

Lyndi Buckingham-Schutt, PHD, RDN, LD  
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## **EDUCATION**

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### **PhD | December 2017 | Iowa State University**

Major: Nutritional Science

Dissertation Title: The Behavioral Wellness in Pregnancy Study: a theory-based multi-component intervention to promote appropriate weight gain and healthy lifestyle behaviors in previously sedentary pregnant women

### **BS | August 2012 | Iowa State University**

Major: Dietetics

Magna Cum Laude

### **BA | June 2009 | St. Olaf College**

Major: Exercise Science

## **RECENT EMPLOYMENT**

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**Assistant Professor**, Department of Food Science and Human Nutrition, Health and Human Science  
State Specialist, College of Human Sciences

Iowa State University, Ames IA | February 2022 – present

**Director of Wellness & Nutrition Policy** | July 2021- January 2022

**Associate Director of Wellness & Nutrition Policy** | July 2017 – June 2021

The Harkin Institute for Public Policy & Citizen Engagement, Drake University, Des Moines, IA

**Adjunct faculty**, Sport Science and Health Education

Simpson College, Indianola IA | January 2019 – December 2019

**Research Assistant & USDA Fellow for Childhood Obesity Prevention**

Iowa State University, Ames IA | August 2013 – December 2017

## **PROFESSIONAL CERTIFICATES**

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- Registered Dietitian Nutritionist (RDN), June 2013, Registration ID # 1091410
- Licensed Dietitian (LD), State of Iowa, Registration ID # 002181
- American College of Sports Medicine (ACSM) Certified Personal Trainer, Certification #672709

## PEER REVIEWED PUBLICATIONS

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### PUBLISHED PAPERS

(\*=undergraduate student supervised, \*\*= graduate student supervised; †professional supervision; <sup>β</sup>= served as corresponding author)

1. Lee S, Lahoda K, Myers ND, Horowitz A, Freeland M, Einav E, **Buckingham-Schutt LM**, Welk G. Initial outcomes from the Confident Moves online intervention to promote physical activity in adults with obesity: a longitudinal feasibility and acceptability pilot trial. *BMC Public Health*. 2025;25(1):3466. Published 2025 Oct 13. Doi: 10.1186/s12889-025-24763-0.
2. Bergquist E, **Buckingham-Schutt LM**, Smalley S, Campbell CG, Dollisso A, Qu S. Integrating Systems Thinking in Nutrition and Dietetics Education. *Journal of Human Nutrition and Dietetics*. 2025 Apr;38(2):e70036. doi:10.1111/jhn.70036
3. Bergquist E, **Buckingham-Schutt LM**, Smalley S, Campbell CG, Dollisso A, Qu S. Systems Thinking and Sustainable Food Systems in Dietetics Education: A Survey of Directors. *Acad Nutr Diet*. 2025;125(1):42-53. doi:10.1016/j.jand.2024.06.233
4. Bergquist E, **Buckingham-Schutt LM**, Smalley S, Campbell CG, Dollisso A, Qu S. Nutrition and Dietetics Educators' Experiences Using Systems Thinking in Teaching. *J Diet Educ*. 2024;2(2):47-62.
5. Bahl M, **Buckingham-Schutt LM**<sup>β</sup>, Litchfield R, Francis SM. Food retailer's perspectives on pilot programs strategies to promote healthy eating in SNAP participants. *JHSE*. 2022;10(1):4.
6. Harkin T, **Buckingham-Schutt LM**<sup>β</sup>. Thirty years after passage of the Americans with Disabilities Act: has the medical community done enough? *Ann Intern Med*. 2020; Jul 28. doi: 10.7326/M20-4554.
7. **Buckingham-Schutt LM**<sup>β</sup>, Ellingson LD, Vazou S, Campbell CG. The Behavioral Wellness in Pregnancy study: a randomized controlled trial of a multi-component intervention to promote appropriate weight gain. *AJCN*. 2019; 109(4):1071-1079. DOI: 10.1093/ajcn/nqy359.

### IN-PRINT/ACCEPTED PAPERS

1. **Buckingham-Schutt LM**<sup>β</sup>, Dunn-Swanson B<sup>†</sup>, Gatewood J. Working Out Loud: a pilot study in Extension and Outreach. 2025. *Journal of Human Sciences and Extension*.
2. **Buckingham-Schutt LM**<sup>β</sup>, Bucklin B, Janssen B, Johnson J, Askelson N. Navigating SNAP Waiver Submissions: A Case Study on Healthy Eating Strategies in Iowa. *Frontiers in Nutrition*.

### MANUSCRIPTS UNDER REVIEW

1. **Buckingham-Schutt LM**<sup>β</sup>, Dysert C, Wood G<sup>\*\*</sup>, Kamienski A<sup>\*\*</sup>. An Earn-and-Learn, App-Based Nutrition Education Model Embedded in a Produce Prescription Program for Low-Income Adults with Diabetes. Submitted to *Journal of Nutrition Education and Behavior*.

### MANUSCRIPTS IN PREPARATION

1. **Buckingham-Schutt LM**, Wood G\*\*, Kamienski A\*\*, Dysert C. Development of a novel Produce Prescription Program: clinical-community linkages leveraging innovative technology for incentive delivery and education.
2. Wood G\*\*, Kamienski A\*\*, Petersen K\*\*, Brooks J, **Buckingham-Schutt LM**. Participant Experiences With Technology-Enabled Nutrition Incentives: A Qualitative Study of Access, Use, and Benefit Changes.
3. Petersen K\*\*, Feldpausch G †, **Buckingham-Schutt LM**. Understanding Physical Activity Engagement in High-Obesity Communities: A Mixed-Methods Study Across Six Iowa Counties.
4. Kling NR, Dentzman K, Shelley M, Wolff MM, **Buckingham-Schutt LM**, Lanningham-Foster L. The influence of political ideology on trust in scientific fields within and out of the agri-food system. Submitted to *Science Communication*.

