

PROFESSIONAL AWARDS

- 2009 **American Dietetic Association - Innovator in Practice and Education Award – Use of Wikis to Educate Students, Practitioners, and Clients**
Presented for innovative contributions to the profession of dietetics
- 1989 **Irwin Army Community Hospital – Commander’s Award for Civilian Service**
Presented for exceptionally meritorious service while serving as Chief, Clinical Dietetics Branch, Nutrition Care Division.
- 1989 **Irwin Army Community Hospital – Irwin Army Hospital Employee of the Year**
Presented for outstanding service to the patients and employees of Irwin Army Hospital while serving as Chief, Clinical Dietetics Branch.
- 1989 **Dairy Council of Greater Kansas City – Community Nutrition Education Award**
Presented in recognition of outstanding contribution to increase public awareness of good nutrition.
- 1988 **Irwin Army Community Hospital – Employee of the Quarter**
Presented for outstanding service to the patients and employees of Irwin Army Hospital while serving as Chief, Clinical Dietetics Branch.

PROFESSIONAL EXPERIENCE

1990 – Present **Clay County Medical Center – Clay Center, Ks**

Clinical Dietitian

- I provide clinical diet instruction for all in-patients and out-patients. Diet instructions encompass a wide range of expertise from pre-conceptual nutrition through nutrition for older adults.
- I am a member of the interdisciplinary patient care team that meets weekly to assess patient progress and recommendations.
- I have a very strong emphasis in diabetes education. I provide patient education to include diet and other aspects of care such as pattern management, foot care and sick day management. I provide glucometer teaching and insulin instruction. I am a certified insulin pump trainer. I am involved as a team member in patient medication adjustment.

- I coordinate and present community nutrition education classes: Eating To Your Heart's Content, Breastfeeding, and Diabetes Management. I am the coordinator of the community Diabetes Support Group.
- I present bi-monthly nutrition classes for the Cardiac Rehab patients. Instruction includes a grocery store educational tour.
- I present nutrition education classes in the Clay County school district.
- I collect Quality Assurance data and submit quarterly reports.

2003 – Present

Kansas State University – Dept. of Human Nutrition

Asst Professor

(Instructor 2003 – 2006)

Life Span Nutrition (Distance course, campus 2003-2009)

Public Health Nutrition (Distance course, campus fall 2007)

Clinical Nutrition 1 & 2 (Campus & Distance course)

Nutritional Assessment (Distance course)

Human Nutrition (On-campus, spring 2008)

- I provide instruction primarily to upper level students. The content emphasis is on nutritional requirements, eating patterns throughout the life cycle and during disease, and public health policy and promotion.
- I am proficient in SoftChalk, Powerpoint, KSOL, Wikis & Blogs.

2002 – 2005

Kansas State University – Dept. of Human Nutrition

Graduate Research Assistant

Food Safety for Older Adults & College students

- I developed three food safety education intervention modules for college students. Modules were interactive in nature and delivered in a web-based format via K-State Online. Presentations were designed using SoftChalk.

1999 – 2003

Cloud County Community College – Concordia, Kansas

Instructor

Basic Nutrition

- I provided instruction via ITV. Lectures originated at Wakefield High School and were transmitted live via satellite link to three other remote sites.

1993 – 2000

Clay County Health Department – Clay Center, Kansas

WIC Dietitian

- I provided instruction for clients of the WIC Program (Women, Infant, Children) to include basic nutrition for pregnant women, infants, and children up to five years of age.
- I provided group nutrition education classes on specific topics.
- I established the Breastfeeding Peer Support Program and successfully wrote a local grant that was awarded \$1000 for purchase of electric breast pumps for client use.

1986 – 1990

Irwin Army Community Hospital – Ft. Riley, Kansas

Chief, Clinical Dietetics Branch, Nutrition Care Division

- I supervised the Clinical Dietetics Branch.
- I provided in-patient and out-patient diet instructions. I also provided community education and elementary school education on a variety of topics.
- I served as Interim Chief, Nutrition Care Division, September 1986 – November, 1986.
- I collected Quality Assurance data for the Nutrition Care Division and generated reports for JCAHO (Joint Commission for the Accreditation of Hospitals)
- I established the Supermarket Education Program for the community.
- I was selected as a writer for the Army Diet Manual and re-wrote the section on diet for hyperlipidemia. The Army Diet Manual (TM8-500) is used by all army hospitals throughout the United States.

1985 – 1986

Mercy Health Center – Manhattan, Kansas

(Formerly known as St. Mary's Hospital)

Clinical Dietitian

- I provided in-patient and out-patient medical nutrition therapy. I developed new handouts for diabetes education.

