

Jamie A. Zeldman, MS, RD

4440 SW Archer Rd, Gainesville, FL, 32608 | 561.310.6634 | jzeldman@ufl.edu

EDUCATION

PhD, Health and Human Performance, University of Florida, *Expected 2025*

Concentration: Health Education and Behavior

MS, Food Science and Human Nutrition, University of Florida, August 2020

Concentration: Nutritional Sciences

GPA: 3.82/4.0

Dietetic Internship, University of Florida, August 2020

Combined Master of Science-Dietetic Internship Program

BS, Dual Degree in Health and Human Performance and Food Science and Human Nutrition, University of Florida, August 2018

Concentration: Applied Physiology and Kinesiology and Dietetics

Minor: Business Administration

GPA: 3.57/4.0

CERTIFICATIONS

Registered Dietitian Nutritionist, ID: 86117451

ServSafe: Food Protection Manager, Certificate Number: 15749615

RESEARCH EXPERIENCE

Graduate Research Assistant, May 2021-Present

Nutrition Education & Behavioral Science (NEBS) Lab

University of Florida, Department of Health Education and Behavior

Faculty: Associate Professor, Amy Mobley, PhD, RD

NEBS lab focuses on better understanding the multiple influences on dietary behavior and developing corresponding interventions to improve health, especially in underserved populations. Current research project focus on early childhood obesity prevention and examining the prevalence and impact of food insecurity in the community.

Responsibilities:

- IRB protocol submission, revisions, deviations and renewals.
- Conduct literature reviews.
- Assist in the development of survey questions as well as in-depth interview questions.
- Conduct in-depth cognitive interviews to inform the development of interventions and materials.
- Participate in data analysis, including coding and development of coding schemes.
- Assist in the dissemination of study results by preparing abstracts and presentations for conferences, and manuscripts for peer-reviewed scientific journals.

- Coordinate Undergraduate Research Assistants: Conduct lab meetings, provide research trainings, assign and guide various student tasks, and maintain weekly communication.

Research Studies:

- Testing of the mHealth App (BabyByte) with Parents of Children Ages 0-2 years old: Usability Study
- Determining Early Childhood Professionals' Perspectives on Caregiver Nutrition Communication Strategies
- Determining Community Stakeholders' Perspectives on the Facilitators and Barriers to Providing Adequate, High Quality, and Age-Appropriate Food For Children 0-3 years old
- Development of a Food and Fitness App for Fathers of Preschool Age Children
- Determining Home Visitation Program Staff Attitudes and Preferences Related to Use of Technology with Parents of Young Children

Research Assistant, 2017-Present

University of Florida, Department of Family, Youth and Community Sciences

Faculty: Associate Professor, Dr. Karla Shelnett, PhD, RD

Dr. Shelnett's Lab focuses on improving the environment of low-income families and developing corresponding interventions to support a healthy lifestyle. Currently, we have several research projects involving the development of tools, curricula, and interventions to support a healthy environment and reduce the risk of childhood obesity.

Responsibilities:

- Conduct focus groups and/or in-depth cognitive interviews to measure community perceptions of the environment's support for healthful behaviors, and inform the development of further interventions and materials.
- Participate in data analysis, including coding and development of coding schemes.
- Assist in the dissemination of study results by preparing preparing abstracts and presentations for conferences, and manuscripts for peer-reviewed scientific journals.
- Work collaboratively with a team of Research Coordinators and Undergraduate Research Assistants to effectively complete research tasks

Research Studies:

- Advancing and Expanding HomeStyles: Shaping HOME Environments and LifeSTYLES to Prevent Childhood Obesity
- Behavior Environment Perceptions Survey for Low-Income Communities
- Impact of Providing Meal Kits to Low-income African American Families in Alachua County, FL
- Multistate Healthy Campus Research Consortium

Research Coordinator, 2020-2021

Nutrition Education & Behavioral Science (NEBS) Lab

University of Florida, Department of Health Education and Behavior

Faculty: Associate Professor, Amy Mobley, PhD, RD

NEBS lab focuses on better understanding the multiple influences on dietary behavior and developing corresponding interventions to improve health, especially in underserved populations. Current research project focus on early childhood obesity prevention and examining the prevalence

and impact of food insecurity in the community.

