

LISET L. VASQUEZ, PhD, RD, LD, CHES

The University of Texas at San Antonio- College for Health, Community and Policy - Nutrition and Dietetics

PROFESSIONAL CONTACT INFORMATION

University of Texas at San Antonio
College for Community, Health and Policy
One UTSA Circle San Antonio, TX 78249
Office: 210-458-7034 | Email: Liset.lealvasquez@utsa.edu

EDUCATIONAL BACKGROUND

2012 Texas Women's University, Denton, Texas
Doctor of Philosophy in Health Studies

2005 University of Texas San Antonio, San Antonio, Texas
Master of Arts in Education w/Concentration in Kinesiology & Health Promotion

1996 University of Texas Pan American
Bachelor of Science with a Degree in Dietetics

PROFESSIONAL LICENSES/CERTIFICATIONS/ SPECIAL SKILLS

1996-present Registered Dietitian #836059
1996-present Licensed Dietitian # DT04859
2011-present Certified Health Education Specialist # 18553
2020-present Texas Interprofessional Education (IPE) Master Certification
2020-present Team Strategies and Tools to Enhance Performance and Patient Safety (TeamSTEPPS) Master Training
2022-present Food Protection Management Certificate
2022-present Texas Interprofessional Education (IPE) Facilitator Certificate
**Fluent in Spanish*

AWARD: 2021 UTSA President's Distinguished Achievement Award in Community Engagement

PROFESSIONAL MEMBERSHIP

Academy of Nutrition and Dietetics
Texas Academy of Nutrition and Dietetics

PROFESSIONAL EMPLOYMENT HISTORY-UNIVERSITY/COLLEGE EXPERIENCE

2016-Present Nutrition Dietetic Program Director & Assistant Professor of Practice, The University of Texas at San Antonio, San Antonio, Texas. Administrative responsibilities including leading and directing all aspects of the Coordinated Program in Dietetics to maintain standards established by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics. Responsibilities include supervision of the curriculum, practicum placement program and teaching undergraduate and graduate courses. Service responsibilities include community education/engagement, course development, facilitation of the Dietetic Advisory Board and faculty advisor for the Dietetic and Baptist Student Ministry Organizations.

2013-2016 Assistant Professor, Department of Counseling, Health & Kinesiology, Texas A&M University-San Antonio, Texas. Responsibilities included teaching both undergraduate and graduate courses in the Health & Kinesiology Program. Team lead on new degree plan proposal and development. Responsible for all coordination aspects of the Kinesiology Internship Program.

2014-2016 Adjunct Faculty, Department of Nutrition. Benedictine University, Lisle, IL.
Responsibilities included teaching courses in the Master of Science in Nutrition and Wellness Program- distance education.

2012-2015 Adjunct Faculty, Department of Health Science, Trident University, Cypress, CA.
Responsibilities included teaching undergraduate courses in the Health Sciences Department- distance education.

2006-2007 Adjunct Faculty, Department of Kinesiology & Health, Palo Alto College, San Antonio, Texas.
Responsibilities included teaching undergraduate community health classes in the Kinesiology Department.

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TEACHING AND ADVISING RESPONSIBILITIES

Texas A&M University- San Antonio

EDHL 3381 Community Health

EDHL 3335 Drug Education

EDHL 3383 Women's Health

EDHL 3331 Consumer Health

EDHL 4344 Health & Aging

EDHL 4328 Internship – advising/placement of Exercise Science, Physical Edu & Pre-Physical Therapy

EDHL 5311 Scientific Foundations of Health Education

EDHL 532 Critical Analysis of Current Issues in Health Edu

Benedictine University

NTR 621 Obesity, Theory & Practice

NTR 633 Advanced Topics in Micronutrients

Trident University

BHE 302 Introductions to Health Education

BHE 310 Health Promotion and Disease Prevention

BHE 418 Health Behavior

BHE 431 Obesity and Eating Disorder

BHE 411 Human Nutrition

BHE 417 Nutrition through the Life Cycle

Palo Alto College

KIN 1304 Personal/Community Health

KIN 1106 Step Aerobics

University of Texas at San Antonio

NDT 3202 Introduction to Nutrition & Dietetic Careers

NDT 3323 Nutrition and Health Assessment

NDT 3313 Applied Food Science

NDT 3191 Applied Food Science Practicum

NDT 3363 Nutrition Education & Communication

NDT 4191 Nutritional Care Process (co-teach- simulation lab, 2018, 2019, 2020, 2021)

