

CAROLINE B. POLINSKI, PhD, RD, LDN
 Assistant Clinical Professor
 Nell Hodgson Woodruff School of Nursing
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EDUCATION Dates	Degree	Institution	Major/Area of Expertise
2019-2023	Doctor of Philosophy	The University of Alabama, Tuscaloosa, AL	Human Nutrition
2014-2016	Master of Science	The University of Alabama, Tuscaloosa, AL	Human Nutrition
2013-2015	Coordinated Program of Dietetics	The University of Alabama, Tuscaloosa, AL	Nutrition
2011-2015	Bachelor of Science	The University of Alabama, Tuscaloosa, AL	Food and Nutrition

LICENSES AND CERTIFICATIONS

Dates	Type	License Number
2015-present	Commission on Dietetic Registration, Registered Dietitian	86048966
2023	Clinical and Translational Science Training Program (CTSTP)	NA
2019-2026	Alabama Board of Examiners, Licensed Dietitian	3267

HONORS AND AWARDS

Year	Name of Award	Awarding Committee/Society
2022	Outstanding Abstract Award, Academy of Nutrition and Dietetics	Food and Nutrition Conference and Expo
2022	NIH National Research Service Award (NRSA)	TL1 Predoctoral Clinical Translational Research Training Program, The University of Alabama at Birmingham
2022	Outstanding Student Poster Award	South Carolina Academy of Nutrition and Dietetics

2020	Outstanding Teaching by a Doctoral Student in the College of Human Environmental Sciences	The University of Alabama, College of Human Environmental Sciences
2016	Outstanding Graduate Student in the College of Human Environmental Sciences	The University of Alabama, College of Human Environmental Sciences
2015	Outstanding Senior in the College of Human Environmental Sciences	The University of Alabama, College of Human Environmental Sciences
2012	Honors College Scholarship: Recipient for Best Overall Moral Forum paper	The University of Alabama
2012	Recipient of the E. Niede Todhunter Endowed Scholarship	The University of Alabama

PROFESSIONAL EXPERIENCE

Dates	Title	Institution
Jan 2026- Present	Assistant Clinical Professor	Nell Hodgson Woodruff School of Nursing, Emory University, Atlanta, GA
Aug 2024- Dec 2025	Course Coordinator	Nell Hodgson Woodruff School of Nursing, Emory University, Atlanta, GA
Jan 2023-Jan 2026	Chief Nutrition Officer and Registered Dietitian	Fitomics, LLC, Birmingham, AL
May 2023- Aug 2024	Adjunct Professor	The University of Alabama, College of Human Environmental Sciences, Human Nutrition program, Tuscaloosa, AL
July 2022- July 2023	Predoctoral trainee	TL1 Predoctoral Clinical Translational Research Training Program, The University of Alabama at Birmingham
Aug 2019- May 2022	Graduate Teaching Assistant	The University of Alabama, Tuscaloosa, AL
Aug 2016- Aug 2019	Clinical Nutrition Specialist II	Boston Children's Hospital, Preventive Cardiology and Advanced Cardiac Therapies Divisions, Boston, MA
Jan 2005-Nov 2006	Nutrition Fellow	Pediatric Pulmonary Center, Children's of Alabama, The University of Alabama at Birmingham, Birmingham, AL

SCHOLARSHIP: GRANTS AND OTHER FUNDING

Research Grants Funded by the National Institutes of Health (NIH)
Clinical and Translational Research Program (T32) NIH National Research Service Award (NRSA) Funded by National Center for Advancing Translational Sciences (NCATS), NIH TL1Trainee/PI, Mentor: Dr. Linda Knol Total costs: \$26,352 + \$16,000 tuition Funding period: July 2022-July 2024