INVITED PRESENTATIONS:

Food and Nutrition Conference and Expo, National meeting of The American Dietetics Association, Massachusetts, Nov, 2010. Invited Speaker: *Becoming Social Media Savvy: Using Web 2.0 to Enhance Education.*

Food and Nutrition Conference and Expo, National meeting of The American Dietetics Association, Colorado, 2009. Presenter at the Innovations In Practice & Education Open Discussion: *Use of Wikis to Educate Students, Practitioners, and Clients.*

Axio Learning (K-State Online) Conference, 2009. Speaker: *They Snooze, You Lose. Teaching Tools to Keep Your Students Engaged.*

KSU IDT Roundtable, spring 2009. Speaker: *Wiki Mania.*

Lafene Women's Health Clinic Staff. Fall, 2007. Speaker: *Food Safety Knowledge and Habits of College Students.*

Food and Nutrition Conference and Expo, National meeting of The American Dietetics Association, Hawaii, 2006. Speaker: Original Contributions: *The Effect of Educational Intervention on College Students' Food Safety Attitudes, Beliefs, Knowledge, and Self-reported Practices.*

Family and Nutrition Program (FNP) State meeting, 2005. Speaker: *Food Safety: What Consumers Know and What Consumers Do.*

PUBLICATIONS:

Yarrow L, Remig V, Higgins M. Food safety educational intervention positively influences college students' food safety attitudes, beliefs, knowledge, and self-reported practices. *Journal of Environmental Health* 2009;71(6):30-35.

Yarrow L, Remig V, Higgins M. Food safety awareness: Concerns, practices, and openness to change of college students with health and non-health majors. *Food Protection Trends* 2008;28(7):33-39.

Yarrow L, Remig V, Gordon J, Boone K. The effect of educational intervention on college students' food safety attitudes, beliefs, knowledge, and self-reported practices. *J Am Diet Assoc* 2006;106(8)(suppl 2):A-9.

Yarrow L. Food safety attitudes, beliefs, knowledge, and self-reported practices of college students before and after educational intervention [dissertation]. Manhattan (Ks): Kansas State Univ.; 2006.

INVITED MANUSCRIPTS:

Yarrow L, Garcia J. Relationship between malnutrition and dysphagia. *Perspectives* 2010 (Dec issue). Manuscript submitted for the online journal of ASHA Division 13, Swallowing and Swallowing Disorders.

PROFESSIONAL SERVICE

Reviewer, Journal of Nutrition Education and Behavior.

Member, Hospitality Management and Dietetics Distance Advisory Committee.

Author, Nutrition Care Manual, The American Dietetic Association. Content: Food Safety. 2008.

Invited participant CDR Item Writing Workshop and Passing Score Study. Chicago, IL. 2006.

Human Nutrition Dept. Representative, KSU Careers Day, 2006.

Supervisor for an Honors Project for a student in Human Nutrition, 2006.

PROFESSIONAL/HONOR ORGANIZATIONS:

2006 – Present	American Association of Diabetes Educators
2005 - Present	Diabetes Care & Education Practice Group of the American Dietetic Association
2003 – Present	Omicron Nu National Honor Society, Invited member
1986 – Present	American Dietetic Association
1986 – Present	Kansas Dietetic Association
2004 – 2003	American Society for Nutritional Sciences
1982	Golden Key National Honor Society, Invited member

HONORS:

- 2004 – 2005 Brooks (Josephine F.) Fellowship in Foods & Nutrition
- 2004 – 2005 American Dietetic Association Foundation Scholarship
- 2004 – 2005 American Association of University Women Scholarship, Manhattan Branch
- 2003 – 2004 Glorine Tuohey National Scholarship, American Business Women's Association
- 2002 – 2003 Eco Lab Scholarship, American Dietetic Association Foundation
- 2002 – 2003 Brooks (Josephine F.) Fellowship in Foods & Nutrition

VOLUNTEER AND COMMUNITY SERVICE:

- 2001 – Present Countryside Crusaders 4-H Club, Clay County, Kansas
Community Leader, Project Leader, Parent Committee
- 2000 – Present Meadowlark Hospice, Clay Center, Kansas
Volunteer
Fundraising Coordinator for International Charity Quilt Project
- 1990 – Present U.S.D. 379, Clay County School District, Kansas
Parent volunteer
Numerous nutritional education programs presented for all grade levels
- 1980 - Present First Baptist Church, Clay Center, Kansas
Evangelism Committee
Children's Bible Time Leader
Chaperone for Junior High and Senior High Youth trips
Sunday School Teacher
Deaconess
Board of Christian Education
- 1983 – 2009 Union Extension Homemakers Club, Clay County, Kansas
Club Treasurer
Club Reporter
Speaker on various educational topics