
Alison Gustafson PhD, MPH, RD
Department of Dietetics and Human Nutrition
College of Nursing
College of Agriculture, Food and Environment
University of Kentucky
Regular Title Series
Professor
Martin Gatton Endowed Chair
Director of Food as Health Alliance

EDUCATION

BS Dietetics – 1998 Bradley University, Peoria IL

RD – 1999 Loyola University, Chicago IL

MPH – 2000 Boston University (International Health)

PhD – 2010 University of North Carolina Chapel Hill (Nutrition with Epidemiology Minor)

PROFESSIONAL AND ACADEMIC APPOINTMENTS

2024 – present Martin Gatton Endowed Chair

2023 – present Director Food as Health Alliance

2011 - present University of Kentucky Department of Dietetics and College of
Nursing

Professor – promoted July 2020

Associate Professor - promoted July 2016

Assistant Professor – June 2011 – June 2016

Director of Graduate Program – July 2018 – July 2020

2021 – present University of Kentucky College of Nursing Joint Appointment

2013– present University of Kentucky Center for Poverty Research Affiliate

2019 – present University of Kentucky Center for Health Equity Transformation Faculty Affiliate

2019 – present University of Kentucky Center for Equality and Social Justice Affiliate

2006 – 2010 University of North Carolina Chapel Hill - Graduate Research Assistant

2008 – 2010 University of North Carolina Chapel Hill - Teaching Assistant

2005 – 2006 Hennepin County Health Department, Minneapolis - Director Community and
Worksite Nutrition Programming

2004 – 2005 University of Wisconsin at Madison - Population Health Fellow

2003 – 2005 Illinois Stephenson County Health Department - Director Women's Health

2001 – 2003 Lands' End, Dodgeville, WI - Director Worksite Wellness

2000 – 2001 USAID Norton, Zimbabwe - Research Assistant

1999 – 2000 House Commerce Committee, Washington D.C. - Staff Assistant

HONORS AND AWARDS

2024 – present University of Kentucky Martin Gatton Endowed Chair, the Martin Gatton Foundation
made the largest donation in

2019 - present **University of Kentucky Senate Research and Education Committee Chair**, 10-person committee reviewing university policies and graduate education policies and their implementation before moving to Senate for final vote of approval.

2019 - present **University of Kentucky Senator**.
Elected representative for the College of Agriculture, Food and Environment.

2019 – 2021 **John I. and Patricia J. Buster Endowed Professorship**.
An Endowed Professorship at the University of Kentucky is the highest level of recognition established to support my research and scholarly agenda.

2016 - 2021 **Wethington Award**. University of Kentucky Provost Office
The Wethington Awards program is designed to recognize the success of individual faculty members who have obtained investigator-initiated competitive or prestigious extramural funding.

2017 - 2019 **Faculty Council**.
Elected representative of the College of Agriculture, Food and Environment.

2019 **George E. Mitchell Outstanding Service to Graduate Students**.
This award is to recognize outstanding career contributions to graduate training in the College of Agriculture, Food and Environment at the University of Kentucky.

2012 - 2013 **LEAD 21**.
One-year leadership program intended to develop leaders in the land grant institutions for future effective leadership, Associations of Public and Land-grant Universities (APLU).

2019 **Research Activity Award \$2,500**
The research award from the College Agriculture, Food and Environment at the University of Kentucky is designed to enhance excellence and innovation in research.

2018 **Women's Executive Leadership Council (WELD)**.
Eight-month curriculum consists of 2 two-day retreats and monthly meetings covering leadership topics.

2015-2016 **Secretary Epidemiology Study Section Obesity Society**.
Tracked section activities when reviewing epidemiology study applications for the Obesity Society. Responsible for leading the section meetings, taking minutes, and recruiting students for student research awards.

2014 - 2015 **Office of Research Integrity Non-medical Internal Review Board (IRB)**. Formally designated to review and monitor nonmedical research involving human subjects.

LEADERSHIP FOCUS

I have participated in our Research Leadership Academy through the Office of Vice President for Research. I have also served as the Director of Graduate Studies for two years. Through these leadership opportunities I have now created a Food as Health Alliance as a core institute within the University of Kentucky and serve as the Director. Efforts that involve a health care and agricultural response for better nutrition fall under the umbrella term "Food as Health." An emerging body of research and policy recommendations demonstrates the enormous promise of Food as Health interventions and administrative support across a range of health conditions in improving health, food insecurity, and reducing health care costs. **The Mission of the Food as Health Alliance is to** Increase and sustain the University of Kentucky impact in the interdisciplinary arena of food, agriculture, and health for the Commonwealth. This institute now guides researchers, educators, clinicians, and outreach staff to conduct research to inform policy recommendations for Medicaid and Medicare adults to receive cost-effective benefits related to Social Determinants of Health (SDoH). We have raised \$1,000,000 in external funding to help support these efforts and have been recognized by the White House with our partnerships. Through this new Alliance we have established ourselves as the key technical and evaluation provider to understand how the Centers for Medicare and Medicaid policy regarding Social

Determinant of Health (SDoH) practices can be cost-effective and efficient to reduce health disparities. My leadership focus brings together my research expertise in food insecurity policy but also mentoring of the next generation of leaders. In addition,

LEADERSHIP STYLE

My leadership style is a soft hand touch and creating a culture of respect and opportunity to embrace failure. I have honed this approach over several years in varying degrees and have found with a new generation of students, scholars, and staff there are cultural norms that have shifted, and we need to allow for a greater emphasis on learning and growth rather than a particular outcome. I believe a leader highlights the strengths of team members while also creating a culture of utilizing our mistakes as key opportunities for growth. Over the past 12-years at the University of Kentucky I have been able to build bridges with departments across campus to facilitate an innovative approach to research while also growing the next generation of leaders in our state.

