

Heather Leonard, MEd, RDN

hleonar3@uoregon.edu

EDUCATION & LICENSES

PhD, PREVENTION SCIENCE

UNIVERSITY OF OREGON

EXPECTED 2023

MEd, PREVENTION SCIENCE

UNIVERSITY OF OREGON

2018

BS, NUTRITION AND FOOD SCIENCE (SUMMA CUM LAUDE)

UTAH STATE UNIVERSITY

1996

REGISTERED DIETITIAN NUTRITIONIST (RDN)

COMMISSION ON DIETETIC REGISTRATION, #837982

1996-PRESENT

HONORS & AWARDS

- Open Oregon Educational Resources OER Champion Award for Outstanding Publication Recipient (2021)
- Clare Wilkins Chamberlin Award Recipient, University of Oregon (2021-2022)
- College of Education Alumni Scholarship Recipient, University of Oregon (2021-2022)
- Raymund Fellowship Recipient, University of Oregon (2020-2021)
- Pediatric and Adult Obesity Virtual Course Stipend Recipient, Weight Management Dietetic Practice Group (2021)
- Recognized Young Dietitian of the Year Award, Utah Dietetic Association (2000)
- Valedictorian, College of Family Life, Utah State University (1996)
- Scholar of the Year, College of Agriculture, Utah State University (1996)

TEACHING EXPERIENCE

ADJUNCT INSTRUCTOR

DIVISION OF HEALTH PROFESSIONS, LANE COMMUNITY COLLEGE

2012-PRESENT

- Taught in-person, online, and hybrid nutrition classes, including Nutrition Science (FN 225), Personal Nutrition (FN 130), Sports Nutrition (FN 190), and Medical Nutrition Therapy (FN 255).
- Assisted with new course development and curriculum updates.
- Co-authored an open educational resource (OER) textbook, [*Nutrition: Science and Everyday Application*](#).

GRADUATE EMPLOYEE

BALLMER INSTITUTE FOR CHILDREN'S BEHAVIORAL HEALTH, UNIVERSITY OF OREGON 2022-PRESENT

- Teaching assistant for Teaching Self-Regulation in Childhood and Adolescence (BEHT 610). Provided support for online synchronous class delivery and completed grading for course assignments.

GRADUATE EMPLOYEE

COUNSELING PSYCHOLOGY AND HUMAN SERVICES, UNIVERSITY OF OREGON 2021-2022

- Instructor of record for Student Health and Wellbeing (CPSY 217). Taught course in both in-person and hybrid online format.
- Teaching assistant for Individual Interventions in an Ecological Context (FHS 330). Provided student support both in-person and online, including observing and coaching students on counseling skills and grading assignments.

ADJUNCT INSTRUCTOR

DEPARTMENT OF NUTRITION AND FOOD SCIENCE, UNIVERSITY OF VERMONT 2009-2011

- Developed online synchronous health and wellness course for university students and employees.
- Managed delivery of 15+ healthy behaviors courses per semester and supervised all instructors for those courses.

ADJUNCT INSTRUCTOR

DEPARTMENT OF FOOD SCIENCE AND HUMAN NUTRITION, UNIVERSITY OF MAINE 2010

- Developed and taught online synchronous health and wellness course for university students.

RESEARCH EXPERIENCE**GRADUATE EMPLOYEE**

CHILD AND FAMILY CENTER, UNIVERSITY OF OREGON 2021-2022

- Assisted with screening and enrollment of research study participants and ongoing data collection.
- Led small group sessions for adolescents on behavioral weight control and emotion regulation.

OBESITY AND WEIGHT MANAGEMENT RESEARCH ASSISTANT/INTERVENTIONIST

DEPARTMENT OF EXERCISE SCIENCE, ARNOLD SCHOOL OF PUBLIC HEALTH,
UNIVERSITY OF SOUTH CAROLINA

DEPARTMENT OF NUTRITION AND FOOD SCIENCE, UNIVERSITY OF VERMONT 2001-2019

- Led behavioral weight control programs delivered through online classrooms, in-person meetings and interactive television.
- Assisted with development of 18-month behavioral weight control curriculum and materials.
- Developed training manuals and provided training for all new interventionists.
- Established protocols for internet-based weight loss research interventions and online health coaching/counseling.
- Carried out obesity research interventions and data collection.

PROFESSIONAL EXPERIENCE

DIRECTOR OF ONLINE INSTRUCTION

VTRIM WEIGHT MANAGEMENT PROGRAM

CONTINUING EDUCATION DEPARTMENT, UNIVERSITY OF VERMONT

2007-2011

- Supervised team of 30+ health coaches/registered dietitians and oversaw program evaluation, fidelity, and quality control.
- Created and delivered online training program for health professionals, including coaching skills, group facilitation, behavior change models, and motivational interviewing.
- Led behavioral weight control programs delivered through an online synchronous format.
- Oversaw ongoing development of program website, curriculum, teaching materials, and social media outlets.
- Assisted with program development and expansion for new markets and audiences.