NDT 4343 Nutrition Disease Prevention & Health Promotion

NDT 5313 Public Health Nutrition & Policy

NDT 5901 Seminar in Dietetics

NDT 5947 Advanced Dietetics Practicum I (Coordinator, 2016, 2017, 2018, 2019), 2020-2023

NDT 5957 Advanced Dietetics Practicum II (Coordinator 2016, 2017, 2018, 2019), 2020-2023

STUDENTS MENTORED/SUPERVISION

STUDENT MASTER THESIS ADVISEMENT

2014 Committee Member: Junyoung Hong. Comparison of Multiple Sets and Single Set of Resistance Training of Muscles Strength and Power

2014 Committee Member: Katie Padron. A Comparison of Fitness Levels Between Middle School Males in a Physical Education Class and An Athletic Period Class.

2015 Committee Member: Mariela Lopez. The Effect of Lunch on Physiological Characteristics of Middle School Students

GRADUATE ADVISOR OF RECORD (GAR)

2016-2021 (partial 2022): 89 students/interns

UNDERGRADUATE/GRADUATE ASSISTANTS, WORK STUDY, INDEPENDENT STUDY

- B. Crane, Bachelor of Science in Nutrition and Dietetics Student
Spring 2017 Independent Study
- C. Martinez Bachelor of Science in Nutrition and Dietetics Student
Spring /Fall 2017 Teaching Kitchen Assistant
- S. Rubio Bachelor of Science in Nutrition and Dietetics Student
Fall 2018 Teaching Kitchen Assistant
- L. Wisner Bachelor of Science in Nutrition and Dietetics Student
Fall 2018 Independent Study
- G. Deleon, Bachelor of Science in Education Student
Fall 2018/Spring 2019 Undergraduate Student Assistant
- C. Longoria, Master of Science in Business Student
Spring/Fall 2019 Graduate Student Assistant
- L. Chang Bachelor of Science in Nutrition and Dietetics Student
Fall 2019 Teaching Kitchen Assistant
- S. Montsalvo Bachelor of Science in Nutrition and Dietetics Student
Fall 2020 Teaching Kitchen Assistant
- R. Zuniga, Masters in Higher Education Administration Student
Fall 2021 Graduate Student Assistant
- H. Martinez Bachelor of Science in Nutrition and Dietetics Student
Fall 2021 Teaching Kitchen Assistant
- L. Gimple Bachelor of Science in Nutrition and Dietetics Students
Fall 2022 Teaching Kitchen Assistant
- S. Abdelrahman, Bachelor of Science in Nutrition and Dietetics Student
Fall 2022 Work Study Roadrunner Food Pantry Project
- M. Aguilar, Bachelor of Science in Nutrition and Dietetics Student
Fall 2022 Work Study Roadrunner Food Pantry Project
- J. Alvarez, Master of Science in Urban and Regional Planning Student
Fall 2022/Spring 2023 Graduate Student Assistant
- A. Ayala, Masters in Counseling Student
Fall 2022/Spring 2023 Graduate Student Assistant

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PROFESSIONAL EMPLOYMENT HISTORY -CLINICAL, COMMUNITY AND FOODSERVICE

1996-1999 Clinical Dietitian, Southwest General Hospital

Provided nutritional assessments and education for patients in rehab. Evaluated and recommended appropriate feeding methods using modified diet textures and specialized diets. Assessed needs for enteral and parental nutrition using supplemental products. Initiated bilingual nutrition classes for rehab patients. Consulted with OB department and educated teen moms on nutrition during Lamaze class. Educated patients on Gestational Diabetes and breast-feeding. Consulted with Wound Care Center and provided assessments and education. Participated in multidisciplinary care plan meeting. Other duties included: Preceptor for Diet Technician students-St. Phillips College, kitchen/safety inspections, and staff- development.

1999-2000 Clinical Dietitian, The Nix Hospital

Provided medical nutrition therapy in the Skilled Nursing Facility and Geriatric Psych Center. Training and staff development.

1996-1999 Professional Employment History & Related Experience- Public Health Nutrition Consultant

Experience Dietitian, Barrio Comprehensive Family Health Care Center, Inc., and Health South RIOSA Provided nutritional assessments and medical nutrition therapy. Sanitation inspections and diet/menu planning. Individual counseling and classes on weight management, gestational diabetes, hypertension and heart disease prevention.

2005-2006 Health Coach Consultant, Avidyn Health (now currently United Health Group)

Delivered prevention/lifestyle intervention using motivational interviewing to focus on nutrition, physical activity, and behavior modification via one-on-one telephonic counseling to high & moderate risk clientele.

