

Elizabeth Thomas Falls, Ph.D., R.D.

423 River Prado
Fort Pierce, FL 34946
772-532-1866
bfalls1@msn.com

Education

- Ph.D. 1993 Human Nutrition, University of Florida, Gainesville, FL
Dissertation Topic: Erythrocyte Metallothioneine response to dietary zinc intake in human subjects.
- M.S. 1987 Nutrition and Dietetics, Florida State University, Tallahassee, FL
- B.S. 1985 Nutrition and Dietetics, Florida State University, Tallahassee, FL

Professional Positions

2008-present Research Associate, Ocean Research and Conservation Association.

Program Director for ORCA's FAST Program (Fast Assessment of Sediment Toxicity). Develop and run bioassays to monitor toxicity of the Indian River Lagoon. Assist with writing grants and publications. Supervise students and interns.

2001-present Adjunct Faculty, Indian River State College (Formally Indian River Community College.) Teach classroom and internet courses as needed.

2000-present Beth Falls, Inc. Private Practice, Vero Beach, FL. Offer nutrition classes and individual counseling on women and children's health issues, aging, and oncology through private practice. Freelance writing, including a health and wellness website for mothers and daughters. Present nutrition seminars for professional and lay audiences.

2001-2002 Program Director/Acting Executive Director, and Nutrition Instructor, Geffen Cancer Foundation, Vero Beach, FL. (part time) Responsibilities included developing and organizing various education and support programs for cancer patients and their families, recruiting and supervising instructors and facilitators, marketing programs, fund raising, book keeping, data base development, and writing, publishing and distributing quarterly newsletter. Responsibilities also included developing and presenting a series of classes designed for cancer patients and their loved ones, and acting as a resource for nutrition information for the Foundation participants and instructors/facilitators.

1998-2000 Deputy Division Director, Education Division, Harbor Branch Oceanographic Institution, Ft. Pierce, FL. Supervised staff including full and part-time teachers, administrative assistant, and audio/visual technician. Coordinated education programs for K-12, undergraduate and graduate students, including field trips, semester courses, internships and summer camps. Developed and obtained funding for new education programs.

1995 – 1998 Assistant Professor, Department Human Nutrition, Foods and Exercise, Virginia Polytechnic Institute and State University, Blacksburg, VA.

Conducted independent and collaborative research. Taught undergraduate and graduate courses on basic and applied nutrition. Advised and directed graduate student research. Participated on departmental and college committees. Served as academic and career advisor for undergraduate and graduate students.

1993-1995 Visiting Assistant Professor, Department of Human Nutrition and Foods, Virginia Polytechnic Institute and State University, Blacksburg, VA.

1990-1993 Graduate Research Assistant, Food Science and Human Nutrition Department, University of Florida, Gainesville, FL. Designed and conducted human metabolic feeding studies. Performed a variety of laboratory methods including ELISA, HPLC, Atomic Absorption Spectrophotometry and microbiological assays. Served as research and teaching assistant.

- 1988-1990 Pediatric Dietitian, Phoenix Children's Hospital, Phoenix, AZ.** Performed nutrition assessment, education, and supervision of children with cystic fibrosis and bronchopulmonary dysplasia. Coordinated nutrition services for outpatient pediatric pulmonary clinic. Worked on collaborative team conducting clinical research.
- 1987 Pediatric Nutrition Trainee, Pediatric Pulmonary Center, University of Florida, Gainesville, FL.**

Publication List

REFEREED JOURNAL ARTICLES:

Perks SM, Roemmich JN, Sandow-Pajewski M, Clark PA, Thomas E, Weltman A, Patrie J, and Rogol AD (2000) Alterations in growth and body composition during puberty. IV. Energy intake estimated by the youth-adolescent food-frequency questionnaire: validation by the doubly labeled water method. *Amer J Clin Nutr* 72:1455-1460.

Freitag KA, Saker KE, Thomas E, and Kalinsky J. (2000) Acute starvation and subsequent refeeding affect lymphocyte subsets and proliferation in cats. *J Nutr* 130:2444-2449.

Simon JC, Saker K, and Thomas E (1999) Sensitivity of specific immune function tests to acute nutrient deprivation as indicators of nutritional status in a feline model. *Nutr Res* 20:79-89.

Tamura T, Goldenberg RL, Johnston KE, Freeberg LE, DuBarb MB, and Thomas E (1996) In vitro zinc stimulation of angiotensin converting enzyme activities in human plasma. *J Nutr Biochem* 7:55-59.

O'Keefe CA, Bailey LB, Thomas EA, Hoffler S, Davis B, Gergory J and Cerda J (1995) controlled dietary folate affects folate status in nonpregnant women. *J Nutr* 125:2717-2725.

Thomas EA, Bailey LB, Kauwell GA, Lee E and Cousins RJ (1992) Metallothioneine response to dietary zinc in humans. *J Nutr* 122:2408-2414.

BOOK CHAPTERS:

Falls BT and Bailey LB. Folate: a key to optimal pregnancy outcome. In: Handbook of Nutrition and Pregnancy. (Lammi-Keefe CJ and Couch SS eds), Humana Press, Totowa NJ pgs. 245-254, 2008.

Thomas, E. Pantothenic Acid and Biotin In: Handbook of Sports Nutrition: Vitamins and Trace Minerals (I. Wolinsky and J. Driskell, eds.) CRC Press, Inc. Boca Raton, FL, 1996.

Selected Abstracts (national meetings)

Thomas, EA and Ammana KB. (1997) Folate and iron status and milk folate concentrations in lactating women. *FASEB J* 11:A396.

Lewis MD and Thomas EA. (1996) Menstrual cycle dysfunction and weight loss practices among college age women. *JADA* 96:A31.

Mattioli LD and Thomas EA. (1996) Incidence of potential disordered eating throughout the continuum of dietetics education and practice. *JADA* 96:A71.

Sheng HC, Thomas E, Qian H and Ritchey S. (1996) Alterations in bone strength and formation rate following boron, estradiol or parathyroid hormone in ovariectomized rats. *FASEB J* 10:A780.

Gregory J, Bailey LB and Thomas EA. (1994) Stable-isotopic study of long-term folate metabolism in human subjects. *FASEB J* 8:A920.

Thomas EA, Kauwell G, and Bailey LB. (1993) Effect of zinc depletion on folate status in human subjects. *FASEB J* 7:A734.

Professional Affiliations

American Dietetic Association, member since 1988

Registered Dietitian

American Society for Clinical Nutrition, member since 1993

American Society for Nutritional Science, member since 1993

Instructional Responsibilities

COURSES TAUGHT AT VIRGINIA TECH:

HNFE 1004	Food and Nutrition
HNFE 2014	Nutrition Across the Life Span
HNFE 3026	Metabolic Nutrition
HNFE 4124	Therapeutic Nutrition
HNFE 5104	Vitamins in Human Nutrition
HNFE 5104 (revised)	Vitamins and Minerals
HNFE 5614	Maternal and Child Nutrition
HNFE 5984	Experiential Approach to Nutrition Counseling

COURSES TAUGHT AT INDIAN RIVER STATE COLLEGE:

DIE 2201	Nutrition & Dietetics (classroom and internet)
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