## REFEREED ABSTRACTS & CONFERENCE PRESENTATIONS

(\*=*undergraduate student supervised*, \*\*=*graduate student supervised*; †=*professional supervision*; <sup>β</sup>= *served as corresponding author*)

1. **Buckingham-Schutt LM**, Sprouse S<sup>†</sup>. Creating Healthier Communities: Leveraging Activities and Partnerships through Iowa LEAP. *Presenting as a conference session at the Iowa Public Health Conference, Des Moines IA. April 8, 2026.*
2. **Buckingham-Schutt LM**, Burkey A<sup>†</sup>, Burkey M. Walkability Audits: A Steppingstone to Policy, Systems, and Environment Changes for Improved Physical activity. AB and MB *presenting as a conference session at the Iowa Public Health Conference, Des Moines IA. April 9, 2026.*
3. **Buckingham-Schutt LM**, Wood G\*\*, Dysert C, Kamienski A\*. Food is Medicine in Action: Lessons from the Iowa Produce Prescription Program. *Presenting as a poster presentation at the Iowa Public Health Conference, Des Moines IA. April 8, 2026.*
4. Wood G\*\*, Dysert C, Kamienski A\*, **Buckingham-Schutt LM**. Produce Your Path: a virtual nutrition intervention. GW presented at the Improving Health Outcomes Through Preventing Childhood Obesity Conference, virtual session. January 13, 2026.
5. Wood G\*\*, Dysert C, Kamienski A\*, **Buckingham-Schutt LM**. Exploring the Integration of Nutrition Education in a Mobile App-Based Produce Prescription Program: a mixed-methods study. GW presented at the NOPREN Summer Speaker Series, virtual session. August 14, 2025.
6. Enahora B, Pitts S, **Buckingham-Schutt LM**. Improving Participation in Fruit and Vegetable Incentive Programs through Digital Technologies. Presented at the Society of Nutrition Education and Behavior 2025 International Conference, conference session, Indianapolis IN, July 10, 2025.

7. Dunn Swanson B, **Buckingham-Schutt LM**. Using Social Determination Theory: Building Skills to Excel in Urban Extension. Presented at the Northcentral Region Urban Extension Conference, conference session, Cedar Rapids, IA, May 29 2025.
8. **Buckingham-Schutt LM**, Feldpausch G\*\*\*. Leveraging Community Perspectives: Survey Strategies for Produce Prescription Program Needs Assessments. Presented at the National Health Outreach Conference, conference session, Omaha, NE, May 2025.
9. **Buckingham-Schutt LM**, Dysert C, Brooke L, Sprouse S\*\*\*. Bridging Gaps: Federal and State Synergies with Community Coalitions for Enhanced Nutrition Security. Presented at the National Health Outreach Conference, conference session, Omaha, NE, May 2025.
10. **Buckingham-Schutt LM**, Feldpausch G\*\*\*, Sprouse S\*\*\*. Walkability Audits: A Steppingstone to Policy, Systems, and Environment Changes for Improved Physical Activity and Equity in Local Communities. Poster at the National Health Outreach Conference, poster, Omaha, NE, May 2025.
11. **Buckingham-Schutt LM**, Haberl J. Transforming Workplace Wellness in Iowa: strategies for comprehensive obesity care. Presented at the Iowa Employment Conference, conference session, Des Moines, IA, April 2, 2025.
12. Wood G\*\*, **Buckingham-Schutt LM**. Produce Your Path: A virtual nutrition intervention. Poster at Research in the Capital, poster presentation, Des Moines, IA, March 31, 2025.
13. Bergquist E, **Buckingham-Schutt LM**. Advancing Civic Engagement Through Experiential Learning and Community Partnerships: Applying the I+PSE Conceptual Framework. Presented Cyclone Civics Professional Development Conference, breakout session, Ames, IA, February 19, 2025.
14. **Buckingham-Schutt LM**, Dunn-Swanson B, Gatewood J. Working Out Loud: Practicing Personal and Professional Wellbeing. Poster at Extension Leadership Conference, Savannah GA, February 19, 2024. Campbell CC, Smith KS, Feldpausch G, Buckingham-Schutt LM (moderator). The Hormone Story: A Dietitian's Role in Optimizing Reproductive Health. Presented at the Food and Nutrition Conference and Expo, conference session, Minneapolis, MN, October 7, 2024.
15. Schwartz C, Lange J, **Buckingham-Schutt LM**. Iowa Food Plan: Setting the table for all Iowans. Presented at the Iowa Hunger Summit, breakout session, Des Moines IA. July 31, 2024.
16. **Buckingham-Schutt LM**, Dunn-Swanson B, Gatewood J. Working Out Loud: Practicing Personal and Professional Wellbeing. Poster at National Health Outreach Conference. Greenville, South Carolina. May 2024.
17. Reed KS, Frescoln AM, **Buckingham-Schutt LM**, Valentine RJ, Keleher Q, Lefferts WK. Influence of Diet Quality on Cerebrovascular Hemodynamics in At-Risk Middle-Aged Adults. KR presented at North American Artery Society 12th Annual Meeting. Aurora, CO. June 14-15, 2024.

