

# Kristen N. DiFilippo, PhD, RDN, LDN

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## EDUCATION

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- 8/2013-12/2017    PhD, Nutritional Sciences, *University of Illinois at Urbana-Champaign*  
Dissertation Title: Content Complexity of Nutrition Apps
- 1/2004-5/2006    MS, Family and Consumer Sciences, *Eastern Illinois University*
- 8/2000-5/2003    BS, Food Science & Human Nutrition, *University of Illinois at Urbana-Champaign*

## PROFESSIONAL EXPERIENCE

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- 8/2018-present    **Teaching Assistant Professor**  
*Kinesiology and Community Health, University of Illinois at Urbana-Champaign*
- Deliver courses in interdisciplinary health
  - Coordinate student internship
  - Research on the use of mobile technology to support chronic disease management, nutrition education, and food security
  - Department service
- 8/2017-5/2018    **Instructor**  
*Interdisciplinary Health Sciences, University of Illinois at Urbana-Champaign*
- Delivered courses in health leadership and health dimensions
  - Developed and updated course materials and assessments
  - Collaborated with other section instructor to coordinate course materials
- 1/2017-8/2022    **Nutrition and Wellness Professional Education Coordinator**  
*OneOp (Formerly Military Families Learning Network)*
- Collaborate with team virtually and locally to facilitate webinars
  - Coordinated continuing education certificate approval and distribution
- 8/2013-12/2017    **Research Assistant**  
*Division of Nutritional Sciences, University of Illinois at Urbana-Champaign*
- Designed and implemented research studies in the evaluation and use of mobile technology for nutrition management of chronic disease
  - Supervised undergraduate researchers

- Disseminated findings through presentations and peer reviewed publications
- 8/2013-5/2017      **Graduate Assistant**  
*McKinley Health Center, University of Illinois at Urbana-Champaign*
- Provided nutrition and health education to groups across campus
  - Mentored undergraduate students
  - Coordinated fundraising events as part of a collaborative team
- 1/2010-5/2017      **Online Instructor**  
*Lake Land College, Mattoon, IL*
- Delivered online instruction in nutrition course for future health professionals
  - Updated and transferred course from Blackboard to Canvas online platform
- 8/2008-12/2016      **Adjunct & Annually Contracted Instructor**  
*Eastern Illinois University, Charleston, IL*
- Delivered courses in nutrition for future health professionals, sports nutrition, and a writing and speaking intensive senior seminar on nutrition dilemmas
  - Provided instruction in various formats including traditional courses and night and weekend courses for non-traditional students
  - Developed course materials
- 6/2010-8/2013      **Dietitian**  
*Self-Employed, Mahomet, IL*
- Provided individual nutrition education and counseling
- 8/2009-12/2009      **Online Instructor**  
*Parkland College, Champaign, IL*
- Delivered online instruction in courses for future nutrition professionals
- 2/2006-5/2008      **Dietitian**  
*Mettler Center, LLC, Champaign, IL*
- Provided nutrition education and counseling
  - Collaborated with other disciplines to provide group education
  - Developed new programs
  - Supervised interns

- 6/2005-1/2006      **Dietetic Internship**  
*Carle Foundation Hospital, Champaign, IL*
- Practical training as a dietitian
  - Gained experience in inpatient, outpatient, community and food service settings
- 3/2002-6/2005      **Intern and Laboratory Analysis**  
*Kraft Foods Inc., Champaign, IL*
- Conducted laboratory testing and data entry
- 9/2002-5/2003      **Research Laboratory Student Employee**  
*University of Illinois at Urbana-Champaign*
- Facilitated management of source documents

## TEACHING EXPERIENCE

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- Fall 2018-present      **Kinesiology and Community Health, University of Illinois at Urbana-Champaign**  
 IHLT 230-Leadership in Health, 3 credit hours  
 IHLT 102-Survey of Interdisciplinary Health, 1 credit hour (Fall 2018-Spring 2021)  
 CHLH 304-Foundations of Health Behavior-4 credit hours  
 CHLH 456-Organization of Health Care-3 credit hours (Fall 2018)  
 IHLT 375-Interdisciplinary Collaboration in Health Service-4 credit hours  
 IHLT 474-Pre-Field Experience in Health-1 credit hour (Fall 2018-Spring 2021)  
 IHLT 475-Field Experience in I-Health-4 credit hours
- Fall 2017-Spring 2018      **Interdisciplinary Health Sciences, University of Illinois at Urbana-Champaign**  
 IHLT 230-Leadership in Health, 3 credit hours  
 IHLT 102-Survey of Interdisciplinary Health, 1 credit hour
- Fall 2008-Fall 2016      **Family and Consumer Sciences, Eastern Illinois University, Charleston, IL**  
 FCS 2100-Nutrition in a Global Society (2008-2010), 3 credit hours  
 FCS 4755-Nutrition for Physical Performance (2010-2015), 3 credit hours  
 EIU 4151-Senior Seminar-Dilemmas and Decisions in Nutrition (2010-2016), 3 credit hours
- Spring 2010-Spring 2017      **Health Education, Lake Land College, Mattoon, IL**  
 HED 102-Nutrition (Online), 3 credit hours

