

YUMI J. PETRISKO, MS, RD

ADDRESS: 5500 Campanile Dr. San Diego, CA 92182

EMAIL: yumipetrisko@gmail.com

EDUCATION:

M.S. NUTRITIONAL SCIENCES

Thesis: Postprandial triglyceride, glucose and insulin responses following consumption of two different low-carbohydrate diets versus a lower fat diet

SAN DIEGO STATE UNIVERSITY

Graduated: May 2007
G.P.A. 3.97

M.S. EXERCISE PHYSIOLOGY

SAN DIEGO STATE UNIVERSITY

Graduated: May 2007
G.P.A. 3.97

B.A. BUSINESS ECONOMICS

Double Minor: Exercise/Health Science and Fitness Instruction

UNIVERSITY OF CALIFORNIA SANTA BARBARA

Graduated: June 2001 High Honors
G.P.A. 3.74

PROFESSIONAL EXPERIENCE:

SAN DIEGO STATE UNIVERSITY

SAN DIEGO, CA

01/2005 – 05/2012

08/2013 – Present

Lecturer (08/2007-05/2012, 08/2013-Present)

ENS 200: Introduction to Exercise and Nutritional Sciences, 3 units (2 semesters)

NUTR 101: Professional Issues in Foods and Nutrition, 1 unit (1 semester)

NUTR 201: Fundamentals of Nutrition, 3 units (2 semesters)

NUTR 203: Cultural Aspects of Foods and Nutrition, 3 units (6 semesters)

NUTR 205: Introduction to Science of Food, 3 units (2 semesters)

NUTR 205L: Food Preparation Laboratory, 3 units (4 semesters)

NUTR 301: Advanced Science of Foods, 3 units (1 semester)

NUTR 302: Advanced Nutrition, 3 units (3 semesters)

NUTR 302L: Advanced Nutrition Laboratory, 3 units (4 semesters)

NUTR 309: Weight Control and Eating Disorders, 2 units (1 semester)

NUTR 406: Medical Nutrition Therapy I, 3 units (7 semesters)

NUTR 407: Medical Nutrition Therapy I Laboratory, 1 unit (1 semester)

NUTR 408: Medical Nutrition Therapy II, 3 units (6 semesters)

NUTR 510: Nutrition and Community Health, 1.3 units (7 semesters)

- Development of lesson plans and presentation of lectures for groups of 12-375 students
- Design and implementation of experiments and development of case studies for laboratory courses
- Assessment of student progress and performance
- Creation and evaluation of course assignments and projects

Teaching Assistant (01/2005 – 05/2006)

ENS 104A: Beginning Weight Training, 1 unit (1 semester)

ENS 304L: Exercise Physiology Laboratory, 1 unit (3 semesters)

- Created lesson plans and presented lectures for topics in exercise physiology, muscular anatomy, and resistance training and cardiovascular exercise principles
- Demonstrated and supervised use of weight training equipment
- Taught students how to measure and assess blood pressure, hydration status, metabolic rate, maximal oxygen consumption, blood lactate levels and body composition using various methods and measuring devices
- Supervised student projects and evaluated lab reports and assignments

Intern, Center for Optimal Health and Performance (02/2005-06/2005)

- Participated in nutrition consultations for clients with different ages, health problems and goals
- Analyzed and assessed 3-day food records to assess client dietary status and establish goals for improvement
- Created and implemented consultation protocols and educational materials

SAN DIEGO MESA COLLEGE

**SAN DIEGO, CA
08/2008 – Present**

Adjunct Instructor

NUTR 150: Nutrition, 3 units (10 semesters)

NUTR 153: Cultural Foods, 3 units (2 semesters)

NUTR 155: Advanced Nutrition, 3 units (6 semesters)

NUTR 170: Nutrition and Fitness, 1.5 units (2 semesters)

- Development of lesson plans and presentation of lectures for online and in-person classes of 20-50 students
- Assessment of student progress and performance
- Creation and evaluation of course assignments and projects