2007-2008 Wellness Consultant, San Antonio Independent School District

Served as the consultant between SAISD and the San Antonio Metropolitan Health District. Primary focus to coordinate all aspects of the Centers for Disease Control and Prevention Steps Grant. Duties included coordinating worksite, student and community wellness programs and challenges for 87 schools. Other duties included professional staff training on health and wellness topics, securing services with community partners, purchasing health-related materials, data analysis, review of budget and quarterly reports.

2006-2010 Dietitian Consultant, Healthy and Ready to Learn!

Nutrition consultation of high-risk children and youth utilizing a family-based approach.

2006-2009 Coordinator Consultant, The Social & Health Research Center, Bienestar Health Program

Nutrition Data Systems for Research (NDS-R) HEALTHY Pilot Project- National Institutes of Health. Pilot project that is focused on preventing Type 2 diabetes in middle school students by improving dietary choices and increasing physical activity. Duties included school menu assessment and analysis using nutritional software. Consultant, Proyecto Bienestar Laredo Project Curriculum development and training.

2010-2014 Nutrition Consultant, The Social & Health Research Center, Bienestar Health Program

Pilot Project: Digital Food Imaging Analysis: Evaluation Research of Food Consumption & Nutrient Analysis for School Nutrition & Childhood Obesity Programs sponsored by the National Institute of Food and Agriculture (NIFA) and the United States Department of Agriculture (USDA).

2000-2002 Professional Employment History & Related Experience-Administrative & Non-Profit

Experience School Cafeteria Coordinator, The Social & Health Research Center, Bienestar Health
Duties included development, implementation and evaluation of the Bienestar Health Program/School Food Service Project. Developed program materials to be implemented at local school district Food Service Department. Educated both adults and children in classroom settings.

2003-2005 Project and Evaluation Coordinator, The Social & Health Research Center, Bienestar Health Program

Gained full certification from Nutrition Data Systems for Research (NDS-R). Trained staff on Nutrition Data Systems for Research (NDS-R) statistical software. Monitored dietary recalls collected for quality assurance. Collected data by using

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PROFESSIONAL EMPLOYMENT HISTORY -CLINICAL, COMMUNITY AND FOODSERVICE

the Harvard Step Test, Blood Glucose, Tanita Scale, 24-Hour Recalls, BMI and % Body Fat. Hired and managed temporary data collectors. Developed nutrition standards and protocols for Nutritionist Five Software use. Reviewed/edited parent and health curriculum components. Mentor for Dietetic Technician Students. Co-authored the following curriculums: *Bienestar Cafeteria Program and The Adventures of the Healthy Little Heroes and Friends- Early Childhood Program.*

2001-2006 (2001-2002 Food Service Supervisor) & (2003-2006 Assistant Director) San Antonio Independent School District Child Nutrition Department

Supervisor role: Supervised 15 School Foodservice Managers and child nutrition daily operations. As the Assistant Director Served as the district dietitian. Directly supervised 15 employees through a Food Service Manager Training Academy. Responsible for all aspects of the academy to include participation on the new hire personnel panel, conducting performance evaluations, managing daily functions to include safety and sanitation inspections. Developed a Food Service Training Manual for Managers. Responsible for staff development, coordinating continuing education credits through the Texas Association for School Nutrition (TASN) certification. Provided training opportunities for 800 employees both professional and classified. Instructor for continuing education. Part of the hiring panel for both classified and professional candidates. Other duties included coordinating an annual orientation and health fair with over 60 vendors. Developed, implemented, supervised and evaluated nutrition education programs for students, parents and school staff. Served on the district-wide School Health Advisory Council (SHAC) and Wellness Committee. Served as the liaison for outside community organizations. Coordinated efforts to provide families in need of food through the San Antonio Food Bank Gleaning program. Monitored and updated mandated school nutrition and wellness policies in accordance to the Texas Nutrition Policy and School Wellness Policy. Assisted with special diets and nutrition counseling for high risk students. Provided teacher training and support services to district school teachers in the Early Childhood Program. Secured \$7,000 through the 21st Century Afterschool Grant Program. Funding supported the development of curriculum, entitled, Cruising to a Healthier Me! and implementation to over 50 middle school students in 5 school campuses. Secured ~\$25,000 through the Carol White Physical Education Grant. Funding supported the development of the curriculum, entitled, Extreme Nutrition and implementation to over 500 high school students in 7 school campuses. Data tracking included a 24-hour dietary food recall. Preceptor for Master nutrition students.