Research Grants Funded by other agencies
Examining Stress-related Eating among Parents of Children with Down Syndrome Funded by Amy Joye Memorial Research Fund, Academy of Nutrition and Dietetics Principal Investigator Total Costs: \$5,000 Funding period: June 2021-May 2022
The Development and Validation of an Instrument to Assess Parent-Reported Mindful Eating in Children with and without Down Syndrome Funded by Louis and Evelyn Knol Nutrition Graduate Research Support Fund, College of Human Environmental Sciences and the Department of Human Nutrition and Hospitality Management Principal Investigator Total Costs: \$800 Funding period: gift awarded Aug 2021
The Development and Validation of an Instrument to Assess Parent-Reported Mindful Eating in Children with and without Down Syndrome Graduate Research Funding, The Graduate School and The Department of Human Nutrition and Hospitality Management Emory Synergy Award Principal Investigator Total Costs: \$600 Funding period: gifted awarded Aug 2021

SCHOLARSHIP: PUBLICATIONS

Original Articles in Peer-Reviewed Journals (*in reverse chronological order; please include the PubMedCentral ID Number (PMCID) if available*) (provide * next to data based publications)

Brantley C, Knol LL, Douglas JW, Hernandez-Rief M, Lawrence JC, Wind SA. Feeding stressors and resources used by caregivers of children with Down syndrome: A qualitative analysis. *JAND*. 2023; S2212-2672(23)01207-8. doi:10.1016/j.jand.2023.07.002 (Published July 8, 2023)

Brantley C. The impact of mindfulness interventions and parental influence on child health. *CV-Well Pathways*. 2023;2(3):4-6 (Published June 26, 2023)

Brantley C, Knol LL, Douglas JW. Parental mindful eating practices and mindful eating interventions are associated with child emotional eating. *Nutrition Research*. 2022; 111:34-43. DOI: 10.1016/j.nutres.2022.11.001 (Published March, 2023)

Knol LL, Appel SJ, Crowe-White KM, **Brantley C,** Adewumi OE, Senkus KE. Development, feasibility, and initial results of a mindful eating intervention: Project mindful eating and exercise (MEE): Feeding the Mind, Body, and Soul *Amer J Health Educ*. 2021;52:171-184. DOI: 10.1080/19325037.2021.1930615 (Published June 10, 2021)

Knol LL, **Brantley C.** Weight status and emotion- and stress-related eating: Testing constructs of the transactional model of stress and coping. *Amer J Health Educ*. 2021;52:117-126. DOI: 10.1080/19325037.2021.1902883. (Published April 26, 2021, online)

Hartz JC, Yellen E, Baker A, Zachariah J, Ryan H, Griggs SS, K Desai N, Yanumula R, Vinci S, **Brantley C,** Bachman J, McAuliffe E, Gauvreau K, Mendelson M, de Ferranti S. The relationship between payer type and lipid outcomes in response to clinical lifestyle interventions in youth with dyslipidemia. *BMC Pediatric*. 2019;19(1):217. (Published July 2, 2019)

Other Publications

Knol LL, **Brantley C.** Chapter 10: Pediatric overweight and obesity: A global public health priority. In Thompson KL, Barth M, Gutschall MD. *Life Cycle Nutrition for Public Health Professionals*. New York City: Springer Publishing; 2023: 261-288 (**Book**)

SCHOLARSHIP: PRESENTATIONS

International Presentations (as APA citations, in reverse chronological order)

Leonard J, **Brantley C,** Damiani R. Obtaining department-wide competency in transplant documentation through development and implementation of guidelines and an online testing module in a large pediatric transplant center. International Pediatric Transplant Association, Vancouver, BC, Canada, May 2019

National Presentations (as APA citations, in reverse chronological order)

Brantley C, Knol LL, Douglas JW, Hernandez-Reif M, Lawrence JC, Wind SA. Stressors and coping efforts among caregivers of children with Down syndrome: An application of the transactional model of stress and coping. Association for Clinical and Translational Science Conference, Washington, DC (April 2023)

Brantley C, Knol LL, Douglas JW, Hernandez-Reif M, Lawrence JC, Wind SA. Feeding stressors and available resources for parents of children with Down syndrome: A

qualitative analysis. Academy of Nutrition and Dietetics, Food and Nutrition Conference and Expo, Orlando, FL (October 2022).

Brantley C, Knol LL, Boudreaux MM. Mindless eating is related to very low food security status among college students. Academy of Nutrition and Dietetics, Food and Nutrition Conference and Expo, Orlando, FL (October 2022).