COMMUNITY HEALTH SPECIALIST

CARDIOVASCULAR PROGRAM AND EMPLOYEE WELLNESS,

UTAH DEPARTMENT OF HEALTH

1996-2000

- Wrote and managed various nutrition grants and acquired funding for statewide health promotions.
- Maintained a community coalition of 35 public and private organizations.
- Coordinated media efforts regarding nutrition for cardiovascular health.
- Conducted health screenings and individual and group health coaching sessions for state-wide employee wellness program.
- Acted as preceptor for public health and nutrition undergraduate and graduate students from multiple universities.
- Acted as a liaison in contract negotiations and communications with local health departments.
- Served as 5 a Day Coordinator for Utah and president of the 5 a Day Association of Utah.
- Served as Nutrition Chair for American Cancer Society committee on school health.

PROFESSIONAL PUBLICATIONS

- Callahan, A, Leonard H, & Powell, T. (2022). *Nutrition: Science and Everyday Application, 2nd Edition*. OER Commons. Retrieved October 8, 2022, from <https://openoregon.pressbooks.pub/nutritionscience2e/>
- Leonard, H., & Khurana, A. (2022). Parenting behaviors and family conflict as predictors of adolescent sleep and bedtime media use. *Journal of Youth and Adolescence*, 1-11.
- Leonard, H., Khurana, A., & Hammond, M. (2021). Bedtime media use and sleep: evidence for bidirectional effects and associations with attention control in adolescents. *Sleep Health*.
- Callahan, A, Leonard H, & Powell, T. (2020). *Nutrition: Science and Everyday Application*. OER Commons. Retrieved January 5, 2021, from <https://www.oercommons.org/courses/nutrition-science-and-everyday-application>
- Harvey-Berino, J., Pope, L., Gold, B. C., Leonard, H., & Belliveau, C. (2012). Undergrad and overweight: an online behavioral weight management program for college students. *Journal of Nutrition Education and Behavior*, 44(6), 604-608.
- Micco, N., Gold, B., Buzzell, P., Leonard, H., Pintauro, S., & Harvey-Berino, J. (2007).

Minimal in-person support as an adjunct to internet obesity treatment. *Annals of Behavioral Medicine*, 33(1), 49-56.

- Thackeray, R., Neiger, B. L., Leonard, H., Ware, J., & Stoddard, G. J. (2002). Comparison of a 5-a-day social marketing intervention and school based curriculum. *American Journal of Health Studies*, 18(1), 46-54.

PROFESSIONAL PRESENTATIONS

- Leonard, H., & Khurana, A. (2022). Parenting and Adolescent Health Outcomes. Symposium presented at the *Society for Prevention Research Annual Meeting*, Seattle, WA.
- Leonard, H., & Khurana, A. (2022). Parenting behaviors and family conflict as predictors of adolescent sleep and bedtime media use. *Society for Prevention Research Annual Meeting*, Seattle, WA.
- Leonard, H., Khurana, A., & Hammond, M. (2022). Bedtime media use and sleep: Evidence for bidirectional effects and associations with attention control in adolescents. *Society for Prevention Research Annual Meeting*, Seattle, WA.
- Borden, D., Khurana, A., & Leonard, H. (2022). Examining associations between sleep, cortisol, and blood pressure in adolescents. *Society for Prevention Research Annual Meeting*, Seattle, WA.
- Leonard, H, Hammond, M, & Khurana, A. (2018). Wired Teens Are Tired Teens: How Media Use Impacts Adolescent Sleep Outcomes. University of Oregon Graduate Student Research Forum, Eugene, OR. Received First Prize in Poster Presentation.
- Leonard, H, Gold, E. (March, 2011). *Vtrim Online Weight Management Program: Translating Research to Community Settings*. Presentation at the Weight Management Dietetic Practice Group Annual Symposium, Atlanta, GA.
- Leonard, H. (July, 1999). *Doin' the Healthy Thing for Utah Communities: Strategies to Increase 5 a Day Awareness*. Presentation at the Society for Nutrition Education Annual Meeting, Baltimore, MD.

GRANTS

- Open Educational Resources Grant Recipient, Open Oregon (2021-2023)
- Open Educational Resources Grant Recipient, Open Oregon (2019-2020)

PROFESSIONAL ORGANIZATION MEMBERSHIPS AND POSITIONS

- Academy of Nutrition and Dietetics (2012-PRESENT)
- Weight Management Practice and Dietetic Practice Group Member (2012-PRESENT)
Weight and Wellness Health Coaching Subunit Volunteer (2014-2017)
- Sports, Cardiovascular and Wellness Nutrition Practice Group Member (2012-PRESENT)
- Oregon Academy of Nutrition and Dietetics (2012-PRESENT)
- Utah Dietetic Association (1996-2000)
Newsletter Editor (1999-2000)
Chair, Council on Professional Issues (1998-1999)