Fall 2009                    **Dietetic Technician Program, Parkland College, Champaign, IL**  
DTP 112-Introduction to Dietetic Careers (Online), 1 credit hour  
DTP 133-Nutrition Seminar I (Online), 1 credit hour

**Guest Lectures, University of Illinois at Urbana-Champaign**

11/14/16                    *RD Exam* for FSHN 450: Dietetics-Professional Issues  
11/14/16                    *Health Education Services* for CS 591: PhD Seminar  
10/12/16                    *Dieting Myths and Sports Nutrition* for DANC 166: Beginning Ballet Tech Core  
4/4/16                        *Carbohydrate Counting* for Biochemical Nutrition for First Year Medical Students  
11/13/18                    *Ethnic Differences in BMI and Disease Risk* RSO Leadership Meeting, Asian American Cultural Center

10/18/21, 3/23/22,  
11/4/22, 3/31/23            *Nutrition* CHLH 304 Foundations of Health Behavior

## PROFSSSIONAL REGISTRATION, LICENSURE, AND CERTIFICATION

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2006-present            Registered Dietitian Nutritionist, ID# 960938  
2006-present            Licensed Dietitian Nutritionist, License #164.004519  
2004                        Nutrition Education Specialist, Society of Nutrition Education

## PUBLICATIONS

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### *Refereed Journals*

**DiFilippo, K. N.**, & Chapman-Novakofski, K. M. Mobile Apps for hypertension management: Cross-sectional survey of dietitian app use in patient care. Accepted by Topics in Clinical Nutrition.

MacMillan Uribe, A. L., **DiFilippo, K.**, Jarnell, K., & Patterson, J. (2023). Evaluation of commercially-available infant-feeding applications using App Quality Evaluation Tool. *Journal of Nutrition Education and Behavior* 55(8):604-611.

Adamson, B., **DiFilippo, K.**, Frasca, E., Clarke, C.V. (2023). Using Autoethnographic Writing to Teach Critical Thinking in Health Behavior Theory Courses. *Pedagogy in Health Promotion*. 9(4): 258-264.  
doi:10.1177/23733799231174247

**DiFilippo, K. N.**, Huang, W. D., & Chapman-Novakofski, K. M. (2018). Mobile apps for the Dietary Approaches to Stop Hypertension (DASH): App quality evaluation. *Journal of Nutrition Education and Behavior* 50(6): 620-625 <https://authors.elsevier.com/a/1XAw85KxDNfvTX>

**DiFilippo, K. N.**, Huang, W., & Chapman-Novakofski, K. M. (2017). A new tool for nutrition App Quality Evaluation (AQEL): Development, validation and reliability testing. *JMIR Mhealth and Uhealth*, 5(10): e163. DOI: 10.2196/mhealth.7441 <http://mhealth.jmir.org/2017/10/e163>

**DiFilippo, K. N.**, Huang, W., Andrade, J. E., & Chapman-Novakofski, K. M. (2015). The use of mobile apps to improve nutrition outcomes: A systematic literature review. *Journal of Telemedicine and Telecare* 21(5): 243-253.

#### *Book Chapter*

Chapman-Novakofski, K., & **DiFilippo, K. N.** Jun 25 2020, Behavioral aspects of public health. In M. M. Barth, R. A. Bell, & K Grimmer (Eds.) *Public health nutrition: Rural, urban and global community-based practice*. Springer Publishing Company, New York. (pp. 69-88).

#### *Abstracts & Conference Papers*

Griffith, H., Pozulp, K., **DiFilippo, K. N.**, & Lin AW. (2022) An Evaluation of the Quality of Commercial Nutrition Apps for Cancer Survivors. *Current Developments in Nutrition*, 2022; 6(Supplement 1):875.

