

# DEANNE ALLEGRO, MS, RD, LDN, RYT250

## **TEACHING AND RESEARCH EXPERIENCE**

**Auburn University at Montgomery**, Montgomery, AL: 08/16-current

*Clinical Associate Professor, tenure track (8/16-8/22), clinical (8/22-current)*

- ◆ Wrote the program plan for a Sports Nutrition Minor in Exercise Sciences within the Kinesiology Department
- ◆ Wrote the program plan for a Human Nutrition Concentration in Biology and Environmental Sciences
- ◆ Developed 5 courses as part of the Nutrition Minor programs: Lifecycle and Community Nutrition (PHED 4220), Nutrition Assessments (PHED 4210), Metabolism and Function of Nutrients I (PHED 4240), Metabolism and Function of Nutrients II (PHED 4280), and Advanced Topics in Sports Nutrition (PHED 4950)
- ◆ Designed a Fueling Station for AUM, including setting nutritional parameters, implementing a symbol/ labeling system to assist athletes in fueling their bodies
- ◆ Supervise nutrition and exercise science interns (ALDPH, Troy University, AUM, Be Well Dietetic Internship)
- ◆ Work with students to perform research; community and service activities as dictated by position

### **Courses taught:**

Yoga and Pilates (PHED 1967), Auburn University Montgomery

Nutritional Basis of Exercise (PHED 6250), Auburn University Montgomery

Sports Nutrition (PHED 4250), Auburn University Montgomery

Wellness (PHED 2203), Auburn University Montgomery

Fundamentals of Sport, Exercise and Physical Activity (PHED 2010), Auburn University Montgomery

Nutrition Assessments (PHED 4210), Auburn University Montgomery

Lifecycle and Community Nutrition (PHED 4220), Auburn University Montgomery

Advanced Topics in Sports Nutrition (PHED 4950), Auburn University Montgomery

Metabolism and Function of Nutrients I (PHED 4240), Auburn University Montgomery

Metabolism and Function of Nutrients II (PHED 4280), Auburn University Montgomery

Internship in Exercise Sciences (PHED4922), Auburn University Montgomery

**National Institutes of Health, University of Delaware**, Newark, DE: 09/04-09/06, 09/08-02/15

*Research Trainee/ Dietary Research Manager*

- ◆ Supervised dietary collection and coding in the Healthy Aging in Neighborhoods of Diversity Across the Life Span (HANDLS) Study utilizing the USDA's Automated Multiple Pass Method (AMPM) and Survey Net data management systems
- ◆ Collaborated on peer-reviewed publications and presented research findings at professional meetings
- ◆ Wrote instruction and training manuals for all things related to data and office management, including but not limited to: data backups, interview protocols, standards of practice, and quality control procedures
- ◆ Performed data management and quality control reviews using Microsoft Excel and Microsoft Access
- ◆ Developed and delivered dietary interview trainings for research trainees, Westat employees and NIH contractors; provided oversight of research office and NIH research trainees
- ◆ Trained on dietary collection methods at USDA's Human Nutrition Research Center in Beltsville (09/04-09/05)
- ◆ Worked in collaboration with team members at USDA and NIA via telecommuting

**University of Delaware**, Newark, DE: 09/05-05/06, 02/09-12/10 (2-3 courses/ semester)

*Adjunct Instructor, Nutrition Concepts (NTDT 200)*

- ◆ Responsible for the development of course content, presentation, examinations, and assignments
- ◆ Performed course evaluations and made revisions as needed
- ◆ Supervised and evaluated course graduate teaching assistants
- ◆ Maintained a web-based classroom through WebCT and Sakai, the University of Delaware's online learning management systems

**University of Delaware**, Newark, DE: 09/03-05/04

*Instructor/ Graduate Teaching Assistant*

- ♦ Led the Nutrition Assessments (NTDT 421) lab, with course emphasis on nutritional screening, assessment methods and techniques, and the methodologies involved in nutrition research
- ♦ Developed, graded, and tracked assignments using WebCT

## **COMMUNITY EXPERIENCE**

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**Montgomery Fire and Rescue**, Montgomery, AL: 09/16-current

*Health and Wellness Consultant*

- ♦ Create educational handouts, videos, and newsletters and provide nutrition education and training as needed
- ♦ Developing a station pantry food labeling system to be used across the district
- ♦ Co-wrote the Officer Training Manual (2022)
- ♦ Co-wrote the Physical Fitness Policy (2020)
- ♦ Co-wrote the Weight Policy for Wellness (2016)