18. Huegerich J, Shriver A, **Buckingham-Schutt LM**. Setting the Table for All Iowans. Presented at the 2024 Public Health Conference of Iowa, Des Moines IA, March 2024.
19. **Buckingham-Schutt LM**, Stotz S, Byrd L, Groves G. Food and Nutrition Security in Action: The Role of the RDN in Nutrition Incentive Programs. Presented at the Food and Nutrition Conference and Expo 2023, conference session, Denver CO, October 9 2023.
20. **Buckingham-Schutt LM**, Huegerich J. Iowa Food System Coalition and Public Health Working Together to Make a Difference in our Food System. Presented at the 2023 Public Health Conference of Iowa, Ames IA, March 2, 2023.
21. McLaren A, Dysert C, **Buckingham-Schutt LM**, Ling R. Examining Iowa's Produce Incentive Programs; from Implementation to Impact and Evaluation. Presented at the University of Iowa Healthy LifeStars Conference, virtual conference, January 2023.
22. Baker E, **Buckingham-Schutt LM**. Perceived benefits and consequences of using a fetal monitoring mobile health app: A qualitative study of user experiences. Presented by Elizabeth Baker at the American Public Health Association 2022 Annual Meeting and Expo. Boston MA, November 2022.
23. Bergquist E, **Buckingham-Schutt LM**, Cox S, Tagtow A. Addressing Complex Adaptive Challenges Using Systems Thinking. Presented at Food and Nutrition Conference and Expo 2022, conference session, Orlando FL, October 2022.
24. Callahan K\*\*, Wyatt K\*\*, Owens K\*\*, **Buckingham-Schutt L**. SNAP Healthy Food Pricing Incentive Programs: State Comparison & Evaluation. *Curr Dev Nutr*. 2022 Jun 14;6(Suppl 1):101. doi: 10.1093/cdn/nzac051.017. PMID: PMC9193531
25. Callahan K\*\*, Owens K\*\*, **Buckingham-Schutt LM**. SNAP Healthy Food Pricing Incentive Programs: state comparison and evaluation. Presented at American Society of Nutrition annual conference 2022, poster session, virtual conference, June 2022.
26. McLaren A, Alvarez A, **Buckingham-Schutt LM**. Enhancing Access to Nutritious Food: The Impact of Social Determinants, Food is Medicine, and Iowa's Health Initiatives. Presented at the Public Health Conference of Iowa, conference session. Ames, IA, May 4 2022.
27. **Buckingham-Schutt LM**, Price E, Aucutt M, Duffy P. Self-Reported Outcomes With the Use of a mHealth Fetal Monitoring App During Pregnancy. *Society for Maternal Fetal Medicine Annual Pregnancy Meeting 2022*, *American Journal of Obstetrics & Gynecology* special edition, poster presentation, February 2022.
28. **Buckingham-Schutt LM**, Price E, Aucutt M, Duffy P. Improved Outcomes and Adherence to Kick Counting Recommendations With the Use of a mHealth Fetal Monitoring App During Pregnancy. Presented at ISA-ISPID 2021 Digital Conference, poster session, virtual conference, November 2021.
29. **Buckingham-Schutt LM**, Duffy P. Using Technology to Monitor Baby, the Use of mHealth to Improve Fetal Outcomes. Presented at Stillbirth Summit 2021, virtual conference, June 2021.

30. Duffy P, **Buckingham-Schutt LM**. The effect of the Count the Kicks® app on the rate of stillbirth in Iowa. Presented at Public Health Conference of Iowa 2021, poster session, virtual conference, April 2021.
31. Duffy P, **Buckingham-Schutt LM**. The effect of the Count the Kicks® app on the rate of stillbirth. Presented at American Public Health Association, virtual conference, October 2020.
32. Uram J\*, Johnson J, **Buckingham-Schutt LM**. How to Increase Diet Quality for Iowa Food Assistance Clients: A Qualitative Analysis of 13 Interviews. Presented at Iowa Governor’s Conference on Public Health, poster session, virtual conference, April 2020.
33. **Buckingham-Schutt LM**, Spyridoula V, Ellingson LD, Welk GJ, Campbell CG. Efficacy trial of a behavioral lifestyle intervention to promote appropriate gestational weight gain. Presented as a poster presentation at American College of Sports Medicine annual meeting, Minneapolis, MN, May 2018.
34. **Buckingham-Schutt LM** & Jones J. Engaging Outreach: How to effectively turn your research into action. Presented as a workshop at the 2018 American Society of Public Administration annual conference, Denver, CO, February 2018.
35. **Buckingham-Schutt LM**, Campbell CG, Spyridoula V. Prenatal theory-based lifestyle intervention effectively promotes positive behavior change and appropriate weight gain. Presented as an oral presentation at the International Society of Behavioral Nutrition and Physical Activity annual meeting, Victoria, Canada, June 2017.
36. **Buckingham-Schutt LM**, Campbell CG. The effect of a lifestyle intervention in pregnancy to prevent excessive gestational weight gain. Presented as an oral presentation at the Graduate and Professional Students’ Research Conference, Iowa State University, Ames, IA, April 2017.
37. Campbell CG, **Buckingham LM**, Ellingson L, Kratzer S, Lanningham-Foster L, Welch A. Compensatory prolonged sedentary time with increased walking during mid-pregnancy. Presented as a poster presentation at the International Society of Behavioral Nutrition and Physical Activity annual meeting, Edinburgh, Scotland, UK, June 2015.
38. **Buckingham LM**, Smith KM, DiFabio DR, Kong K, Lanningham-Foster L, Campbell CG. Association of diet quality during pregnancy and pre-gravid weight status. Presented as an oral presentation at the International Society of Behavioral Nutrition and Physical Activity annual meeting, Edinburgh, Scotland, UK, June 2015.
39. **Buckingham LM**, Vazou S, Campbell CG. “Be-Well”: Promoting behavioral well-being using individualized nutrition and physical activity counseling in overweight pregnant women. Presented as a poster presentation. Iowa Academy of Nutrition and Dietetics Annual Meeting, Des Moines, IA, November 2014.