Responsibilities:

- IRB protocol submission, revisions, deviations and renewals.
- Conduct literature reviews.
- Assist in the development of survey questions as well as in-depth interview questions.
- Conduct in-depth cognitive interviews to inform the development of interventions and materials.
- Participate in data analysis, including coding and development of coding schemes.
- Assist in the dissemination of study results by preparing abstracts and presentations for conferences, and manuscripts for peer-reviewed scientific journals.
- Coordinate Undergraduate Research Assistants: Conduct lab meetings, provide research trainings, assign and guide various student tasks, and maintain weekly communication.

Research Studies:

- Testing of the mHealth App (BabyByte) with Parents of Children Ages 0-2 years old: Usability Study
- Determining Early Childhood Professionals' Perspectives on Caregiver Nutrition Communication Strategies
- Determining Community Stakeholders' Perspectives on the Facilitators and Barriers to Providing Adequate, High Quality, and Age-Appropriate Food For Children 0-3 years old
- Development of a Food and Fitness App for Fathers of Preschool Age Children
- Determining Home Visitation Program Staff Attitudes and Preferences Related to Use of Technology with Parents of Young Children

WORK EXPERIENCE

Dietetic Intern, June 2019-July 2020

University of Florida, Gainesville, Florida

- **Community Practicum:**
 - **Women, Infants and Children (WIC):** Develop skills relevant to the administration and operation of WIC programs. Work directly with a WIC dietitian to assess and provide appropriate nutrition education to WIC recipients in several counties in and around Alachua County
 - Prepare and deliver in-service for WIC staff members on “Nutrition for Clients Facing Homelessness”
 - **Tacachale Developmental Disability Center:** Develop skills relevant to the nutrition service operations of Tacachale. Assist with menu development, mealtime observation of residents, and multidisciplinary meetings to provide comprehensive care to residents
 - **UF RecSports and GatorWell:** Developed skills relevant to the dietetic operations of UF RecSports and GatorWell. Worked closely with Jessie Furman, RD, and Assistant Director for Nutrition, to develop educational materials for students, as well as content for social media outlets.
 - Prepare and deliver in-service for students and staff members at RecSports on “What’s in my Food? A Look at Food Processing”
- **Food Service Management Rotation, Malcolm Randall VA Medical Center:**
 - Work closely with the Chief of Food Production and Service on menu development, sanitation/inspection protocols and employee management

- Prepare and deliver in-service for food service employees on “Navigating the Way to a Healthy Diet”
- Organize and implement a Pirate’s of the Caribbean Theme Meal to residents of the Community Living Center
- **General Clinical Rotation, Malcolm Randall VA Medical Center:**
 - Work directly with a clinical dietitian on assessing and providing appropriate medical nutrition therapy, nutrition education, and counseling to acute care patients for disease prevention and chronic disease management
 - Prepare and deliver in-service for dietitians at the VA on “Unintentional Weight Loss and Appetite Stimulants for Older Adults”
- **Critical Care Rotation, Malcolm Randall VA Medical Center:**
 - In light of COVID-19, this rotation was entirely virtual. Attend several live webinars and presentations with dietitians working in critical care, complete case studies utilizing current evidence-based research to provide appropriate medical nutrition therapy, work with peers on variety of projects to enhance knowledge
 - Prepare and deliver in-service for dietitians in Gainesville on the “Role of Alternative Intravenous Lipid Emulsions in Parenteral Nutrition”
- **Elective Rotation 1, Pediatric Pulmonary Center at UF Health:**
 - Attend rounds and specialty outpatient clinics with a multidisciplinary team consisting of dietitians, physicians, clinical psychologists, social workers, pharmacists, and nurses
 - Attend a curriculum of courses regarding leadership and multidisciplinary care management related to pediatric pulmonology
 - Conduct a Quality Improvement project assessing food insecurity at UF Sleep Clinic by adding a two-question screening tool to patient questionnaires and assessing associations between those who screen positive and various factors
 - Prepare and deliver in-service for the PPC multidisciplinary team on food insecurity, and preliminary results of the Quality Improvement project
- **Elective Rotation 2, Florida Department of Agriculture and Consumer Services (FDACS):**
 - Work directly with the Division of Food, Nutrition and Wellness to learn about child nutrition and commodity food distribution programs, participate in menu development and reviews, and develop nutrition education materials for weekly newsletters
 - Prepare and deliver in-service for FDACS employees on “FDA’s New Nutrition Facts Label”