Brantley C, Knol LL. Associations between perceived weight status and allostatic load among adolescents. Academy of Nutrition and Dietetics, Food and Nutrition Conference and Expo, Virtual (October 2021).

Knol LL, Crowe-White K, **Brantley C**, Senkus K, Appel S, Adewumi O. Emotion and stress-related eating is related to the visceral adiposity index among women who are overweight or obese. Academy of Nutrition and Dietetics, Food and Nutrition Conference and Expo, Virtual (October 2021).

Brantley C, Knol LL, Douglas J. Influence of parental mindful eating practices on child emotional eating: A systematic review of the literature. American Society of Nutrition, Virtual (July 2021).

Brantley C, Knol LL, Crowe-White KM, Appel SJ, Adewumi OE. Mindful eating is related to stress-related eating, perceived stress, and appraisal of resources to cope: an application of the Transactional Model of Stress and Coping. Academy of Nutrition and Dietetics, Food and Nutrition Conference and Expo, Virtual (October 2020).

Adewumi OE, Knol LL, Appel SJ, Crowe-White KM, **Brantley C**. Insulin resistance is related to appraisal of ability and resources to cope with stress among overweight women. Academy of Nutrition and Dietetics, Food and Nutrition Conference and Expo, Virtual (October 2020).

Knol LL, Crowe-White KM, Appel SJ, **Brantley C**, Senkus KE, Gerald AN. A mindful eating intervention improves serum antioxidant capacity: pilot study results from Project Mindful Eating. The Academy of Nutrition and Dietetics, Food and Nutrition Conference and Expo, Virtual (October 2020).

Brantley C, Adewumi O, Knol LL. Emotion- and stress-related eating is related to weight status among college students. Society of Nutrition Education and Behaviors Annual conference, Virtual (July 2020).

Brantley C, Lawrence J, Tarn V, Stalvey M. The association between serum vitamin D status, bone mineral density, and FEV1 in pediatric Cystic Fibrosis patients. The Making Life Long Connections Conference, Albuquerque, NM (April 2016).

Brantley C, Lawrence J, Tarn V, Stalvey M. The association between serum vitamin D status, bone mineral density, and FEV1 in pediatric Cystic Fibrosis patients. 30th Annual North American Cystic Fibrosis Conference, Orlando, FL (October 2016).

Local, State, and Regional Presentations (as APA citations, in reverse chronological order)

Brantley C, Knol LL, Douglas JW, Hernandez-Reif M, Lawrence JC, Wind SA. Feeding stressors and available resources for parents of children with Down syndrome: A

qualitative analysis. South Carolina Academy of Nutrition and Dietetics (SCAND), Columbia, SC (April 1, 2022).

Brantley C, Knoll LL, Douglas JW, Hernandez-Reif M, Lawrence JC, Wind SA. Feeding stressors and available resources for parents of children with Down syndrome: A qualitative analysis. The Annual Alabama Dietetics Association Conference (ALDA), Virtual (April 1, 2022).

Boudreaux MM, Knol LL, **Brantley C**. Pathways between food insecurity and coping strategies for eating among college students. The Annual Undergraduate Research and Creative Activity Conference, Tuscaloosa, AL (April 2022).

Bommena A, Knol LL, **Brantley C**. A narrative review: Mindful eating and electronic media intervention effectiveness. The Annual Undergraduate Research and Creative Activity Conference, Tuscaloosa, AL (April 2022).

Brantley C, The association between serum Vitamin D status, bone mineral density, and FEV1 in pediatric Cystic Fibrosis patients. The University of Alabama at Birmingham Science Day, Birmingham, AL (March 2016).

Brantley C, Ferguson M, Web J, Troxler B. Factors influencing asthma clinic follow-up after PICU discharge. The Annual Simpson Ramsey Symposium, Birmingham, AL (March 2016).

Parker C, Jordan K, **Brantley C**, Pember S, Bain K, Reichardt K, Knol L. Obesity in America: A physical activity needs assessment. The Annual Undergraduate Research and Creative Activity Conference, Tuscaloosa, AL (April 2015).

