

# Alexandra Larcom MPH, RD, LDN

Department of Nutrition and Food Sciences  
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## EDUCATION

### **University of Rhode Island** – *Ph.D. Candidate, College of Health Sciences*

AUGUST 2021 - PRESENT

### **Boston University** – *Master of Public Health*

AUGUST 2010 - MAY 2012

### **Johns Hopkins Bayview Medical Center** – *Dietetic Internship*

AUGUST 2009 - MAY 2010

### **University of Florida** – *B.S. Food Science & Human Nutrition, Minor Communication Studies*

AUGUST 2005 - MAY 2009

## ACADEMIC & RESEARCH EXPERIENCE

### **University of Rhode Island, Kingston, RI** — *Graduate Research Assistant, Energy Balance Lab*

AUGUST 2021 - PRESENT

- Managed day to day operations including participant recruitment, data collection, equipment and supply logistics, and data entry, organization and management for the Nutrition Assessment Study, an ongoing cross-sectional study exploring relationship between diet and health in college students from Fall 2021 – Spring 2023
- Supervise research assistants in the Energy Balance Lab
- Develop and implement procedures for a USDA funded in-lab feeding study examining meal processing level, energy intake, and satiety in young adults, including meal planning, scheduling, data collection and analysis, and IRB approval
- Develop an online mixed-methods survey on ultra-processed food conceptualization in young adults, including survey design, instrument selection, and IRB approval

### **University of Rhode Island, Kingston, RI** — *Graduate Teaching Assistant*

AUGUST 2021 - DECEMBER 2022

- Teach the lab portion of the Intro to Applied Nutrition Lab course
- Develop lab curriculum and assignments in collaboration with course professor and update content to optimize student's practical, hands on experience
- Manage grade and assignments for all lab sections and serve as point of contact for students regarding lab, course grades, and assignments

## PROFESSIONAL EXPERIENCE

### **International Health, Racquet & Sportsclub Association (IHRSA), Boston, MA — *Director of Population Health Impact***

JANUARY 2012 - AUGUST 2021

- Manage day to day operations for the IHRSA Foundation, including donor management, communications, grant writing, and funding registration
- Lead development and implementation of population health content, education, programs, and initiatives
- Build and maintain relationships with strategic partners to achieve IHRSA's and the IHRSA Foundation's mission to promote health through exercise

### **Mountain Strength Fitness, Winchester, MA — *CrossFit Coach, Nutrition Consultant***

JULY 2019 - PRESENT

- Coach group classes and conduct private training sessions using CrossFit and functional fitness methodology
- Develop nutrition web and social media content and provide individual or small group nutrition counseling

### **Radius Specialty Hospital, Boston, MA — *Clinical Dietitian***

NOVEMBER 2010 - JANUARY 2012

- Assess nutritional status of newly admitted patients using anthropometric data, lab values, medical history, and current status on behavioral medical-surgical units
- Plan and implement nutrition care in collaboration with the interdisciplinary team and provide nutrition education to a diverse population of long term acute care residents

### **Wheelock College, Boston, MA — *Volunteer Sports Dietitian***

JULY 2011 - MAY 2012

- Collaborate with athletic trainer and support staff to assess the nutrition needs of Division III student-athletes and provide education and resources to athletes and staff

### **CYCLE Kids, Cambridge, MA — *Research Assistant***

MAY 2011 - AUGUST 2011

- Expanded on the current nutrition curriculum to provide 10-15 minute interactive nutrition lessons to elementary aged children enrolled in school-based a learn to cycle program and collect and analyze program data to determine the benefit of dietitian-led nutrition lessons as part of the CYCLE Kids Program.

## CREDENTIALS

### **Registered Dietitian** — *Commission on Dietetic Registration*

AUGUST 2010 - PRESENT

### **Licensed Dietitian-Nutritionist** — *Massachusetts Department of Professional Licensure*

SEPTEMBER 2010 - PRESENT

### **CrossFit Level 1 Coach** — *CrossFit, Inc*

APRIL 2014-- PRESENT

## CONFERENCE PRESENTATIONS

Larcom A, Lofgren I, Melanson K. *Ultra-processed Food Intake Associated with Lower Diet Quality in Young Adult College Students*. Poster presented at: Nutrition 2023 – American Society for Nutrition.

Larcom A, Melanson K, Lofgren I. *Elevated Body Mass Index Is Associated with Markers of Metabolic Risk in College Students*. Poster presented at: 2022 The Obesity Society Obesity Week.

Black A, Quatomoni P. *Assessing the Impact of the Cycle Kids Program In Somerville and Cambridge Phys Ed*. Poster presented at: 2012 Massachusetts Dietetic Association Annual Nutrition Convention and Exposition.

## LEADERSHIP AND VOLUNTEER EXPERIENCE

### **New England Gator Club Board**

JULY 2018 - JUNE 2023

The New England Gator Club provides social and professional networking opportunities for University of Florida Alumni in Greater Boston. As the Secretary, I work closely with fellow board members to plan events, fundraise, and award scholarship funding.

### **Massachusetts My Heart My Life Committee**

JANUARY 2013 - DECEMBER 2015

The My Heart My Life Committee aims to foster a healthier community and advocate for an environment that supports a healthy lifestyle. The committee worked together to promote American Heart Association initiatives (e.g. National Walking Day), advocate for policies that support heart health, and provide education and support at local events.