2008- 2013 Texas Program Manager, Alliance for a Healthier Generation's Healthy Schools Program

Alliance for a Healthier Generation founded in 2005 by the American Heart Association and William J. Clinton Foundation-funded by the Robert Wood Johnson Foundation. Responsibilities included managing a caseload of 150 K-12 schools in the state of Texas. Over 70% of schools served qualified for free and reduced lunch, located in rural, suburban and urban schools and communities. Annually recruited dozens of schools to implement the Healthy Schools Program (HSP) at respective school sites. Provided coaching, program development support, training, data management, and technical assistance. Facilitated each of the 150 schools through a six-step process to create a healthier school environment, which includes developing a school wellness council, completing an inventory, developing an action plan, steps to act and celebrating success. Used the Alliance for a Healthier Generation's Framework for Creating Healthier School Environments to align schools to evidenced-based and best practices by using a system-based approach. The seven systems include, school meals, physical education, health education, competitive foods and beverages, employee wellness and student wellness. Brokered local, state and national resources to support schools in implementing best practices. Worked with school personnel to guide them through the National Recognition process; 2011-15 Schools Nationally Recognized, 2010 – 12 Schools, 2009 – 4 Schools. Created, developed, and maintained key relationships at school and district levels to ensure effective implementation and evaluation of the Healthy Schools Program. Delivered 9 Technical Assistance Sessions in small and large group settings, as well as one-on-one consultation yearly. Guided and supported district representatives, school site administrators, and school and community representatives. Provided hands-on consultation to key school champion(s) and personnel managing the program at the district and schools. Assessed and evaluated school wellness programs to ensure the outlined requirements in the School Wellness Policy law passed by Congress in 2004 are being met.

Provided guidance and insight to school personnel on cafeteria food selection that meets United States Department of Agriculture (USDA) Nutrition Guidelines and Senate Bill (SB) 12. Administered tracking of data for each of the 150 school sites served. Coordinated communications updates to district level executives, school site administrators, and the community. Developed, cultivated, and managed multiple key relationships within target communities including school personnel, local, and state stakeholders. Workgroup Committee Member: Nutrition Education Youth Multimedia Web Game, Parent Education Initiative, Champions Academy Planning and the Continuing Education Planning Group.

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PROFESSIONAL ACTIVITIES

NATIONAL/STATE REFERRED JOURNAL ARTICLES, POSTERS AND PRESENTATIONS

Leal Vasquez, L. Wyatt, T & Love, A. (2007). Dietary Behaviors among Adolescents: Mexican American High School Students—A Gender Comparison-*Californian Journal of Health Promotion*, 5(2) 2, 29-44.

Trevino R, Fogt, D, Wyatt T, **Leal Vasquez L**, Sosa E, & Woods C. (2008). Diabetes Risk, Low-Fitness and Energy Insufficiency Levels among Children from Poor Families. *J of the American Dietetic Association*, 108(11), 1846-1851.

Trevino, R., **Vasquez, L.**, Ridely-Shaw, M., Mosely, D., Jechow, K., & Pina, C. (2014). Outcome of a Food Observational Study among Low- Income Preschool Children Participating in a Family Style Meal Setting. *Health Education & Behavior*, Volume 41 (6), 1-9, DOI: 10.1177/1090198114550823.

Vasquez, L., Ridely-Shaw, M. & Baig, K. (2016). The Intersection of Place, Working Parents and Food Assistance: Implications for Preventing Child and Adolescent Obesity. *Californian Journal of Health Promotion*. 14(2), 22-34.

Vasquez, L., & Garza, E. (2017). Bridging Literacy and Language Differences for Better Health Outcomes: Characterizing a Bilingual Health Specialist. *Journal of Community Medicine Health Education*, 7:4 DOI: 10.4172/2161-0711.1000543

Ullevig SL, **Vasquez LL**, Ratcliffe LG, Oswalt SB, Lee N, Lobitz CA. Establishing a campus garden and food pantry to address food insecurity: lessons learned. *Journal of American College Health*. Jan 2002; 1-5. DOI:10.1080/07448481.2019.1705830.

Prado, P., Norman, R., Brackett, J., **Vasquez, LL.**, Glassner, A., Osuoha, P., Meyer, K., White, C. (2022) An interprofessional skills workshop to teach family caregivers of people living with dementia to provide complex care. *Journal of Interprofessional Education and Practice*; Volume 26; DOI: 10.1016/j.xjep.2021.100481

Christianson-Silva, P., Lee, W., Meireles, C., Evoy, K., Gelfond, J., **Leal Vasquez, L.** (2023). Impact of Interprofessional Nutrition Education Workshops on Nurse Practitioner, Dietetic, and Pharmacy Students, *Journal of Nutrition Education and Behavior, Advancing Research, Practice & Policy (resubmission in progress)*.