RESEARCH FOCUS

My research goals have focused on one central theme – examine and inform policy approaches to reduce food insecurity and interrelated social factors to improve health outcomes and subsequent healthcare costs. My research enterprise is built around examining the distal and proximal determinants to food insecurity among health disparate populations. Through primary data collection and secondary data analyses I have established an expertise with measurement of the food environment and food insecurity along with development of programs to address these ever-pressing issues. My accomplishments to date, include the ability to secure funding through extramural competitive grants but also through key collaborations with experts across universities. As Director of Graduate Studies, I was able to elevate the quality and quantity of admissions, while transitioning our forms, website, and reporting. I have been enthused by the high level of graduate student mentoring that continues to take place and anticipate additional student-led publications resulting from this mentorship. Mentoring several DHN assistant professors in grant writing and have led to meaningful collaborations on several USDA and NIH grant submissions. I have had graduate students publish first author papers and contribute to journal article submission and publication. I have mentored high school students, with one being awarded a first author publication and an award for best student paper from *Preventing Chronic Disease* journal. My publications have included assistant professors within the DHN and professors from various other universities across the nation.

GRANT FUNDING SUMMARY

Leadership	\$ Amount	% Effort	Dates	Funding Agency
PI	\$100,000	15%	7/1/25 – 6/30/26	American Heart Association
PI	\$300,000	15%	9/1/24 – 6/30/26	Humana Foundation
PI	\$400,000	25%	1/1/24 – 6/30/25	American Heart Association
PI	\$200,000	15%	10/1/23 – 9/30/24	Anthem/Elevance
PI	\$200,000	10%	4/1/23 – 3/30/24	Kentucky Association of Health Plans
PI	200,000 of 5 million	20%	7/18-7/22	CDC Subcontract
	\$100,000per year	10%	3/17-present	USDA Multistate
	190,000	40%	1/21-12/21	Share Our Strength
	746,827	25%	3/16-2/21	USDA AFRI
	138,150	14%	10/16-9/20	USDA Higher Ed Challenge
	200,000	20%	3/18-10/18	USDA ERS

	40,000	20%	5/14-5/16	USDA ERS
	\$150,000	20%	1/13-12/14	USDA AFRI Seed
Co-I	115,000 of 750,000	15%	9/20-8/25	NIH NIDDK
	2.5 million	10%	9/18-8/23	CDC – HOP 1809
	400,000	15%	1/18-2/20	USDA NIFA Feeding America Subcontract
	2.5 million	15%	10/14-9/18	CDC – HOP 1807
	25,000 of 750,000	10%	5/13-5-15	NIH R24

COMPETITIVE GRANT FUNDED PROJECT SUMMARIES

- Over 12-years have consistently secured 50-60% salary savings from grant sources.

Awarded Grants in Progress

1. **Gustafson, A** 11/1/24 – 6/30/2026 Food is Medicine for the Whole Family – Humana Foundation \$300,000 (PI Effort 15%). This proposal allows for testing the effect of user-centered approach to examine how to engage the whole family in the short-term, while creating a sustainable model for clinic and community partnerships to use in the long-term. Our proposal aims to answer the question how can a food as medicine choice model with tailored dose improve health outcomes across the family.
2. **24FIM Gustafson, A.** 1/1/2024 – 6/30/2025. Development of User centered design screening and referral network for Food as Medicine – American Heart Association \$400,000 (PI 25% effort). This proposal allows for development of screening and referral refinement and testing based on new Centers for Medicaid and Medicare screening policy for Social Determinant of Health (SDoH). Participants will be recruited across Kentucky from UKHealthcare and Appalachian Regional Healthcare for participation.
3. A24-0043 Department of Defense - DA Fort Bragg Army Base “Development and testing of a place-based behavioral "nudge" technology intervention to promote healthier food purchases among military service members at Fort Bragg”. PI:McGuirt, J 09/01/2023 – 8/30/2025
My role: Co-PI 15%
4. NCT Kentucky Association of Health Plans “Fresh Fund’s for Mom’s – food as your medicine as an approach to manage gestational diabetes and type 2 diabetes among women experiencing food insecurity”
PI: Gustafson, Alison 04/01/2023 – 06/30/2025
My role: PI 10%
5. NCT Anthem/Elevance “Development of food as medicine packages for residents in rural and urban communities” PI: Gustafson, Alison 10/1/2023 – 09/30/2025
My role: PI 15%
6. Williams L, Kiska A, Moser D, **Gustafson A**, Waters T. 9/1/2020 – 8/30/2025. Enhancing the Diabetes Prevention Program to promote weight loss among non-responders in a community-based lifestyle intervention – National Institute of Health (NIDDK). \$750,000 per year. Gustafson portion \$115,000 (Co-I, 10% effort, Nationally Competitive)

Awarded Grants Completed

1. Hunter J, **Gustafson A**, Mullins J, Cardarelli K. 9/30/2018 – 8/31/2023. Centers for Disease Control and Prevention – Programs to Reduce Obesity in High Obesity Areas – 1809 \$3.5 million (Co-PI, 25% effort, Nationally Competitive)

*As Co-PI, I lead the day-to-day oversight of the grant, manage monthly meetings, maintain grant operations in Martin County, and oversee fidelity to process and evaluation measures.

2. **Gustafson A**. 7/1/2018-6/30/2022. Kentucky Department of Public Health – Subcontract of Centers for Disease Control and Prevention State Physical Activity and Nutrition. \$5 million. Gustafson program \$200,000 (PI, 20% effort, Nationally Competitive)

*As PI, I am the expert evaluator for the state level food service guidelines and provide technical assistance to local health departments.

3. **Gustafson A**. 1/25/2021 – 12/31/2021. Online grocery shopping intervention as a way to improve food insecurity and dietary intake among low-income households. Share Our Strength. \$190,000 Gustafson program \$190,000 (PI 40% effort, Industry Competitive)

*As PI, I lead day-to-day management of all grant activities, including supervision of data collection and publication results.

4. **Gustafson A**, Jilcott-Pitts S, Mullins J, Bush H, Wall-Basset E, Babatunde T, Vail A. 3/1/2016-2/28/2021. United States Department of Agriculture – AFRI Childhood Obesity Prevention grant (Integrated Standard Grant submission). *Smart Shopping - Food shopping intervention among adolescents*. 2015-07954. \$746,827 (PI, 25% effort, Nationally Competitive)

*As PI, I lead the day-to-day operations and oversight of the grant, manuscript development, IRB, data presentations, and results.