Parker C, Jordan K, **Brantley C**, Pember S, Bain K, Reichardt K, Knol L. Obesity in America: A physical activity needs assessment. The Annual Alabama Dietetic Association Conference, Montgomery, AL (March 2015).

Jordan K, **Brantley C**, Nutrition education in low-income children: A review. The Annual Alabama Dietetic Association Conference, Montgomery, AL (March 2015).

Bain K, **Brantley C**, Jordan K, LeBlanc C, Marsh C. Nutrition education in low-income children: A review. The Annual Undergraduate Research and Creative Activity Conference, Tuscaloosa, AL (April 2015).

TEACHING ACTIVITIES

Curriculum Development

Master of Science in Clinical Nutrition

Master of Science program in Clinical Nutrition, 17 courses in competency-based education, accredited by ACEND (Accreditation Council for Education in Nutrition and Dietetics), 2025-present

Master of Science Human Nutrition, Nutrition in the

Developed course for Human Nutrition Master Program, The University of Alabama

Caroline B. Polinski, PhD, RD 4/1/2026

Prevention and Treatment of
Chronic Disease

Courses Taught

<u>Dates</u>	<u>Name of Course</u>	<u>Role in course</u>
2026	NRSG 207 Introduction to Clinical Nutrition for Nursing	Faculty on Record
2026	NRSG 364 Ambulatory Care and Community Health Nursing BSN	Course Management/Co-faculty
2024-2025	NRSG 207_OX and NRSG 207 Introduction to Clinical Nutrition for Nursing	Instructor
2025	USA Women's Handball: Fueling for Performance: Sports Nutrition Strategies for USA Women's Handball Athletes	Guest Speaker
2025	Piedmont Dietetic Association: Sports Nutrition for Dietitians: Bridging the Gap between Science and Practice	Guest Speaker
2024	National Institute of Health TeleCOPD: Motivational Interviewing	Guest Speaker
2020	NHM 465: Medical Nutrition Therapy II, The University of Alabama	Instructor
2020-2022	NHM 366: Supervised Practice Medical Nutrition Therapy I, The University of Alabama	Graduate Teaching Assistant
2021	NHM 464: Supervised Practice Community Nutrition, The University of Alabama	Graduate Teaching Assistant
2021	Introduction to Human Nutrition: Antioxidants and	Guest Lecturer

	Functional Foods, The University of Alabama	
2021	Medical Nutrition Therapy II: Parenteral Calculations, The University of Alabama	Guest Lecturer
2020	NHM 465: Medical Nutrition Therapy II, The University of Alabama	Graduate Teaching Assistant
2020	NHM 441: Nutrition Education, The University of Alabama	Graduate Teaching Assistant
2019-2020	NHM 253: Food Science Lab, The University of Alabama	Graduate Teaching Assistant
2020	Alabama Dietetic Association meeting: Treatment of Hyperlipidemia	Guest Speaker
2019	Western Area Massachusetts Dietetic Association: Advancing Nutrition Practice to Virtual Visits	Guest Speaker
2019	Boston Children's Hospital Annual Conference: Nutrition Management of Hyperlipidemia	Guest Speaker
2018	Boston Children's Hospital: Hypertension Guidelines and Nutrition Recommendations	Guest Speaker
2018	School Nurses Continuing Education Event: Hyperlipidemia and Hypertension	Guest Speaker
2017	Boston Children's Hospital: Nutrition and Wellness	Guest Speaker

Student Mentoring

2022-2023	Undergraduate Randle Research Scholar	The University of Alabama
2022-2023	Undergraduate Randle Research Scholar	The University of Alabama

PROFESSIONAL AND UNIVERSITY SERVICE ACTIVITIES

Membership in Professional Organizations

2012-Present	Academy for Nutrition and Dietetics	Member
2022-Present	Society of Behavioral Medicine	Member
2020-2023	American Society for Nutrition	Member
2020-2023	Nutrition Research Dietetic Practice Group	Member
2015	Phi Upsilon Omicron Honor Society	President
2015	Order of Omega Honor Society	Member
2015	Phi Kappa Phi Honor Society	Member
2015	Golden Key International Honor Society	Member