POSTERS AND PRESENTATIONS

Xia, J., Aleman, S., Davis J, Rocha, J., Stone, K., **Vasquez, L.** Web-Based Nutrition Education Module for Health Professions Students, *Journal of Nutrition Education and Behavior*; Volume 52, Number 7S. 2020 Poster

Aleman, S., Davis J., Xia, J., Rocha, J., Stone, K., **Vasquez, L.** Nutrition Education for Health Professions Students; 13th Annual Community Service Learning conference at UT Health Science Center. 2021 Poster

Shi, Y, Ramos, A., Advano, D., Orta, D., Anderson, M., Garcia, M., Estacio, A., Winkler, P., Hernandez, L., Rodriguez, J., Wood, R., **Vasquez, L.**, Bayles, B., Ali, F., HeLP: Health Literacy Promotion in COVID-19 pandemic. Department of Health and Human Services through the Center for Medical Humanities & Ethics, UT Health San Antonio. 2022 Poster

Advano D., Shi, Y., Orta, D., Navaid E., Abdullah, S., Garcia, M., Estacio, A., Anderson J., Wood, R., Johnson-Esparza, Y., Ramos, A., Ali, F., Essaji, Z., Gorry, R., **Vasquez, L.** Presentation HeLP: Health Literacy Promotion in COVID-19 Pandemic. Submitted to the North American Primary Care Research Group. 2022 Presentation

REFERRED PRESENTATIONS

Dahlstrom, C, **Leal Vasquez, L.**, & Rutherford-Stuart, C. Mayor's Fitness Council Student Ambassador Program— Evaluating a School-Based Obesity Prevention Initiative, San Antonio, Texas, 2012-2013. Abstract, American Public Health Association, 141th Annual Meeting and Exposition. 2013 Presentation

Kreider R., Strutton, J., **Vasquez, L.**, Laws, D., Y., Mudge, S., Branch-Vital, A., & Cho, M. Wellness Initiative for Student Excellence (WISE). Collaborative Research Project, Poster Session at Texas A&M University Chancellor Conference. 2014 Poster

Strutton, J., **Vasquez, L.**, (2015). Wellness Initiative for Student Excellence: The Professional School Counselor's Role, School Counselor Conference-Texas Counseling Association.

Garza, E., & **Vasquez, L.**, (2016). Biliteracy Is the Key: Reinventing the Possibilities and Opportunities in Science Related Fields, Rio Grande Valley Texas Association for Bilingual Education-22nd Annual Bilingual Education Conference.

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PROFESSIONAL ACTIVITIES

REFERRED TEXTBOOKS/CURRICULUM MANUALS

The Social & Health Research Center, Bienestar/NEEMA Health Program, Peer Review Curriculum for Coordinated School Health, Texas Education Agency, 2013 Workbook

Milner-Fenwick, Reviewer for Health Clip Videos, Childhood/Youth Obesity, 2013 Videos

Trevino, R. & **Vasquez, L.** MyFamily/MiFamilia -Health & Nutrition Newsletters for Parents of School Age Children & Teens. The Social & Health Research Center, Bienestar/NEEMA Program. Texas Education Agency Review Board. 2014 Workbook

Vasquez, L. & Trevino, R. (2014). The Child Nutrition Professional, Healthy Living & School Nutrition Guide The Social & Health Research Center, Bienestar/NEEMA Program. Texas Education Agency Review Board. 2014 Instructor Manual & Staff Workbook

Chapter 2 Communication: Nutrition Counseling and Education Skills: A Guide for Professionals, 8th Edition; Authors Judith A. Beto and Betsy B. Holli, Academy of Nutrition and Dietetics. 2022 Textbook review

Chapter 7 Public Health and Population Health Leadership: Effective Leadership & Management in Nutrition and Dietetics, Academy of Nutrition and Dietetics, 2022 Textbook review, (under review)

PROGRAM RELATED ACTIVITIES AND EDUCATIONAL GRANTS -FUNDED

Proposal input and editing: Implementation of Active Supporting Program for Student Retention and Success in the Kinesiology Degree (tutoring program). Funded for \$5,000. January 2014

Proposal input and editing: Linking Interprofessional Networks for Collaboration (LINC), UT Health Science Center: Interprofessional training with advanced practice nurse, dietetic, and pharmacy students using nutrition-focused case studies. 2019 virtual session and 2020 F2F. Funded for \$5,000. January 2019