UNIVERSITY OF CALIFORNIA, SAN DIEGO

**LA JOLLA, CA
10/2011 – 10/2013**

Dietitian, UC San Diego Recreation

- Conducted private nutrition consultations including nutrition assessment, diet analysis, and meal plan development
- Presented nutrition portion of small-group wellness classes
- Developed and presented nutrition workshops and in-services to campus groups and departments
- Performed cooking demonstrations while providing nutrition information as part of the Tasty Tuesdays program
- Instructed and supervised dietetic interns as a preceptor for the UC San Diego Health System Dietetic Internship

SAN DIEGO STATE UNIVERSITY RESEARCH FOUNDATION

**SAN DIEGO, CA
12/2004 – 05/2012**

Research Coordinator, Dr. Mark Kern's Lab (09/2006-05/2012)

- Contributed to study design and grant proposal writing for research evaluating the influence of dietary factors on satiety, metabolism, weight management and athletic performance
- Managed budgets for funded research ranging from \$65,000 to \$140,000
- Recruited subjects and coordinated subject participation, ensuring compliance
- Trained research assistants in conducting biochemical analyses (radioimmunoassay, ELISA, enzyme assay) and physiological testing (body composition, blood pressure, phlebotomy)
- Managed research databases, ensuring integrity of scientific results
- Prepared manuscripts and abstracts for publication

Research Assistant, Low-carbohydrate Diet Study (12/2004 – 03/2006)

- Developed menu plans and managed food preparation for a study comparing the metabolic and physiologic effects of consuming two different low-carbohydrate diets vs. a low-fat diet
- Coordinated participation for 21 subjects over five months, ensuring adherence to project guidelines
- Conducted biochemical analyses of serum samples and physiological testing of subjects

SCRIPPS HEALTH

**LA JOLLA, CA
08/2009-10/2011**

Clinical Dietitian, Scripps Memorial Hospital

- Provided medical nutrition therapy to patients in an acute care setting using the Nutrition Care Process
- Conducted clinical assessments, including screening for nutrition risk and developing, implementing and monitoring a nutrition care plan
- Provided nutrition education to individual patients and taught group classes to cardiac patients and members of the community

SODEXO HEALTH CARE SERVICES

**SAN DIEGO, CA
09/2007 – 08/2010**

Clinical Dietitian, Alvarado Hospital (07/2008-08/2010)

- Provided medical nutrition therapy to patients in acute care, rehabilitation and out-patient settings
- Conducted clinical assessments, screened for nutrition risk, provided nutrition education, and developed, implemented and monitored nutrition care plans
- Instructed and supervised dietetic interns as a preceptor for the Sodexo Dietetic Internship

Dietetic Intern, Distance Education Program (09/2007-07/2008)

- Trained in food service management, clinical dietetics and community nutrition in preparation for certification as a Registered Dietitian
- Completed concentration rotation in nutrition research and clinical specialty rotation in renal disease
- Evaluated nutrition research and provided answers to questions submitted to Sodexo's "Ask the RD" program

ADVOCATE LUTHERAN GENERAL HOSPITAL

**PARK RIDGE, IL
07/2005-08/2005**

Exercise Physiology Intern, Fitness Center

- Conducted assessments of body composition, blood pressure, strength, flexibility, and VO_{2max} , evaluating fitness levels and establishing health goals for new members
- Developed and presented nutrition workshops to groups of employees and patients
- Supervised cardiac rehabilitation and diabetes education classes, including monitoring of heart rate, blood pressure and blood glucose levels for 5-10 participants per class

PEER-REVIEWED PUBLICATIONS

Clayton, ZS, Hobb KR, Shelechi, M, Hernandez, LM, Barber, AM, Petrisko, YJ, Hooshmand, S, Kern, N. Influence of resistance training combined with daily consumption of an egg-based or bagel-based breakfast on risk factors for chronic diseases in healthy untrained individuals. *J Am Coll Nutr* 34(2):113-9, 2015.