Nutrition Intern, Summer 2018

Training Haus/Twin Cities Orthopedics, Eagan, Minnesota

- Assist with the development of the nutrition department in the new elite performance training facility
- Adjacent to the Vikings Facility, my responsibilities involved, but were not limited to handling the ordering and receiving of inventory, recipe development, creating educational handouts, giving nutrition talks to various camps and teams around MN, and conducting body composition analyses

Hostess, To-Go Specialist, Server, Trainer, May 2015-August 2018

Chilis, Gainesville, Florida

- Over the course of 3 years, I began as a hostess, moved up to a to-go specialist, and then moved up to a server position to create positive guest interactions and ensure pleasant dining experiences.
 - Achieved Employee of the Month on different occasions
- Train and mentor new employees

VOLUNTEER EXPERIENCE

Sports Nutrition Intern, 2018

University of Florida, University Athletic Association; Gainesville, Florida

- Assist the Performance Dietitians in executing the Fueling Gators Program, by transporting fueling products to Gator Fueling Stations across campus, handling inventory of the products, ordering produce for the athletic teams, receiving Sysco deliveries weekly and assisting the dietitians with daily projects

Fitness Coach, 2017

Youth Combine, Gainesville, Florida

- Led fitness activities for middle school students. Encourage exercise and living a fit lifestyle to prevent childhood obesity from a young age

Team Volunteer, 2017

School Health Interdisciplinary Program (SHIP), Gainesville, Florida

- Develop health promotion programs for after-school children in a low-income neighborhood. Teach students about the fundamentals of health and the importance of living a healthy lifestyle

TEACHING AND MENTORSHIP EXPERIENCE

Preceptor, University of Florida, 2021

Acted as a preceptor to a dietetics student from the University of Alabama and was responsible for mentoring, evaluating, and providing feedback when necessary to help meet competency requirements.

Content: Dietary Intake Assessment, Anthropometric Measurements

Research-Related Trainings, University of Florida, 2020

Prepare and conduct research-related trainings to Undergraduate Research Assistants

Content: Literature Review, Motivational Interviewing, Note-Taking/Transcribing Cognitive Interviews, Qualitative Analysis

Peer Mentor, University of Florida, 2019

Mentor to senior Dietetics students as they prepared to apply to the Dietetic Internship

Content: Professionalism, Interview Skills/Preparation, Resume Assistance

PUBLICATIONS

1. **Zeldman J**, Andrade J, Identifying Physicians', and Nurses' Nutrition Knowledge Using Validated Instruments: A Systematic Narrative Review, *International Journal of Nutrition and Food Sciences*. Vol. 9, No. 2, 2020, pp. 43-53. doi: 10.11648/j.ijnfs.20200902.12
2. **Zeldman J**, Rivero-Medoza D, Dahl W. (2020). Plant-Based Milks: Cashew. *EDIS*. 2020. 10.32473/edis-fs413-2020.

3. **Zeldman J**, Rivero-Medoza D, Dahl W. (2020). Leches a base de plantas: Nuez de marañón (anacardo). EDIS. 2020. 10.32473/edis-fs418-2020.