Proposal: Funded dairy cooler (~\$1000) through Dairy Max Inc. to support students receiving services through the Food Pantry, November 2020

University Strategic Investment Fund Award (SIF), Kitchen Planning, \$75,000, June 2021

Proposal input and editing: Linking Interprofessional Networks for Collaboration (LINC), UT Health Science Center: Interprofessional training pilot with dental, nursing and dietetic students. Funded for \$5,000. February 2022

UNIVERSITY COMMITTEES

2016-2020 Baptist Health Foundation Scholarship

2016-2020 Dietetic Undergraduate Advisor

2016-2021 Dietetic Graduate Advisor of Record / Graduate School Council/ Graduate Competitive Scholarship (partial 2022)

2017 Roadrunner Food Pantry

2017 Campus Garden

2020-present Library Liaison

COLLEGE COMMITTEES

2020 College for Health, Community and Policy (HCAP) Leadership Team-strategic planning

2020 College for Health, Community and Policy (HCAP) Civic Engagement Committee

2021 Program Search Committee Chair, Fixed Term Track (FTT)

2021 Proposal Development: Nutrition for Health Professionals Certificate

2021-22 Proposal Development/Submission: New Bachelor in Nutrition & Health Degree

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PROFESSIONAL ACTIVITIES

PROGRAM COMMITTEES

- 2016-present ACEND: Dietetic Accreditation/ Evaluation
- 2018- present Dietetic Advisory Board
- 2016-present Annual Dietetic Student Orientation
- 2016-present UTSA Dietetic & Nutrition Student Assoc (DANSA) Advisor
- 2016-22 New Student Cohort Selection
- 2019 Texas A&M AgriLife Extension Center Advisory Council
- 2021-present UTSA Baptist Student Ministry, Faculty Advisor
- 2004-05 Mayor's Fit City/Fit Schools, Bexar County Health Collaborative
- 2010-11 Advisory Board Member: UT Health Science Center-Physical Activity Partnership for Girls
- 2010-11 San Antonio Metropolitan Health District - Worksite Wellness Taskforce, Healthy Schools & Vending
- 2011 San Antonio Metro Health, Healthy Kids, Healthy Communities Advisory Group Member
- 2012-13 San Antonio Mayor's Fitness Council Executive Committee
- 2021 San Antonio Mayor's Fitness Council, Healthy Schools Committee (2-year term): Student Ambassador Program
Early Childhood Initiative and Annual Healthy Schools Summit
- 2017-present Health & Wellness Advisory Council, Dairy Max Inc.
- 2018-22 Caregiver Skills Team: Nutrition Training, UT Health Nursing School

PROFESSIONAL SERVICE

- 2002 The ABC's of Good Nutrition, presented to San Antonio ISD, Early Childhood Teachers
- 2002 Good Nutrition and Teen Pregnancy, presented to San Antonio Independent School District
- 2002 Diabetes Prevention & Children, presented to San Antonio Independent School District, Early Childhood Teachers
- 2002 Home Food Safety, It's in Your Hands, presented to San Antonio Independent School District, Child Nutrition Staff
- 2004 Texas Dietetic Association Food and Nutrition Conference & Exhibition
- 2004 School Nutrition Policies: The Good, the Best, and What Do in Your District, presented to Texas Beef Council
Worksite Wellness, 2005 presented to Texas Beef Council
- 2006 Carol White Physical Education Grant (PEP), presented to San Antonio Independent School District High
School Physical Education Teachers
- 2009 Focus on Schools: Food Options and Wellness. Co-Presenter at the W.K. Kellogg Foundation-Food & Fitness
Networking Meeting, San Antonio, Texas
- 2009 Leading the Way to a Healthier Generation: Opportunities & Challenges for Southern Schools in the Fight to Reverse
the Childhood Obesity Epidemic, Co-Presenter at the 2009 Southern Obesity Summit, Austin, Texas
- 2009 Innovative School Initiatives to Prevent Obesity, presented to Education Service Center, Region 20, Child Nutrition
Employees
- 2009 Portion Distortion and Childhood Obesity, presented to San Antonio Independent School District- Teachers
- 2010 Childhood Obesity and Food Insufficiency, presented to Texas Association of School Nurses Health & Wellness,
Educational Support Professional Conference
- 2010 Health & Academics, presented to Edu Service Center, Reg 20, School Employees, Community, Parents
- 2010 Mayor's Fitness Council Healthy Schools Summit, presented to School District Employees, Community, and Parents
- 2010 Nutrition and Behavior Change Communication, presented to Healthy Choices for Kids Program -UT Health
Science Center-The Center for Medical Humanities & Ethics, College Students
- 2011 Healthy School Meals Workshop, presented to San Antonio Metro Health District, Communities Putting Prevention to
Work, Child Nutrition Employees
- 2011 Health & Nutrition, Student Public Health Camp, presented University of Texas Health Science Center, Student Public
Health Camp High School/College Students
- 2011 Mayor's Fitness Council Healthy Schools Summit, presented to School Employees, Community and Parents
- 2011 Leading the Way to a Healthier Generation: Opportunities and Challenges for Schools in Reversing the Childhood
Obesity Epidemic, Houston, Texas, presented to Texas School Health Association Conference
- 2012 It Takes a Village, San Antonio, Texas, presented to It's Time Summit, Texas Education Agency
- 2012 Social Determinants of Health, presented to U.S. Congress for Children, Voices for Children Conference, Early
Childhood Key Stakeholders and Community Leaders
- 2013 Creating Healthier Places for our Future Leaders, presented to Voices for Children, Early Childhood Teachers/Providers