Holden RJ, Ozkaynak M, **DiFilippo KN**, Yu D, Wooldridge AR. Improving health through the application of ergonomics to food practices. *Proceedings of the Human Factors and Ergonomics Society Annual Meeting*, 2021; 65(1), 1162–1166. <https://doi.org/10.1177/1071181321651039>

**DiFilippo KN**, Chapman-Novakofski K. Mobile apps for hypertension management: Cross-sectional survey of dietitian app use in patient care. *Journal of Nutrition Education and Behavior*, 2020; 52(7):S79-S80.

Muzaffar H, **DiFilippo KN**, Fitzgerald N, Tidwell DK, Idris R, Kurzynske JS, Chapman-Novakofski K. A systematic review of interventions to improve diet quality of children that included parents versus those without parental involvement. *Current Developments in Nutrition*, 2020; 4(Supplement 2): 1336.

Steigerwalk S, Hummel S, **DiFilippo K**, Scisney-Matlock M. A novel mobile app's reliability, end user satisfaction, and changes in DASH diet eating patterns over 8 weeks. *Hypertension* 2019; 74(Suppl. 1): P3049.

**DiFilippo KN**, Chapman-Novakofski KM. Mobile apps for the Dietary Approaches to Stop Hypertension (DASH): App quality evaluation. *Journal of Nutrition Education and Behavior* 2017; 49(7): S82.

**DiFilippo KN**, Mathewson KE, Huang WH, Andrade JE, Chapman-Novakofski KM. Mobile multimedia effects on cognitive engagement: Association between app format, learning and cognitive load. *Journal of the Academy of Nutrition and Dietetics* 2016; 116(9S): A86.

**DiFilippo KN**, Andrade JE, Huang WH, Chapman-Novakofski KM. Reliability testing of a mobile app quality assessment tool. *Journal of Nutrition Education and Behavior* 2016; 48(7S): P87.

**DiFilippo KN**, Andrade JE, Huang W, Chapman-Novakofski KM. Development of a tool to evaluate the quality of nutrition apps. *Journal of the Academy of Nutrition and Dietetics* 2015; 115(9): A15.

**DiFilippo KN**, Chapman-Novakofski KM, Andrade JE, Huang W. A systematic literature review of nutrition-related mobile apps. *Journal of Nutrition Education and Behavior* 2014; 46(4): S187.

#### *Educational Material Review*

**DiFilippo KN**. Public Health Nutrition [New Resources for Nutrition Educators]. *Journal of Nutrition Education and Behavior*. *Journal of Nutrition Education and Behavior* 2019; 51(5): 644.

**DiFilippo K**. Ask Karen [New Resources for Nutrition Educators]. *Journal of Nutrition Education and Behavior* 2017; 49(1): 1.

#### *Professional Newsletters*

**DiFilippo KN**. The App Quality Evaluation (AQEL) Tool. *Networking News, Nutrition Education for the Public, A Dietetics Practice Group of the Academy of Nutrition and Dietetics* 2016(Summer): 14-16.

**DiFilippo KN**. Apps and behavior change: An exploration of the role of mobile apps using Social Cognitive Theory. *Renal Nutrition Forum, Renal Dietitians Group, A Dietetics Practice Group of the Academy of Nutrition and Dietetics* 2016; 35(4): 17-18.

## GRANTS

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DiFilippo, KN (PI). Subcontract with Auburn University. Military Families Learning Network Initiative. Department of Defense and National Institute of Food and Agriculture. \$228,000.

Frasca, E (PI), DiFilippo KN (co-PI). eText Development for Foundations in Health Behavior course. Center for Innovation in Teaching and Learning, University of Illinois. \$8,000.

Clarke, C (PI), DiFilippo KN (co-PI). Reading Comprehension Module for Health Research Publications. Center for Innovation in Teaching and Learning Faculty Retreat Grant. \$4,000.

Wooldridge AR (PI), DiFilippo KN (co-PI), Christison A, Keenan K, Stewart de Ramirez S. A Human Factors Approach to Food Security. 2019 JumpARCHES Request for Proposals. \$75,000.

Chapman-Novakofski K (PI), Huang D, Karduck J, DiFilippo K. Impact of Vegetable Intake in those with Type 2 Diabetes. Division of Nutritional Sciences Vision 20/20, University of Illinois. 2019-2020. \$20,000.

Adamson, B, DiFilippo K. (Co-PIs) Enhancing Critical Awareness through Autoethnography and an Anti-Ad Campaign in Health Behavior. Provost's Faculty Retreat Grant 2019. \$4,000.

Chapman-Novakofski K (PI), Huang D, Karduck J, DiFilippo K. Apps for Enhancing Diabetes Care: Perceptions in Clinical Practice. Division of Nutritional Sciences 20/20 Visioning, University of Illinois. 2016-2017. \$10,000.