5. Sandberg T (PI), Mullins J, **Gustafson A**. 1/30/2018 – 2/1/2020. United States Department of Agriculture – NIFA. *Farms to Food Banks Capacity-Building Project, Kentucky Association of Food Banks*. Subcontract through Feeding Kentucky. \$400,000. Gustafson portion \$20,000 (Co-I, 5% effort, Industry Competitive)

*As a Co-I, I assisted with data collection, data measures, and analyses.

6. **Gustafson A**, Hege A. (3/21/2017 – 9/30/2021) Hatch Funds/Multi-state project NC-1196. Examining the impact of in-store marketing and product placement to reduce unhealthy purchases among low-income. \$80,000 (PI, 10% effort, Internal Competitive)

*As PI, I lead the day-to-day operations, manage IRB, study measures, recruitment, and supervise graduate students participating in project.

7. **Gustafson A**, Stephenson T, Houlihan J, Hege A. 10/1/2016 – 9/30/2020. United States Department of Agriculture - Higher Education Challenge Grant NIFA-CGP-005716. *The Obesity Food Insecurity Paradox: Educating and empowering a diverse undergraduate student population through innovative curriculum and experiential learning opportunities*. \$138,150 (PI, 14% effort, Nationally Competitive).

*As PI, I led the day-to-day operations of the grant, created two new courses for DHN and a student mentoring program.

8. Vail A, Kurzynske J, **Gustafson A**, McGladrey M, Cardarelli K, Mullins J, Stephenson T. 10/1/2014 – 9/30/2018. Centers for Disease Control and Prevention - Programs to Reduce Obesity in High Obesity Areas. DP-14-1416. *Preventing Obesity in rural communities*. \$2.5 million (Co-PI, 15% effort, Nationally Competitive).

*The goal was to improve dietary intake and physical activity in six high obese counties. As Co-I, I lead all efforts related to improving food access and dietary intake across six counties in KY.

9. **Gustafson A**, 3/1/2018 – 8/31/2018. United States Department of Agriculture – Economic Research Service ERS. *SNAP Adequacy in Households with Adolescents*. \$20,000 (PI, 20% effort, Nationally Competitive).

*The goal of this project was to examine how SNAP benefits may be insufficient to meet nutritional demands among adolescents. I led all day-to-day efforts and data analyses.

10. Gustafson A, Schoenberg N. 5/7/14-5/6/16. United States Department of Agriculture -Economic Research Service [FoodAps Data] University of Kentucky Center for Poverty Research. Neighborhood Disadvantage, *Food store choice and purchasing habits association with dietary intake among SNAP and SNAP-eligible households*. \$40,000. (PI, 20% effort, Nationally Competitive).

*The goal of this grant was to examine the multi-level influences of food environment, neighborhood disadvantage on store choice, purchasing habits, and the interaction on key dietary outcomes. I led all day-to-day efforts related to data analyses and presentations of results.

11. Swanson M, Mullins J, Schoenberg N, **Gustafson A**. 5/15/2013-5/14/2015. National Institute of Health R24 Community Based Participatory Research Planning Grant – National Institute Minority Health and Disparities. *Appalachians Together Restoring the Eating Environment (Appal-TREE)*. \$750,000. Gustafson program \$25,000. (Co-I, 10% effort, Nationally Competitive).

*The goal of this grant was to develop community resources aimed at improving access and availability to healthy food within the Appalachian region. I assisted with dietary intake efforts.

12. Gustafson A, Taylor C, Adams I, Spees C. 1/1/2013-12/31/2014. United States Department of Agriculture Seed Grant AFRI. *Adolescent and parent food activity patterns as drivers in dietary intake*. \$150,000. (PI, 20% effort, Nationally Competitive). *The goal of this grant was to understand how adolescents, peers, and parents interact with each other, in-regards to food purchasing and travel patterns which influence dietary intake.

Submitted Unfunded Grants - Nationally Competitive

Gustafson, A. 9/1/2023 – 8/31/2025. Me At My Best Always (MAMBA). National Institute of Health – NIMDH. PAR-20-150 \$275,000 R21 (PI 10% effort). The following factorial study design will allow the study team to understand which program and delivery components are ready for testing in a future, fully-powered, Optimization Phase trial based on pre-defined metrics. Participants (n=200) will be recruited through non-profit organizations in urban areas of Kentucky.

Gustafson A, Jones-Smith J, Courtemanche C, Darolia R, Gundersen C, Ziliak J. 9/30/2022 – 9/29/2026. National Institute of Health- National Institute Nursing Research R01. RFA – NR-22-001 Evaluating the Impact of Pandemic-related Food and Housing Policies and Programs on Health Outcomes in Health Disparity Populations. \$1.6 million (PI 30% effort, Nationally Competitive)

Gustafson A, McGuirt J, Anderson Steeves B, Williams L, Moser D. 09/30/2022 – 09/29/2026. National Institute of Health – National Cancer Institute R01. RFA-CA-20-051 *Social and Behavioral Intervention Research to Address Modifiable Risk Factors for Cancer in Rural Populations*. \$4.5 million (PI 40% effort, Nationally Competitive)

Gustafson A, Jones-Smith J, Walkinshaw L, Courtemanche C. 07/01/2022 – 06/30/2023. Robert Wood Johnson Foundation. COVID-19 impacts on food insecurity. (PI 25% effort, Nationally Competitive)

Gustafson A, Aull M, Walters J. Farm to School. 10/1/2020 – 9/30/2022. United States Department of Agriculture – NIFA. *Food and Agriculture Service Implementation Project (FASIP). Farm to School in Rural Kentucky: The Three C's*. \$223,000 (PI, 15% effort, Nationally Competitive).
Scored – Outstanding Priority ranked 7. Not enough funding due to COVID, top 5 were awarded funds.

