

Karen Ostenso
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Education

Ph.D., Walden University, 2014

- Major: Public Health
- Specialization: Community Health Promotion and Education
- Dissertation Title: Vibration Therapy, Supplementation with Calcium and Vitamin D, and Effects on Bone Mineral Density
- Dissertation Chair: Dr. Chester Jones

M.S., Drexel University, 1987

- Thesis Title: Effects of Calcium or Zinc Supplementation on the Effectiveness of Acarbose on Glycemic and Mineral Status in the Wistar Fatty Rat
- Concentration: Clinical Nutrition

B.S., Temple University, 1984

- Major: Community Health Education
- Honors: Dean's List Spring and Fall '82, Fall '83

Faculty Appointment and Teaching Experience

- **Program Director**, Food and Nutritional Sciences M.S., Human Nutritional Sciences Concentration, May 2019-present
- **Program Director**, Dietetics B.S., University of Wisconsin-Stout Wisconsin's Polytechnic University, 2008-present
- **Assistant Professor**, University of Wisconsin-Stout, 2014-present
- **Director Graduate Dietetic Internship**, University of Wisconsin-Stout Wisconsin's Polytechnic University 2006-2011

Courses Taught

- **FN 102** Nutrition for Healthy Living
- **FN 207** Medical Terminology
- **FN 415/615** Nutrition in Gerontology
- **FN 380** Community Nutrition
- **FN 413/613** Maternal and Child Nutrition
- **FN 312/512** Nutritional Assessment
- **FN 710** Clinical Nutrition
- **FN 712** Community Practicum
- **FN 738** Macronutrients

Professional Experience

- Clinical Dietitian, Marshfield Clinic, 1993-2009
- Community Nutrition Educator and Clinical Dietitian, Sacred Heart Hospital, 1988-1994

- Certified Diabetes Educator, 1996-2016
- Certified Insulin Pump Trainer, MiniMed, 2005-2010

Awards and Honors

- CEHHS Nutrition Department Outstanding Teacher of the Year, 2018
- American Dietetic Association Foundation E. Neige Todhunter Memorial Doctoral Fellowship, 2009
- Older Abe Hall of Fame, 2009
- Worksite Wellness Grant for City of Altoona and the School District, 2007

Research and Awards

- UW-Stout Student Research Grant entitled: *After-School Program Nutrition Education Programs: Impact on Knowledge, Perceptions, and Intake for 3rd-5th Grades*, 1/2019-4/2019. **\$350, Funded. Role, Research, Advisor**
After-School Program Nutrition Education Programs: Impact on Knowledge, Perceptions and Intake, Current Research. Role, PI, 9/18-6/22.
- UW-Stout Student Research Grant entitled: *Exploration of the Relationship between Caffeine Consumption and Bone Mineral Density in College-aged Students*, 1/2018-4/2018. **\$530, Funded. Role, Research Co-Advisor**
- CEHHS Freshmen Community of Practice Award 2014-2015 **Role, Co-Investigator** with Lindsay Barnhart, Diane Klemme and Kathryn Hamilton. Our study investigated college student retention and the efficacy of high impact learning activities on student success in college. 7/15-7/16
- NIH R21 Proposal, *Combined Nutrition and External Stimulation for Older Adult Functional Activities*. 4/14-3/16. **\$363,093. Not Funded. Role, Co-PI**
- Faculty Start-Up. Exposure to an Osteoporosis Intervention Study and Impact on Bone Mineral Density and Vitamin D Intake and Activity. 8/14-8/15. **\$5,025, Funded. Role, PI**
- UW-Stout Student Research Grant entitled: *Food Rockstars*, 10/14- 11/14. **\$488.52, Funded. Role, Research Advisor**
- UW-Stout Student Research Grant entitled: *Fun with Food: A Study on the Impact of Nutrition Education*, 10/14-11/14. **\$364.23, Funded. Role, Research Advisor**
- UW-Stout Student Research Grant entitled: *Sarcopenia in Older Adult and Impact on Successful Aging*, 10/14-12/14. **\$277.04, Funded. Role, Research Advisor**
- UW System Growth Agenda Institutional Change Grant. *Promoting Student Success through Collaborative and Innovative Food and Nutrition Research*. FY 2014-15 **\$608,283, Not Funded. Role: Co-Project Leader**
- CEHHS Collaborative Thematic Research Cohorts Grant. *Integrating Nutrition and Technology to Improve Quality of Life in Osteoarthritis Participants*, 2013 **\$7944, Funded. Role: Co-PI**
- CEHHS Collaborative Thematic Research Cohorts Grant. *Pilot Research on Quality of Life Indicators for Successful Aging (2012)*, **\$8640, Funded. Role: Co-PI**

