

EDUCATION AND TRAINING

University of Southern Mississippi *Hattiesburg, MS*
Master of Science in Human Nutrition, May 2003

University of Southern Mississippi *Hattiesburg, MS*
Dietetic Internship, May 2003

University of Mississippi *Oxford, MS*
Bachelor of Science in Family and Consumer Sciences, May 2001

WORK EXPERIENCE

Lecturer *August 2008 – present*
Director of the Didactic Program in Dietetics *January 2015-present*
University of Mississippi
Department of Nutrition and Hospitality Management
University, MS

Clinical Research Coordinator *September 2006 – August 2008*
University of Mississippi Medical Center
Diabetes and Metabolism Center
Jackson, MS

Adjunct Instructor *Spring semester 2007*
University of Mississippi
Department of Family and Consumer Sciences
University, MS

Outpatient Dietitian *October 2003 – August 2006*
University of Mississippi Medical Center
Ambulatory Clinics, Jackson Medical Mall
Jackson, MS

Nutrition Counselor *November 2003 – May 2004*
Inches Aweigh
Jackson, MS

Contract Dietitian *June 2003 – September 2003*
G.V. “Sonny” Montgomery VA Medical Center
Jackson, MS

OTHER PROFESSIONAL EXPERIENCE

Healthworks committee member at the University of Mississippi

2009-2014

University of Mississippi Medical Center's Bariatric Surgery Multidisciplinary Committee

2005 - 2008

Planning committee for 2006 Annual Women's Health Update presented by the Center of Excellence for Women's Health at the University of Mississippi Medical Center.

January 2006 – May 2006

Preceptor, University of Southern Mississippi Dietetic Internship. *October 2003 – August 2006.*

Reviewer, "Understanding Food Labels"

November 2005

- Reviewed brochure published by the American Dietetics Association, providing feedback and critique.

Mentor, Northwest Rankin Senior project

2005-2006 Academic Year

Reviewer, "The Truth About Fad Diets"

November 2004

- Reviewed brochure published by the American Dietetics Association, providing feedback and critique.

Co-chair, "Taking Steps for a Healthy Mississippi"

April 2004

- Organized students and volunteers for a 2 mile walk sponsored by the Mississippi Dietetics Association to raise awareness of obesity in Mississippi.

HONORS

Outstanding Young Dietitian of the Year 2006 Mississippi Dietetics Association

LICENSURE AND CERTIFICATIONS

Registered Dietitian with the American Dietetics Association, *August 2003 - current*

Licensed Dietitian by the State of Mississippi Board of Health, *August 2003 – current*

Certified Diabetes Educator, *October 2006 – current*

PROFESSIONAL ASSOCIATIONS

President, Mississippi Academy of Nutrition and Dietetics 2013-2014

President-elect, Mississippi Academy of Nutrition and Dietetics 2012-2013

Chair-elect, Committee on Education and Research, Mississippi Dietetic Association, 2009-2010

President, Central District Dietetics Association, 2008-2009

President-elect, Central District Dietetics Association, 2007-2008

Member, American Dietetics Association

Member, Mississippi Dietetics Association

Member, Diabetes Education Practice Group of American Dietetics Association

Member, Hunger and Environmental Nutrition Dietetics Practice Group

PUBLICATIONS/OTHER RESEARCH

Technical reports

Carithers, T., Lambert, L., **Parkes, E.**, Dickerson, A., & Dixon, J. (2013). Mississippi School Nutrition Environment Evaluation Data System (MS NEEDS) Comparison Outcomes: Year 1 Year 2, 3, and 4. Funding provided by the Center 4 Mississippi Health Policy and the Robert Wood Johnson Foundation.

Carithers, T., Lambert, L., **Parkes, E.**, Dickerson, A., & Mize, B. (2012). Mississippi School Nutrition Environment Evaluation Data System (MS NEEDS) Comparison Outcomes: Year 1 Year 2, and 3. Funding provided by the Center 4 Mississippi Health Policy and the Robert Wood Johnson Foundation.

Carithers, T., Lambert, L., **Parkes, E.**, Dickerson, A., Mize, B., & Zhang, L. (2011). Mississippi school nutrition environment evaluation data system (MS NEEDS): Comparison Outcomes: Year 1 and 2. Funding provided by the Center 4 Mississippi Health Policy and the Robert Wood Johnson Foundation.

Carithers, T., Lambert, L., **Parkes, E.**, Dickerson, A., Edwards, P., Zhang, L., Potter, S. & Coyle, K. (2010). Mississippi school nutrition environment evaluation data system (MS NEEDS): Technical report year one (2008-2009) outcomes. Funding provided by the Center 4 Mississippi Health Policy and the Robert Wood Johnson Foundation.

Papers/posters/abstracts

Lambert, L. G., Carithers, T., **Parkes, E.**, Zhang, L., & Zhang. (2014). Evaluating compliance with Mississippi's nutrition standards for competitive foods in schools. *Journal of the American Dietetic Association, (Abstract) A-11.*

Lambert, L. G., Carithers, T., **Parkes, E.**, Zhang, L., & Zhang. (November, 2013). Competitive food policies: Are they having an impact? *7th Annual Southern Obesity Summit.* Nashville, TN.