## **INVITED PRESENTATIONS**

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1. **Buckingham-Schutt LM.** Keynote Speaker (title TBD). *Presenting as the keynote address at the Iowa Child and Adult Care Food Program (CACFP) with the Iowa Department of Education, Ankeny IA. May 6, 2026.*
2. **Buckingham-Schutt LM.** Tackling Nutrition Standards Together!: Fun or Frustrating. Presented at Iowa Department of Education School Nutrition Conference 2025. July 30, 2025.
3. **Buckingham-Schutt LM.** Nourishing Health: The Role of Food as Medicine and Physicians in Addressing Social Determinants of Health. Powerpoint presentation at MercyOne North Iowa Graduate Medical Education. Virtual presentation, April 15, 2025.
4. **Buckingham-Schutt LM.** The Role of the RDN in Nutrition Incentive Programs. Presented at Academy of Nutrition and Dietetics Public Health Dietetic Practice Group webinar series. January 29, 2025.
5. Rudolph C, Scheuermann K, Bauermeister T, Wiggins K, Jones J, **Buckingham-Schutt LM**, Bradley M. Panel of Policy Perspectives: Engaging in Advocacy to Elevate RDN Impact. Panelist, Iowa Academy of Nutrition and Dietetics Annual Meeting. Altoona, Iowa, November 21, 2024.
6. **Buckingham-Schutt LM.** Nutrition Standards for Healthy Kids: the key ingredients. Iowa Department of Education, Back to School Nutrition Conference. Ames, IA, July 30, 2024.
7. **Buckingham-Schutt LM.** Food is Medicine approach: information for health care providers. MercyOne Iowa Heart Center, Medical staff education. Virtual, March 2023.
8. **Buckingham-Schutt LM**, Huegerich J. Iowa Food System Coalition and RDNs Working Together to Make a Difference. Iowa Academy of Nutrition and Dietetics Annual Meeting. Dubuque, IA, November 4, 2022.
9. **Buckingham-Schutt, LM.** Food as Medicine. Iowa Convening to Inform the White House Conference on Hunger, Nutrition, and Health. Organized by The Harkin Institute for Public Policy & Citizen Engagement. Des Moines, IA, July 8, 2022.
10. **Buckingham-Schutt LM**, Campbell CG. So You're a Dietitian - What's your Food Policy? Iowa Academy of Nutrition and Dietetics Annual Meeting. West Des Moines, IA, November 23, 2019.
11. **Buckingham-Schutt LM.** *Leveraging Value-Based Care.* Invited Panelist. Better Care for American forum. Des Moines, IA, October 9, 2019.
12. **Buckingham-Schutt LM.** *What's the Deal with Plant-based Diets?: An Introduction to Plant-based Eating and Why It Is Important.* Mercy Cancer Center Cancer Education Series. Des Moines, IA. August 21, 2019.
13. **Buckingham-Schutt LM.** *The short & sweet of it: sugar & cancer.* Mercy Cancer Center Cancer Education Series. Des Moines, IA. February 13, 2019.
14. **Buckingham-Schutt LM.** *The Role of Access in Determining Outcomes.* Invited panelist. 2018 ACS CAN Iowa Policy Reception. Des Moines, IA. October 30, 2018.

15. **Buckingham-Schutt LM.** *Fighting for Our Health Care.* Iowa Alliance for Retired Americans annual convention 2018. Des Moines, IA, August 2018.
16. **Buckingham-Schutt LM.** *Building a Healthy Workforce: The Value of Preventive Health Care on Worker Productivity and Quality of Life.* Drake University panel discussion on building healthy workforce. Des Moines, IA, May 2018.
17. **Buckingham-Schutt LM & McClurg M.** *Public Policy and Advocacy 101.* Iowa Academy of Nutrition and Dietetics Annual Meeting 2016. Ames, IA, November 2016.
18. **Buckingham LM.** *CMS Rule on Therapeutic Diet Orders.* Iowa Academy of Nutrition and Dietetics Legislative Day Workshop. Iowa state Capital Complex, Des Moines, IA, February 2015.
19. **Buckingham LM.** *Nutritional Considerations for Colon Cancer.* Innovative Concepts in Nutrition Conference. Ingalls Memorial Hospital, Harvey, IL, February 2013.

## **OTHER PUBLICATIONS**

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1. **Buckingham-Schutt LM,** Wood G, Haberl J. Transforming Workplace Wellness in Iowa: Strategies for Comprehensive Obesity Care. September, 2024.  
<https://static1.squarespace.com/static/63ffa4761ca9af63a6201c5c/t/66fc38839f5a7a4290556a6d/1727805572514/Iowa+Obesity+Employer+Survey.pdf>
2. Callahan K, Wyatt K, Owens K, **Buckingham-Schutt LM.** SNAP Healthy Food Pricing Incentive Programs: state comparison and evaluation. The Harkin Institute for Public Policy & Citizen Engagement. Summer. 2022. [https://harkininstitute.drake.edu/wp-content/uploads/sites/103/2022/08/SNAP-Incentive-Report\\_v5.pdf](https://harkininstitute.drake.edu/wp-content/uploads/sites/103/2022/08/SNAP-Incentive-Report_v5.pdf)
3. **Buckingham-Schutt, LM.** The Link Between Stillbirth & Maternal Mortality and Morbidity: First hand Accounts from American Women (white paper). April 2022. <https://www.stillbirthalliance.org/wp-content/uploads/2022/06/Stillbirth-Maternal-Mortality-Morbidity-in-USA-April-2022.pdf>
4. Craddick K, Frerick A, **Buckingham-Schutt LM.** Piloting a New Way Forward: using farm bill pilots to guide future ag policy. November 2021. <https://harkininstitute.drake.edu/wp-content/uploads/sites/103/2022/03/Farm-Bill-Pilot-Program-Report-2022-03.pdf>.
5. **Buckingham-Schutt LM,** Schettler E, Klein I, Hohe E, Wittrock H, and Johnson L. 2021 Harkin On Wellness Report, March 2021. [https://harkininstitute.drake.edu/wp-content/uploads/sites/103/2021/03/HOWReport2021\\_Final\\_v1.pdf](https://harkininstitute.drake.edu/wp-content/uploads/sites/103/2021/03/HOWReport2021_Final_v1.pdf). March 2021
6. **Buckingham-Schutt LM,** Johnson J, Uram J, Daly E, Ramos C, Schwartz C. Strategies to Improve Healthy Eating in SNAP: an Iowa perspective. January 2021. [https://harkininstitute.drake.edu/wp-content/uploads/sites/103/2021/02/THI\\_SNAP\\_Report.pdf](https://harkininstitute.drake.edu/wp-content/uploads/sites/103/2021/02/THI_SNAP_Report.pdf).

