

# Yarisbel A. Melo Herrera, MS RDN

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## Education

**University of Rhode Island**, Kingston, RI

*Ph.D. in Health Sciences with an emphasis in Nutrition*

Co-Major Professors: Dr. Alison Tovar and Dr. Maya Vadiveloo

Expected Graduation Date: Spring 2024

**Boston University**, Boston, MA

*Master of Science in Nutrition + Dietetic Internship Program*, January 2021

DI Site: Boston Medical Center

Cumulative GPR: 4.00

**Texas A&M University**, College Station, TX

*Bachelor of Science in Nutrition*, May 2019

Cumulative GPR: 3.938 - *Summa Cum Laude*

## Research Experience

**Brown University School of Public Health**, Providence, RI

*Seasonal Project Coordinator*, June 2022-Present

- Project: The WIC Community Innovation and Outreach Project ([WIC CIAO](#)), grant awarded in partnership with the Rhode Island Department of Health.
- Duties: assist in project planning, supervise and train study team, conduct strategy evaluation, analyze qualitative and quantitative data, aid in preparation of manuscripts and abstracts for publication.

## Research Publications

### **Publications in Progress**

- **Melo Herrera Y**, Vadiveloo M, Oaks B, Quashie N, Tovar A (*under review*). Associations between WIC Participation and Women's Diet Quality, NHANES 2011-2018. *Journal of Nutrition*; 2023
- Ramírez A, Fox K, **Melo Herrera Y**, Gans KM, Risica PM, McCurdy K, Jennings E, Tovar A (*under review*). Goals, facilitators, and barriers identified by caregivers in an in-home intervention to improve feeding practices and child diet quality. *Journal of Nutrition Education and Behavior*; 2023.
- Carvalho OD, **Melo Herrera Y**, Cai J, Telusma MW, Yang Q, Santos B, Potvin J, Gondola B, Viscione ER, Sutherland Charvis J, Garzón J, Lindsey HM, Srinagesh A, Vaccaro A. (*in preparation*) "It's Been a Long and Terrible Day": Doctoral Students' Experience of Stress and Coping.
- Fox K, **Melo Herrera Y**, Abreu AM, Vadiveloo M (*in preparation*). Variety of High and Low Energy Density Foods and Associations with BMI-z scores Among Preschool-Aged Children, NHANES 2011-2018.

### **Abstracts and Conference Presentations**

- **Melo Herrera Y**, Vadiveloo M, Oaks BM, Quashie N, Blau S, Tovar A. Improving the Diet Quality WIC-Participating Women Using Digital Food Environments: Preliminary

Results. Abstract and Oral Presentation accepted for the Healthy Eating Research (HER) Nutrition and Obesity Policy Research and Evaluation Network (NOPREN) [2023 Student Presentation Session](#). August 2023.

- **Melo Herrera Y**, Vadiveloo M, Oaks BM, Quashie N, Tovar A. Improving the Diet Quality of WIC-Participating Women Using Digital Food Environments: Study Protocol. Poster presentation accepted for the American Society of Nutrition's Nutrition 2023 meeting. Boston, Massachusetts, July 2023.
- **Melo Herrera Y**, Vadiveloo M, Oaks BM, Quashie N, Tovar A. Associations between WIC Participation and Women's Diet Quality, NHANES 2011-2018. Poster presentation accepted for the Society of Behavioral Medicine's Annual Meeting & Scientific Sessions. Phoenix, Arizona, April 2023.
- **Melo Herrera Y**. Associations between peer counseling and breastfeeding initiation and duration among WIC participants: a meta-analysis. Abstract and Poster developed for the Healthy Eating Research (HER) Nutrition and Obesity Policy Research and Evaluation Network (NOPREN) [2021 Student Poster Presentations](#). August 2021.

### **Teaching Experience**

#### **Guest Lecturer – University of Rhode Island**

Melo Herrera Y., *Specialized Nutrition Support: Enteral Nutrition*. NFS 444, Spring 2022.