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PROFESSIONAL ACTIVITIES

- 2013 School Nutrition Update: What's going on in the US and in the San Antonio area?, presented to the South Texas Academy of Nutrition and Dietetics Annual Luncheon (Registered Dietitians and Nutritionists)
- 2013 How to Start off Right, presented to The Greater San Antonio Chamber of Commerce & The San Antonio
- 2014 Hispanic Wellness for Leadership San Antonio, Chamber of Commerce, San Antonio Key Stakeholders & Community Leaders
- 2015 Does Family Style Meals in Child Care Really Make a Difference?, presented to the San Antonio Association for the Education for the Education of Young Children Annual Conference
- 2016 2020 UTSA Day Presentation and Career Exploration
- 2016 Student & Community Event Training: UTSA Farmland Panel and Documentary
- 2017 Student Event Training Leadership to Carry the Flame Through the Academy's Second Century –HEB partnership
- 2017 UTSA Student Military Wellness Pilot Program, counseling and grocery tour
- 2017 Student Event Training: Dairy Max, Explore Milk's Journey from Farm to Fridge (Farm Tour)
- 2017 The University of Texas System 2017 Health Trails Challenge -Presentation to faculty and staff. Topic: Bone Health & Nutrition and Food Demonstration
- 2017 UTSA Rowdy Wellness Fair, Faculty/Staff presentation. Topic: Love Your Brian w/ Good Food & Nutrition Demonstration
- 2018 UTSA Hunger Awareness Day
- 2019 Sustainable Nutrition, Dairy Max
- 2019 Faculty Advisor for UT Health San Antonio Long School of Med, Student Council Nut Educ & Motivational Interviewing 2020 The Importance of Healthy Eating/Food Choices to Combat Disease in Vulnerable and Low-Income Communities, Hunger Free Texans-Texas Community Nutrition Annual Summit
- 2020 UTSA Food Security Series Panel
- 2020 Interprofessional Student Presentation: UT Health SA Pharmacy at Oasis San Antonio
- 2020 Interprofessional Student Training: UT Health San Antonio School of Nursing and Pharmacy 2 sessions
- 2020 Organized student event: "Friendsgiving" - Thanksgiving meal on campus
- 2020 Texas Alamo Society for Parenteral and Enteral Nutrition (TASPEN)-A Chapter of the American Society for Parenteral and Enteral Nutrition - Director Panel
- 2020 Hunger Free Texans-Texas Community Nutrition Annual Summit- Presentation Topic: The Importance of Healthy Eating/Food Choices to Combat Disease in Vulnerable and Low-Income Communities
- 2022 Dairy Amazing World Wellness; Topic: Innovation in the Classroom: Developing Leaders in Sustainable Nutrition
- 2022 NextGen RD Wellbeing Program- co-author and facilitator
- 2022 Dairy Max Inc. MOOOOOOd Bar-student promotion event
- 2022 Dairy Max Inc. Presentation and Panel Topic: Partnerships to Nourish the Next Generation
- 2022 Student Presentation to Honor College- Course WRC 4123.001