7. **Buckingham-Schutt LM**, Schettler E, Dwelle M, Jost E, Craddick K, Springsteen K. 2019 Harkin On Wellness Report. May 2019.  
<https://harkinstitute.drake.edu/wpcontent/uploads/sites/103/2019/09/2019-HOW-Report.pdf>.
8. **Buckingham-Schutt LM**. Work requirements for SNAP undermine economic goals for food-insecure families. *Des Moines Register*. December 24, 2018. [in-print] Available at:  
<https://www.desmoinesregister.com/story/opinion/columnists/2018/12/21/work-rules-snap-would-undermine-economic-goals-families/2386545002/>
9. **Buckingham-Schutt LM**. Allowing canned, dried, and frozen foods undermines mission of Fresh Fruit and Vegetable Program. [www.harkinstitute.drake.edu](http://www.harkinstitute.drake.edu). May, 2018.  
<https://harkinstitute.drake.edu/2018/05/08/brief-allowing-canned-dried-and-frozen-foods-undermines-mission-of-fresh-fruit-and-vegetable-program/>
10. **Buckingham-Schutt LM**, Gabrielle Miller. 2018 Harkin On Wellness Report.  
[www.harkinstitute.drake.edu](http://www.harkinstitute.drake.edu). March, 2018. <https://harkinstitute.drake.edu/wp-content/uploads/sites/103/2018/03/Harkin-On-Wellness-Report.2018.pdf>
11. **Buckingham-Schutt LM**. Why the tax plan threatens food security for millions of Americans.  
[www.harkinstitute.drake.edu](http://www.harkinstitute.drake.edu). November, 2017. <https://harkinstitute.drake.edu/2017/11/17/brief-why-the-tax-plan-threatens-food-security-for-millions-of-americans/>
12. **Buckingham-Schutt LM**. New climate change report shows humans' impact on environment.  
[www.harkinstitute.drake.edu](http://www.harkinstitute.drake.edu). November, 2017. <https://harkinstitute.drake.edu/2017/11/06/brief-new-climate-change-report-shows-humans-impact-on-environment/>
13. **Buckingham LM**. Atlantic salmon nutritional profile and benefits: a review of nutrition and health studies (white paper). August 2016.

## **CONFERENCE AND SYMPOSIUM LEADERSHIP**

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1. Symposium organizer and speaker: "Harkin On Wellness: Nutrition Security" The Harkin Institute for Public Policy & Citizen Engagement, Drake University, Des Moines, IA. March 29, 2022.
2. Symposium organizer: "Harkin On Wellness, Redefining Health: Food is Medicine Model" The Harkin Institute for Public Policy & Citizen Engagement, Drake University, Des Moines, IA. March 8, 2021.
3. Symposium organizer: "Harkin On Wellness, Public, Planet, and Health Policy: a new age approach to food systems" The Harkin Institute for Public Policy & Citizen Engagement, Drake University, Des Moines, IA. March, 2019.
4. Symposium organizer: "Harkin On Wellness: Preventive Care and Policy" The Harkin Institute for Public Policy & Citizen Engagement, Drake University, Des Moines, IA. March, 2018.

## **EXTENSION AND OUTREACH TECHNICAL REPORTS**

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1. Feldpausch G, **Buckingham-Schutt LM**. LEAP County Data Findings: Muscatine, March 2024.
2. Feldpausch G, **Buckingham-Schutt LM**. LEAP County Data Findings: Cedar, March 2024.
3. Feldpausch G, **Buckingham-Schutt LM**. LEAP County Data Findings: Clinton, March 2024.
4. Feldpausch G, **Buckingham-Schutt LM**. LEAP County Data Findings: Pottawattamie, March 2024.
5. Feldpausch G, Peterson K, **Buckingham-Schutt LM**. LEAP Walk Audit report: Pottawattamie, October 2024.
6. Feldpausch G, Peterson K, **Buckingham-Schutt LM**. LEAP Walk Audit report: Muscatine, October 2024.
7. Feldpausch G, Peterson K, **Buckingham-Schutt LM**. LEAP Walk Audit report: Cedar, October 2024.
8. Feldpausch G, Peterson K, **Buckingham-Schutt LM**. LEAP Walk Audit report: Clinton, October 2024.
9. **Buckingham-Schutt LM**, Feldpausch G. LEAP Food Environment Assessment report: Pottawattamie, October 2024.
10. **Buckingham-Schutt LM**, Feldpausch G LEAP Food Environment Assessment report: Cedar, October 2024.
11. **Buckingham-Schutt LM**, Feldpausch G LEAP Food Environment Assessment report: Clinton, October 2024.
12. **Buckingham-Schutt LM**, Feldpausch G LEAP Food Environment Assessment report: Muscatine, October 2024.
13. **Buckingham-Schutt LM**, Feldpausch G LEAP Food Environment Assessment report: Franklin, October 2024.

## HANDBOOKS, TOOLKITS, AND GUIDES

1. **Buckingham-Schutt LM**, Feldpausch G, Sprouse S. March 2025. LEAP Healthy Workplace Guidelines Toolkit. Project lead, original concept developer, supervised content and design creation.
2. **Buckingham-Schutt LM**, Feldpausch G. LEAP Year 2 Implementation Guide, October 2024. Project lead, co-content creation, supervised design, (*revised March 2025*).
3. **Buckingham-Schutt LM**. Working Out Loud Resilience: Iowa State University Facilitator Guide, May 2024. Project lead, author, content creation.
4. Feldpausch G, **Buckingham-Schutt LM**. LEAP Walk Audit Facilitation Guide, April 2024.
5. **Buckingham-Schutt LM**. LEAP Food Environment Assessment Training Guide, January 2024. Project lead, content creation, author.

## TRAININGS AND WORKSHOPS

1. Brooks J, **Buckingham-Schutt LM**. I-DUFB Spring 2025 Evaluation Training for Vendors. Spring 2025 (multiple occasions). Created content and implementation guide development.
2. **Buckingham-Schutt LM**, Feldpausch G, Sprouse S. LEAP Year 2 Spring Training, March 10, 2025. Led organization, content, and instruction.
3. **Buckingham-Schutt LM**, Dunn Swanson B, Gateway J. Working Out Loud Resilience: Iowa State University SNAP-Ed Training, December 2024. Led creation, coordination, and co-present/instruction.
4. **Buckingham-Schutt LM**, Feldpausch G, Sprouse S. LEAP Year 2 Team Planning, October 14, 2024. Led organization, content, and instruction.
5. **Buckingham-Schutt LM**, Dunn Swanson B, Gateway J. Working Out Loud Resilience: Iowa State University Training, May 2024. Created, coordinated, and co-presenter.

6. Feldpausch G, **Buckingham-Schutt LM**. LEAP Walk Audit Training, April 2024. Coordinated and presented.
7. Feldpausch G, Himar H, Adams L, Weinard M, **Buckingham-Schutt LM**. Action Planning for LEAP Year 1, March 2024. Project leader, supervised adaptation, revised training and materials.
8. Feldpausch G, Burke S, **Buckingham-Schutt LM**. LEAP Data for Decision Makers: assessing the needs of your county using data, January 2024. Project leader, supervised adaptation, revised training and materials.
9. **Buckingham-Schutt LM**. LEAP Food Environment Assessment Training, January 2024. Created, coordinated, and presenter.