Lambert, L. G., Carithers, T., **Parkes, E.**, Zhang, L., & Zhang. (2013). Evaluating compliance with schools' health council memberships for the development and implementation of school wellness policies. *Journal of the American Dietetic Association, (Abstract) A-61.*

Jones, J., Carithers, T., Lambert, L., **Parkes, E.**, Zhang, L., & Zhang, Z. (2013). Research assessment of positive outcomes in the school nutrition environment through policy implementation. *Journal of the American Dietetic Association, (Abstracts) A-19.*

Lambert, L. G., **Parkes, E.** & Carithers, T. (2011). Compliance with Mississippi's Policies on Fruit and Vegetable Offerings within School Lunch Programs. *The Journal of the American Dietetic Association, (Abstracts) A-65.*

Lambert, L. G., **Parkes, E.** & Carithers, T. (2010). Compliance with Mississippi's Policies on Fruit and Vegetable Offerings within School Lunch Programs. *The Journal of the American Dietetic Association, (Abstracts)*, A-72.

Parkes, E., Brackin, B., Bouldin, M. (2008). The effects of diabetes self-management on weight outcomes. *Obesity. (supplement)* S312-311.

Parkes, E., Bouldin, M., Roach, J., Cooper, T., Brackin, B. The effects of diabetes self-management education on glycemic outcomes. Poster presented at the 2007 National Prevention and Health Promotion Summit. November 2007; Washington, DC.

Parkes, E., Grothe, K.B., Bouldin, M., Brackin, B., Low, A., Valderrama, R., Jones, E., Sumrall, C. (2007) Patterns of Weight Change with Intensive Diabetes Management in an Ethnically Diverse Low-Income Sample. *Obesity. (abstracts)* A133.

Grothe, K., Low, A., O'Jile, J., Salameh, J., **Parkes, E.**, Bouldin, M. (2006) Psychological Predictors of Weight Loss Following Bariatric Surgery in Women. *Obesity (abstracts)* A80.

Grothe, K.B., Low, A.K., O'Jile, J., Salameh, J.R., **Parkes, E.**, Bouldin, M. (June 2006). Gender Differences in Psychological Variables in Patients Presenting for Weight Loss Surgery. Poster presented at the 14th Annual Congress on Women's Health.

Parkes, E. Nutrition Management of Patients Following Bariatric Surgery. (2006). *American Journal of Medical Science*, 331(4), 207-213.

Co-investigator, "Family Fitness Makeover"
University of Mississippi Medical Center, Jackson, MS
American Dietetics Association Foundation (*August 2005-August 2007*)

PROFESSIONAL PRESENTATIONS

"Flipped Instruction: Flipping it without flipping out!". Innovations in Teaching Foodservice Management Education, 2015 Foodservice Systems Management Educational Council Biannual Meeting, Memphis, TN. *March 13, 2015.*

"Sugar...Forget About It." Spring Meeting 2014, Mississippi Association of Nutrition and Foodservice Professionals, Tupelo, MS, *April 23, 2014.*

"Calories In, Calories Out". Harriet-Williamson Annual Diabetes Conference, University of Mississippi Medical Center School of Nursing, Jackson, MS *November 2, 2007.*

"Patterns of Weight Change with Intensive Diabetes Management in an Ethnically Diverse Low-Income Sample." (Oral abstract presentation). University of Mississippi Medical Center's School of Graduate Studies in the Health Sciences Research Day. *October 26, 2007.*

"Put a Little Chocolate in Your Day". Harriet-Williamson Annual Diabetes Conference, University of Mississippi Medical Center School of Nursing, Jackson, MS *November 3, 2006.*

“Practical Pearls in Medical Nutrition Therapy: Guidelines for Busy Practitioners”. Diabetes Management Conference (Delta Series). Greenville, MS *July 21*; Greenwood, MS *August 11*; Clarksdale, MS *September 1, 2006*.

“Healthy Eating Overview”. Adult Health Conference for Public Health Physicians, Jackson, MS. *May 15, 2006*.

“Fast-Food Guidelines for Busy Families”. Midday Mississippi, WAPT news channel. *April 14, 2006*.

“Lessons from the New Food Guide Pyramid: How to apply general guidelines to diabetes medical nutrition therapy” Harriet Williamson Annual Diabetes Conference, University of Mississippi Medical Center School of Nursing, Jackson, MS *November 18, 2005*.

“My Pyramid: USDA’s new food guidance system” Metabolic Rounds presentation, Jackson, MS *October 5, 2005*.

“Clinical Nutrition in Practice: Outpatient Nutrition Services at the Jackson Medical Mall” Metabolic Rounds presentation, Jackson, MS *June 1, 2005*.

“Fads & Follies” (professional version) Diabetes Management Conference (Delta Series) Clarksdale, MS *May 20*; Greenville, MS *June 17*; Greenwood, MS *August 12, 2005*.

“Nutrition Assessment and Education of Bariatric Surgery Patients” University of Mississippi Medical Center School of Nursing Conference, Jackson, MS *March 11, 2005*.

“Nutrition 101: Translating diet guidelines into a language your patients can understand” Continuing Education program sponsored by the University of Mississippi Medical Center School of Nursing, Jackson, MS *November 5, 2004*.

“Fads & Follies: Getting the ‘skinny’ on popular diets” Community Conference for Women, sponsored by the Center of Excellence for Women’s Health at the University of MS Medical Center, Jackson, MS *August 16, 2004*.

“Medical Nutrition Therapy in Diabetes” Diabetes Management Conference (Delta Series) Cleveland, MS *March 26*; Clarksdale, MS *April 30*; Greenwood, MS *July 23, 2004*.