

Rachel Gillespie

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Education & Certifications

Certified Registered Dietitian (RD)

- March 2022-Current

University of Kentucky Graduate School

- Clinical and Translational Science PhD Program
- Department of Behavioral Science, College of Medicine
- Primary Research Mentor & Chair: Dr. Alison Gustafson
- Committee Members: Dr. Tom Kelly, Dr. Kathryn Cardarelli, Dr. Charles Courtemanche
- January 2022- Current

Diabetes Prevention Program Lifestyle Coach- DTTAC

- Emory University
- January 2020-February 2020

Priority Nutrition Care Dietetic Internship

- Boston, MA
- September 2018-May 2019

University of Kentucky Graduate School

- Thesis: *Connecting Self-Efficacy of Dietary Choices and the Association with Dietary Intake Among Rural Adolescents in North Carolina and Kentucky*
- Thesis Advisor: Dr. Alison Gustafson
- M.S. in Nutrition and Food Systems
- August 2016-December 2017

University of Kentucky

- B.S. in Dietetics (DPD Program)
- Dean's List 2015-2016
- August 2013- May 2016

University of Evansville

- Division I Varsity Tennis Student Athlete
- Major: Chemistry
- August 2012- May 2013

Lafayette Senior High School

- Lexington, KY
- Pre-engineering Program; Community Service Senior Program; Varsity Tennis Athlete
- Class of 2012

Research Experience

Senior Research Project Manager – Department of Health Behavior, College of Public Health, University of Kentucky

- NIH R01- Kentucky Vaccinating Appalachian Communities (K-VAC). Aim 1: Using a community-engaged approach, elucidate a) key themes for message content and framing that address individual-level factors, b) trusted communicators to deliver culturally-sensitive messages, and c) structural barriers to effective vaccine delivery, as well determining to what degree such factors are community-specific versus more generalizable. Aim 2: Assess the efficacy of a community-specific, multi-level intervention that delivers individual-level target messaging tailored for theme and presentation by trusted local communicators and that provides structural components to facilitate easy and acceptable access to vaccination delivery. Aim 3: Determine the process factors that affect reach, acceptance, and implementation fidelity for the intervention components, as well as necessary adaptation components for broader transferability, dissemination, and delivery of the intervention.
- December 2022- Current

Senior Extension Associate – Family Consumer Sciences Extension; College of Agriculture, Food and Environment; University of Kentucky

- Work with specialists and associates to support the development, design, and implementation of Extension programming specific to the Centers for Disease Control High Obesity Program (CDC HOP) project, as part of a multi-year cooperative agreement with the Division of Nutrition, Physical Activity, and Obesity (DNPAO) at CDC. Provide logistical support, communicate with project officers, work to progress grant outcomes including expansion of healthy food access, improve fruit and vegetable intake, and increase connectivity and physical activity engagement among community residents through a community-based participatory approach. Assist in communication, reporting and evaluation of activities related to CDC project to internal and external partners and agencies.
- May 2018-December 2022

Project Manager – Online Grocery Shopping Intervention Among Rural and Urban Residents to Improve Purchasing Habits and Dietary Intake

- Share Our Strength funded research project, PI Dr. Alison Gustafson
- Provide logistical support, communication between agencies and partners, present material and provide guidance related to project implementation, develop pilot study intervention materials and content to be delivered to participants for a cross-sectional study between Kentucky, North Carolina, and Maryland. Develop and submit IRB application. Manage and effectively communicate expectations and study activities with three Graduate Student Research Assistants and four Undergraduate Student Research Assistants. Qualitative and quantitative research.
- May 2019- May 2022

Research Assistant – Department of Dietetics and Human Nutrition; College of Agriculture, Food and Environment; University of Kentucky

- Provide support and assistance with data collection, data entry and analysis, development and implementation of projects, management, coordination and communication with internal and external partners and agencies.
- December 2017- October 2018

Graduate Research Assistant- Department of Dietetics and Human Nutrition; College of Agriculture, Food and Environment; University of Kentucky

- Provide support and assistance with data collection, data entry and analysis, development and implementation of projects, management, coordination and communication with internal and external partners and agencies.