**West Passyunk Neighbors Association**, Philadelphia, PA: 09/07-09/10

*Founder and President*

- ♦ As the sole founding member, built organization from the ground up to be a recognized Philadelphia neighborhood association with over 40 active members
- ♦ Performed essential operating duties, including writing agendas, by-laws and mission statements, mediating a name choice among members, handling complaints and requests from community members, and elections of the association board
- ♦ Recruited members and collaborating organizations, organized, planned and led monthly meetings, set up seasonal street cleaning events, and wrote grants to receive funding for cleaning and urban renewal opportunities
- ♦ Collaborated with multiple city organizations for neighborhood events including a health fair with free HIV/AIDS testing, recycling bins for community members, and tree plantings

**Spectrum Health Services, Inc.**, Philadelphia, PA: 06/06-05/07

*Community Dietitian*

- ♦ Developed and implemented a nutrition program for two Federally Qualified Community Health Centers seeing 12,000 patients annually
- ♦ Conducted individual and group counseling on diabetes management, prenatal nutrition, weight loss, adolescent and teen health, and other nutrition topics
- ♦ Collaborated with local community groups, gardens and organizations to provide improved access to fresh foods, safe workout environments, and easily identified health foods in local supermarkets
- ♦ Managed and maintained a budget for programs and supplies pertaining to nutritional programs

**Penn State Cooperative Extension**, Springfield, PA: 01/03-09/06

*Food Stamp Nutrition Education Program Coordinator*

- ♦ Coordinated community meetings, nutrition education programs, and wrote a monthly nutrition newsletter for food stamp eligible populations throughout Delaware County
- ♦ Performed nutrition education programs in public schools and community groups to individuals of all ages
- ♦ Developed surveys and evaluation tools to assess and update educational programs and methods
- ♦ Provided grant data management and reporting and assisted in writing grant proposals
- ♦ Assisted in the hiring, supervising and training of nutrition education advisors
- ♦ Co-wrote and produced an award winning informational video for SuperCupboards, a state-wide food cupboard education program

**AmeriCorps VISTA/ Food Bank for Monterey County**, Salinas, CA: 07/01-07/02

*Community Outreach Educator*

- ♦ Developed a three-part nutrition education series for commodity food recipients in both Spanish and English
- ♦ Presented Hunger 101, an educational role-play about hunger, to schools and community groups
- ♦ Created a bilingual game for parents and children emphasizing fruit and vegetable consumption
- ♦ Represented the Food Bank in community meetings and through public service announcements

## **CLINICAL EXPERIENCE**

**Renal Ventures**, Philadelphia, PA: 07/15-07/16, 07/07-12/08

*Renal Dietitian*

- ♦ Identified dietary and metabolic needs and worked within a care team structure to assess, plan, implement and deliver nutritional support to assigned patients
- ♦ Assisted in the planning and implementation of clinic based quality assessment and improvement activities
- ♦ Worked with insurance companies, pharmacies, and local organizations to aid patients in securing medications, nutritional supplements, and meals deliveries as needed

**Drexel University's College of Medicine**, Philadelphia, PA: 09/07-12/08

*Clinical Dietitian*

- ♦ Provided nutrition expertise for Drexel University's Cystic Fibrosis Adult Care Center
- ♦ Acted as outpatient dietitian for the Endocrinology Department, providing individual patient consultations and leading monthly diabetes education classes

## **SERVICE**

- ♦ University/ Departmental Service
  - ♦ College of Education Representative, Diversity and Inclusion Committee (January 2021-2024)
  - ♦ College of Education Representative, Honors Committee (August 2020-2024)
  - ♦ Member, College of Education Assessments Committee (October 2019-2025)
  - ♦ Member, AUM Wellness Committee (August 2017- 2020)
  - ♦ Member, AUM College of Education CAEP Accreditation Committee (January 2017-2024)
  - ♦ Faculty Advisor, Student Advocates for a Greener Environment (SAGE) Club (September 2016- current)
  - ♦ State Sustainability Officer, AUM (September 2016-2024)
  - ♦ Member, AUM Kinesiology Board of Directors (August 2016- current)
- ♦ Professional Service
  - ♦ Website Co-chair, Hunger and Environmental DPG of the Academy of Nutrition and Dietetics (February 2018- February 2022)
  - ♦ President, Alabama Dietetic Association (May 2019-2021)
  - ♦ President, Montgomery District Dietetic Association (May 2017-May 2019, May 2022-May 2024)
  - ♦ Vice President of Health, Alabama State Association of Health, Physical Education, Recreation and Dance (May 2017- May 2019)
  - ♦ Manuscript reviewer, Journal of Hunger and Environmental Nutrition (September 2017-2024)
  - ♦ Board member, That's My Child (January 2017- July 2019)
  - ♦ Member, Auburn University Food Systems Institute Obesity Working Group (September 2016-2024)
  - ♦ Member, State Obesity Task Force (September 2016- current)

