

**Shadai Martin PhD RDN**  
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## **Education**

<b>May 2018</b>	<b>PhD Human Nutrition &amp; Exercise Science</b> South Dakota State University
<b>December 2014</b>	<b>M.S. Nutrition &amp; Dietetics</b> University of North Florida, Brooks College of Health
<b>April 2013</b>	<b>B.S. Nutrition &amp; Dietetics</b> University of North Florida, Brooks College of Health

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## **Licensure/Certifications**

06/15-present	<b>Registered Dietitian Nutritionist (RDN)</b>
08/22-present	<b>Zumba Instructor</b>
04/17- present	<b>CPR/First Aid</b>
07/14-07/20	<b>ACE Group Fitness Instructor</b>

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## **Work Experience**

05/24- current	<b>Associate Professor -New Mexico State University</b>
08/22-current	Zumba Instructor – New Mexico State University
08/22-current	Zumba Instructor – Fitness One (310 Fitness)
08/18- 05/24	Assistant Professor – New Mexico State University
10/22 – 04/24	Mountain View Regional Medical Center- Senior Amigos Program
05/17 – 05/18	Graduate Research Assistant – South Dakota State University
01/16- 05/18	Graduate Teaching Assistant – South Dakota State University
(08/15 – 12/16)	Adjunct Instructor – South Dakota State University
(10/15 – 02/17)	Child Nutrition Services – Brookings School District
(08/10 –01/15)	Assistant Naturalist – Tree Hill Nature Center

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## **Professional Affiliation**

2013 - present	American Dietetic Association
2020- present	New Mexico Dietetic Association
2013- 2018	Florida Dietetic Association

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## Grants Awarded

**Martin S., Gioannini R.** Paso Del Norte Health Foundation: Healthy Eating and Active Living Continental Cooking and Gardening for Adolescents and Teens  
Amount Awarded: \$51,253.40  
June 2022

## Other Awards

New Mexico Academy of Nutrition & Dietetics - Recognized Young Dietitian of the Year  
Awarded: May 2023

## Publications

### *Published Research Articles*

**Martin S., Gioannini R.,** Continental Cooking Classes and Gardening – Teen Health and Nutrition Education. *In Progress.*

Rogus, S., Coakley, K., Pacheco-Gonzales, D., **Martin, S.** Food insecurity, challenges and strategies among New Mexicans experiencing job disruptions during COVID-19: A cross-sectional study. *Journal of Social Health.* 2023; 5:2.

**Martin, S.,** Velasco-Cruz, C., McCormack, L. Eating behaviors and body image perception among college students. *Health Behavior and Policy Review.* 2022; 9(5):1052-1062.

**Martin S.** McCormack L. Eating Behaviors and the perceived nutrition environment. *Journal of American College Health.* 2022; DOI: [10.1080/07448481.2022.2068019](https://doi.org/10.1080/07448481.2022.2068019)

**Martin, S.,** Zagone, L., Rogus, S. Traffic light nutrition labelling: implementation and effects on student food choices in university's mobile food pantries. *Health Behavior and Policy Review.* 2022; 9(1).

**Martin, S.,** McCormack, L. Body image, dieting and disordered eating behavior among college students. *Journal of Social Health.* 2022; 5:1.

Rogus, S., Coakley, K.E., **Martin, S.,** Gonzales-Pacheco, D., & Sroka, C.J. Food security, access, and challenges in New Mexico during COVID-19. *Current Developments in Nutrition.* 2022; 6:1.

**Martin S,** Rogus S. Challenges and Solutions to change of operations in nutrition-and-health related community programs, cooperative extension and teaching. *JFCS.* 2022; 113:4.

Meredith T Niles; Alyssa W. Beavers; Lauren A. Clay; Marcelle M. Dougan; Giselle A. Pignotti; Stephanie Rogus; Mateja R. Savoie-Roskos; Rachel E. Schattman; Rachel M. Zack; Francesco Acciai; Deanne Allegro; Emily H Belardino; Farryl Bertmann; Erin Biehl; Nick Birk; Jessica Bishop-Royse; Christine Bozlak; Brianna Bradley; Barrett P Brenton; James Buszkiewicz; Brittney N Cavaliere; Young Cho; Eric M Clark; Kathryn Coakley; Jeanne Coffin-Schmitt; Sarah M Collier; Casey Coombs; Anne Dressel; Adam Drewnowski; Tom Evans; Beth J Feingold; Lauren Fiechtner; Kathryn J Fiorella; Katie Funderburk; Preetly Gadhoke; Diana Gonzales-Pacheco; Amelia Greiner Safi; Sen

Gu; Karla L Hanson; Amy Harley; Kaitlyn Harper; Akiko S Hosler; Alan Ismach; Anna Josephson; Linnea Laestadius; Heidi LeBlanc; Laura R Lewis; Michelle M Litton; Katie S Martin; **Shadai Martin**; Sarah Martinelli; John Mazzeo; Scott C Merrill; Roni Neff; Esther Nguyen; Punam Ohri-Vachaspati; Abigail Orbe; Jennifer J Otten; Sondra Parmer; Salome Pemberton; Zain Al Abdeen Qusair; Victoria Rivkina; Joelle Robinson; Chelsea M Rose; Saloumeh Sadeghzadeh; Brinda Sivaramakrishnan; Mariana Torres Arroyo; McKenna Voorhees; Kathryn Yerxa. A Multi-Site Analysis of the Prevalence of Food Security in the United States, before and during the COVID-19 Pandemic. *Current Developments in Nutrition*. 2021; 1(5): 12.