PROFESSIONAL PRESENTATIONS

1. **Zeldman J**, Berman S, Varela E, Shelnett K. P81 Extension Nutrition Educators and Community Stakeholders Perceive the Healthfulness of their Under-Resourced Florida Communities Differently. *Journal of Nutrition Education and Behavior*. 53. S62. 10.1016/j.jneb.2021.04.140. *SNEB Annual Conference*, August 2021.
2. E Varela, **Zeldman J**, Hall E, Wang Y, Kuch A, Olfert M, Kidd T, Colby S, Kattelman K, Greene G, Shelnett K. O45 Perceived Healthfulness of the Environment of Communities with Low-Income by Community Stakeholders. *Journal of Nutrition Education and Behavior*. 53. S21-S22. 10.1016/j.jneb.2021.04.054. *SNEB Annual Conference*, August 2021.
3. Varela E, **Zeldman J**, Mobley A. O23 Community Stakeholders Perspectives on Food Security of Families with Children Ages 0 to 3 years Before and During COVID-19. *Journal of Nutrition Education and Behavior*. 53. S11. 10.1016/j.jneb.2021.04.032. *SNEB Annual Conference*, August 2021.
4. Mobley A, Gans K, Adamsons K., Varela E, **Zeldman J**. O31 Determining Low-Income Fathers' Preferred mHealth Nutrition-Related Topics, Features, and Delivery Methods. *Journal of Nutrition Education and Behavior*. 53. S14-S15. 10.1016/j.jneb.2021.04.040. *SNEB Annual Conference*, August 2021.
5. **Zeldman J**, Varela E, Jake-Schoffman D, Fedele D, Mobley A. Qualitative interviews to determine preferences of mHealth early childhood feeding guidance for mothers and fathers by income status. *Curr Dev Nutr*. 2021;5(Suppl 2):834. https://doi.org/10.1093/cdn/nzab046_131. Published 2021 Jun 7. *American Society for Nutrition Annual Conference*, June 2021.
6. Mobley A, Jake-Schoffman D, Fedele D, Varela E, **Zeldman J**. Babybyte: Usability Testing of a mHealth App Prototype to Improve Responsive Feeding Practices in Parents of Infants and Toddlers. *Curr Dev Nutr*. 2021;5(Suppl 2):983. Published 2021 Jun 7. doi:10.1093/cdn/nzab051_027. *American Society for Nutrition Annual Conference*, June 2021.
7. **Zeldman J**, Mialki K, Headrick L, Shelnett K. O27 Family Mealtime Behaviors Among Low-Income African Americans Participating in a Healthy Meal Kit Intervention. *Journal of Nutrition Education and Behavior*. 52. S13. 10.1016/j.jneb.2020.04.039. *SNEB Annual Conference*, San Diego, California, July 2020.
8. **Zeldman J**, Goldberg J, Andrade J. General Nutrition Knowledge Assessment of Physicians and Nurses: A Systematic Review. *FNCE Annual Conference*, Philadelphia, Pennsylvania, October 2019.
9. **Zeldman J**, Goldberg J, Andrade J. General Nutrition Knowledge Assessment of Physicians and Nurses: A Systematic Review. *UF's 21st Annual Master of Science and Dietetic Internship Conference*, Gainesville, Florida, July 2019.
10. Shelnett K, Garcia E, Sweeney L, Mialki K, **Zeldman J**, Eck K. P98 Virtual Notes are an Accurate Alternative to Those Taken In-Person During Cognitive Interviews. *Journal of Nutrition Education and Behavior*. 51. S77. 10.1016/j.jneb.2019.05.474. *SNEB Annual Conference*, Orlando, Florida, July 2019.

AWARDS AND HONORS

University of Florida's Women's Club Graduate Scholarship Recipient (2020)

UF Health and Human Performance Dean's List (2018)
UF College of Agricultural and Life Sciences Dean's List (2017)
Bright Futures Florida Academic Scholars Recipient (2013-2017)

PROFESSIONAL MEMBERSHIPS

Gainesville Academy of Nutrition and Dietetics, August 2018-Present

Professional Member, President-Elect

Former Nominating Committee Member and National Nutrition Month Co-Chair

Academy of Nutrition and Dietetics, August 2017-Present

Student Member, Student Co-Representative for Nutrition Education for the Public DPG

Society for Nutrition Education and Behavior, August 2018-Present

Student Member

American Society for Nutrition, April 2021-Present

Student Graduate Member

TRAINING

- CITI Collaborative Institutional Training Initiative Certification
- IRB Institutional Review Board Mandatory Local Training
- HSP Human Subject Payments
- Terminal 4 (T4) Technical User Training
- HIPAA & Privacy
- Responsible Conduct of Research (RCR)

SKILLS

- Proficient in Microsoft Office and Canva
- Knowledgeable with using online survey platforms (e.g., Qualtrics)
- Experience with Qualitative Coding
- Leadership and Project Management Skills