

CURRICULUM VITAE

April Joy Stull, Ph.D, RDN, FAND

Office Address: One Bear Place #97346, Waco, TX 76798-7346

Office Tel: 254-710-6257 | **Email:** april_stull@baylor.edu

EDUCATION / TRAINING

- 2007-2010 **Postdoctoral Training (*NIH T-32 Fellow*)**, Diabetes and Nutrition, and the Botanical Dietary Supplements Research Center, Pennington Biomedical Research Center, Baton Rouge, LA
- 2002-2007 **Doctor of Philosophy**, Nutrition Science (formerly known as Foods and Nutrition; Minor-Gerontology), Department of Nutrition Science and Center on Aging and the Life Course, Purdue University, West Lafayette, IN
- 1997-2001 **Bachelor of Science (*Magna Cum Laude*)**, Family and Consumer Sciences (Concentration in Dietetics / Nutrition), Department of Family and Consumer Sciences, Southern University and A&M College, Baton Rouge, LA

Certification

- 2001-2002 **Dietetic Internship**, Southern University and A&M College, Baton Rouge, LA
Registered Dietitian Nutritionist (RDN); Commission on Dietetic Registration # 893661 (2003-Present)

PROFESSIONAL EXPERIENCE

- 2020-Present **Associate Professor**, Department of Human Sciences and Design, Baylor University, Waco, TX
- 2017-2020 **Director**, Didactic Program in Dietetics, Department of Human Ecology, University of Maryland Eastern Shore, Princess Anne, MD
- 2016-2020 **Associate Professor**, Dietetic and Nutrition Programs, Department of Human Ecology, University of Maryland Eastern Shore, Princess Anne, MD
- 2012-2016 **Research Assistant Professor**, Diabetes and Nutrition, and the Botanical Dietary Supplements Research Center, Pennington Biomedical Research Center, Baton Rouge, LA
- 2010-2012 **Research Instructor**, Diabetes and Nutrition, and the Botanical Dietary Supplements Research Center, Pennington Biomedical Research Center, Baton Rouge, LA
- 2007-2010 **Postdoctoral Fellow (NIH T32)**, Diabetes and Nutrition, and the Botanical Dietary Supplements Research Center, Pennington Biomedical Research Center, Baton Rouge, LA
- 2002-2007 **Graduate Research Assistant**, Department of Nutrition Science, Purdue University, West Lafayette, IN

BAYLOR UNIVERSITY TEACHING EXPERIENCE

Associate Professor

- Department of Human Sciences and Design, Baylor University, Waco, TX

Courses Taught (2020-Present)

- Seminar in Nutrition Sciences (NUTR 4200)
- Nutrition (NUTR 2351)
- Emerging Issues in Food and Nutrition (NUTR 5358; graduate course)

Teacher of Record for Graduate Courses (2020-Present)

- Global Aspects of Food and Nutrition (NUTR 5357)
- Advanced Medical Nutrition Therapy (NUTR 5359)

PUBLICATIONS

Peer Reviewed - Journal Articles (*corresponding author)

- Jayarathne S, **Stull AJ**, Park OH, Kim JH, Thompson L, Moustaid-Moussa (2019). Protective effects of anthocyanins in obesity-associated inflammation and changes in gut microbiome. *Molecular Nutrition and Food Research*, PMID: 31389663
- Kalt W, Cassidy A, Howard LR, Krikorian R, **Stull AJ**, Tremblay F, Zamora-Ros R (2019). Recent research on the health benefits of blueberries and their anthocyanins. *Advances in Nutrition*, PMID: 31329250
- Jayarathne S, **Stull AJ**, Miranda A, Scoggin S, Claycombe-Larson K, Jung Han K, Moustaid-Moussa N (2018). Tart Cherry Reduces Inflammation in Adipose Tissue of Zucker Fatty Rats and Cultured 3T3-L1 Adipocytes. *Nutrients*, 10(11): E1576. PMID: PMC6266132
- Nair AR, Mariappan N, **Stull AJ**, Francis J (2017). Blueberry supplementation attenuates oxidative stress within monocytes and modulates immune cell levels in adults with metabolic syndrome: a randomized, double-blind, placebo-controlled trial. *Food and Function*, 8(11): 4118-4128. PMID: 29019365
- **Stull AJ*** (2016). Blueberries' impact on insulin resistance and glucose intolerance. *Antioxidants*, 5(4). PMID: PMC5187542
- **Stull AJ***, Cash KC, Champagne CM, Gupta AK, Boston R, Beyl RA, Johnson WD, Cefalu WT (2015). Blueberries improve endothelial function, but not blood pressure, in adults with metabolic syndrome: a randomized, double-blind, placebo-controlled clinical trial. *Nutrients*, 7(6): 4107-23. PMID: PMC4488775
- **Stull AJ*** and Ciappio ED. Successful scientist: What's the winning formula? (2014). *Adv Nutr*, 5(6): 795-796. PMID: PMC4224218
- **Stull AJ***. Lifestyle approaches and glucose intolerance (2014). *Am J Lifestyle Med*, 10(6): 406-416. (article published online: 2014 and issue published: 2016). PMID: PMC6124975
- Gupta AK, Ravussin E, Johannsen DL, **Stull AJ**, Cefalu WT, Johnson WD (2012). Endothelial dysfunction: an early cardiovascular risk marker in asymptomatic obese individuals with prediabetes. *Br J Med Med Res*, 2(3): 413-423. PMID: PMC3419538
- **Stull AJ**, Wang ZQ, Zhang XH, Yu Y, Johnson WD, Cefalu WT (2012). Skeletal muscle protein tyrosine phosphatase 1B regulates insulin sensitivity in African Americans. *Diabetes*, 61: 1-8. PMID: PMC3357297