## MENTORED STUDENTS

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### Doctoral Students

Student	Level	Dates	Topic
Emmanuel Dubure	PhD	Fall 23-Present	Nutrition interventions for Chronic Kidney Disease in African Americans. Co-advised with Andiarra Schwingel.
Rafael Guimaraes	PhD	Fall 22-present	The role of nutrition apps in reducing the risk of diabetes and hypertension in a population with low socioeconomic status in Brazil. Graduate advisor. Co-advised with Andiarra Schwingel
Ryan Santens UIUC	PhD	Spring 2021-Spring 2022	Student Research Assistant on A Human Factors Approach to Food Insecurity. Co-supervised with Abigail Wooldridge

### Master's Students

Student	Level	Dates	Topic
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Angela Chan UIUC	MS	Spring 2021- Spring 2022	Student Research Assistant on a Human Factors Approach to Food Insecurity. Co-supervised with Abigail Wooldridge
Talia Schecklong UIUC	MS	Fall 2020	Student Research Assistant on a Human Factors Approach to Food Insecurity. Co-supervised with Abigail Wooldridge
Kaitland Woelky NIU	MS	Defended October 23, 2020	Thesis title: Mobile Apps for Type 2 Diabetes in a Low Socioeconomic Status Population. Thesis committee member

#### Undergraduate Student Research

Student	Terms	Activity
Lucy Goldsmith	Fall 2021-Spring 2022	Students Pursing Applications Research and Knowledge (SPARK)
Cacia Kaupp	Fall 2021-Spring 2023	IHLT 385
Emily Grayburn	Fall 2019-Spring 2023	SPARK and IHLT 385
Diana Morosan	Spring 2022	IHLT 385
Cecilia Lee	Fall 2020-Spring 2021, Fall 2022-Spring 2023	SPARK and IHLT 385
Sam Adeoye	Fall 2022-Spring 2023	SPARK
Zuzana Jasek	Fall 2022-Spring 2023	IHLT 385
Rali Vassileva	Fall 2023-Spring 2024	IHLT 385
Bryonie Mandal	Fall 2023-Spring 2024	IHLT 385

## PRESENTATIONS

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### *Conference Presentations*

**Teaching Autoethnography to Community Health Students Amid a Global Pandemic**  
Contemporary Ethnography Across Disciplines 2021

**Improving Health Through the Application of Ergonomics to Food Practices**  
Human Factors and Ergonomics Society 2021

**Examining Race, Privilege, and Bias in Formal Education and its Impact on Real-World Community Health and Nutrition Educators**

Society for Nutrition Education and Behavior Annual Conference 2021

**Mobilizing Nutrition Education-Is There an App for That?**

Society for Nutrition Education and Behavior Annual Conference 2018

### *National Webinars*

**Digital Tech for Nutrition Education Roundup 2019**



Society for Nutrition Education and Behavior Digital Technology in Nutrition Education and Behavior Change Division 4/10/2019

**Beyond the App Game: Integrating Mobile Apps into Dietetics Practice**

Academy of Nutrition and Dietetics 5/25/2017

**Mobile Apps for RDNs in Patient Care, What Does the Evidence Say?**

Military Families Learning Network 9/21/2016

*Invited Talk*

**Technology Use and Acceptance in Nutrition Care.**

Food Science and Human Nutrition Graduate Seminar, University of Illinois at Urbana-Champaign, 10/16/20

*Poster Presentations*

**Mobile apps for hypertension management: Cross-sectional survey of dietitian app use in patient care.**

Society for Nutrition Education and Behavior Annual conference 2020.

**Mobile apps for the Dietary Approaches to Stop Hypertension (DASH): App quality evaluation.**

Society for Nutrition Education and Behavior Annual Conference 2017

**Mobile multimedia effects on cognitive engagement: Association between app format, learning & cognitive load**

Food and Nutrition Conference and Expo 2016

**Reliability Testing of a Mobile App Quality Assessment Tool**

Society for Nutrition Education and Behavior Annual Conference 2016

**Development of a Tool to Evaluate the Quality of Nutrition Apps**

Food and Nutrition Conference and Expo 2015

**A Systematic Literature Review of Nutrition-Related Mobile Apps**

Society for Nutrition Education and Behavior Annual Conference 2014

*Community Presentations*

**Undergraduate Research**

Interdisciplinary Health Educators and Leaders (I-HEAL), Champaign, IL 11/12/2019

**What, How and Why-Nutritional Issues in Diabetes Self-Management**

Illinois Critical Access Hospital Network-Diabetes Education Day, Springfield, IL 4/2017