PROFESSIONAL TRAINING AND MEETINGS

- Media Training –Texas Beef Council, September 2003
- Media Training-Texas Beef Council, September 2004
- Nutrition Data System for Research (NDS-R), University of Minnesota, 2008
- 2nd Annual Pediatric Obesity Symposium, April 2009
- Media Training- Dairy Max, INC, October 2010
- 2nd Annual SALS Research Forum: Latino Obesity, May 2010
- San Antonio Metro Health District-Communities Putting Prevention to Work, January 2011
- Eating Disorders, an In-Depth Look, February 2011
- 7th Annual San Antonio Health Literacy Conference, October 2011
- San Antonio Dietetic Association, March 2012
- Healthy Flavors, Healthy Kids, The Culinary Institute of America, San Antonio, May 2012
- Understanding/ Appreciating Situational Leadership II "The Art of Influencing Others", Feb 2013
- 4th Annual Salud America, Scientific Summit, May 2013
- Food Policy Conference, "Honor the Land, Honor the People", 2013
- 9th Annual San Antonio Health Literacy Conference, 2013
- 3rd Annual Huffines Discussion, Cutting Edge Sports Medicine, 2013
- Mayor's Fitness Council, Healthy Schools Summit, 2013

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PROFESSIONAL ACTIVITIES

Collaborative Institutional Training Initiative (CITI), February 2014
South Texas Academy of Nutrition and Dietetics-Vegetable Gardening in South Texas, February 2014
Blackboard 101 Building Online Communities Training Course, August 2014
10th Annual Texas Health Literacy Conference: Quality Communication in Healthcare Orgs, October 2014
Flex Learning: Helping Students Choose their Path to Success: Magna Publications, February 2015
Teaching & Learning at a Distance, Lessons Learned, ITS-Academic w/ The Office of the Provost, April 2015
San Antonio Health Literacy Initiative, Strategic Planning Retreat, May 2015
His Health/Her Health, Institute for Natural Resources, July 2015
Health & Wellness Advisory Council (HWAC) Annual Kick-Off Meeting, July 2017
Technology to Enhance Learning Experiences, UTSA Academy of Distinguished Teaching Scholars, October 2017
Texas Academy of Nutrition and Dietetics Conference, April 2018
Social Media Training, Dairy Max, Health and Wellness Advisory, January 2019
Texas Academy of Nutrition and Dietetics Conference, April 2019
Become Fearless on Facebook Live!, hosted by Dairy Max, April 2019
Adobe Institute and Academy Innovation, July, 2021
Five Behaviors Team assessment, training and coaching by The Leadership Bridge 2021

PANELIST

San Antonio Metropolitan Health District and KLRN (TV station) host Critical Condition: A Town Hall -event derived from the PBS documentary, Unnatural Causes: Is Inequality Making Us Sick? 2008
Education Service Center, Region 20-Bi-Annual School Health Form- Region 20, 2008
Texas Diabetes Institute & National League of United Latin American Citizens (LULAC) – The 1st Annual Education Forum on Diabetes: A Latinos in Action Initiative, 2009

MODERATOR

Weight of the Nation Screening 2012
Mayor's Student Ambassador Training 2012
U.S. Congress for Children, Voices for Children 2012
Sustainable Nutrition, Dairy Max February 2019

SOCIAL MEDIA INTERVIEWS

Texas Dietetic Assoc, Today-School Nutrition Partnering w/Academics to Create a Healthy School Environment", 2004
San Antonio Express News, "Schools strive to give lunches kid appeal", 2004
Fit City Today, Fit Schools Committee Issues Nutritional Policy, Fourth Quarter, 2004
San Antonio Express News- Healthier Bit for Sweet Tooth, 2005
Radio Disney- topic –Childhood Obesity
Our Kids San Antonio Magazine -topics- The Real Dangers of Childhood Obesity & Facts about Fast Food San Antonio Medical Patriot – topic – Balanced Meals and High Protein Diets
The Social & Health Research, Press Release, Children Living in Poverty, 2008
Steps to a Healthier San Antonio, Steps-SA Update, Reaching Out to Parents, 2009
Texas Score Project, "San Antonio Reaches Out to Educate Parents", 2010
San Antonio Dietetic Assoc-Newsletter, SA Youth & Families Learn the Importance of Gardening /Whole Foods, 2010
Education Service Center, Region 20, Child Nutrition News, 2010
My San Antonio.com, Superintendents Pledge to Battle Childhood Obesity, 2010
Texas A&M University-San Antonio, The Mesquite, Eating healthy benefits busy students, 2014
San Antonio Magazine, Volume 10, Number 4, A Weighty Reality Check, 2015
Healthy Holiday Bites, UTSA Dietetic video in partnership with the SA Mayor's Fitness Council, 2016
UTSA Dietetics Program Teaches Students, Community How to Eat Right, 2017
Dietetic Students Learn Culinary Skills Through New UTSA Partnership, 2017
CPD students gain hands-on experience through UT Health SA Lab, 2018
Dietetic students win Iron CHEF competition, 2018
Dietetic Students Celebrate National Nutrition Month, 2019