

Shadai Martin PhD RDN
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Education

May 2018 **PhD Human Nutrition & Exercise Science**
South Dakota State University

December 2014 **M.S. Nutrition & Dietetics**
University of North Florida, Brooks College of Health

April 2013 **B.S. Nutrition & Dietetics**
University of North Florida, Brooks College of Health

Licensure/Certifications

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

Work Experience

05/24- current **Associate Professor -New Mexico State University**

08/18- 05/24 **Assistant Professor - New Mexico State University**

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**

Professional Affiliation

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

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 Belarmino; 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; Preeti 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