Published Abstracts/National Conference Presentations

- Ostenso, K. (2016). Efficacy of High Impact Learning in an Introductory Dietetics Course on Student Success and Career Awareness. *Journal of the Academy of Nutrition and Dietetics*, 116 (9), A54. Food and Nutrition Conference & Expo (FNCE), Chicago, IL. Poster Presentation.

- Ostenso, K. (2014). The Effects of Vibration Therapy and Supplementation with Calcium and Vitamin D on Bone Mineral Density. *Journal of the Academy of Nutrition and Dietetics*, 114 (9) A31. Food and Nutrition Conference & Expo (FNCE), Boston, MA. Poster Presentation.

Presentations

- Food and Nutrition Conference & Expo (FNCE), Chicago, IL. Student Internship Recruitment Fair, 2017
- Eau Claire Senior Center, Eau Claire, WI. *Benefits and Risks of Supplement Use in the Older Adult: What does the evidence tell us?*, 2017
- WAFCS Conference, Appleton, WI. *The Dietary Guidelines for Americans: Translating the Key Recommendations and Moving from Concept to Change*, 2017
- Chippewa Valley Learning in Retirement group. Menomonie, WI. Co-presenter with Amanda Schmidt, MS, RD. *Benefits and Risks of Supplement Use in the Older Adult: What does the evidence tell us?*, 2015
- WAFCS-WICFR Joint Conference, Warrens, WI. *Designing Your Plate: The Art and Science Eating*, 2014
- Wisconsin Restaurant Association, WDA Leadership Conference, Milwaukee, WI, *What You Need to Know to Increase and Activate Your Membership?*, 2009
- Wisconsin DPI WI, Action for Healthy Kids, Working Together for School Wellness Summit, Madison Wisconsin, *What Can Be Done with a \$1000 Mini-Grant?*, 2005

Other Scholarly Activities

Textbook Contributor

- *Nutrition for the Older Adult, Bernstein & Munoz, 3rd Ed, Chapter 3. Macronutrient and Fluid Recommendations and Alcohol in Older Adults, 2018*

Peer Review

- Grant Reviewer, UW-Stout Research Services Faculty Research Initiative (FRI) Proposal, February 2015

Thesis Committees

- Barnawi, I. Physical Activity levels of Saudi Women and Relationship to Socioeconomic Status. (Expected completion August 2019). Master's **Thesis Advisor**
- Lochen, H. (2017). Vitamin D intake in relationship to mood and to Vitamin D-related knowledge in undergraduate students. Master's **Thesis Committee**
- Alandanoosi, A. (2016). Osteoporosis Knowledge, and Beliefs among Saudi women in the West region of the Kingdom of Saudi Arabia. Master's **Thesis Advisor.**
- Freeman, P. (2015). An Analysis of a Sugar Sweetened Beverage Tool Kit Aimed at Child Care Centers in Chippewa County to Prevent Childhood Obesity. Master's **Thesis Advisor**
- Mathews T. (2014). Saturated Fat Intake in Midwestern Older Adults and its Effect on Bone Mineral Density: A Correlational Study. Master's **Thesis Advisor**
- Hoff, K. (2014). The Effects of Nutrition Education and Exposure on Nutrition Knowledge and Self-efficacy in Elementary School Children in New Richmond, Wisconsin. Master's **Thesis Committee.**
- Treweek C.E. (2013). Identifying Factors that Influence Student Food Choices Among UW-Stout Undergraduate Students. Master's **Thesis Advisor.**