## **ACADEMIC GRANTS AND PROJECTS**

- ♦ Allegro-Welsh, D. The Impact of Heat on Measurable Health Outcomes Associated with Yoga. Auburn University Montgomery, Faculty In-Aid Grant. \$2,500 (February 2018-2020). Awarded.
- ♦ Allegro-Welsh, D. Get Fruved Project, USDA. \$3,000 (August 2017-2018). Awarded.

## **CONSULTING**

- ♦ Health and Wellness Consultant, Montgomery Fire and Rescue Department, 2016-current, Montgomery, AL
- ♦ Grant Writing and Program Evaluation, EAT South, December 2018-2020, Montgomery, AL
  - ♦ Awarded \$10,000, Alabama Power, April 2019
- ♦ Grant Writing, That's My Child, January 2017-2019, Montgomery, AL
  - ♦ Awarded \$5,800, Central Alabama Community Foundation, August 2018
  - ♦ Awarded \$7,500, Junior League of Montgomery, May 2018

- ♦ Awarded \$64,500, Lowe's Charitable Foundation, September 2017
- ♦ Awarded \$5,000, Montgomery Lion's Club, May 2017
- ♦ Nutrition Policy and Menu Evaluation, Saint James School, 2016-2017, Montgomery, AL
- ♦ Nutrition Program Assessment and Training, Head Start Program, Norris Square Community Alliance, 2015, Philadelphia, PA
- ♦ Grant Management and Program Delivery, Penn State Cooperative Extension, 2007-2012, Springfield, PA
- ♦ Nutrition Consultant, Early Intervention, Pennsylvania Department of Human Services, 2006-2007, Philadelphia, PA
- ♦ Nutrition Program Evaluation, Philadelphia Food Bank (now Philabundance), 2005, Philadelphia, PA

## **EDUCATION**

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**University of Delaware- Department of Plant and Soil Sciences**, Newark, DE: 09/08-01/11

- ♦ Pursuant of a Ph.D. in Plant and Soil Sciences
- ♦ Research and educational focus: Small-scale and sustainable agricultural systems, local and environmental impacts

**University of Delaware- Department of Nutrition and Dietetics**, Newark, DE: 09/04-05/08

- ♦ M.S. in Human Nutrition
- ♦ Thesis: Dietary Patterns of Low-Income African Americans Living in Baltimore: the HANDLS Study

**University of Delaware Dietetic Internship**, Newark, DE: 08/02-07/03

- ♦ Completed rotations in clinical dietetics, public health outreach, HIV/ AIDS, food service management and outpatient counseling in various sites throughout the Delaware and Philadelphia, PA region

**Auburn University- School of Human Sciences**, Auburn, AL: 09/96-05/01

- ♦ B.S. in Nutrition and Food Science
- ♦ Minor in International Human Sciences

## **SCHOLARSHIPS AND PERFORMANCE AWARDS**

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- ♦ RASKAL Award: 'Demonstrated Random Acts of Simple Kindness and Love', Renal Ventures: 02/16
- ♦ National Institutes of Health Research Traineeship: 09/04-09/06, 09/08-08/11
- ♦ National Extension Association Marketing Package Award, Eastern Regional First Place: 06/06
- ♦ Amy Rextrew Graduate Award: 'Demonstrated Potential for Leadership Within the Health Sciences Field', University of Delaware: 05/06
- ♦ Graduate Teaching Assistantship, University of Delaware: 09/03-05/04
- ♦ Spidle Hall Travel Award: Independent Study in India: Maternal and Child Health , Auburn University: 01/01
- ♦ Spidle Hall Travel Award: Medical Anthropology in Nepal, Auburn University: 03/00

