

Melissa M. Ramel PhD, MPH, RD, LD
Assistant Professor, Department of Consumer Sciences
Fontbonne University
Email: mramel@fontbonne.edu

EDUCATION

- 2017 PhD in Education, Curriculum and Instruction
Dissertation: *A Review of Geriatric Content in Accredited Nutrition & Dietetic Programs*
Saint Louis University, St. Louis, MO.
- 2009 MS in Nutrition and Dietetics
Research and Grant Project: *Hip-Hop Health Initiative*
Saint Louis University, St. Louis, MO.
- 2009 MPH in Community Health
Saint Louis University, St. Louis, MO.
- 2005 BA in Dietetics
University of Northern Colorado, Greeley, CO.

LICENSURE AND CERTIFICATION

- 2007-present Registered Dietitian
Academy of Nutrition and Dietetics, Commission on Dietetics Registration
#962944
- 2007-present Licensed Dietitian
Missouri Division of Professional Registration
#2007036367
- 2012-present ServSafe Certified
National Restaurant Association
#8880586Health

PROFESSIONAL EXPERIENCE

- 2021-present Assistant Professor
Fontbonne University
Department of Consumer Sciences
St. Louis, MO
- 2019-2021 TL1 Postdoctoral Research Scholar
Washington University in St. Louis, School of Medicine,
Internal Medicine- Infectious Disease
St. Louis, MO
- 2018-2019 Postdoctoral Research Associate
Washington University in St. Louis, School of Medicine, Department of Psychiatry,
Center for Healthy Weight and Wellness
St. Louis, MO

- 2011-2018 Nutrition Coordinator, Nutrition Services Grant, Co-PI
Health Promotion, Education, & Marketing
City of St. Louis Department of Health
St. Louis, MO
- Instructor, Department of Nutrition and Dietetics
Doisy College of Health Sciences
Saint Louis University
St. Louis, MO
- 2011-2018 Clinical Preceptor, City of St. Louis Department of Health, Saint Louis University
Dietetic Internship, St. Louis, MO
- 2007-2011 Clinical Dietitian, Healthcare Services Group, Inc., St. Louis, MO.
- 2007-2011 Clinical Preceptor, Healthcare Services Group, Inc., Saint Louis University Dietetic
Internship, St. Louis, MO

UNIVERSITY TEACHING

Fontbonne University

NTR 216, Principles of Nutrition
NTR 223, Interviewing, Education, and Counseling
NTR 316, Lifecycle Nutrition
NTR 415/416 Medical Nutrition Therapy I, II
FCS 436/438, Prep for Supervised Practice

Saint Louis University

DIET 1000, Hot Topics in Nutrition
DIET 5220, Gerontological Nutrition
DIET 5940, Dietetic Internship, clinical preceptor

HONORS AND AWARDS

- 2017-2018 Gateway Geriatric Faculty Scholar, (\$30,000 buy-out)
- 2017 Geriatrics Workforce Enhancement Program, Clinic coordinator (10%
time buy-out)
- 2014-2015 Gateway Geriatric Education Consortium Faculty Scholar

COMMUNITY SERVICE

- 10/15-3/16 HEAL Partnership, Leadership Team, City of St. Louis Department of
Health Liaison
- 2013-2018 HEAL Partnership, Healthy Food Access Subcommittee member
- 2012-2018 Dietetic Intern Mentor
- 2011-2018 Nutrition Coordinator, City of St. Louis Department of Health