- **Stull AJ**, Cash KC, Johnson WD, Champagne CM, Cefalu WT (2010). Bioactives in blueberries improve insulin sensitivity in obese, insulin-resistant men and women. *J Nutr*, 140: 1764-1768. PMID: PMC3139238
- **Stull AJ**, Galgani JE, Johnson WD, Cefalu, WT (2010). The contribution of race and diabetes status to metabolic flexibility in humans. *Metabolism*, 59: 1358-1364. PMID: PMC4240223
- **Stull AJ**, Wood KV, Thyfault JP, Campbell WW (2009). Effects of acute pinitol supplementation on plasma pinitol concentration, whole body glucose tolerance, and activation of the skeletal muscle insulin receptor in older humans. *Horm Metab Res*, 41:381-386. PMID: PMC4562028
- **Stull AJ**, Thyfault JP, Haub MD, Ostlund RE Jr, Campbell WW (2008). Relationships between urinary inositol excretions and whole body glucose tolerance and skeletal muscle insulin receptor phosphorylation. *Metabolism*, 57:1545-1551. PMID: PMC3469253
- **Stull AJ**, Apolzan JW, Thalacker-Mercer AE, Iglay HB, Campbell WW (2008). Liquid and solid meal replacement products differentially affect postprandial appetite and food intake in older humans. *J Acad Nutr Diet* (Formerly known as *J Am Diet Assoc*), 108:1226-1230. PMID: PMC2556245
- Ticken SM, Leidy HJ, **Stull AJ**, Mattes RD, Schuster RA, Campbell WW (2007). Effects of solid vs. liquid meal-replacement products of similar energy content on hunger, satiety, and appetite-regulating hormones in older adults. *Horm Metab Res*, 39: 389-394. PMID: PMC2197163

Work-In-Progress

1. **Stull AJ**. Blueberries improve whole-body insulin action and alter the development of obesity in high-fat-fed mice; *revising*
2. **Stull AJ**, Cassidy A, Lampe J, Krikorian R, Rimm E, Stote K, Nieman D. The role and impact of blueberry consumption in brain health, cardiovascular health, gut health, diabetes/prediabetes, and healthy living. *in preparation*
3. Young, MA (previous graduate student), **Stull, AJ**, Newton, RL Jr. Dietary Fiber Intake and African American Men at Risk for Developing Type 2 Diabetes; *in preparation*
4. **Stull AJ**, Kirakosyan A, Elks CM. Tart cherries improve glucose tolerance in obese zucker rats; Status: co-authors reviewing manuscript; submitting to Nutrition Journal in Spring 2023; *ready to be reviewed by co-authors*

Book Chapters

- **Stull AJ** and Moustaid-Moussa N. Tart Cherry Extract. Health Professional's Guide to Dietary Supplements. The Academy of Nutrition and Dietetics (publisher); *Status-in production phase*
- **Stull AJ**, Champagne CM, Cefalu WT (2013). Lifestyle approaches to the metabolic syndrome. In J. M. Rippe (ed.), *Lifestyle Medicine* (2nd edition, pp. 455-468). Boca Raton, FL: Taylor and Francis Group (CRC Press)
- Elks CM, Francis J, **Stull AJ**, Cefalu WT, Shukitt-Hale B, Ingram D (2013). Overview of the health properties of blueberries. In Margot Skinner and Denise Hunter (eds), *Bioactives in Fruit: Health Properties and Functional Foods*. Hoboken, NJ: Wiley-Blackwell