- August 2016- December 2017

Teaching Experience

Undergraduate Course Instructor, University of Kentucky- AFE 100: Issues in Agriculture, Food and Environment

- Fall 2021, 2022

Graduate-level Guest Lecturer, University of Kentucky- DHN 603: Community Nutrition

- Fall 2021, 2022

Undergraduate Guest Lecturer, Transylvania University- Introduction to Public Health

- Fall 2019

Graduate Teaching Assistant, University of Kentucky

- August 2017- December 2017

Conference Presentations (**Indicates Virtual Conference)

Appalachian Translational Research Network (ATRN) Session Presentation: *Household Food Security and Food Sourcing Patterns During the COVID-19 Pandemic in Appalachian Ohio*

- Co-Presenter
- November 2022

Appalachian Translational Research Network (ATRN) Poster Presentation: *Perceived Influence of Multilevel Factors on Adult Physical Activity Engagement in Rural Appalachia*

- Co-Presenter
- November 2022

Appalachian Translational Research Network (ATRN) Poster Presentation: *Examination of Food Security by Age in a Rural Appalachian County*

- Co-Presenter
- November 2022

Nutrition and Obesity Policy Research and Evaluation Network Rural Food Access Working Group (NOPREN RFAWG) monthly meeting, speaker presentation: *Can technology based behavioral strategies be an avenue for lasting impact in rural communities: findings from online grocery shopping intervention*

- Virtual work group focused on providing a collaborative equity-focused applied research network to inform policy and practices to improve nutrition and prevent obesity. The RFAWG focuses on rural communities throughout the U.S. specifically.
- October 2022

National Rural Grocery Summit Speaker Session: *Perspectives of Online Grocery Shopping Among Rural and Urban Grocery Store Managers*

- Wichita, KS
- July 2022

National Rural Grocery Summit Poster Presentation: *“Cause they’re afraid that they’re going to run out of food:” how the COVID-19 pandemic impacted one food system in rural Appalachia*

- Co-Presenter
- July 2022

**Association for State Public Health Nutritionists (ASPHN) Poster Presentation: *Barriers and Facilitators of Online Grocery Services: Perceptions and Experiences from Rural and Urban Grocery Store Managers*

- July 2022

Society of Behavioral Medicine (SBM) Poster Presentation: *Online grocery intervention leads to healthier purchasing habits among rural and urban shoppers: A Pilot Study*

- Baltimore, MD
- April 2022

Society of Behavioral Medicine (SBM) Poster Presentation: *“We’re always looking for a good thing, aren’t we?”: A Snapshot of COVID-19 Resilience in Rural Appalachia*

- Co-Presenter
- April 2022

**Appalachian Translational Research Network (ATRN) Poster Presentation: *“There’s just so little available since mining went away”:* Qualitative findings aim to understand community perspectives and resources to facilitating physical activity in a rural Appalachian community

- October 2021

Appalachian Translational Research Network (ATRN) Poster Presentation, co-author: *“There’s always somebody to come and help you”:* A qualitative exploration of one rural Appalachian community during the COVID-19 pandemic

- Co-Presenter
- October 2021

**American Public Health Association (APHA) Poster Presentation: *Exploring Online Grocery Shopping Practices in one Rural Highly Obese Persistently Impoverished Appalachian County*

- October 2021

**American Public Health Association (APHA) Poster Presentation, co-author: *SNAP participation does not ameliorate food security in rural Appalachian County*

- Co-Presenter
- October 2021

**NIH Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science Poster Presentation: *Exploring Online Shopping Utilization Among Rural and Urban Residents in Kentucky and North Carolina: Baseline Findings.*