Gustafson A, Evenson K, Jilcott Pitts S, Beck A. 10/1/2020 – 9/30/2022. National Institute of Health – National Cancer Institute. Time Sensitive Obesity Policy R01. *Community led infrastructure and place based behavioral nudges as an approach to reduce obesity and cancer risk in rural high poverty county*. \$976,612 (PI, 40% effort, Nationally Competitive).
Scored – 43%

Gustafson A, Norman H, Jilcott Pitts S, Maslow L. 10/1/2020 – 9/30/2025. United States Department of Agriculture – NIFA. *Geo-targeted text message intervention as a way to improve fruit and vegetable intake among rural residents*. \$ 840,000 (PI, 25% effort, Nationally Competitive).
Scored – Highest Priority

Gustafson, A. Stephenson T, Placencia J. United States Department of Agriculture – NIFA **Submitted 6/1/2019**. Higher Education Challenge Grant. *Global foods and culinary medicine with links to health disparity and equity*. \$300,000 (PI, 15% effort, Nationally Competitive). Scored High Priority

Gustafson, A Jacobson K, Niewolny K, Stephenson L. Coordinated agriculture project – United States Department of Agriculture – SAS **Submitted 7/15/2019**. *A Nutrition-Sensitive Agriculture Approach to Enhance rural economic growth and health*. \$7.5 million (PI, 30% effort, Nationally Competitive) Not Scored

Gustafson A, Valle C, Evenson K, Jilcott Pitts S. **Submitted 3/6/2020**. National Institute of Health – National Cancer Institute R01. *Community led infrastructure and place based behavioral nudges as an approach to reduce obesity and cancer risk in a rural high poverty county*. \$3 million (PI 30% effort, Nationally Competitive).
Impact Score: 52 percentile 46%

Gustafson A, Mudd G, Moser D, Valle C, Jilcott Pitts S. **Submitted 6/5/2019** National Institute of Health - National Institute Nursing Research R01. *Geotargeted text message intervention among rural adolescents aimed to improve fruit, vegetable, and low-calorie beverage intake*. \$3 million (PI, 30% effort, Nationally Competitive).
Impact Score: 59 percentile 53%

Gustafson A. First submission 7/01/2015; Second submission 11/01/2015 National Institute of Health - National Institute Nursing Research. *Connecting together for a healthy weight: an evidence-based weight loss intervention among rural residents*. \$300,000 (PI)
First submission Impact Score 56; Second submission **Impact Score 53**.

Gustafson A Submitted 10/6/2014. National Institute Health – National Cancer Institute R01. *Association between home and community food environments and implementation of school “smart snack” policies*. \$1 million (PI, 30% Effort, Nationally Competitive). Scored: Not Discussed

Gustafson A, 2/12/2012 National Institute of Health- National Institute of Child Health and Human Development R03. *Appalachian children move more together*. \$150,000 (PI). Scored: Not Discussed

PUBLICATIONS

Indicators

* student involvement

+ grant related

IF impact factor

Last author is senior author

First author is corresponding author and lead author on manuscript

Refereed Journal Articles (selected out of 65)

1. **McGuirt, J – JNEB article**
2. **Gillespie, R – Frontier article**
3. **Anderson Steeves – JHPCHU article**
4. **Gustafson, A – AHA main results**
5. Mayfield, C., Batey, L., Lauckner, C., Bush, J., Cosson, E., **Gustafson, A**. Development of a statewide network hub for screening, referral, and enrollment into Food as Medicine programs across Kentucky. *Frontiers in Public Health* [accepted for publication] Dec. 2024
6. McGuirt, J., Anderson Steeves, E., Labban, J., **Gustafson, A**. Multi-Method Formative Evaluation of a Digital Online Grocery Shopping Assistant Among Special Supplemental Nutrition Program