ORAL PRESENTATIONS (selected presentations)

Scientific Presentations

International

- *Protein tyrosine phosphatase 1B gene expression in skeletal muscle is linked to metabolic flexibility in African Americans.* World Diabetes Congress (International Diabetes Federation), Montreal, Quebec, October 18-22, 2009 (Presented on October 21). *Authors:* Stull AJ, Wang ZQ, Zhang XH, Yu Y, Johnson WD, Cefalu WT

National, State, Local

- *Malnutrition in Clinical Settings: Research Gaps and Opportunities (NIH Workshop)*
As a panelist, we discussed the barriers and potential solutions for increasing the number of underrepresented researchers and registered dietitian nutritionist that will be involved in assessing malnutrition populations in underserved communities (September 14, 2022; virtual)
- *Bioactives and Functional Foods [International Life Sciences Institute (ILSI)]*
Few evidence-based recommendations exist for consumption of bioactives, the amounts of ingredients in so-called “functional foods,” or the foods themselves that contain some of these bioactives. I presented the objectives of our bioactives and functional foods committee which are to provide definitions of functional foods; create a database of evidence of the composition, health, and safety aspects of those functional foods; and develop guidelines for dietary supplements across global regions (June 7, 2022; virtual).
- *Research-Based Foods that Improve Health; Pharmacy Workshop: Food is Medicine; National Women in Agriculture Association; Waco, TX (April 23, 2033)*
Discussed different functional foods that have health benefits. Also, discussed the health benefits of blueberries (included blueberry research)
- *Plight of the Black Dietitian*
Panelist discussion on the barriers and potential solutions for increasing the number of underrepresented researchers and registered dietitian nutritionist; National Organization of Blacks in Dietetics and Nutrition (NOBIDAN) Business Meeting during the Food and Nutrition Conference and Expo (FNCE) (October 13, 2021; virtual)
- *The Journey of an African American Woman Scientist: The Challenges, Setbacks, and Victories* (included presentation about blueberry research), Diversity Seminar Series; University of North Texas Health Science Center, Graduate School of Biomedical Sciences (February 9, 2021; virtual)
- *The health benefits of blueberries: a “berry” good idea for diabetes prevention*
Invited to speak to a group of health journalist from Japan that were interested in learning more about the effect of blueberry consumption on insulin sensitivity and diabetes; Portland, OR (May 6, 2019)
- *The health benefits of blueberries: a “berry” good idea for diabetes prevention and cardiovascular health.* University of Maryland Eastern Shore, School of Agricultural and Natural Sciences Seminar Series, Princess Anne, MD (February 22, 2018)
- *Blueberries: is it a “berry” good idea for cardiovascular health?* Berry Health Benefits Symposium, Pismo Beach, California (March 29, 2017)
- *Blueberries: the good, the bad, and the ugly.* Pennington Biomedical Research Center, Baton Rouge, LA (March 8, 2016)