PUBLICATIONS

Peer-reviewed Manuscripts

- 2021 Epstein LH, Schechtman KB, Kilanowski C, **Ramel M**, Moursi NA, Quattrin T, Cook SR, Eneli IU, Pratt C, Geller N, Campo R, Lew D, Wilfley DE. Implementing family-based behavioral treatment in the pediatric primary care setting: Design of the PLAN study. *Contemp Clin Trials*. 2021 Oct;109: 106497. doi: 10.1016/j.cct.2021.106497. Epub 2021 Aug 10. PMID: 34389519.
- 2021 Wilfley DE, Fowler LA, Hampl SE, Dreyer Gillette ML, Staiano AE, Graham AK, Grammer AC, Nelson L, Carlson JA, Brown DS, Gabbert S, Springstroh K, Thomas F, **Ramel M**, Welch R, Johnson W; MO-CORD Study Group. Implementation of a Scalable Family-Based Behavioral Treatment for Childhood Obesity Delivered through Primary Care Clinics: Description of the Missouri Childhood Obesity Research Demonstration Study Protocol. *Child Obes*. 2021 Sep;17(S1):S39-S47. doi: 10.1089/chi.2021.0175. PMID: 34569843; PMCID: PMC8575056.
- 2021 **Ramel, M.**, Wilfley, D., & Tabak, R. 86185 Food Cost and Perceptions: Through the lens of coaches providing family-based childhood obesity treatment. *Journal of Clinical and Translational Science*, 1-2. doi:10.1017/cts.2021.552
- 2021 Davison, GM, Fowler, LA, **Ramel, M**, et al. Racial and socioeconomic disparities in the efficacy of a family-based treatment programme for paediatric obesity. *Pediatric Obesity*. 2021;e12792. <https://doi.org/10.1111/ijpo.12792>
- 2020 **Ramel, M.**, Wilfley, D., & Tabak, R. 4499 A look at motivation and income level for families in obesity treatment. *Journal of Clinical and Translational Science*, 4 (S1), 121-122. doi: 10.1017/cts.2020.366
- 2017 Artenie, C. & Davis, D. (editors). **Ramel, M** (contributor). *Specialists, Passions & Careers*. 2017. Montreal: Universitas Press.
- 2016 Lindhorst E, **Ramel MM**, Kelly P, Jones LA. A mini nutritional assessment of the risk of malnutrition in elderly under three nutrition support models. *J Aging Res Clin Practice* 2016;5(1):20-23. <http://dx.doi.org/10.14283/jarcp.2016.83>

Non peer-reviewed publications

- 2018 Ramel MM. *Geriatric Assessment: Seeing the Whole Picture*. *Aging Successfully*, Spring 2018, XXVII (1): 7. A online publication of the Division of Geriatric Medicine, Department of Internal Medicine, Saint Louis University School of Medicine, Gateway Geriatric Education Center (GEC) Missouri, <http://aging.slu.edu/agingsuccessfully>.
- 2018 Ramel MM. *A Combination of great flavors and ideas*. City of St. Louis Newsgram (online publication).
- 2016 Ramel MM. *HEAL Partnership Aims to Reduce Obesity in St. Louis by 5% by 2018*. Institute for Public Health Blog, Washington University in St. Louis.
- 2015 Ramel MM. *#JUMPday*. City of St. Louis Newsgram (online publication).
- 2015 Ramel MM. *What's Healthier?.* Health Institute STL Blog.

- 2014 Ramel MM. *National Night Out*. City of St. Louis Newsgram (online publication).
- 2014 Ramel MM. *National Nutrition Month*. City of St. Louis Newsgram (online publication).
- 2014 Ramel MM. *National Public Health Week*. City of St. Louis Newsgram (online publication).
- 2014 Ramel MM. *Celebrate the 4th Anniversary of Let's Move! STL*. City of St. Louis Newsgram (online publication).
- 2013 Ramel MM. *Let's Move! STL*. City of St. Louis Newsgram (online publication).
- 2012 Ramel MM. *Let's Move! Golf and Walk Program*. City of St. Louis Newsgram (online publication).

GRANTS

- 2018 PI, Workplace Lactation Support Mini-Grant, City Hall, \$500. St. Louis, MO.
- 2017-2018 Co-Investigator, City of St. Louis Department of Health, Nutrition Services FY2018, \$175,000. St. Louis, MO.
- 2017 PI, Missouri Academy of Nutrition and Dietetics (MOAND), Nutrition Education Support Grant, \$300. St. Louis, MO.
- 2016-2017 Co-Investigator, City of St. Louis Department of Health, Nutrition Services FY2017, \$150,000. St. Louis, MO.
- 2015-2016 PI, Workplace Lactation Support Mini-Grant, \$500. St. Louis, MO.
- 2015-2016 Co-Investigator, City of St. Louis Department of Health, Nutrition Services FY2016, \$150,000. St. Louis, MO.
- 2014-2015 Co-Investigator, City of St. Louis Department of Health, Nutrition Services FY2015, \$150,000. St. Louis, MO.
- 2013-2014 Co-Investigator, City of St. Louis Department of Health, Nutrition Services FY2014, \$150,000. St. Louis, MO.
- 2012-2013 Co-Investigator, City of St. Louis Department of Health, Nutrition Services FY2013, \$170,000. St. Louis, MO.
- 2012 PI, Kids Eat Right, Academy of Nutrition and Dietetics, Healthy Snacking. In a Nutshell, \$200. St. Louis, MO.
- 2011-2012 Co-Investigator, City of St. Louis Department of Health, Nutrition Services FY2012, \$150,000. St. Louis, MO.