- for Women, Infants, and Children Participants. *Journal of Nutrition Education and Behavior*. Vol, N, 0. 2024
7. McGuirt, J., **Gustafson, A.**, Ammerman, A., Tucker-McLaughlin, M., Enahora, B., Moore, C., Dunnagan, C., Prentice-Dunn, H., Bedno, S. "LiveWellNow: Formative development of a place-based behavioral "nudge" technology intervention to promote healthier food purchases among Army Soldiers". *Nutrients* 2024 Apr
 8. Anderson-Steeves E., Gillespie R., DeWitt E., Barr M., Cox B., Hudson T., Haynes-Maslow L., Trude A., **Gustafson A.** "Barriers and facilitators to online shopping among Supplemental Nutrition Assistance Program (SNAP) Participants: A Mixed Method Study". *Ecology of Food and Nutrition* 2024
 9. McGuirt, J., Anderson Steeves, E., Kopper, R., Gustafson, A. Rural Online Shopping Assistant (ROSA): Mixed Methods Evaluation with Low-Income Rural Shoppers. *Journal of Nutrition Education and Behavior*. July 2023.
 10. Norman-Burgdorf H., DeWitt E., Gillespie R., Cardarelli K., Gustafson A. Impact of community-driven interventions on dietary and physical activity outcomes among a cohort of adults in a rural Appalachian county in Eastern Kentucky, 2019-2022. *Frontiers in Public Health* April 2023
 11. DeWitt E, Cardarelli K, Gillespie R, Norman-Burgdorf H, Slone S, **Gustafson A.** "Exploring the Relationship between SNAP Enrollment and Food Insecurity in Rural Appalachia". *Journal of Hunger and Environmental Nutrition*. December 2022
 12. Gillespie R., DeWitt E., Trude A., Haynes-Maslow L., Hudson T., Anderson-Steeves E., Barr M., **Gustafson, A.** "Barriers and Facilitators of Online Grocery Services: Perceptions from Rural and Urban Grocery Store Managers". *Nutrients* October 2022
 13. **Gustafson A**, Gillespie R, Pitts JB, Hayes-Maslow L. Online Pilot Grocery Intervention among Rural and Urban Residents Aimed to Improve Purchasing Habits. *IJERPH* 2022 Jan 13;19
 14. McGuirt, J., Anderson Steeves, B., **Gustafson, A.**, Haynes-Maslow, L., Labban, S., Jilcott-Pitts, S. – "Evidence of geospatial and socioeconomic disparities in access to online grocery shopping for fresh and frozen produce in North Carolina". *Journal Academy Nutrition and Dietetics* 2022 May
 15. Williams, L.B., Moser, D.K., **Gustafson, A.**, Waters T. M., Rayens, M. K., Karle, E., Kriska, A. M. Reaching High-Risk Black Adults for Diabetes Prevention Programming During a Pandemic: The Design of Fit & Faithful a Randomized Controlled Community Trial. *Contemporary Clinical Trials* Dec. 2022
 16. **Gustafson, A.**, Gillespie, R., DeWitt, E., Cox, B., Dunaway, B., Haynes-Maslow, L., Anderson Steeves, E., Trude, A., "Online Pilot Grocery Intervention among Rural and Urban Residents Aimed to Improve Purchasing Habits" *Int. J. Environ. Res. Public Health* **2022**, 19(2), 871
 17. Gillespie R, Dewitt E, Slone S, Cardarelli K, Gustafson A. – The impact of a grocery store closure in one rural highly obese Appalachian community on shopping behavior and dietary intake. *IJERPH* 2022 Apr
 18. **Gustafson A+**, Gillespie R, Pitts JB, Hayes-Maslow L. Online grocery shopping barriers and facilitators among rural and urban adults – how can we improve our shopping landscape. *IJERPH* 2022 Jan 13;19
 19. Norman-Burgdorf H, DeWitt E, Cardarelli K, Gillespie R, Slone S, **Gustafson A.** Sugar-sweetened beverage consumption among adults in rural Appalachia. *Prev Med Reports* 2021 Nov 18; 24
 20. Gillespie R, DeWitt E, Dunn B, Slone S, **Gustafson A+**. Community based efforts to improve food access within a rural highly obese Appalachian county. *International Journal of Environmental Research and Public Health (IJERPH)*. 2021 [accepted for publication] Senior author on the paper responsible for overseeing all aspects with manuscript development, editing, and conceptualizing of study.
 21. DeWitt E, Gillespie R, Norman H, Slone S, **Gustafson A+**. Rural SNAP participants and food insecurity: how can communities leverage resources to meet the growing food insecurity status of rural and low-income residents. *IJERPH* 2020 Aug 19;17(17) IF 2.3 Senior author on the paper responsible for overseeing all aspects with manuscript development, editing, and conceptualizing of manuscript.
 22. Jilcott-Pitts S, Ng S, Blitstein JL, **Gustafson A+**, Kelly CJ, Pandaya S, Weismiller H. Perceived advantages and disadvantages of online grocery shopping among supplemental nutrition

- program and women infant and children participants in Eastern North Carolina. *Curr Dev Nutr* 2020 Apr 16;4(5) IF 4.171
Contributing author on manuscript responsible for reviewing of drafts, contributing to methods section, and edits.
23. **Gustafson A+**, Jilcott Pitts S, McQuerry K, Toyin, Mullins J. A mentor-led text-message intervention increases fruits and vegetables and goal setting for healthier dietary consumption among rural adolescents in Kentucky and North Carolina, 2017. *Nutrients* 2019 11(3), 593 IF 4.171
Lead author on the manuscript responsible for data collection, analyses, draft of all versions, final edits, and submission.
 24. **Gustafson A+**, Ng SW, Jilcott Pitts S. The association between the Plate it Up Kentucky supermarket intervention and changes in grocery shopping practices among rural residents. *Translational Behavioral Medicine* 2019, v.9, issue 5, Oct. 2019 pp 865-874 IF 2.521
Lead author on the manuscript responsible for data collection, analyses, draft of all versions, final edits, and submission.
 25. **Gustafson A+**, Kurzynke J, J Mullins, Cardarelli K, McGladrey M, Stephenson T, Vail A. Community-wide efforts to improve the consumer food environment and physical activity resources as a way to improve dietary intake and physical activity in rural obese counties, Kentucky 2015-2017. *Journal Preventing Chronic Disease* 2019; Jan 17; 16:E07 IF 2.038
Lead author on the manuscript responsible for data collection, analyses, draft of all versions, final edits, and submission.
 26. Jilcott Pitts SB, Ng SW, Blitstein JL, **Gustafson A**, Niculescu M. Online grocery shopping: promise and pitfalls for healthier food and beverage purchases. *Public Health Nutr.* 2018 Dec; 21(18) 3360-3376. IF 2.483
Contributing author on manuscript responsible for reviewing of drafts, contributing to methods section, and edits.
 27. McGuirt J, Jilcott Pitts S, **Gustafson A**. Associations between objectively-assessed spatial access to food venues, frequency of food shopping, fruit and vegetable purchase, and consumption among Eastern North Carolina supermarket customers. *Nutrients* 2018 Dec 13; 10 (12) IF 4.171
Contributing author on manuscript responsible for reviewing of drafts, contributing to methods section, and edits.
 28. Stephenson T, Houlihan J, **Gustafson A+**. The Obesity Food Insecurity Paradox: student Focus Group Development of Innovative Curriculum. *Journal Nutrition Education Behavior* 2018 50(7) IF 2.5 - Senior author on the paper responsible for overseeing all aspects with manuscript development, editing, and conceptualizing of manuscript.
 29. **Gustafson A**, Jilcott Pitts S, Gillespie R*, Ford H*, McDonald J*, Connelly P, Mullins J. Direct effects of the home, school, and consumer food environments on the association between food purchasing patterns and dietary intake among rural adolescents in Kentucky and North Carolina, 2017. *International Journal Environmental Rural Public Health* October 2017 IF 2.145 116/241
 30. **Gustafson A+**, McGladrey M, Webber K, Butterworth B, Liu E*, Peritore N, Vail A. Examining Key Stakeholder and Community Residents' Understanding of Environmental Influences to Inform Place-Based Interventions to Reduce Obesity in Rural Communities, Kentucky 2015. *Journal Rural Health* July 7, 2017 IF 2.471
 31. Dewitt E*, Stephenson T, Webber K, **Gustafson A+**. Community-Based Marketing Campaign at Farmers' Markets as a way to Encourage Fruit and Vegetable Purchases Among Rural Obese Counties, Kentucky, 2015-2016. *Journal Preventing Chronic Disease* 2017 IF 2.038
 32. **Gustafson A+**. Shopping pattern and food purchase difference among Supplemental Nutrition Assistance Program (SNAP) households and Non-Supplemental Nutrition Assistance Program households in the United States. *Preventive Medicine Reports* 2017 IF 2.4
 33. Liu E*, Stephenson T, Houlihan J, **Gustafson A+**. Marketing Strategies to Encourage Rural Residents of High-Obesity Counties to Buy Fruits and Vegetables in Grocery Stores. *Journal Preventing Chronic Disease* 2017 v.4 October 12, 2017 IF 2.038
 34. Byker Shanks C, Jilcott-Pitts S, **Gustafson A**. Development and validation of a farmers' market audit tool in rural and urban communities. *Journal of Health Promotion Practice* 2015 Nov;16(6): 859-66 Impact Factor 2.55