- September 2021

**NIH Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science Poster Presentation, co-author: *Examining changes in grocery shopping venues in rural Appalachia: A cohort study*

- Co-Presenter
- September 2021

**National Health Outreach Conference (NHOC) Oral Session Presentation: *Cooperative Extension’s Collaboration with Faith-Based Organizations to Facilitate Policy, Systems, and Environmental Changes to Reduce Obesity in Rural Appalachia*

- Co-Presenter
- May 2021

**National Health Outreach Conference (NHOC) Poster Presentation: *How an Incentive Influence on Food Purchasing Behavior in an Impoverished Rural Community Directed Targeted Marketing and Messaging*

- May 2021

**Society of Behavioral Medicine (SBM) Poster Presentation: *Direct Marketing and Push Notifications as a Mode to Improve Food Choices in Rural Food Environments in which Food Accessibility is Limited*

- April 2021

**University of Kentucky Womxn+ Conference – Session Two Presentation: *Working Women: Dialing Down Stress with Healthy Habits*

- December 2020

**American Public Health Association (APHA) Poster Presentation: *Association between shopping behavior of SNAP recipients in an impoverished highly obese rural Appalachian county*

- October 2020

**American Public Health Association (APHA) Poster Presentation: *Farmers are “getting old or they have already died off”:* Generational challenges to PSE obesity interventions in rural Appalachia

- Co-Presenter

- October 2020
- **American Public Health Association (APHA) Poster Presentation, co-author: *Generational differences in dietary behaviors and food-related practices among rural obese adults in Appalachia*
 - Co-Presenter
 - October 2020
- **Appalachian Translational Research Network (ATRN) Poster Presentation: *Affective Place-Based Messaging May Be an Effective Approach to Improving Health Outcomes in Appalachian Counties*
 - September 2020
- **International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Poster Presentation: *Role of Incentive Influence on Food Purchasing Behavior in an Impoverished Rural Food Environment*
 - June 2020
- **International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Poster Presentation: *Perceived Barriers and Its Effect on Physical Activity in Geographically Isolated Rural Communities*
 - Co-Presenter
 - June 2020
- **International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Poster Presentation: *Impact of PSE Strategies on Health Behaviors in a Rural Setting: Baseline Findings from a Prospective Cohort Study*
 - Co-Presenter
 - June 2020
- **National Rural Grocery Summit Poster Presentation: *Role of Incentive Influence on Food Purchasing Behavior in an Impoverished Rural Food Environment*
 - Postponed due to COVID-19 Pandemic
- **Society of Behavioral Medicine (SBM) Poster Presentation: *Place Based Text Messages as an Approach to Improve Fruits and Vegetable Intake Among Rural Food Insecure Adults*
 - April 2020

Publications (*Under Review)

Hogg-Graham, R., DeWitt, R., Norman-Burgdolf, H., **Gillespie, R.**, Cardareli, K., Informal, yet Instrumental: Community Member Perspectives on a System Addressing Health Promotion in Rural Appalachia. *Frontiers in Public Health*.

Kyle R. Busse; Kathryn I. Poppe; Qiang Wu; Stephanie B. Jilcott Pitts; Lindsey Haynes-Maslow; Alice S. Ammerman; Kathleen Krzyzanowski Guerra; Zoë Plakias; Andrew S. Hanks; Katharine Garrity; **Rachel Gillespie**; Bailey Houghtaling; Rebecca A. Seguin-Fowler; Jennifer A. Garner. Household Food Security and Food Sourcing Patterns during the COVID-19 Pandemic in Appalachian Ohio. *Food Policy*.

Anderson-Steeves, E., **Gillespie, R.**, DeWitt, E., E., Barr, M., Cox, B., Hudson, T., Haynes-Maslow, L., Trude, A., Gustafson, A. (2022). Barriers and facilitators to online grocery shopping among Supplemental Nutrition Assistance Program (SNAP) Participants: A Mixed Method Study. *Ecology of Food and Nutrition*.