PROFESSIONAL ORGANIZATION / HONOR SOCIETY MEMBERSHIPS

- 2014-Present Alpha Eta Society
- 2011-2019 Missouri Academy of Nutrition and Dietetics

2011-2012 Saint Louis Academy of Nutrition and Dietetics

2004-2019 Academy of Nutrition and Dietetics

COMMUNITY SERVICE

2015-Present Leadership Team Member, Healthy Eating Active Living (HEAL) Partnership, City of St. Louis Department of Health, St. Louis, MO.

2013-Present Healthy Food Access Subcommittee member, HEAL Partnership, City of St. Louis Department of Health, St. Louis, MO.

2012-Present Mentor for Dietetic Interns, Saint Louis University, St. Louis, MO.

HONORS AND AWARDS

2017-2018 Recipient of Gateway Geriatric Faculty Scholar Award, Geriatrics Workforce Enhancement Program, Saint Louis University School of Medicine, Division of Geriatric Medicine, St. Louis, MO.

2017 Clinical Coordinator, Geriatrics Workforce Enhancement Program, Saint Louis University School of Medicine, Division of Geriatric Medicine, St. Louis, MO.

2014-2015 Faculty Scholar, Gateway Geriatric Education Consortium, Saint Louis University School of Medicine, Division of Geriatric Medicine, St. Louis, MO.

PRESENTATIONS

National

2020 Ramel MM, Tabak, R, Malone, S., Bradley, C., Baumann, A. *Implementation of telehealth during a novel pandemic*. 13th Annual Institute for Public Health, COVID-19 Pandemic Response, Lessons Learned, and Recovery. Eric P. Newman Education Center, Washington University in St. Louis, Medical Campus, St. Louis, MO.

2019 Ramel MM, Wilfley, D, Tabak, R. *A look at motivation and income level for families in obesity treatment*. 12th Annual Institute for Public Health, Healthy Moms and Babies: Paving the Path to Reproductive Equity, Eric P. Newman Education Center, Washington University in St. Louis, Medical Campus, St. Louis, MO.

2018 Wright K, Weiss E, Gockel-Blessing EA, Ramel MM. *Heart rate response to caffeine ingestion as a predictor of magnitude and direction of blood pressure changes*. Poster; Food & Nutrition Conference & Expo (FNCE), 2018 Annual Meeting & Forum, Atlanta, GA. Abstract published in proceedings.

2018 Ramel MM, Berg-Weger, M, Fitzgerald, J, Hawthorne, K, Henderson-Kalb, J, Morley, J. *Interprofessional Geriatric Assessment Clinic: A Strategy for Teaching & Service*. Poster; National Academies of Practice (NAP), 2018 Annual Conference, Washington, D.C. Abstract published in proceedings.

2015 Ramel MM, Landfried LK, Jones LA. *The Effectiveness of a Web-based Behavior Modification and Education Program*. Poster; Academy of Nutrition and Dietetics, Food and Nutrition Conference and Exposition (FNCE), Nashville, TN. Abstract published in proceedings.

2012 Ramel MM, Landfried LK, Jones LA. *Using Technology for Cost-Effective Health Promotion and Marketing*. Poster; Academy of Nutrition and Dietetics, Food and Nutrition Conference and Exposition (FNCE), Philadelphia, PA. Abstract published in proceedings.

State

2017 Ramel MM, Henderson-Kalb J, Stallings D. *Interventions in Geriatric Syndromes: Falls, Weight Loss, and Cardiac Disease*. 28th Annual Saint Louis University Summer Geriatric Institute, Gateway Geriatric Education Center, Saint Louis University School of Medicine, St. Louis, MO.

2016 Ramel MM. *Nutrition Workshop*. 27th Annual Saint Louis University Summer Geriatric Institute, Gateway Geriatric Education Center, Saint Louis University School of Medicine, St. Louis, MO.