35. **Gustafson A+**, Putnam N, Adams I, Christian J, Spees C, Taylor C. Family Meals and neighborhood food resources influence on intake of sugar-sweetened beverages and added sugars among parents and adolescents in rural communities. *Journal of Community Medicine & Health Education* 2014 4:300. doi: 10.4172/2161-0711.1000300 IF 1.4
36. DeMarco M, **Gustafson A**, Gizlice Z, Ammerman A. Locally-grown Fruit and Vegetable Purchasing Habits the Association with Children's Diet. *Journal of Hunger and Environmental Nutrition* 2014 8:372-387
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48. **Gustafson A**, Sharkey J, Samuel-Hodge C, Jones-Smith J, Folds M, Cai J, Ammerman A. Perceived and Objective measures of the food store environment as a determinant in diet and weight among low-income women, *Public Health Nutrition* 2011 Jun 14(6):1032-8 PMC 21324229 IF 4.3 Cited 161
49. **Gustafson A**, Samuel-Hodge C, Garcia B, Johnston L, Lindsley S, Bramble K, Khavjou O, Keyserling T, Gizlice Z. Cost-effectiveness of a WISEWOMAN weight loss control intervention among low-income midlife women, *Prev Medicine* 2009 Nov;49(5):390-5 IF 1.53
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TECHNICAL REPORTS

1. White House Report President Obama (2015) *Long-term Benefits of the Supplemental Nutrition Assistance Program*
https://obamawhitehouse.archives.gov/sites/whitehouse.gov/files/documents/SNAP_report_final_nonembargo.pdf
2. Purdue University Family Impact Institute October 4, 2013
<https://www.purdue.edu/hhs/hdfs/fii/publications/kentucky-family-impact-seminar-1-243/>
3. Aprifel (2011) *Food Venue Choice, Consumer Food Environment*
<https://www.aprifel.com/fr/resume-scientifique/food-venue-choice-consumer-food-environment-but-not-food/>
4. California Department of Agriculture April 18, 2016 <https://agnetwest.com/teens-snacks/>

PRESENTATIONS

Invited Presentations as Key Speaker

1. USDA FNS in the Southeast Region Joint Meeting for State Nutrition Action Coalitions (SNACs) and SNAP-Ed, August 20th, Pensacola, FL
2. Medicaid Health Plans of America (MHPA) in collaboration with Mom's Meals, online, Oct 23, 2024
3. SNAP-Ed University of South Carolina, Food is Medicine Annual Meeting Nov 12th, 2024
4. Food is Medicine Policy Meeting, Washington D.C. Nov 19, 2024
5. Center for Aging and Independent Living Senior Hunger Summit. Nov 9th, 2023. Virtual
6. Harvard Center for Health Law and Policy – Food as Medicine Symposium. Oct 10-12 2023. Cambridge, MA.
7. National Institute of Health: Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science – Changing Landscape of the rural food environment. Virtual. September 21 – 23, 2021.

8. No Kid Hungry Rural Hunger Summit – “Online delivery of Supplemental Nutrition Assistance Program – Promises and Pitfalls” Washington D.C. March 23, 2021.
9. Partnership for Fit Kentucky “Food choices in Communities: How small changes can make a big difference” Frankfort KY January 29, 2021.
10. NIH/NCI Society for Prevention Research – Washington D.C. July 25, 2020
11. Nutrition and Obesity Policy Research and Evaluation Network (NOPREN) “Community based approaches to reduce obesity in rural communities” Fall 2019
12. Kentucky Family Impact Seminar – Spring 2012

Invited Oral Presentations - Conferences

1. McGuirt, **Gustafson A.** **SNEB 2024 International Conference Understanding Foodways**
2. **Gustafson SNEB 2025**
3. **Gustafson ICN – Paris France**
4. **McGuirt, APHA**
5. **Williams, L APHA**
6. Gillespie R, DeWitt E, **Gustafson A.** Marketing approaches with gas stations in rural communities to improve purchases. Society Behavioral Medicine. April 2021 **(CDC Grant)**
7. **Gustafson A,** Gillespie R. Community based efforts to improve fruit and vegetable intake. International Society Behavioral Nutrition and Physical Activity. June 2019 **(CDC Grant)**
8. **Gustafson A,** Sandberg T, Vaughn S. Farms to Food Banks - How to Improve Food Security and Improve Food Systems at the Same Time. Association for the Study of Food and Society Anchorage, Alaska. June 2019 **(USDA Hatch Grant)**
9. **Gustafson A,** Jilcott Pitts S. Eating as connection and place. Association for the Study of Food and Society. Madison, WI – AFHVS. June 2018 **(USDA Hatch Grant)**
10. **Gustafson A,** Jilcott Pitts SB. Peer led text message intervention effect on dietary intake among rural adolescents. Society Nutrition Education and Behavior. July 2018 **(USDA AFRI Grant)**
11. **Gustafson A,** Liu E*, Dewitt E, Stephenson T, Vail A. In-store marketing efforts to improve the food store environment in high obese counties. International Society Behavioral Nutrition and Physical Activity. June 2017 **(CDC Grant)**
12. **Gustafson A,** How Adolescents and Parents Food Shopping Patterns and Social Interaction When Shopping is Associated with Dietary Outcomes in Rural Communities. Society Nutrition Education and Behavior. July 2016 **(USDA AFRI Grant)**
13. **Gustafson A,** Jilcott SB, Hankin S. Measurement of the consumer food environment: a systematic review of the evidence 2000-2011 International Society Behavioral Nutrition and Physical Activity Annual Meeting. June 2012
14. **Gustafson A,** Jilcott S, Christian J, Lewis S, Wilson C. Neighborhood deprivation and the retail food environment in rural Appalachia. International Society Behavioral Nutrition and Physical Activity. June 2012