## HANDOUTS, WORKSHEETS, ACTIVITIES

1. LEAP Quarterly Newsletter, Summer 2025. Available at: <https://us3.campaign-archive.com/?u=a0570e2fc2d01f47cc96859c0&id=6ca7b416ac>. Developed concept and design, supervised development of quarterly newsletter, content writer, editor.
2. LEAP Quarterly Newsletter, Spring 2025. Available at: <https://mailchi.mp/bb9013ee25b9/leap-newsletter-april-5803488>. Developed concept and design, supervised development of quarterly newsletter, content writer, editor.
3. Learn more about Leveraging Activities and Partnerships to address Obesity (Year 1), handout, November 2023.
4. Leveraging Activities and Partnerships to address Obesity Partner Expectations Policy, November 2023, revisions 2024. Available here: <https://iastate.app.box.com/s/27pwmrd0927vdihnegbo1388nu4kexd3>
5. Assessing the Needs of your County using Data: data needs assessment training pre-activity, March 2024.
6. LEAP Action Planning worksheet: Food Service Guidelines, March 2024.
7. LEAP Action Planning worksheet: Fruit and Vegetable Voucher and Incentive Programs, March 2024.
8. LEAP Action Planning worksheet: Community Design for Physical Activity, March 2024.
9. LEAP Walk Audit Tool, April 2024. Available here: <https://shop.iastate.edu/extension/family-food-health/food-and-nutrition/physical-activity/hs245.html>
10. LEAP Post-Walk Audit Survey, April 2024. Available here: <https://shop.iastate.edu/extension/family-food-health/food-and-nutrition/physical-activity/hs245.html>
11. LEAP Post-Walk Audit Action Steps Activity, April 2024. Available here: <https://shop.iastate.edu/extension/family-food-health/food-and-nutrition/physical-activity/hs245.html>
12. LEAP Post-Walk Audit Action Steps Ideas, April 2024. Available here: <https://shop.iastate.edu/extension/family-food-health/food-and-nutrition/physical-activity/hs245.html>
13. LEAP Coalition Operating Principle, October 2024.
14. LEAP Year 2 Talking Points, October 2024. Available here: <https://iastate.app.box.com/s/57n789ngqz741i2bp0fs9ynhwv0ghuvt>
15. Safe Routes Partnerships Release 2024 State Report Card Press Release, November 2024. Available here: <https://www.extension.iastate.edu/news/safe-routes-partnership-releases-2024-state-report-cards-iowa-performance-and-implications>
16. LEAP Year 2 Press Release, October 2024. Available here: <https://www.extension.iastate.edu/news/iowa-state-university-continues-efforts-improve-nutrition-and-physical-activity-six-iowa-counties>

17. LEAP Year 1 Press Release, July 2023. Available here: <https://www.extension.iastate.edu/news/iowa-state-university-receives-funding-improve-nutrition-and-physical-activity>

## REVISED CURRICULUM, PROGRAMS, TRAININGS

1. Produce Basics for Childcare Providers (PowerPoint). June 2025. Supervised adaptation, revised evaluation materials.
2. Safe Food for a Healthy Future Childcare Provider Training (PowerPoint), November 2024. Project leader, supervised adaptation, revised training and materials.
3. Spend Smart Eat Smart for Childcare Providers (PowerPoint), July 2024. Project leader, supervised adaptation, revised training and materials.
4. Spend Smart Eat Smart for Childcare Providers (lesson plan), July 2024. Project leader, supervised adaptation, revised training, educator lesson plan, handouts, and evaluation materials.
5. Good Nutrition on a Budget for Iowa National Guard (PowerPoint), May 2023. Project leader, supervised adaptation, revised training, educator lesson plan, handouts, and evaluation materials.

## WEBSITES

1. LEAP website, <https://www.extension.iastate.edu/humansciences/leap>, March 2024. Led creation, content, oversight, and continued maintenance of website.

## EDUCATIONAL PODCASTS

- |              |  |
|--------------|--|
| 2022, Oct 6  | Science of Parenting Podcast, S10: Ep. 1 – <a href="#">Kids &amp; Food: Why We Eat What We Eat</a> (co-host, content expert, script writing) |
| 2022, Oct 13 | Science of Parenting Podcast, S10: Ep. 2 – <a href="#">What I Bring to the Table: Feeding Styles</a>   |
| 2022, Oct 20 | Science of Parenting Podcast S10: Ep. 3 – <a href="#">Food Parenting Practices</a> (co-host, content expert, script writing)                 |
| 2022, Oct 27 | Science of Parenting Podcast S10: Ep. 4 – <a href="#">A Taste of Temperament</a> (co-host, content expert, script writing)                   |
| 2022, Nov 3  | Science of Parenting Podcast S10: Ep. 5 – <a href="#">Feeding in the First 1000 Days</a> (co-host, content expert, script writing)           |
| 2022, Nov 10 | Science of Parenting Podcast S10: Ep. 6 – <a href="#">Feeding &amp; Eating with Kids</a> (co-host, content expert, script writing)           |
| 2022, Nov 17 | Science of Parenting Podcast S10: Ep. 7 – <a href="#">Feeding &amp; Eating with Teens</a> (co-host, content expert, script writing)          |
| 2022, Nov 23 | Science of Parenting Podcast S10: Ep. 8 – <a href="#">Perservering Through Picky Eating</a> (co-host, content expert, script writing)        |
| 2022, Dec 1  | Science of Parenting Podcast S10: Ep. 9 – <a href="#">Final Thoughts on Food &amp; Feeding</a> (co-host, content expert, script writing)     |
| 2022, Aug 23 | Science of Parenting Podcast BONUS – <a href="#">Baby-Led Weaning or Spoon-Feeding</a> (co-host, content expert, script writing)             |