- Weinrich A. (2013). Fruit and Vegetable Consumption of Rural Middle School Children Participating in the National School Lunch Program. Master's **Thesis Advisor**
- Barthel, C.N. (2011). Determination of Vegetable Consumption and Factors that Affect Intake in a Rural Community. Master's **Thesis Committee**

Service

University committees:

- Faculty Senate as the Food and Nutrition Department Senator, Alternate 2019-present
- Program Director Position Description Task Force, Undergraduate Program Director Representative, 9/18-11/18
- Faculty Senate Executive Committee as the CEHHHS Representative, 2017-2018
- Personal and Policy Committee (PPC), 2017-2019
- Faculty Senate Election Committee, 2016-2019
- Faculty Senate as the Food and Nutrition Department Senator, 2016-2019
- General Education Curriculum Committee Member, as an Alternate for CEHHHS, 2015-2018

College committee:

- CEHHHS Potential for Excellence Scholarship Committee, 2015-present
- SPED search committee, fall 2016-spring 2017

Department/program committees:

- FN search committee; Lab manager position, fall 2019-present
- Chair, Nutrition Group (2014-present)
- Search Committee for Food Science Faculty Position, 2016
- Search Committee for Food Science Faculty Position, 2016
- Chair, Search Committee for Nutrition Faculty Position, Fall 2016
- Search Committee for Dietetic Internship Director/ Lecture Position, Summer 2012
- Dietetics Internship Selection Committee, 2012-present

Campus service

- UW Stout United Methodist Campus Ministry, Co-Advisor, Jan. 2017-present
- UW-Stout Scholars Day interviewer, 2017, 2018
- UW-Stout Opening Week, Meet the Professor Volunteer, 2017

Community Service

- Eau Claire Family Day Volunteer; 2017
- Indianhead Track Club, Water Street Mile Volunteer; 2015, 2016, 2017, 2018
- RCU, Charity Classic, Rock the River Run Volunteer: 2016, 2017, 2018, 2019
- Old Abe Athletic Hall of Fame Selection Committee: 2011-present

Professional Activities

- American Association of Parental and Enteral Nutrition, 2019
- Wisconsin Dietetic Association, Interim Treasurer/Secretary, 2011-2013
- Wisconsin Dietetic Association, President, 2009
- American Association of Diabetes Educators, 2009-2014
- Nutrition and Dietetic Educators and Preceptors Practice Group, 2008-present

- Wisconsin Diabetes Association Diabetes Educator Conference Planning Committee, 2006-2011
- Central Wisconsin Association of American Diabetes Educators, President, 2003-2005
- Central Wisconsin Association of American Diabetes Educators, President-Elect, 2001-2003
- Chippewa Valley Dietitians rep to the Northern Wisconsin Dietetic Association, 1993-1995
- Chippewa Valley Dietitians (formerly Tri-County Dietitians), President, 1991-1990
- Wisconsin Academy of Nutrition and Dietetics, 1988-present
- Academy of Nutrition and Dietetics, 1988-present

Faculty Development

Conference, Workshops, and Practice Groups

American Society of Parental and Enteral Nutrition, Nutrition Science and Practice Conference 3/19

Food and Nutrition Conference and Expo (FNCE) 10/11, 10/14, 10/16, 10/17.

Wisconsin Academy of Nutrition and Dietetics (WAND) Annual Meeting. 4/2014, 4/2015, 4/2016

Online Teaching Short Course (OTSC). Facilitator: Rich Berg, January 4 - 17, 2016

DPG11 Healthy Aging (HA) 2014-2016

DPG54 Research (RDPG) 2015-2016

DPG31 Dietetics in Health Care Communities (DHCC) 2014-2018

DPG10 Public Health/Community Nutrition (PHCNPG) 2014-2018

GRP50 Nutrition and Dietetic Educators and Preceptors (NDEP) 2010-present