Invited Poster Presentations

1. **Williams, L.B.**, Rayens, M, Gustafson, A., Kriska, A. M., Karle, E.,, Abu Farsak, B. Moser, D.K., Advancing public health by utilizing community engaged strategies to enhance the Diabetes Prevention Program among weight loss nonresponders in Black church settings: A Cluster Randomized Trial. [Community-Engaged Approaches to Diabetes Prevention and Management in Underserved Populations](#). American Public Health Association Annual Meeting. Nov. 2-5, 2025. Washington, DC. Oral
2. Williams, L, Moser D, GustafsonA. One Size Does Not Fit All” among Church-Based Black Adult Diabetes Prevention Program Participants. American Diabetes Association, June 2024
3. McGuirt J, Ammerman A, **Gustafson A**. [Development of a place based behavioral “nudge” technology intervention to promote healthier food purchases among military service members at Fort Bragg](#). American Public Health Association. June 2021
4. Gillespie R, DeWitt E, **Gustafson A**. [Direct Marketing and Push Notifications as a Mode to Improve Food Choices in Rural Food Environments in which Food Accessibility is Limited](#). Society Behavioral Medicine. April 2021
(CDC Grant)
5. Gillespie R, DeWitt E, **Gustafson A**. [Affective Place-Based Messaging May Be an Effective Approach to Improving Health Outcomes in Appalachian Counties](#). Appalachian Translational Research Network (ATRN). September 2020
(USDA Hatch and Buster Award)
6. Cardarelli K, DeWitt E, Gillespie R, **Gustafson A**. [Association between shopping behavior of SNAP recipients in an impoverished highly obese rural Appalachian county](#). American Public Health Association. October 2020
(CDC Grant)
7. Gillespie R, DeWitt E, **Gustafson A**. [Role of Incentive Influence on Food Purchasing Behavior in an Impoverished Rural Food Environment](#). International Society of Behavioral Nutrition and Physical Activity. June 2020
(CDC Grant)
8. Gillespie R, **Gustafson A**. [Place Based Text Messages as an Approach to Improve Fruits and Vegetable Intake Among Rural Food Insecure Adults](#). Society Behavioral Medicine. April 2020
(USDA Hatch Grant)
9. Coldiron K*, Jilcott Pitts SB, **Gustafson A**. [Social Cohesion Interaction with Text Message Intervention Effect on Fast Food Frequency](#). Society Nutrition Education Behavior. July 2019
(CDC Grant)
10. Dewitt E*, Stephenson T, **Gustafson A**. [Community-Based Marketing Campaign at Farmers' Markets as a way to Encourage Fruit and Vegetable Purchases Among Rural Obese Counties, Kentucky](#). Society Nutrition Education and Behavior. July 2017
(CDC Grant)
11. **Gustafson A**. [How technology can improve dietary intake among rural adolescents](#). Obesity Society, Nashville, TN. October 2017
(USDA AFRI Grant)
12. **Gustafson A**, Jilcott-Pitts S, Mullins J. [Multilevel determinants in adolescents' food shopping choices](#). Society Nutrition Education and Behavior. July 2017
(USDA AFRI Grant)
13. **Gustafson A**, McGladrey M, Vail A. [Social marketing grocery store intervention in rural communities as a way to improve dietary intake](#). International Society Behavioral Nutrition and Physical Activity. Edinburgh, Scotland. June 2017

(CDC Grant)

14. **Gustafson A**, Liu E*, Bush H. Concern about healthy eating among households with an adolescent in Appalachian Kentucky. Society Nutrition Education and Behavior. July 2016
(USDA AFRI Grant)
15. **Gustafson A**, Qishan Wu, Saulnier M*, Spees C, The S, Adams I, Bush H, Taylor C. Linking together the home food environment and dietary intake. International Society Behavioral Nutrition and Physical Activity. June 2015
(USDA AFRI grant)
16. **Gustafson A**, Jilcott Pitts S. Measures of the consumer and school food environment as factors in dietary intake and obesity status among rural adolescents. Society Nutrition Education Behavior. July 2015
(USDA AFRI Grant)
17. **Gustafson A**, Allen J, Schoenberg N, Swanson M, Jones-Smith J. Neighborhood Food Environment as a determinant on store choice and purchasing choices among Supplemental Nutrition Assistance Program (SNAP) households and SNAP eligible but not participating households. International Society Behavioral Nutrition and Physical Activity. June 2015
(USDA ERS FoodAps Grant)
18. Jarrel A*, **Gustafson A**. Association between use of emerging technologies for individual nutrition and effectiveness at maintaining and improving overall health 2013. Society Behavioral Medicine. April 2013
19. Tift N*, **Gustafson A**. Food Shopping Behaviors among College Students and Association with Diet. International Society Behavioral Nutrition and Physical Activity June 2012
20. **Gustafson A**, Sharkey J, Samuel-Hodge C, Jones-Smith J, Cai J, Ammerman A. Food environment as a modifier in a behavioral weight loss intervention. Obesity Society. October 2011
21. **Gustafson A**, Sharkey J, Samuel-Hodge C, Jones-Smith J, Folds M, Cai J, Ammerman A. Perceived and Objective measures of the food store environment as a determinant in diet and weight among low-income women. International Society Behavioral Nutrition and Physical Activity. June 2011
22. **Gustafson A**, Samuel-Hodge C, Lindsley S, Bramble K, Garcia B, Johnston L, Hardy T*, Keyserling T, Ziya Gizlice, Will J, Khavjou O, Ammerman A. Cost-effectiveness of a WISEWOMAN behavioral weight loss intervention for low-income women: The Weight Wise Program. American Public Health Association, San Diego, CA. October 2008
23. **Gustafson A**, Samuel-Hodge C, Khavjou O, Keyserling T, Lindsley S, Garcia B, et al. Cost Effectiveness of a WISEWOMAN Behavioral Weight Loss Intervention for Low-Income Women: The Weight-Wise Program. Obesity Society, Phoenix, AZ. October 2008.
24. **Gustafson A**, Samuel-Hodge C, Keyserling T, Garcia B, Lindsley S, Bramble K, Johnston L, Gizlice Z, Ammerman A. Poor sleep quality and night-time eating among midlife low-income women in a weight management intervention study. Obesity Society 2007 Supplement

