

**Mary Rachel Harrington**  
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## EDUCATION

Institution	Degree	Date Conferred	Field of Study
University of Kentucky	Doctor of Education	May 2019	Health Promotion
Chapman University	Master	November 1995	Health Administration
United States Army	Dietetic Internship	June 1993	
University of Kentucky	Bachelor of Science	December 1991	Dietetics

## CERTIFICATIONS AND LICENSURE

Registered Dietitian Nutritionist #802807

Kentucky Licensed Dietitian #123606

## ACADEMIC APPOINTMENTS

**Eastern Kentucky University** 2004 – present Richmond, Kentucky  
*Associate Professor, Department of Family and Consumer Sciences (2013 – present)*

- Teaching experience includes the following courses:
  - Community Nutrition Practicum (NFA 835/NFA 840)
  - Community Nutrition Administration (NFA 820)
  - Public Health Nutrition (NFA 812)
  - Advanced Community Nutrition (NFA 811)
  - Community Nutrition (NFA 411)
  - Introduction to Dietetics Profession (NFA 202)
  - Essentials of Nutrition (NFA 201), including e-Campus and e-Presence sections
  - Introduction to Food Preparation (NFA 121)
  - Food, Fashion, and Family in Florence (UNP 300), Study Abroad Course

*Instructor, Department of Family and Consumer Sciences (2004-2012)*

- Teaching experience includes the following course:
  - Essentials of Nutrition (NFA 201)

**Missouri State University** 2000-2001

Springfield, Missouri

*Instructor, Biomedical Sciences Department*

- Teaching experience includes the following courses:
  - Administrative Dietetics (BMS 438)
  - Principles of Human Nutrition (BMS 432)
  - Nutrition Throughout the Lifespan (BMS 333)
  - Food Science (BMS 331)
  - Heart Healthy Cooking (BMS 330)

## **OTHER PROFESSIONAL EXPERIENCE**

**Outpatient Dietitian**, Central Baptist Hospital, Lexington, KY 2004 – 2005

- Provided comprehensive individual evaluation, assessment, planning and education to a variety of outpatients focusing on weight reduction, diabetes control, lipid management, allergy avoidance, and sports nutrition.
- Encouraged dietary and physical activity changes to enhance performance and improve both quality and quantity of life.
- Developed and presented nutrition workshops for community events and health fairs.
- Acted as media contact and participated in numerous TV and radio interviews.
- Member of the Cardiac Rehabilitation team.
- Offered healthy cooking demonstrations.
- Member of team which offered all-inclusive nutrition evaluation and education, physical fitness designs, and complete meal planning for clients.

**Oncology Dietitian**, Bluegrass Nutrition Counseling, Lexington, KY 2004 – 2005  
Seacoast Cancer Center, Wentworth-Douglass Hospital, Dover, NH 2001 – 2003

- Provided comprehensive nutrition assessment, evaluation, planning and education to inpatients and outpatients undergoing treatment for cancer related diseases.
- Focus on improving patients' quality of life.
- Participated actively in other areas of nutrition education for the community.

**Clinical Dietitian**, Cox Medical Center, Springfield, MO 1999 – 2000

- Managed the outpatient nutrition clinic responsible for the nutritional care and follow up of patients.
- Communicated information appropriately to other health professionals for the benefit of the patient.
- Responsible for numerous outpatient classes and community nutrition education programs.
- Assisted in quality assessment audits and in-services.

**Public Health Dietitian**, South Carolina Department of Health and Environmental Control 1997 – 2000

- Provided consultation and technical assistance to thirteen health districts and numerous coalitions.
- Planned, developed, implemented, and evaluated the state and district health promotion programs.
- Provided leadership in state and community nutrition interventions by working with official and volunteer agencies, and public and private health care systems.
- Program Manager of South Carolina's 5 A Day Program, which promoted and encouraged the consumption of fruits and vegetables.

**United States Army Dietitian**

1992 – 2000

**Army Reserves (1997 – 2000)**

**Active Duty (1992 – 1997)**

- Assignments included Director of Nutrition Care Division; Readiness, Wellness, and Outpatient Dietitian; and Director of Hospital Food Service Department.
- Provided leadership and a productive, quality focused workplace for over 50 military and civilian employees.
- Planned and served over 300,000 high quality meals to patients, staff and guests annually.
- Accountable for a \$175,000 operating budget.
- Advised Division Commander on nutrition issues to increase combat readiness.
- Planned, coordinated and implemented nutrition education programs for the military community.
- Administered the Army Weight Control Program.
- Established a nutrition intervention protocol for the installation Wellness and Readiness Clinic.
- Achieved the rank of Captain
- Duty stations included Texas, Colorado, California, South Carolina, and Missouri.

**PROFESSIONAL MEMBERSHIP AND ACTIVITIES**

1992 --	American Academy of Nutrition and Dietetics
1993-1997, 2013 -	Sports, Cardiovascular, and Wellness Nutrition Dietetic Practice Group
2013-	Public Health/Community Nutrition Dietetic Practice Group
2001-2005	Oncology Dietetic Practice Group
1989-1992, 2004 --	Kentucky Academy of Nutrition and Dietetics
2017-2019	Secretary
2013-2017	State Regulatory Specialist Public Policy Committee
2016 --	Kentucky Public Health Association Member
2004 --	Bluegrass District Dietetic Association
2013 and 2014	September Dinner Meeting Chair
2010-2012	Bylaws Committee
2008-2009, 2014	Nominating Committee

**PUBLICATIONS**

**Harrington, M.R. & Ickes, M. (2016).** Differences in health behaviors of overweight or obese college students as compared to healthy weight students. *American Journal of Health Education*, 47(1), 32-41.

