

Emily Shupe, PhD, RD, LDN

EDUCATION

- Ph.D.** **Applied Management and Decision Science (July, 2013)**
Walden University
Minneapolis, MN
: Obstacles to menu labeling that are being experienced
by the independent foodservice establishments.
- M.S.** **Nutrition and Dietetics (1997)**
Saint Louis University
St. Louis, MO
Barriers to participation with congregate meal sites
- B.S.** **Home Economics (1994)**
Emphasis: Dietetics, Western Illinois University
Macomb, IL

classroom environment.

Commission on Dietetic Registration Competency Writing Session (2013)

Developed competency evaluation goals and measures at the national level for registered dietitians to self-assess professional development.

PROFESSIONAL HISTORY

Western Illinois University, Macomb, Illinois

- Instructor, Unit B in Family and Consumer Sciences in the dietetics area within the College of Education and Human Services.
- Assistant Professor in Family and Consumer Sciences in the dietetics area- Unit A faculty member with associate membership as a Graduate Faculty in the Department of Dietetics, Hospitality, and Fashion Merchandising within the College of Education and Human Services.

- Instruct both lower and upper level undergraduate courses including general education courses in the dietetics program

- 2019 – Provost – Excellence in Community Service Award
- American Public Health Association – Section Councilor for Food and Nutrition
 - Member # 9985458
- National Wellness Institute – Member
- Academy of Nutrition and Dietetics – Member #821999
 - Dietetic Educators of Practitioners Practice Group Member
 - Public Health / Community Nutrition Practice Group Member
- Illinois Academy of Nutrition and Dietetics – Member #821999
- Commission on Dietetic Registration - Registered Dietitian # 821999
- Illinois Department of Financial and Professional Regulation
 - Licensed Dietitian/Nutritionist # 164.002954
- State of Illinois Department of Public Health
 - Certified Manager in Food Service Sanitation # 01015162

NUTR 308 - Nutrition for the Older Adult – Developed New Course

NUTR 409 – Dietetic Practicum

NUTR 450 - Healthy cooking (online) – Co/Developed Online Course
Graduate and Undergraduate

NUTR 450 - Weight Management (online)

NUTR 498 – Independent Studies

DPD director for dietetics (Fall 2014)

ONLINE COURSE DEVELOPMENT

2023 Beginning Foods for the Nutrition Professional

2023 Food Science

2022 Nutrition for the Young Child

2021 Nutrition Through the Lifespan

2021 Nutrition for the Older Adult

UNDERGRADUA /Ct9329 (E-2DC /TT1G)-4.1 (RAD)-4.2AJEMC /P MCID 17 ()UA /Ce

- Kate McTaggart “Functional Properties, Uses, and Health Impacts of Common Artificial Sweeteners” – NUTR 301
- 2017 Mentored Illinois Centennial Honors College Project
Casey Sollenberger “Dietary Patterns, Body Fat Percentage and Rate/Risk of the Female Athlete Triad – Study of the Diet” – NUTR 305
- 2017 Mentored Illinois Centennial Honors College Project
Kara Downing “Dietary Patterns, Body Fat Percentage and Rate/Risk of the Female Athlete Triad – Study of Hormone Patterns” – NUTR 305
- 2017 Mentored Illinois Centennial Honors College Project
Stellera English “The Influence of Education on Geriatric Consumption of Fruits and Vegetables” – NUTR 308
- 2017 Undergraduate Research Day—Faculty Research Mentor – Oral Presentation
Stellera English “The Influence of Education on Geriatric Consumption of Fruits and Vegetables” – NUTR 308
- 2016 Mentored Illinois Centennial Honors College Project
Kara Downing “The Effects of Avocado as a Fat Replacement in Pie Crust” – NUTR 301
- 2016 Undergraduate Research Day—Faculty Research Mentor
Kara Downing “The Effects of Avocado as a Fat Replacement in Pie Crust” – NUTR 301
- 2016 Mentored Illinois Centennial Honors College Project
Crystal Rodarte “Nutritional Comparison of Breast Milk and Formula through the Decades” – NUTR 305
- 2016 Undergraduate Research Day—Faculty Research Mentor
Crystal Rodarte “Nutritional Comparison of Breast Milk and Formula through the Decades” – NUTR 305
- 2016 Mentored Illinois Centennial Honors College Project
Lars Smith “Case Study Review of Cystic Fibrosis in Children” – NUTR 305
- 2014 Mentored Illinois Centennial Honors College Project
Brown, L. “Creating Nutritious Meals for Children” – NUTR 303
- 2014 Mentored Illinois Centennial Honors College Project
Perry, A. “Healthy Foods, Healthy Baby” – NUTR 305
- 2014 Mentored Illinois Centennial Honors College Project
Brown, L. “Need for Change; Obesity in Children” – NUTR 305
- 2014 Undergraduate Research Day- Faculty Research Mentor