Media Highlights

- White House - <https://uknow.uky.edu/research/white-house-endorses-uk-s-food-health-alliance-instacart-partnership>
- Fox News - <https://fox56news.com/news/local/university-of-kentucky-partnering-with-instacart/>
- Lexington Times - <https://lexingtonky.news/2023/05/08/uks-new-food-as-health-alliance-will-look-at-ways-to-use-food-to-improve-patient-outcomes-and-kentuckys-overall-health/>

- AgriPulse - <https://www.agri-pulse.com/articles/19134-food-as-medicine-advocates-urge-increased-funding>
- USA Today
<https://www.newswise.com/articles/going-to-the-grocery-isn-t-just-for-shopping-for-dietetics-human-nutrition-researcher>
<http://southeastagnet.com/2016/04/15/teens-snacks/>
<https://www.wuky.org/post/obesity-prevention-program-use-social-media-peer-mentoring-rural-teenagers#stream/0>
- SEC - You Tube presentation <https://www.youtube.com/watch?v=RBz5BApmdGQ>
- Spectrum News "Hunger in Kentucky" -
<https://spectrumnews1.com/ky/louisville/shows/2018/02/04/sstop-hunger-group-amanda-hege-dr-alison-gustafson>
- NPR – <https://uknow.uky.edu/campus-news/uk-working-combat-martin-co-obesity-rates>
- UK at the Half - <https://uknow.uky.edu/campus-news/behind-blue-uk-s-alison-gustafson-helps-kentuckians-eat-healthier-and-fight-obesity>
- UK at the Half - <https://www.stitcher.com/show/behind-the-blue/episode/april-30-2019-alison-gustafson-dietetics-and-human-nutrition-60368438>

SERVICE

National

Outside Expert Tenure and Promotion

Expert reviewer for promotion from Assistant to Associate Professor: 1) Dr. Caspi University of Minnesota 2019; 2) Dr. Hedrick Virginia Tech 2020; 3) Dr. Sonnenville Harvard 2020

Grant Review Panels

- 2024 USDA – GusNIP Produce Prescription Program (PPP)
- 2020 USDA – NIFA Small Business Innovation Research (SBIR) COVID-19 Rapid Response
- 2020 Tufts University – State agencies promoting telehealth
- 2020 SNAP-Ed Technical Working Group Expert on SNAP-Ed and Nutrition Interventions
- 2020 Tufts University and Walmart Foundation technical expert for online grocery shopping
- 2018 University of Maryland Grant review for community health
- 2016 National Health Interview Survey University of Kentucky Center Poverty Research February 2016
- 2016 USDA AFRI Childhood Obesity grant review panel
- 2015 USDA Delta ARS review panel - Obesity Prevention

Nutrients Journal Editor 2019 - present

As journal editor I review manuscripts for the special study section “Environmental determinant of food insecurity” and invite authors to submit manuscript for review. I review peer reviewed comments and summarize points of reviewers for manuscript authors. I submit recommendation to journal editor for final decision regarding publication decisions.

Guest Editor – Nutrients Special Issue “Evidence-based Nutrition Intervention and their influence on community health” 2022

Journal Contributions

- Reviewer *Journal Academy Nutrition and Dietetics*
- Reviewer *Journal American Journal Health Promotion*
- Adjunct reviewer – *Social Science Medicine, Annals Behavioral Medicine, BMC Public Health, Public Health Nutrition, Annals Family Medicine, Preventive Medicine, Journal Public Health and Management, American Journal Preventive Medicine, Journal Nutrition Education and Behavior, Journal Rural Health*

University

- University Senate 2019-2022
- Vice President for Research (VPR) Data Management Task Force 2022
- Chair Senate Committee on Research and Graduate Education 2021-2022
- Senate Committee and Research and Education 2019-2022
- Office of Research Integrity Non-medical Internal Review Board (IRB) 2014-2015

College

- Faculty Council 2017-2019
- Graduate Faculty Council 2018-2020
- Human Environmental Science Graduate School Award Committee 2018-2020
- Human Environmental Science International Travel Committee 2017-2019
- Promotion and Tenure Committee 2017-2019
- Hiring committee Associate Dean of Research 2016
- Research Associate Food Systems Innovation Center 2013-2019
- Sustainable Agriculture Food Systems Working Group 2013-2018
- Search Committee - Associate Dean of Research College of Agriculture, Food, and Environment 2014

- Screening Committee - Food Connection Director College of Agriculture, Food, and Environment 2014

PROFESSIONAL MEMBERSHIPS

- Academy Nutrition and Dietetics 1998 – present
- International Society Behavioral Nutrition and Physical Activity 2006 - present
- Academy Nutrition and Dietetics Research Practice Group 2010 - present
- Society Nutrition Education and Behavior 2011 – present
- Society Behavioral Medicine 2012 - present
- Agriculture, Food, and Human Values Society 2014 - present
- Association for the Study of Food and Society 2014 – present
- Obesity Society 2010 - 2017