Hooshmand, S, Holloway, B, Nemoseck, T, Cole, S, Petrisko, Y, Hong, MY, Kern, M. Effects of agave nectar versus sucrose on weight gain, adiposity, blood glucose, insulin and lipid responses in mice. *J Med Food* 17:1017-21, 2014.

Furchner-Evanson, A, Petrisko, Y, Howarth, LS, Nemoseck, T, Kern, M. Type of snack influences satiety responses in adult women. *Appetite* 54:564-569, 2010.

Howarth, LS, Petrisko, Y, Furchner-Evanson, A, Nemoseck, T, Kern, M. Snack selection influences nutrient intake, triglycerides and bowel habits of adult women. *J Am Diet Assoc* 110(9):1322-1327, 2010.

PUBLISHED ABSTRACTS AND PROFESSIONAL PRESENTATIONS

Kern, M, Morelli, T, Hernandez, LM, Hobb, K, Clayton, Z, Schelechi, M, Barber, A, Petrisko, Y, Hooshmand, S, Nemoseck, T. A Comparison of multi-frequency bioelectrical impedance and air displacement plethysmography for tracking changes in body composition following a 12-week resistance training program. Presented at American College of Sports Medicine 2013 Annual Meeting.

Kern, M, Hobb, K, Clayton, Z, Shelechi, M, Hernandez, LM, Barber, A, Petrisko, Y, Hooshmand, S, Nemoseck, T. Resistance training improves blood pressure regardless of daily breakfast composition. *FASEB J.* 27:632.7, 2013.

Hernandez, LM, Meichtry, NE, Soto, D, Sringkarawat, S, Hong, MY, Hooshmand, S, Kern, M, Petrisko, Y. The effects of consuming a pistachio snack versus a refined carbohydrate snack on blood lipids, blood glucose, body weight, and body composition in young, healthy adults. *FASEB J.* 26:1b396, 2012. Presented at Experimental Biology 2012 Annual Meeting.

Hernandez, LM, Hobb, K, Clayton, Z, Shelechi, M, Barber, A, Petrisko, Y, Hooshmand, S, Kern, M. The effects of consuming egg-based versus bagel-based breakfasts combined with resistance training on body composition and muscular strength. *FASEB J.* 26:1142.55, 2012. Presented at Experimental Biology 2012 Annual Meeting.

Hobb, K, Clayton, Z, Shelechi, M, Hernandez, LM, Barber, A, Petrisko, Y, Hooshmand, S, Kern, M. Influence of resistance training combined with daily consumption of an egg-based or bagel-based breakfast on lipid concentrations and blood pressure. *FASEB J.* 26:1015.12, 2012. Presented at Experimental Biology 2012 Annual Meeting.

Kern, M, Petrisko, Y, Kloss, R, Bradley, P, Spindler, A. Blood pressure responses to consumption of two different carbohydrate-restricted diets versus a lower fat diet. *FASEB J.* 24:1b343, 2010. Presented at Experimental Biology 2010 Annual Meeting.

Kaper, S, Howarth, LS, Petrisko, Y, Furchner-Evanson, A, Nemoseck, T, Hong, MY, Kern, M. Dried plums consumed twice daily increase antioxidant capacity after two weeks in adult women. *FASEB J.* 24:564.5, 2010. Presented at Experimental Biology 2010 Annual Meeting.

Nemoseck, T, Cholish, D, Petrisko, Y, Kern, M. Effects of consumption of honey, sucrose and glucose on satiety and postprandial metabolism in healthy subjects. *FASEB J.* 24:553.4, 2010. Presented at Experimental Biology 2010 Annual Meeting.

Nemoseck, T, Cole, S, Petrisko, Y, Kern, M. Effects of agave nectar versus sucrose on weight gain, adiposity, blood glucose, insulin and lipid responses in mice. *FASEB J.* 24:553.3, 2010. Presented at Experimental Biology 2010 Annual Meeting.