Melo Herrera Y., *Community Nutrition Programs: The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)*. NFS 212G, Spring 2022

Melo Herrera Y., *Panamá: Food and Culture*. NFS 212G, Spring 2022 and 2023

Melo Herrera Y., *Introduction to Consumer Psychology and Choice Architecture in Digital Food Environments*. NFS 212G, Spring 2022 and 2023

Melo Herrera Y., *Nutrition in Renal Disease: A Case Study*. NFS 444, Spring 2022.

#### **Graduate Teaching Assistant**

**University of Rhode Island:** Nutrition and Disease (NFS 444); Nutrition Assessment (NFS 443) ; Macronutrient Metabolism (NFS 440); Nutrition in the Life Cycle II (NFS 395); Public Health Nutrition (NFS 212G); Food, Nutrition, and People (NFS 276G); Applied General Nutrition (NFS 210)

**Boston University:** Topics in Clinical Nutrition: Research and Practice (SAR HS775)

### **Professional Experience**

#### **Boston Medical Center – Nutrition Services, Boston, MA**

*Dietetic Intern*, September 2020-January 2021

- Completed 1200+ supervised practice hours over 29 weeks at a 514 bed, level 1 trauma center. Total of 15 weeks of clinical experience, including three weeks of hands-on nutrition support training.
- Conducted three weeks of independent clinical staff relief on renal/COVID-19 inpatient units. Completed independent assessments, follow-ups, and consult visits with patients. Assessed need for oral nutrition supplements and nutrition support. Provided patients with diet education and reviewed community resources, such as outpatient Registered Dietitians and BMC's food pantry, when indicated.
- Presented a case study on an incomplete spinal cord injury patient with dysphagia post-anterior cervical surgery. Topics included patient hospital course, current research and recommendations for assessing weight and body composition status in this population.

## **Leadership**

**Boston Alliance for Diversity in Dietetics**, Boston, MA

*Annual Meeting Committee Co-Chair*, July 2020-May 2022

- Planned the first DI Class Day for the organization, in which dietetic interns around the Greater Boston area learned about Diversity, Equity and Inclusion (DE&I) topics.
- Planned the first annual meeting for the organization, in which nutrition students, dietetic interns, and professionals convened to discuss the status of diversity and inclusion in dietetics.
- Collaborated with diverse groups of people, such as dietetic internship directors, and board members of similar organizations to improve attendance.

## **Awards and Honors**

**Summer Stipend Award**, *Nutrition and Obesity Policy Research and Evaluation Network*, June 2021

**Student Diversity Award Recipient**, *Massachusetts Academy of Nutrition and Dietetics*, May 2020

**College of Agriculture and Life Sciences Outstanding Senior Merit Award Nominee**, *Texas A&M University*, Spring 2019

**Nutritional Sciences Honors Student**, *Texas A&M University*, September 2016-May 2019

**Dean's Honor Roll**, *College of Agriculture and Life Sciences*, Spring 2016

## **Professional Service**

**Mentor-Supervised Peer Review**: *Journal of Nutrition Education and Behavior*, *International Journal of Environmental Research and Public Health*, *Journal of the Academy of Nutrition and Dietetics*, *Public Health Nutrition*.

## **Professional Affiliations and Memberships**

**Academy of Nutrition and Dietetics** – Since Fall 2016

-Member of the **Research Dietetics Practice Group** – Since Spring 2022

**Massachusetts Academy of Nutrition and Dietetics** – Since Fall 2019

**Nutrition and Obesity Policy Research and Evaluation Network** – Since Spring 2021

-Member of the **WIC Research Learning Collaborative** – Since Summer 2021

**American Society for Nutrition** – Since 2023

## **Certifications**

**Registered Dietitian Nutritionist**, *Commission on Dietetic Registration*

**Diversity and Inclusion Professional Badge**, *University of Rhode Island*

**Equitable and Inclusive Teaching and Pedagogy Badge**, *University of Rhode Island*

**BOSU Skills and Drills for Group Personal Training**, *BOSU*

**Schwinn Cycle Certification**, *Schwinn*

**Barre Above Instructor**, *Barre Above*

**Strong Nation® Instructor**, *Strong by Zumba®*

**High Intensity Interval Training (HIIT) Instructor**, *StairMaster*

## **Software Skills**

SAS, R, CATMA, NVivo, NDSR, EPIC, Gorilla, Blackboard, Brightspace, MS Office.