GRANTS AND CONTRACTS FUNDED

- R42 MD014947** 2021-2022
 NIH (National Institute on Minority Health and Health Disparities)
Smartphone App to Increase and Maintain Physical Activity in African American Men (FitBrothers)
 Role: **April J. Stull (Consultant)**, Robert Newton and David Buller (Co-PIs)
- Robert Wood Johnson Foundation (RWJF)** 2017-2020
Culture of Health Initiative-Well Connected Communities (WCC)Project
 This Project is an effort to cultivate wellness across the country. With the support of the RWJF, America’s Cooperative Extension System, in partnership with National 4-H Council, is equipping Community leaders to help their neighbors be healthier at every stage of life. The goal of the University of Maryland Eastern Shore WCC project is to initiate the culture of health in three communities (Fruitland, Princess Anne –Eden, and Pocomoke) through two projects: “Healthy Street, Healthy Me” and “Make Fruits Available to All”.
 Role: **April J. Stull (Collaborator)** and Virginie Zoumenou (PI)
- K01 AT006975** 09/01/12-06/30/2017
 NIH (National Center for Complementary and Integrative Health)
Bioactives in blueberries and insulin resistance
 The goal of this study was to determine the underlying cellular mechanism(s) of action and therapeutic efficacy of blueberries and its bioactive component(s) in modulating insulin sensitivity in target tissues *in vitro* and *in vivo*.
 Role: **April J. Stull (PI)**
- Cherry Marketing Institute** 11/1/11-09/30/13
Therapeutic efficacy of tart cherries in improving diabetic nephropathy in a pre-clinical model
 The goal of this study was to evaluate the therapeutic efficacy of tart cherries on whole-body insulin sensitivity, insulin-stimulated cellular signaling, and renal structure and function in a relevant insulin-resistant rodent model.
 Role: **April J. Stull (PI)** and Carrie Elks (Co-PI)
- United States Highbush Blueberry Council** 05/01/10-04/30/13
The Effect of blueberry powder supplement on cardiovascular disease risk factors in subjects with the metabolic syndrome
 The goal of this study was to examine the effects of a blueberry powder on insulin sensitivity, blood pressure, and vascular reactivity in subjects with metabolic syndrome.
 Role: **April J. Stull (Co-PI)** and William T. Cefalu (PI)
- FASEB MARC Program** 08/01/10-07/31/11
The effect of bioactives in blueberries on clinical metabolic parameters
 The goal of this study was to evaluate the effect of consuming blueberries on changes in blood antioxidant levels in obese, non-diabetic, and insulin-resistant humans.
 Role: **April J. Stull (PI)**
- United States Highbush Blueberry Council** 11/28/07-01/31/09
Effect of blueberry powder on enhancing insulin sensitivity in human subjects: A pilot trial
 The goal of this study was to evaluate the effect of blueberry powder on insulin sensitivity in obese, non-diabetic, and insulin-resistant subjects.
 Role: **April J. Stull (Co-Investigator)** and William T. Cefalu (PI)

PROFESSIONAL HONORS / AWARDS (selected honors/awards)

2022	Summer Sabbatical, Robbins College of Health and Human Sciences, Baylor University
2021	American Society for Nutrition Volunteer of the Year Award
2019	Fellow of the Academy of Nutrition and Dietetics (FAND); <i>recognizes Academy members who have distinguished themselves among their colleagues, as well as in their communities, by their service to the dietetics profession and by optimizing the nation's health through food and nutrition</i>
2019	The Honor Society of Phi Kappa Phi; inducted on April 24, 2019 at the University of Maryland Eastern Shore (Chapter 312); <i>The nation's oldest, most selective, and most prestigious all-discipline honor society</i>
2018	Southern University Alumni Federation 40 Under Forty Honoree, Southern University, Baton Rouge, LA (received award July 19 th at the inaugural awards ceremony)
2017-2019	Network of Minority Health Research Investigators (NMRI; Supported by NIDDK) Travel Award; NMRI Annual Workshop, Bethesda, MD
2017	Title III Professional Development Travel Award; University of Maryland Eastern Shore
2016	Diamond of the Department of Nutrition Science Honoree, Purdue University, West Lafayette, IN (received award May 6 th at the 110 th Nutrition Science Anniversary Gala)
2015	Distinguished graduate of Southern University, Baton Rouge, LA; Video interview archived in the Southern University John B. Cade Library (June 30th)
2013	Selected to attend the Dannon Institute Early Career Nutrition Leadership Institute (June 1-6), Queenstown, MD

BAYLOR UNIVERSITY ACTIVITIES AND COMMITTEES

2021	Faculty Search Committee, Assistant, Associate or Full Professor of Exercise Physiology, Department of Health, Human Performance and Recreation (Summer and Fall Semesters)
2021	Co-Chair, Diversity and Inclusion Committee, Department of Human Sciences and Design

Nutrition Sciences Nonthesis Graduate Research Committee (Advisor)

- Aboni Peters, *Dietary Fiber Intake and Cardiovascular Disease in Aging Adults* (did not complete program)
- MacAllister Blakley, *The Physical, Psychological, and Academic Performance Consequences of Food Insecurity Among College Students*; Spring 2021

Nutrition Sciences Thesis Graduate Research Committees and Undergraduate thesis

Baylor University

- Mari Renaldo, *Burnout, Diet Quality, and Sleep Quality in College Student Athletes vs. Physically Active College Students* (Committee member); Spring 2022
- Madison Young, *Association of Dietary Fiber Intake with Metabolic Risk Factors for Type 2 Diabetes in African American Men* (Chair of committee), Fall 2022
- Daniel Kim (University Scholar, honors thesis), *Role of Dietary Anthocyanins in Mitigating Type 2 Diabetes, Anticipated honors thesis defense: Spring 2023*

