE self-study groups - 2007

Standards and Admissions – 2015- 2017

## **Department of Health and Sport Sciences**

Physical Activity and Health committee 2017-present

Program Director for Public Health Education and Community Health 2004-2016

Advisor for Public Health Education students 2014-2018

Advisor for MED Community Health students 2004-2014

Health Service Class Coordinator 2004-2017

Masters of Community Health Admissions committee – 2004-2017

Internship Coordinator for Public Health Education 2014-2019

Health Promotions committee 1994-2004

Honors and Scholarship Committee 2007-2014, 2016-2019

Personnel Committee 1994-98; 2001-2002; 2005-present

Curriculum Committee 2004-present (Chair-2014-present)

Search Committee- Exercise Physiology, 1995-96

Search Committee for HSS Chair, 2007

Prepared SLO documents for Public Health Education and Community Health Programs 2004-2016

## **Professional Membership and Service**

Reviewer KAHPERD 2017-present

## **Membership in Professional Associations**

KAHPERD

Institute of Food Technologists (IFT) 1978-2000

American Autism Society (AAS) 1988-2010

Autism Society of Kentucky (ASK) 1988-2010

Kentucky and Indiana Sensory Professionals (KISP), 1994-1998

IFT: Science Fair Judge, 1994-95, 97

KISP, Treasurer 1994-1998

ASK, Resource and Public Affairs; Membership, Chair 1996-2000.

KATC, Registration for annual conference; 2000

Reviewer for textbook, **Contemporary Nutrition**, McGraw Hill, 2017.

Reviewer for textbook, **Nutrition**,Sizer and Whitney, 2002

Reviewer for textbook, **The Science of Nutrition**, Thompson, Manroe and Vaughan, 2006.

Benjamin Cummings National focus group on nutrition curriculum, 2006

Community Presentations on Food and Nutrition topics- UofL Speaker Bureau; 2000- 2005

Health Promotion Schools for Excellence committee; 2002-2004

Participated in Community Group of Bakers using alternate ingredients for special diets 2013-2016