**Monthly Nutrition Cooking Classes**

Chez Center for Wounded Veterans in Higher Education 1/2016-2/2017

**Nutrition for the Wrestling Student Athlete**

Mahomet-Seymour High School, Mahomet, IL 11/2016

**Nutrition Cooking Class**

Older Adults Still in Service (OASIS), Mahomet, IL 9/2016

**Feeding Healthy Kids, Even the Picky Ones**

Mothers of Preschoolers (MOPS), Mahomet, IL 10/2012

**Nutrition Fun for Preschoolers**

Small Wonders Preschool, Mahomet, IL 2/2011

**Feeding Healthy Kids, Even the Picky Ones**

Mothers of Preschoolers (MOPS), Mahomet, IL 11/2010

**Nutrition for the Basketball Student Athlete**

Mahomet-Seymour High School, Mahomet, IL 11/2010

**Goal Setting for Weight Loss**

Take Off Pounds Sensibly (TOPS), Champaign, IL 6/2010

**Understanding the Pyramid**

Older Adults Still in Service (OASIS), Mahomet, IL 10/2006

*Radio*

**Weekly 15 Minute Nutrition Radio Spot**

WDWS, Champaign IL 2007-2008

**SERVICE**

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*Ad Hoc Reviews for Professional Journals*

Journal of the Academy of Nutrition and Dietetics

Journal of Affective Disorders

Frontiers in Public Health

Obesity Reviews

Internal Medicine Journal 2020-present

Frontiers in Endocrinology 2020-present

SAGE Open Medicine 2019-present

Applied Clinical Informatics 2019-present

British Medical Journal 2018-present

Nutrition and Dietetics 2018-present  
Health Education Journal 2018-present  
Australasian Journal on Aging 2017-present  
Food and Nutrition Bulletin 2016-present  
JMIR mHealth and uHealth 2016-present  
JMIR Research Protocols 2016-present  
Expert Review of Medical Devices 2016-present  
Expert Review of Medical Devices 2016-present  
Journal of Nutrition Education and Behavior 2014-present  
Journal of Medical Internet Research 2015-present  
JMIR Human Factors 2022-present  
JMIR Public Health and Surveillance 2022-present  
Assistive Technology 2022-present

*Ad Hoc Reviews for Conference Abstracts and Awards*

Society for Nutrition Education and Behavior Conference 2016-2023  
Society for Nutrition Education and Behavior Higher Education Awards 2016-2018

## PROFESSIONAL ASSOCIATIONS

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### Academy of Nutrition and Dietetics

- Nutrition and Dietetic Educators and Preceptors Dietetic Practice Group
- Nutrition Education for the Public Dietetics Practice Group
- Research Dietetics Practice Group
- Sports, Cardiovascular, and Wellness Nutrition Dietetics Practice Group

### Society of Nutrition Education and Behavior

- Higher Education Division Scholarship of Teaching and Learning Sub-Committee Chair 2020-2021
- Journal Club Webinar Moderator 2018-present

### Illinois Academy of Nutrition and Dietetics

#### Eastern Illinois Dietetic Association

- *Government Affairs Chair 2015-2016*

## SKILLS AND PROFESSIONAL TRAINING

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SPSS Statistical Software  
HLM Statistical Software  
Qualtrics Survey Software  
Compass2g Instructional Platform  
Canvas Instructional Platform

Distiller Systematic Review Software

i>Clickers

Teaching and Learning Academy, ACES University of Illinois at Urbana-Champaign-Fall 2017

University of Illinois Online Teaching Academy June 8-25, 2020

Illinois Summer Teaching Institute 2021

## AWARDS AND HONORS

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List of Teachers Ranked as Excellent, University of Illinois

Most Read Articles in Journal of Nutrition Education and Behavior 3<sup>rd</sup> Quarter 2019

For Mobile apps for the Dietary Approaches to Stop Hypertension (DASH): App Quality Evaluation

Nutrition Education for the Public Dietetics Practice Group Award of Excellence 2016

Margin of Excellence Student Travel Reimbursement Fall 2016

Graduate College Travel Award Fall 2015

Margin of Excellence Student Travel Reimbursement Fall 2015

Margin of Excellence Student Travel Reimbursement Spring 2014

Agricultural, Consumer and Environmental Sciences James Scholar 2003

Phi Upsilon Omicron Honors Society 2003

College of Agricultural, Consumer and Environmental Sciences Dean's List Spring 2002

Mammer Family Scholarship 2002-2003

Glenna Lamkin Scholarship 2001-2002

Kraft Foods Inc. Scholarship 2000-2003

Merit Recognition Scholarship 2000-2001