US Military-Baylor University Thesis Graduate Research Committees (Committee Member)

- CPT Sakarrai LaVallee, *Characteristics Associated with Food Insecurity in Active Duty Service Members*; Summer 2021
- 1LT Kenny Sheaffer, *Nutrition Knowledge Has A Positive Relationship With Diet Quality Among Active-Duty US Army Soldiers*; Summer 2022
- 1LT Miranda Robles, *Precision Nutrition: The Effect of Disclosing Genetic Risk on Waist Circumference and Body Composition*; Summer 2022
- 1LT Aleksandra Szpakowska, *Examining the Relationship between Healthy Eating Score and ACFT Performance in Reserve Officer Training Corps (ROTC) Cadets*; Summer 2022
- 1LT Laura Thompson, *The association between nutrition knowledge and compliance with P3 recommendations*; Summer 2023
- 2LT Jaclyn Travaglini, *Association between body image perception and undesirable eating habits*; Summer 2023
- 2LT Dana Robertson, *The association between desirable eating behaviors and psychological resilience in Soldiers*, Summer 2023

PROFESSIONAL COMMITTEES / ACTIVITIES

Academy of Nutrition and Dietetics

2022	Member, Council on Research (COR) Supporting Diversity- A Research Mentorship Network Task Force (2022-2025)
2021	Scholarship Reviewer , Academy of Nutrition and Dietetics Foundation
2019-2022	NOBIDAN Executive Committee (National Organization of Blacks in Dietetics and Nutrition); -Nominating Committee Chair (2021-2022) *NOBIDAN is a Member Interest Group (MIG) of the Academy of Nutrition and Dietetics
2019-Present	Grant Review Committee , Academy of Nutrition and Dietetics Foundation
2018-Present	Board of Editors , <i>Journal of the Academy of Nutrition and Dietetics</i>
2018-Present	Member, Nutrition and Dietetic Educators and Preceptors (NDEP; Organizational Unit within the Academy of Nutrition and Dietetics) -Reviewer of Outstanding Dietetics Educator Award (Eastern Region, 2017 and 2018)

FASEB MARC Program

2015-2017 Faculty mentor
**provided guidance, information, and support to undergraduate and graduate students, and postdoctoral fellows at scientific conferences [i.e., Experimental Biology and Annual Biomedical Research Conference for Minority Students (ABRCMS)]*

American Society for Nutrition (ASN)

2022 Strategic Planning Task Force

2021-Present **Board of Directors**, Treasurer (2022-2024); Treasurer-Elect (2021-2022)

2021 ASN RFP Task Force

2018 Program Chair, Young Minority Investigator Oral Competition; Nutrition 2018 Conference (June 9th)

2018 Program Chair, Oral Session 19-*Health Disparities and Promoting Health in Diverse Populations*; Nutrition 2018 Conference (June 11th) (Minority and Diversity Affairs Committee and Community and Public Health Nutrition Research Interest Sections were Co-Sponsors)

2018 Faculty Mentor
***provide guidance, information, and support to graduate students and postdoctoral fellows at nutrition 2018 conference*

2017-2018 Career Development Committee; *helped plan the career development activities for the nutrition 2018 conference*

2016-Present Finance and Audit Committee (Chair, 2022-2024)

2015-Present Minority and Diversity Affairs Committee; Past-Chair (2018-2019), **Chair (2017-2018)**, and Vice Chair (2016-2017)

2010-2015 Early Career Nutrition Interest Group (formerly known as the Young Professional Interest Group); Past-Chair (2014-2015), **Chair (2013-2014)**, Vice Chair (2012-2013)

2014-2015 Science Policy Fellowship Selection Committee

2014-2017 Transition Team Member
***Invited to be a part of the ASN team that provided strategic direction and advice as the Society prepared to pilot a three-year Scientific Sessions and Annual Meeting separate from Experimental Biology in the year 2018*

2010 & 2011 Volunteered to help raise the overall membership numbers and revenue; called lapsed postdoctoral fellows and young professional members

Editorial Boards

2018-Present Journal of the Academy of Nutrition and Dietetics
 2022-Present Nutrition Reviews

International Life Sciences Institute (ILSI)

2021-Present Involved in working group to re-establish a strong research program in North America; Project led on *Bioactives and Functional Foods Project*