2020- 2023 **Member**, Faculty Council – COEHS

2020- 2023 **Member**, Faculty Awards, Scholarship - COEHS

2020-2022 **Member** –

2013-2017 **Member**, DFMH Scholarship Committee
2013-2014 **Member**, University FYE Committee
2013-present **Member**, DFMH Assessment Committee
2012- 2013 **Member**, DFMH Travel Committee
2008-2009 **Member**, DFMH Library Committee
2005- Present **Member**, Undergraduate Dietetics Committee

FACULTY SPONSOR FOR STUDENT ORGANIZATIONS

2023- Present **Faculty Sponsor** – Alpha Sigma Alpha
2017- Present **Faculty Sponsor** for the WIU Food Pantry
2014- Present **Faculty Sponsor** for the Food and Culture Club
Develop and Present four cultural presentations/meals per year
2009- Present **Faculty Sponsor** for SANE, Student Association for Nutrition Education
2012-2013 **Faculty sponsor**, Culinary Creations

NUTRITION-RELATED UNIVERSITY SERVICE aliMCvJD 166 Tw (-1 (d)6 (P)2 (r) (S)-

- 2021 Participant – McGraw Hill – Focus Group – Empowering the Nutrition Student

- 2021 Participant – Today’s Dietitian – Spring Symposium

- 2020 Participated/ supervised students – Open Food Pantries (4) – Riverbend Feeding America Program

- 2020 Supervised Dietetics and Hospitality students who volunteered at the Macomb Special Olympics Santa Party – NUTR 305

- 2020 Developed and led students – Food Science Olympiad – Testing for Regional event

- 2020 Organized and supervised student participation – HyVee Fit4 Kids (Macomb and Quincy IL)

- 2020 Supervised students – Participation with the Home Delivered Program –

- 2018 Supervised students nutrition education sessions and the Macomb YMCA senior center – NUTR 308
- 2018 Hosted eight cooking sessions with Macomb Park District – Special Needs Individuals and WIU students - Facilitate the comfort level of working with individuals with specific disabilities and nutritional needs – NUTR 305
- 2018 Presented on Nutrition and Labels – Macomb High School Wellness Conference
4 presentations
- 2017 Hosted eight cooking sessions with Macomb Park District – Special Needs Individuals and WIU students - Facilitate the comfort level of working with individuals with specific disabilities and nutritional needs – NUTR 305
- 2017 Supervised students completing nutrition education lessons at Lincoln Elementary in Macomb – Grades K-3 – NUTR 203
- 2017 Supervised Dietetics and Hospitality students who volunteered at the Macomb Special Olympics Santa Party – NUTR 305
- 2017 Developed/Sponsored, Food Science Olympiad - NUTR 301 (Feb, 2017) – NUTR 301
- 2017 Attended and Mentored six students at the Illinois Academy of Nutrition and Dietetics Association – March 2017 – Oak Brook IL
- 2017 Presented – Nutrition and the Field of Dietetics – Spoon River Career Days
- 2017 Presented on Nutrition and Labels – West Prairie High School Wellness Conference
4 presentations
- 2016 Hosted eight cooking sessions with Macomb Park District – Special Needs Individuals and WIU students - Facilitate the comfort level of working with individuals with specific disabilities and nutritional needs – NUTR 305
- 2016 Supervised students nutrition education sessions and the Macomb YMCA senior center – NUTR 308
- 2016 Pilot program for MLevel Games – Pearson Education – NUTR 109 Introduction to Nutrition – One of only two courses in the United States that was a pilot
- 2016 Organized and supervised senior dietetic students presenting “Nutrition and Sports” to athletic teams at Macomb Senior High (May, 2016)
- 2016 Participated in Pearson Publishing Nutrition Forum with Pearson Education in San Francisco, CA. (March, 2016)
- 2016 Developed/Sponsored, Food Science Olympiad - NUTR 301 (Feb, 2016)
- 2016 Supervised NUTR 303 students in the research project “Fruit and Vegetable Identification and Consumption: Post Nutrition Education in a Preschool Center”

- 2016 Review of book chapter – Wolters Kluwer – Clinical Nutrition
Chapter 6- - Bariatric Surgery
- 2016 Review of book chapter – Wolters Kluwer – Clinical Nutrition
Chapter 9 – Diabetes
- 2016 Presented – Nutrition and the Field of Dietetics – Spoon River Career Days
- 2016 Presented – Nutrition and the Field of Dietetics – John Wood Career Days
- 2015 Hosted eight cooking sessions with Macomb Park District – Special Needs Individuals
and WIU students - Facilitate the comfort level of working with individuals with specific
disabilities and nutritional needs – NUTR 305
- 2015 Attended the American Public Health Association Annual Meeting (November, 2015)
- 2015 Attended the Health, Wellness, and Society Conference (September, 2015) Spain
- 2015 Reviewer of 7 abstract submissions for the American Public Health Association Annual
Meeting
- 2015 Reviewer for the