Nemoseck, T, Cole, S, Petrisko, Y, Hong, MY, Kern, M. Influence of honey versus sucrose on glucose, insulin and lipid responses in mice. *FASEB J.* 24:553.6, 2010. Presented at Experimental Biology 2010 Annual Meeting.

Cholish, D, Nemoseck, T, Petrisko, Y, Kern, M. Influence of honey versus sucrose on satiety and postprandial metabolism in healthy subjects. *FASEB J.* 23:544.6, 2009. Presented at Experimental Biology 2009 Annual Meeting.

Furchner-Evanson, A, Petrisko, Y, Howarth, LS, Nemoseck, T, Kern, M. Snack selection influences satiety responses in adult women. *FASEB J.* 23:545.11, 2009. Presented at Experimental Biology 2009 Annual Meeting.

Howarth, LS, Petrisko, Y, Furchner-Evanson, A, Nemoseck, T, Kern, M. Snack selection influences nutrient intake, metabolism and bowel habits in adult women. *FASEB J.* 23:545.9, 2009. Presented at Experimental Biology 2009 Annual Meeting.

Altamimi, A, Petrisko, Y, Hong, MY, Rezende, L, Kern, M. Responses of blood lipids to consumption of honey versus sucrose in adult men and women. *FASEB J.* 22:449.8, 2008. Presented at Experimental Biology 2008 Annual Meeting.

Petrisko, Y, Bradley, P, Kloss, R, Bilodeau, A, Fisher, M, Spindler, AA, Kern, M. Postprandial serum triglyceride responses following four weeks of consuming two different very low carbohydrate diets versus a lower fat diet. *FASEB J.* 20:A126, 2006. Presented at Experimental Biology 2006 Annual Meeting.

Kloss, R, Bradley, P, Petrisko, Y, Bilodeau, A, Fisher, M, Spindler, AA, Kern, M. Body weight and composition changes after consumption of two different very low carbohydrate diets versus a lower fat diet. *FASEB J.* 20:A427, 2006. Presented at Experimental Biology 2006 Annual Meeting.

Bradley, P, Kloss, R, Petrisko, Y, Bilodeau, A, Fisher, M, Spindler, AA, Kern, M. Blood lipid responses to consumption of two different very low carbohydrate diets versus a lower fat diet. *FASEB J.* 20:A126, 2006. Presented at Experimental Biology 2006 Annual Meeting.

AWARDS, HONORS AND CERTIFICATIONS

- Outstanding Undergraduate Professor of the Year, SDSU College of Health & Human Services Council (2015)
- Registered Dietitian (2009-present)
- Scripps Memorial Hospital La Jolla RD Day Practice Excellence Award (2010)
- Sodexo Health Care Services CARES Award and Commendation (2009)
- American Dietetic Association Achiever's Scholarship (2007)
- Golden Key National Honor Society (2001-present)
- Supervisor of Exercise Physiology Laboratory group that received First Place at Department of Exercise and Nutritional Sciences Undergraduate Research Competition, San Diego State University (2006)
- Dean's Honors University of California, Santa Barbara (seven quarters)
- Boston Reed College Phlebotomy Certification (2006)

SERVICE

- Reviewer, SCAN's PULSE: A Publication for Sports, Cardiovascular and Wellness Nutritionists (02/2009 - Present)
- Guest Lecturer, SDSU DPT Life Cycle II course (Fall 2014, Fall 2015, Fall 2017)
- Guest Speaker, "Day in the Life" series, SDSU Peer Health Education Program (Fall 2017)
- Speaker, Sodexo Dietetic Internship Graduate Panel (April 2014, April 2015)
- Speaker and Site Visit Host, SDSU Medical Nutrition Therapy Lab II (Spring 2013, Fall 2013)
- SDSU School of Exercise and Nutritional Sciences Foundations Supercore Committee (09/2011 – 05/2012)