Gillespie, R., DeWitt, E., Trude, A., Haynes-Maslow, L., Hudson, T., Anderson-Steeves, E., Barr, M., Gustafson, A. (2022). Barriers and Facilitators of Online Grocery Services: Perceptions from Rural and Urban Grocery Store Managers. *Nutrients*, 14(18), 3794.

DeWitt, E., **Gillespie, R.**, Norman-Burgdolf, H., Slone, S., Cardarelli, K., Gustafson, A. (2022). Exploring the Relationship between SNAP Enrollment and Food Insecurity in Rural Appalachia. *Journal of Hunger Environmental Nutrition*.

Gillespie, R., DeWitt, E., Slone, S., Cardarelli, K., & Gustafson, A. (2022). The Impact of a Grocery Store Closure in One Rural Highly Obese Appalachian Community on Shopping Behavior and Dietary Intake. *International Journal of Environmental Research and Public Health*, 19(6), 3506.

Gustafson, A., **Gillespie, R.,** DeWitt, E., Cox, B., Dunaway, B., Haynes-Maslow, L., Anderson-Steeves, E., Trude, A. (2022). Online Pilot Grocery Intervention among Rural and Urban Residents Aimed to Improve Purchasing Habits. *International Journal of Environmental Research and Public Health*, 19(2), 871.

Cardarelli, K., DeWitt, E., **Gillespie, R.,** Graham, R.H., Norman-Burgdorf, H., & Mullins, J. T. (2021). Policy implications of the COVID-19 pandemic on food security in rural America: Evidence from Appalachian Kentucky. *International Journal of Environmental Research and Public Health*, 18(23), 12792.

Norman-Burgdorf, H., DeWitt, E., Cardarelli, K., **Gillespie, R.,** Slone, S., Gustafson, A. (2021). Sugar-sweetened beverage consumption among adults in rural Appalachia. *Preventative Medicine Reports*, 24, 101642.

Gillespie, R., DeWitt, E., Norman-Burgdorf, H., Dunaway, B., Gustafson, A. (2021). Community Based Efforts Aim to Improve the Food Environment Within a Highly Obese Rural Appalachian County. *Nutrients*, 13(7), 2200.

Jones, N., Dlugonski, D., **Gillespie, R.,** DeWitt, E., Lianekhammy, J., Slone, S., Cardarelli, K. (2021). Physical Activity Barriers and Assets in Rural Appalachian Kentucky: A Mixed-Methods Study. *International Journal of Environmental Research and Public Health*, 18(14), 7646.

Cardarelli, K., DeWitt, E., **Gillespie, R.,** Norman-Burgdorf, H., Jones, N., & Mullins, J. T. (2020). Peer Reviewed: “We’re, Like, the Most Unhealthy People in the Country”: Using an Equity Lens to Reduce Barriers to Healthy Food Access in Rural Appalachia. *Preventing Chronic Disease*, 17.

DeWitt, E., **Gillespie, R.,** Norman-Burgdorf, H., Cardarelli, K. M., Slone, S., & Gustafson, A. (2020). Rural SNAP Participants and Food Insecurity: How Can Communities Leverage Resources to Meet the Growing Food Insecurity Status of Rural and Low-Income Residents? *International Journal of Environmental Research and Public Health*, 17(17), 6037.

Gillespie, R., DeWitt, E., Norman-Burgdorf, H., Jones, N. (2020). Role of Incentive Influence on Food Purchasing Behavior in an Impoverished Rural Food Environment. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Auckland, New Zealand.

Jones, N., Norman-Burgdorf, H., **Gillespie, R.,** DeWitt, E. (2020). Perceived Barriers and Its Effect on Physical Activity in Geographically Isolated Rural Communities. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Auckland, New Zealand

Norman-Burgdorf, H., Jones, N., DeWitt, E., **Gillespie, R.** (2020). Impact of PSE Strategies on Health Behaviors in a Rural Setting: Baseline Findings from a Prospective Cohort Study. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Auckland, New Zealand.