Rogus S, **Martin S**, Philips S. Teaching in an undergraduate dietetics program and internship during COVID-19. *JFCS*. 2021; 113:2

**Martin S**, Velasco-Cruz C. The nutrition environment, food choices and body image among college students. *Journal of Social Health*. 2020; 3:2.

**Martin S**, Meendering J, McCormack L. Association between written school nutrition wellness policies and the observed nutrition environment within elementary schools. *Journal of Education & Social Policy*. 2019; 6:3

McCormack L, **Martin S**, McGlade S, Meendering J, Foster J, Miller A. Differences in overweight/obesity among youth in Midwest-state by rural-urban continuum codes. *South Dakota Medicine*. 2019

#### **Published Abstracts**

**Martin S**. Continental Cooking and Gardening for Adolescents. *Current Developments in Nutrition*. 2023.

**Martin S**. Evaluating the delivery method of a MyPlate nutrition education class. *Journal of the Academy of Nutrition and Dietetics*. 2022

**Martin S**, Velasco-Cruz C. The nutrition environment, eating patterns and body image among college students. *Current Developments in Nutrition*. 2020

Palomino N, **Martin S**. Evaluating the delivery method of a Southwest state's diabetes prevention program. *Journal of the Academy of Nutrition and Dietetics*. 2020

#### **Presentations**

**Martin S**. Evaluating the delivery method of a MyPlate nutrition education class. *Journal of the Academy of Nutrition and Dietetics (FNCE)*. 2022

**Martin S**. Self-regulatory and eating compensatory behaviors related to alcohol among college students. *American Society of Nutrition Conference*. (June 6, 2022)

**Martin S**. Body image and restaurant meal consumption among college students. *American Society of Nutrition Conference*. (June 7, 2021)

Rogus S, Coakley K, Gonzales-Pacheco D, **Martin S**. Food access, challenges, worry and food insecurity during COVID-19 in New Mexico. *Academy of Nutrition and Dietetics (FNCE)*. (October 19, 2021)

**Martin S**. The nutrition environment, eating patterns and body image among college students. *American Society of Nutrition Conference*. (June 2, 2020).

Palomino N, **Martin S.** Evaluating the delivery method of a Southwest state's diabetes prevention program. *Academy of Nutrition and Dietetics (FNCE)*. (October 20, 2020).

Rogus, S. **Martin, S.** "Food access and security during COVID-19: A New Mexico study". *NM Academy Nutrition and Dietetics fall webinar*. (November 2020).

**Martin S.**, NMSU Research Conference, "Association between written school nutrition wellness policies and the observed nutrition environment within elementary schools," NMSU. (November 15, 2019).

**Martin S.**, NMSU Research Conference, "Free-and Reduced Price School Lunch Participation by County Ruralness," NMSU, Student Union Ballroom. (November 15, 2019).

**Martin S.**, "The Background of Human Nutrition Science," Dona Ana Community College, Dona Ana Community College - Main Campus. (November 12, 2019).

**Martin S** (2019) Ancestral Foodways Workshop – Meso American and Southwestern Indigenous People Diet: (Six Week Presentation) La Semilla, Anthony New Mexico (February 23rd – April 6th 2019)  
Week 1 - Earth's Cultural Role for Mesoamerican and Southwestern Indigenous People (Nixtamal)  
Week 2 – Importance of Fire to Mesoamericans and Southwestern Indigenous People  
Week 3 – Air/Wind/Cardinal Directions and its effect on food  
Week 4 – Water's Influence on Mesoamerican and Indigenous People Diet  
Week 5 – Dietary Healing Remedies of Mesoamericans and Southwestern Indigenous People  
Week 6 – Time and its relationship to the diet of Meso-Americans and Southwestern Indigenous People

**Martin, S.**, "Macro-nutrients," Dona Ana Community College. (November 27, 2018).

Associations between free & reduced-price lunch and rural obesity. **Martin S**, McCormack L. Poster presentation at Avera/SDSU Research Symposium, Brookings, SD 2017.

Food Label Presentation. **Martin S.** Oral Presentation at South Dakota State University -PE 220 Fitness, Brookings, SD 2017.

Nutrition, Wellness & Physical Activity. **Martin S.** Oral Presentation at Bonne Homme School District (Three) – elementary, middle & high school nutrition education, Bon Homme, SD 2017.

Trying New Foods. **Martin S.** Oral Presentation at South Dakota State University – NUTR 492, Brookings, SD 2018.

## **Academic Advising**

### *Master's Thesis Chair*

Master's Thesis Committee Chair, "Food Insecurity, Academic and Athletic Performance of Collegiate Athletes." (October 2021 – May 2023).

Advised: Nilsson K.

Master's Thesis Committee Chair, "Exploring Attitudes Regarding Acculturation to Food of International Students." (October 2019 – May 2021).

Advised: Kaur H.

Master's Thesis Committee Chair, "Traffic Light Nutritin Labeling; Implementation and Effects on Student Food Choices." (October 2019 – May 2021).

Advised: Zagone L.

Master's Thesis Committee Chair, "Effects of Alcohol Consumption on Eating Patterns." (October 2019 – May 2021).

Advised: Hart M.

Master's Thesis Committee Chair, "Assessing Food Insecurity Among College Students in the Southwest Region." (May 2018 – May 2020).

Advised: Mancha B.

Master's Thesis Committee Chair, "The Influence of Social Media on Food Choices Among College Students." (October 2018 – May 2020 ).

Advised: Renteria C.

08/18 – present - Master’s Non-Thesis Advisor

08/18 – present - Faculty Advisor - New Mexico State University Student Nutrition Club

### **Committee Assignment**

01/19 – present – NMSU Dietetic Intern Selection Committee

01/18 – present – FCS Department Scholarship and Awards Committee

01/22-present – FCS Curriculum Committee