2015 Ramel MM. *Minding your Munchies*. 2015 Fall Alzheimer's Conference, Continuing Education Institute of Illinois, Effingham, IL.

2015 Ramel MM, *Nutrition Issues in Geriatric Care*. 26th Annual Saint Louis University Summer Geriatric Institute, Gateway Geriatric Education Center, Saint Louis University School of Medicine, St. Louis, MO.

2015 Ramel MM, Landfried LK, Jones LA, White MD. *JUMP N2 Shape*. Poster; Presented at Missouri Public Health Association Annual Conference, Columbia, MO. Abstract published in proceedings.

2013 Ramel MM, Landfried LK, Jones LA. *Let's Move! STL*. Poster; Presented at the Missouri Public Health Association Annual Conference, Columbia, MO. Abstract published in proceedings.

Local

2020 Ramel MM, Tabak, R, Malone, S., Bradley, C., Baumann, A. *Implementation of telehealth during a novel pandemic*. 13th Annual Institute for Public Health, COVID-19 Pandemic Response, Lessons Learned, and Recovery. Eric P. Newman Education Center, Washington University in St. Louis, Medical Campus, St. Louis, MO.

2019 Ramel MM, Wilfley, D, Tabak, R. *A look at motivation and income level for families in obesity treatment*. 12th Annual Institute for Public Health, Healthy Moms and Babies: Paving the Path to Reproductive Equity, Eric P. Newman Education Center, Washington University in St. Louis, Medical Campus, St. Louis, MO.

2016 Ramel MM. *What you eat impacts how you live: Nutrition in long-term care settings and how to meet the nutritional needs of older adults*. 5th Annual Changing the Landscape of Long-Term Care Conference, VOYCE, Renaissance Hotel, St. Louis, MO.

2015 Ramel MM, Landfried LK, Jones LA, White MD. *Let's Move! STL Flash Mob*. Poster; Presented at the North St. Louis Symposium, St. Louis, MO. Abstract published in proceedings.

2015 Ramel MM, Jones LA, Nichols, W. *HEAL Partnership*. Poster; Presented at the North St. Louis Symposium, St. Louis, MO. Abstract published in proceedings.

2014 Ramel MM, Ribeiro SML. *Sarcopenia, Frailty, and Nutrition in the Older Adult*. Update on Nutrition in the Nursing Home, Gateway Geriatric Education Center, Saint Louis University School of Medicine, St. Louis, MO.

- 2014 Ramel MM, *Nutrition Management of Celiac Disease*. 17th Annual Advanced Practice Nursing Conference & Workshop, “Nutrition Management of Celiac Disease” Saint Louis University, School of Nursing, St. Louis, MO.
- 2014 Ramel MM, Landfried LK, Jones LA. *JUMP N2 Shape*. Poster; Presented at the North St. Louis Symposium, St. Louis, MO. Abstract published in proceedings.
- 2013 Ramel MM, Landfried LK, Jones LA. *Let’s Move! STL*. Poster; Presented at the North St. Louis Symposium, St. Louis, MO. Abstract published in proceedings.
- 2013 Ramel MM, Landfried LK, Jones LA. *Increasing Access and Building Demand for Healthy Foods through the Healthy Corner Store Project*. Poster; Presented at the North St. Louis Symposium, St. Louis, MO. Abstract published in proceedings.
- 2013 Ramel MM, Jones LA, Jenkins SB, Mattfeldt-Beman M. *The Sweet Potato Project: Revitalizing Disadvantaged Urban Communities by Developing Culinary and Entrepreneurial Skills in At-Risk Youth*. Poster; Presented at the North St. Louis Symposium, St. Louis, MO. Abstract published in proceedings.
- 2013 Ramel MM, Landfried LK, Jones LA. *Let’s Move! STL*. Poster; Presented at Weighing In-Public Health Impact & Promise of Science in Addressing Obesity, Washington University, Institute for Public Health, St. Louis, MO. Abstract published in proceedings.
- 2013 Ramel MM, *Nutrition and the Elderly*. Senior Services Plus (SSP), Quarterly Care Takers Meeting, Godfrey, IL.
- 2012 Ramel, MM. *Geriatric Nutrition*. Professional Development Meeting, Long-Term Care Ombudsman Program, St. Louis, MO.