## EDUCATIONAL VIDEOS

- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. 5-2-1-0 Recipes: Sheet Pan Meal. Video. Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [[https://youtu.be/cIMn3rzaujw?si=6MYTqhNrNh7SD\\_l](https://youtu.be/cIMn3rzaujw?si=6MYTqhNrNh7SD_l)] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. 5-2-1-0 Recipes: Roasted Vegetables. Video. Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [[https://youtu.be/DbERzb4De7M?si=AAetVHlxB2qUAo\\_4](https://youtu.be/DbERzb4De7M?si=AAetVHlxB2qUAo_4)] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. 5-2-1-0 Recipes: Fruit and Vegetable Muffins. Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [<https://youtu.be/lOwm41lx5fw?si=kRa-9gblrAeV1FhV>] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. 5-2-1-0 Recipes: Slow Cooker Meal. Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [<https://youtu.be/qemfOByHz3k?si=YJwyURu-zEfScMTz>] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. 5-2-1-0 Recipes: Customized Stir Fry. Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [[https://youtu.be/GequDHfG1Vs?si=3eeLv\\_yKeK3arPKJ](https://youtu.be/GequDHfG1Vs?si=3eeLv_yKeK3arPKJ)] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. 5-2-1-0 Recipes: Customized Salad. Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [[https://youtu.be/1k\\_jk6DyBAA?si=Y1uT96t\\_UpPKe191](https://youtu.be/1k_jk6DyBAA?si=Y1uT96t_UpPKe191)] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. 5-2-1-0 Recipes: Customized Grain Bowl. Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [<https://youtu.be/GCP7KQ7LnDg?si=gSo6qTAe5ji2EEGb>] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. 5-2-1-0 Recipes: Breakfast Egg Bake. Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [<https://youtu.be/fjkHfmbCk?si=UoGQDA2FApCe0wbm>] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. Creating SMART Goals: 5-2-1-0 Healthy Choices Count! Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [[https://youtu.be/bEltkYWfzU?si=gY\\_Uharus1zhU5bo](https://youtu.be/bEltkYWfzU?si=gY_Uharus1zhU5bo)] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. Creating SMART Goals: 5-2-1-0 Healthy Choices Count! Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [[https://youtu.be/bEltkYWfzU?si=gY\\_Uharus1zhU5bo](https://youtu.be/bEltkYWfzU?si=gY_Uharus1zhU5bo)] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. Unit Pricing: 5-2-1-0 Healthy Choices Count! Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [[https://youtu.be/36LpVQnuOHk?si=u3xLOWkby\\_jHF0RI](https://youtu.be/36LpVQnuOHk?si=u3xLOWkby_jHF0RI)] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. What is 5-2-1-0 Healthy Choices Count! Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [<https://youtu.be/nWQsmTUgJF4?si=isCzfkXUX41vBYR9>] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. Everything You Should Know about Added Sugar: 5-2-1-0 Healthy Choices Count! Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [[https://youtu.be/PNNHV2CuEkE?si=pxqil4oGS\\_-](https://youtu.be/PNNHV2CuEkE?si=pxqil4oGS_-)]

- [QD691](#)] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. Cleaning and Storing Fruit and Vegetables: 5-2-1-0 Healthy Choices Count! Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [<https://youtu.be/XoP2xKylVT8?si=pdZxh8BrAOTnMHx>] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. Everything You Should Know about Dietary Fiber: 5-2-1-0 Healthy Choices Count! Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [[https://youtu.be/jrjZcGQu8ec?si=ofrp6LVL\\_THrjOb](https://youtu.be/jrjZcGQu8ec?si=ofrp6LVL_THrjOb)] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. Everything You Should Know about Fat in Your Food: 5-2-1-0 Healthy Choices Count! Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [[https://youtu.be/FuA6-30bXPU?si=XqUNuX1V\\_g1h1ck9](https://youtu.be/FuA6-30bXPU?si=XqUNuX1V_g1h1ck9)] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. Everything You Need to Know about the Nutrition Facts Label: 5-2-1-0 Healthy Choices Count! Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [<https://youtu.be/eVmacWbFRTU?si=m3nXOsdI-k4L2DOD>] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. Fresh, Frozen, and Canned: 5-2-1-0 Healthy Choices Count! Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [<https://youtu.be/idjv1uxjE8I?si=GcZ1YvCuJCP1VjHV>] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. Healthier Food Swaps: 5-2-1-0 Healthy Choices Count! Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [<https://youtu.be/JcYnvHoROOK?si=MnBXQJDHqXhG-ttU>] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. Healthier Food Swaps: 5-2-1-0 Healthy Choices Count! Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [<https://youtu.be/JcYnvHoROOK?si=MnBXQJDHqXhG-ttU>] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. Planning a Menu and Creating a Grocery List: 5-2-1-0 Healthy Choices Count! Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [<https://youtu.be/14H4IN1tsKo?si=StFAPLbZpRy1Y8bl>] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. Reducing Food Waste: 5-2-1-0 Healthy Choices Count! Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [[https://youtu.be/4o-2uzuaPEw?si=q\\_B9C8Mztdedvrp](https://youtu.be/4o-2uzuaPEw?si=q_B9C8Mztdedvrp)] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. Seasoning and Adding Flavor: 5-2-1-0 Healthy Choices Count! Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [<https://youtu.be/YxFGwaZOKlc?si=2r92-IDJkQbMSx4s>] (Supervised graduate student, script writing and editing, producing/filming coordination).
- 2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. What Does a Serving of Fruits and Vegetables Look Like?: 5-2-1-0 Healthy Choices Count! Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [<https://youtu.be/gAGaNWo9cVA?si=L6cwVbUbV1dHgdkA>] (Supervised graduate student, script writing and editing, producing/filming coordination).

2024 Dec Wood, G., Dysert, C., **Buckingham-Schutt, LM**. How and Why to Shop in Season: 5-2-1-0 Healthy Choices Count! Iowa Healthiest State Initiative, Iowa Produce Prescription Program. Available online [[https://youtu.be/l9B75sCmf5o?si=P\\_xUEJXMaX9tJ5bo](https://youtu.be/l9B75sCmf5o?si=P_xUEJXMaX9tJ5bo)]  
(Supervised graduate student, script writing and editing, producing/filming coordination).

## FUNDING SUPPORT

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2026 OPTIMIZE CKM: Optimizing produce prescriptions for adults with cardiovascular-kidney-metabolic syndrome Buckingham-Schutt (\$50,000)  
Co-PI: Elizabeth Lefferts

Funder: Iowa State University Presidential Interdisciplinary Research Seed Grant program (PIRS)

Responsibilities: co-PI (E. Lefferts), co-leadership in study conceptualization and design, data collection and methodology, analysis, partner development, reporting and dissemination.