## **SELECTED PUBLICATIONS**

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- ♦ Niles MR, Beavers AW, Clay LA, et al. A Multi-Site Analysis of the Prevalence of Food Insecurity in the United States, Before and During the COVID-19 Pandemic. *Current Developments in Nutrition*. 2021;5(12). <https://doi.org/10.1093/cdn/nzab135>.
- ♦ Allegro D, Parmer S, Funderburk K, Burnett D. Alabama Food Security and Access During the Covid-19 Pandemic. March 2021. <https://www.nfactresearch.org/alabama-policy-briefs>
- ♦ Niles MR, Acciai F, Allegro D, et al. Food Insecurity Prevalance Across Diverse Sites During Covid-1: A Year of Comprehensive Data. March 2021. <https://scholarworks.uvm.edu/calsfac/178/>
- ♦ Williford H, Redding M, Esco M, Reilly E, Foo C, Schaefer G, Allegro D, Nickerson B. Fractionized Walking at Self-Selected Paces in Women. *The Scientific Pages of Sports Medicine*. 2017;1(1):15-19.
- ♦ Schubert MM, Irwin C, Seay RF, Clarke HE, Allegro D, Desbrow B. Caffeine, Coffee, and Appetite Control: A Review. *International Journal of Food Sciences and Nutrition*. 2017;68(8):901-912. DOI:10.1080/09637486.2017.1320537
- ♦ Adams E, Kuczmarski MF, Mason MA, Allegro D, Zonderman AB, Evans MK. Snacks Consumed by an Urban African American and White Population. *The FASEB Journal*. 2015;29(1):736-738.
- ♦ Kuczmarski MF, Mason MA, Allegro D, Zonderman AB, Evans MK. The Impact of Conventional Dietary Intake Data Coding Methods on Snacks Typically Consumed by Socioeconomically Diverse African American and White Urban Population: A Comparison of Coding Methods. *Procedia Food Science*. 2015;4:94-103.

- Kuczmarski MF, Mason MA, Allegro D, Beydoun MA, Zonderman AB, Evans MK. Dietary Quality and Nutritional Biomarkers Associated with Dietary Patterns of Socioeconomically Diverse Urban African American and White Population. *Procedia Food Science*. 2015;4:104-113.
- Mason MA, Kuczmarski MF, Allegro D, Zonderman AB, Evans MK. The Impact of Conventional Dietary Intake Data Coding Methods on Foods Typically Consumed by Low-Income African-American and White Urban Populations. *Public Health Nutrition*, available on CJO2014. DOI:10.1017/S1368980014002687.
- Kuczmarski MF, Allegro D, Stave E. The Association of Healthful Diets and Cognitive Function: A Review. *Journal of Nutrition in Gerontology and Geriatrics*. 2014;33(2):69-90. DOI: 10.1080/21551197.2014.907101.
- Kuczmarski MF, Mason MA, Allegro D, Zonderman AB, Evans MK. Diet Quality is Inversely Associated with C-Reactive Protein Levels in Urban, Low-Income African-American and White Adults. *Journal of the Academy of Nutrition and Dietetics*. 2013;113(12):1620-1631. DOI: 10.1016/j.jand.2013.07.004.
- Kuczmarski MF, Mason MA, Beydoun MA, Allegro D, Zonderman AB, Evans MK. Dietary Patterns and Sarcopenia in an Urban African American and White Population in the United States. *Journal of Nutrition in Gerontology and Geriatrics*. 2013;32(4):291-316. DOI: 10.1080/21551197.2013.840255.

## **SELECTED PRESENTATIONS**

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- Allegro, D. Fermentation Basics. (2025) Invited talk, Alabama Dietetic Association Annual Conference, Huntsville, AL.
- Klash EF, Guo YJ, Dueñas G, Allegro D, Bourke N, Lewis T, Mohajerin S. The Big Picture: A Process to Develop a Quality Assurance System for Assessment. (2024) Mid-South Educational Research Association Annual Conference, Chattanooga, TN.
- Allegro, D. The Impact of Covid-19 on Alabama Food Security. (2021) Invited Talk, Obesity Task Force, Virtual.
- Allegro, D, Boyd C. The Sustainable Plate. (2020) Alabama Coastal Foundation Annual Sustainability Summit, Mobile, AL.
- Allegro, D. Nutrition and Sustainability. (2019) Alabama Dietetic Association Annual Conference, Montgomery, AL.
- Allegro D, Williford HN. The Benefits of a Wellness Program on the Long-Term Health and Performance of Fire Fighters. (2018) Sports, Cardiovascular and Wellness Nutrition Conference, A DPG of the Academy of Nutrition and Dietetics, Keystone, CO.
- Allegro, D. Sustainable Nutrition. (2018) Invited talk, Troy University, Troy, AL.
- Williford HN, Morgan MA, Allegro D. Core Muscle Strength: A Comparison of Curl-up and Forearm Plank Tests. (2017) Spring ASAHPERD Conference, Orange Beach, AL.
- Allegro D. Body Composition Methods Associated with Nutrition Assessment. Montgomery District Dietetic Association Continuing Education Workshop, September (2017), Montgomery, AL.
- Allegro D, Williford HN. Keep Calm and Learn on- Using Mindfulness in the Classroom. (2017) Fall ASAHPERD Conference, Birmingham, AL.
- Allegro D, Scheafer G. Designing and Implementing New Programs of Study. (2017) Fall ASAHPERD Conference, Birmingham, AL.
- Millender D, Allegro D. Can Vinyasa Yoga Satisfy ACSM Physical Activity Guidelines for Moderate Intensity Exercise? (2017) Fall ASAHPERD Conference, Birmingham, AL.
- Kuczmarski MF, Mason M, Allegro D, Zonderman A, Evans M. Diet Quality Significantly Affects C-Reactive Protein Levels in an African American and White Urban Population. (2012) NIH Research Retreat, National Institute on Aging, Baltimore, MD.