Gustafson, A., Jilcott Pitts, S., McDonald, J., Ford, H., Connelly, P., **Gillespie, R.,** ... & Mullins, J. (2017). Direct Effects of the Home, School, and Consumer Food Environments on the Association between Food Purchasing Patterns and Dietary Intake among Rural Adolescents in Kentucky and North Carolina, 2017. *International journal of environmental research and public health*, 14(10), 1255.

Media & Cooperative Extension Programming

DeWitt, E., **Gillespie, R.** Najor, J., Mullins, J.T. (Host). (2020, November 4). Insights from Others: Examples of Community Program Plans and Evaluation Plans (No. 3) [Audio Podcast Episode]. In *People I Love to Work With*. University of Kentucky Department of Dietetics and Human Nutrition.

FCS Social Media Management

- Responsible for content creation and management of posts shared across Facebook and Instagram social media platforms for Family Consumer Sciences accounts. Communicates regularly with FCS Associates and Specialists to effectively deliver material and messaging from each focus area to a broader audience through social media and virtual technology.
- March 2020-May 2021

Diabetes Prevention Program (DPP) Lifestyle Coach

- Barnstable Brown Diabetes Center and FCS Cooperative Extension partnership.
- Scott County Cooperative Extension Office – March 2020 (discontinued due to COVID-19)

30-Day Meal Plan Program Materials

- Developed and distributed May 2020
- Facebook reach- 16,300; 1,200 unique clicks

Plate It Up! Kentucky Proud Meal Kits

- Developed and distributed statewide with Dr. Heather Norman-Burgdolf, Extension Specialist in Food and Nutrition.
- April 2019

Informational Releases

- Recipe Refresh With MyPlate
- Portion vs. Serving Size- What's the Difference?

Fayette County Extension Agent Assistant- Lexington, KY

- Volunteer Position – Assist with planning, outreach, and delivery of Family Consumer Sciences Extension programming in the Lexington-Fayette County area.
- June 2017- October 2017

Research & Professional Skills

- REDCap Research Database- project design, data extraction and analysis, research and project management.
 - Current project operator, Project Designer and Coordinator of CDC-1809 cohort study data housed in REDCap
 - Current project operator, Project Designer and Coordinator of Share Our Strength Online Grocery Shopping cross-sectional pilot study housed in REDCap
- EndNote Software – strong comfortability and utilization to compile databases, navigate and maintain reference organization within the software
- Quantitative Research- competency with SAS and STATA statistical software
- Qualitative Research- Grounded Theory framework analysis, thematic coding
 - NVivo Software and Analysis- comfort and proficiency for qualitative research studies
- Maintains positive relationships with funding partners, sponsors, colleagues and team members internally and across organizations and institutions.
- Strong time management, multitasking, leadership, and teamwork skills. Ability to think critically and creatively when required to accomplish tasks effectively and efficiently.

- Proficient user of Microsoft Office programs- Word, Excel, PowerPoint, Teams

Professional Memberships & Workgroups

- Nutrition & Obesity Policy Research & Evaluation Network (NOPREN) Food Security Working Group (FSWG) – contributing member
- NOPREN Rural Food Access Working Group (RFAWG) – contributing member
- NOPREN Food Service Guidelines Working Group (FSGWG) – contributing member
- Healthy Eating Research (HER) NOPREN Healthy Food Retail Working Group (HFRWG) – contributing member
- Association for State Public Health Nutritionists (ASPHN)
- Academy of Nutrition and Dietetics (AND)
- Kentucky Association of Nutrition and Dietetics (KAND)
- Bluegrass Academy of Nutrition and Dietetics (BGAND)
- Society of Behavioral Medicine (SBM)
- American Public Health Association (APHA)