Foerster, S.B, Cobb, K., Johnston, J., Learner, M., **Harrington, M.R.**, Sass, S. (2001).

Statewide 5 a day campaigns. *National Institutes of Health/National Cancer Institute 5 A Day for Better Health Program Monograph*, 45-68.

**Harrington, M.R.** (1998). Strategies for improvement in adults 45 through 64. *South Carolina Department of Health and Environmental Control: The Health of South Carolinians*, 55-65.

## PRESENTATIONS

- 2019 Harrington, M.R. & Stewart, T (2019 November). The USDA Summer Food Service Program in Upward Bound High School Students: A Collaborative Approach. Presentation at the Gen 1 Conference. Eastern Kentucky University, Richmond, KY.
- 2019 Harrington, M.R. & Ickes, M (2019 March). The Effects of the USDA Summer Food Service Program on Rural Adolescents' Nutrition Attitudes, Knowledge, Behavioral Intentions and Behaviors. Presentation at the Society for Public Health Education 70<sup>th</sup> Annual Conference. Salt Lake City, UT.
- 2018 Harrington, M.R. & Bush, D.K. (2018 November). Nutrition and Physical Activity Habits of Study Abroad Students in Florence, Italy. Presentation at the 2018 Kentucky Association for Health, Physical Education, Recreation, and Dance Fall Convention. Lexington, KY.
- 2018 \*Lloyd, J., Larkin, L.J., Adedokun, O.A., Harrington, M.R. (2018 May). *The Impact of the Super Star Chef program for Kentucky children: A geographical comparison*. Poster presentation at Kentucky Public Health Association Annual Meeting  
\*student
- 2017 \*Wood, A.L., Larkin, L.J., Harrington, M.R., Lasslo, J.A., & Gore, J.S. (2017 May). *The Influence of on versus off-campus living on diet quality among Kentucky college students*. Poster presentation at Kentucky Public Health Association Annual Meeting  
\*student
- 2016 Eliassen, E, & **Harrington, M.R.** (2016 March). Beyond the Nutrition Diagnosis: Applying Nutrition Care Process Interventions for Behavior Change. *Presentation at the 2016 Kentucky Academy of Nutrition and Dietetics Annual Meeting*. Lexington, KY.
- 2016 **Harrington, M.R.** & Hege, A. (2016 February). Finding Your Voice: Advocacy and Legislation for Dietitians. *Presented as a Webinar to the Kentucky Academy of Nutrition and Dietetics*. Lexington, KY.

- 2014 **Harrington, M.R.** (2014 September). Food Groups, Food Choices, and Serving Sizes” *Presentation at the EKU Campus Recreation “Boot Camp.”* Richmond, KY.
- 2014 **Harrington, M.R.,** Alboe, J., & Anandappa, S. (2014 November). “Evaluating a Rural Kentucky University Introduction to Oral Health Course: A Component of the Appalachian Rural Dental Education.” *Presentation at the 2014 Mid-western Educational Research Association Annual Meeting.* Chicago, IL.
- 2014 **Harrington, M.R.** & Stewart, T. (2014 December). USDA Summer Feeding Program with Upward Bound at Eastern Kentucky University. *Presentation at the 2014 Kentucky Department of Education School Food Service Annual Meeting.* Frankfort, KY.
- 2013 Danley, A. & **Harrington, M.R.** (2013 September). Food Allergies and the College Student. *Presentation at EKU Aramark Monthly Staff Meeting.* Richmond, KY.

## **AWARDS**

- 2018 Kentucky Academy of Nutrition and Dietetics, Outstanding Dietetics Educator Award
- 2018 Bluegrass District Academy of Nutrition and Dietetics, Outstanding Dietetics Educator Award
- 2016 Kentucky Department of Education School Food Service Champion Award
- 2015 University Programs’ Outside Service Recognition (to identify non-University programs and members who demonstrate outstanding cooperation and support to assist in the University Programs success).
- 1999 National Cancer Institute 5 A Day for Better Health Program, Special Contribution Award

## **SERVICE**

- 2019 - University Faculty General Education Committee
- 2019 - Department Scholarship Committee
- 2019 - Department Recruitment Committee
- 2017 - College of Health Science Living Learning Community Academic Team  
2019 Co-Chair

2017-2019	Master of Public Health Assessment Committee
2014 -	Undergraduate Academic Advisor for Pre-Dietetics and Dietetics Students
2013 -	Faculty Advisor, Student Dietetic Association
2013 - 2019	Chair of the Student/Faculty Activities Committee
2014 -	Faculty mentor for FCS400W (Ethics and Advocacy in Family and Consumer Sciences)
2013 - 2019	Member of the Campus Dining Advisory Committee
2014 - 2015	Guest Lecturer for HS100 class

**COMMUNITY SERVICE**

2017 -	Veterans Day Roll Call, Eastern Kentucky University
2017 -	Madison County Health and Wellness Committee
2015-2016	Committee member for Madison County 2 <sup>nd</sup> Sunday
2013 -	Actively participated in the Kentucky Academy of Nutrition and Dietetics Advocacy Day
2013-2014	Advised and coordinated student community service events at Anchor Baptist Church in Lexington, KY and Madison County 2nd Sunday Event