## **SELECTED PUBLISHED POSTER PRESENTATIONS**

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- Allegro D, Parmer S, Funderburk K, Burnett D. (2021) Covid-19 and Food Security Risk in Alabama. Food and Nutrition Conference and Expo, Academy of Nutrition and Dietetics, October 16-19, virtual.
- Allegro D, DePace M. (2021) Knowledge of RED-S Effects and Consequences among University Athletics. Sports, Cardiovascular and Wellness Nutrition Conference, A DPG of the Academy of Nutrition and Dietetics, Virtual, February 2021.
- Allegro D, Rice M, Williford H. (2019) The Metabolic Cost of Hot Yoga. ASAHPERD Journal, April 4-6, Orange Beach, AL.
- Millender D, Allegro D, Williford HN, Russel A, Magarity B. (2018) Comparison of Blood Lactate Clearance During Yoga and Treadmill Walking Following High Intensity Exercise. National Strength and Conditioning Association Annual Conference, July 11-14, Indianapolis, IN.

- ♦ Williford HN, Allegro D, Reilly E, Russell A, Esco M, Nickerson B, Schaefer G. (2018) The Relationship Between Fire Fighter Performance and Body Composition. Book of Abstracts (241), 23<sup>rd</sup> European College of Sport Science, July 4-7, Dublin, Ireland.
- ♦ Millender D, Allegro D, Russell A, DePace M, Zediker A. (2018) A Comparison of Perceived Healthy BMI and Actual BMI in African American and White Females. ASAHPERD Journal, 37:3(40-41), April 20-22, Orange Beach, AL.
- ♦ Ford S, Jones S, Reaves J, Allegro D, Russell A. (2018) Social Media Use for Health in University Students. ASAHPERD Journal, 37:3(38), April 20-22, Orange Beach, AL.
- ♦ Reilly E, Williford HN, Allegro D, Higginbotham T. (2017) Neuromotor Exercise Program for Children Increases Mental Age. Book of Abstracts (241), 22<sup>nd</sup> European College of Sport Science, July 5-8, Metropolis, Ruhr, Essen, Germany.
- ♦ Williford HN, Johnson B, Reilly E, Allegro D, Schaefer G, Esco M, Nickerson B. (2017) Physical Fitness of Women and Their Ability to Pass an Entry Level Fire Fighter Test. Book of Abstracts (241), 22<sup>nd</sup> European College of Sport Science, July 5-8, Metropolis, Ruhr, Essen, Germany.
- ♦ Allegro D, Kuczmarski MF, Evans MK, Zonderman AB. (2007) Eating Patterns of African American Participants Interviewed in the HANDLS (Healthy Aging in Neighborhoods of Diversity Across the Lifespan) Study. Journal of the Academy of Nutrition and Dietetics, 107:8(A30).

## **THESIS COMMITTEES**

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- ♦ Chair, Tyler Lewis (2021): Coaching and Youth Soccer During Coronavirus, Auburn University at Montgomery
- ♦ Chair, Miles Rice (2020): ROTC Body Composition Measures and Associated Outcomes on the Updated Army Physical Fitness Test, Auburn University at Montgomery.
- ♦ Chair, Maeghan DePace (2019): RED-S Knowledge Among University Athletes and Coaches, Auburn University at Montgomery.
- ♦ Chair, Desmond Millender (2018): Comparison of Two Different Modes of Active Recovery on Blood Lactate Clearance, Auburn University at Montgomery.
- ♦ Committee member, Rebeccah F. Seay (2017): The Relationship Between Physical Fitness and Job Task Analysis in Firefighters Who Participate in a Wellness Program, Auburn University at Montgomery.