- 2015 Attended Illinois Dietetic Association – Supervised 8 students - Food and Culture Club (April, 2015) Oakbrook, IL
- 2015 Organized/ supervised child nutrition education lessons in the community - FCS 303
- 2015 Assisted with the HyVee Health and Wellness Bus at Western Illinois University (SANE)
- 2014 Attended FNCE (Food & Nutrition Conference & Expo) - Atlanta, GA (October, 2014)
- 2014 Attended Maryville SoTL Conference - St. Louis, MO
- 2014 Attended International Learning Conference (July, 2014) New York, NY
- 2014

- 2023 DOT Foods Charitable Giving Event – Presenter
- 2023 Attended the Illinois Academy of Nutrition and Dietetics Meeting- Online
- 2023 Catered meal for the Illinois Ag Teacher meeting
- 2022 Riverbend Mobile Food Pantry – 4 Events 2022
- 2022 Attended the Academy of Nutrition and Dietetics Conference – FNCE - Online
- 2022 Assisted with WIU UUB – Casino Night
- 2022 Judge – WIU Homecoming Parade
- 2021 Riverbend Mobile Food Pantry – 4 Events 2021
- 2021 Attended the Academy of Nutrition and Dietetics Conference – FNCE - Online
- 2021 Attended the Illinois Academy of Nutrition and Dietetics Meeting - Online

- 2014 Participated in an Introductory Nutrition Forum with Pearson Education in San Francisco, CA. (March, 2014)
- 2013 Participated in Western Illinois University- COEHS, Faculty Innovators
- 2013 Developed professional materials at the Commission on Dietetic Registration Competency Writing Session in Chicago, IL. (July, 2013)
- 2013 Co-Developed on online version of Healthy Cooking (FCS 450) With Dr. Lorri Kanauss (July, 2013)
- 2013 Collaborated in a feasibility study for the Nutrition and Foodservice Management major (spring, 2013)
- 2012 Developed Foodservice Procurement course online
- 2007-present Collaborated with other Dietetics faculty to present a review session for the OSF Saint Francis Medical Center Dietetic Interns and Bradley University Dietetic Interns (Yearly)
- 2010-2013 Co-Developed/Educator, Kids University at WIU

PUBLICATIONS

- 2019 Clerkin, K., Pohl, C, **Shupe, E.** & Myoung, K. (2019) Influencing Nutritional Habits of College Students using a Food Pantry.
- 2016 Kanauss, L. & **Shupe, E.** (2016). Academic and Industry Collaboration: A Nutrition-Related Worksite Wellness Program. *Journal of Nutrition Education and Behavior*, 6(3) 1-7.
- 2016 Kaul, R., **Shupe, E.** & Kanauss, L. (2016). Presenting Food and Culture: Teaching Nutrition through “Learning by Doing”. *Journal of Nutrition Education and Behavior*, 11(2) 27-34.
- 2014 Kanauss, L. & **Shupe, E.** (2014) Nutrition-related Service Learning Activities on a University Campus. *Journal of Nutrition Education and Behavior*, 8(2); 29-37.
- 2014 Kanauss, L. & **Shupe, E.** (2014). Dietetics Curriculum: Incorporating Service Learning Activities to Meet Required Competencies. *Journal of Nutrition Education and Behavior*, 8(1); 15-22.
- 2014 **Shupe, E.** & Kanauss, L. (2014) Education and Experience beyond the Classroom: University Dietetic Students Involvement with Nutrition-related Workplace Wellness Program for an International Company. *Journal of Nutrition Education and Behavior*, 8(1); 1-6.

PROFESSIONAL PRESENTATIONS

2017

GRANTS RECEIVED

- 2023 DOT Foods – Chariatable Giving Festive - \$1,500
- 2023 DOT Foods – Grant for a total of \$12,825 - \$3,206 in cash and \$9,618 in store credit to Dorothy’s Market – Mt. Sterling IL
- 2023 Wessley Church – Fellheimer Trust Committee of the Wesley United Methodist Church \$5,100
- 2022 DOT Foods – Grant for a total of \$7,517 - \$1,817 in cash and \$5,660 in store credit to Dorothy’s Market – Mt. Sterling IL
- 2021 AGR – Smoking Hog - \$1,000
- 2021 Sodexo - \$5,000
- 2020 DOT Foods - DOT Foods – Grant for a total of \$2,281 - \$570 in cash and \$1,711 in store credit to Dorothy’s Market – Mt. Sterling IL
- 2020 Macomb Balloon Raley - \$560

Total Grants Received for the WIU Food Pantry - \$35,783