2025 **Assess Training Needs of Iowa School Nutrition Professionals**

Buckingham-Schutt (\$72,851)

Funder: Iowa Department of Education

Responsibilities: PI, *oversee design and project evaluation, project oversight, grant reporting, and dissemination of evaluation results.*

2025 **Advocating for a SNAP Waiver in Iowa**

Buckingham-Schutt (\$30,000)

Full award: University of Iowa (\$60,000)

Funder: Center for Science in the Public Interest

Responsibilities: ISU-PI, *supported coordination of project Iowa, report outcomes, partnership engagement, report writing.*

2024 **Strengthening Double Up Food Bucks in Iowa (I-DUFB)**

Buckingham-Schutt (\$38,487)

Full award: Iowa Healthiest State Initiative (\$4,820,792)

Funder: Gus Schumacher Nutrition Incentive Program (GusNIP) grant, United States Department of Agriculture (USDA); subaward from Iowa's Healthiest State Initiative; November 1, 2024- August 31, 2027

Responsibilities: *ISU PI; oversee design and project evaluation, support integration of program with Iowa LEAP, IRB submission and oversight, grant reporting, and dissemination of evaluation results.*

2023 **Leveraging Activities and Partnerships to Address Obesity (Iowa LEAP)**

Buckingham-Schutt (\$2,550,000)

Funder: High Obesity Program award, Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity, September 2023-September 2028

Responsibilities: *PI, provide leadership for the overall project including coordination and cooperation with CDC staff; coordination of state project development and implementation team; development of county plans; coordination with state level partners; developing additional state partnerships as needed to accomplish project goals; and reporting and dissemination of project results.*

2022 **Iowa Produce Prescription Program (IPPP)**

Buckingham-Schutt (\$28,104)

Full award: Iowa Healthiest State Initiative (\$500,000)

Funder: Gus Schumacher Nutrition Incentive Program (GusNIP) grant, United States Department of Agriculture (USDA); subaward from Iowa's Healthiest State Initiative,

Responsibilities: *ISU PI; oversee design and project evaluation, nutrition education component, IRB submission and oversight, grant reporting, and dissemination of evaluation results.*

2021 **Iowa Good Food Plan**

Buckingham-Schutt (\$27,000)

Full award: University of Northern Iowa (\$200,000)

Funder: The Kellogg Foundation, subaward University of Northern Iowa, Center for Energy and Environmental Education

Responsibilities: *PI, project assistance for large Kellogg Foundation grant to create a Good Food Plan for Iowa, hire and supervise research fellow, provide research assistance for project documentation, evaluation, and reporting*

2021 **Polk County Produce Prescription**

Buckingham-Schutt (\$5,000)

Full award: Iowa Healthiest State Initiative (\$50,000)

Funder: Greater Community Foundation of Des Moines, subaward Iowa's Healthiest State Initiative

Responsibilities: *Drake-PI, evaluate a pilot produce prescription program in collaboration with Broadlawns Medical Center, survey design, survey analysis, reporting*

2021 **Advocating for a SNAP Waiver in Iowa**

Buckingham-Schutt (\$73,999)

Funder: Center for Science in the Public Interest

Responsibilities: *PI, lead an interdisciplinary team in Iowa, report outcomes, data collection, and analysis*

2019 **Incentivizing Healthy Eating through SNAP to Improve Overall Health, and Reduce Health Costs**

Funder: Telligen Community Initiative

Buckingham-Schutt (\$37,903)

Responsibilities: *PI, lead for Iowa based project work, community partner coordination, data collection, and analysis*

2019 **A study to determine the effect of the Count the Kicks (CTK) app on the rate of stillbirth**

Funder: Healthy Birth Day, Inc.

Buckingham-Schutt (\$4,992)

Responsibilities: *Co-PI, study design, survey development, participant recruitment, data collection, and analysis*

2018 **Building support for a healthy eating Supplemental Nutrition Assistance (SNAP) pilot in Iowa: stakeholder and key informant views about benefits, challenges, and opportunities to support healthy eating pilots**

Funder: Delta Dental of Iowa Foundation

Buckingham-Schutt (\$15,000)

Responsibilities: *PI, lead for Iowa based project work, community partner coordination, data collection, and analysis*

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**TEACHING EXPERIENCE**

- Spring 2025 **Guest lecturer**, FSHN 496B/596B, Comparing Food Systems: Iowa vs California (undergraduate and graduate), College of Human Science, Iowa State University
- Fall 2024 **Guest lecturer**, FSHN 463, Community Nutrition (undergraduate and graduate), College of Human Science, Iowa State University
- Spring 2023 **Guest lecturer**, FSHN 496B/596B, Comparing Food Systems: Iowa vs California (undergraduate and graduate), College of Human Science, Iowa State University
- Fall 2022 **Guest lecturer**, FSHN 463, Community Nutrition (undergraduate and graduate), College of Human Science, Iowa State University
- Spring 2021 **Adjunct Professor and course developer**, BUS/MBA 200, Harkin Seminar: Food System (*graduate level*), College of Business and Public Administration, Drake University
- Spring 2020 **Guest lecturer and project coordinator**, ENSS 065 -- 9539, Introduction to Geographic Information Systems (*undergraduate level*), Environmental Science and Policy, College of Arts & Science, Drake University
- Fall 2019 **Guest lecturer**, SPSC 110, Introduction to Health Careers (*undergraduate level*), Sports Science and Health Education, Simpson College
- Fall 2019 **Adjunct Professor and course developer**, SPC 210, Scientific Writing (*undergraduate level*), Sports Science and Health Education, Simpson College
- Fall 2019 **Guest lecturer and project coordinator**, ENSS 065 -- 9539, Introduction to Geographic Information Systems (*undergraduate level*), Environmental Science and Policy, College of Arts & Science, Drake University
- Fall 2019 **Guest lecturer**, FSHN 463, Community Nutrition, Food Science & Human Nutrition, Iowa State University
- Spring 2019 **Adjunct Professor and course developer**, SPC 290, Scientific Writing (*undergraduate level*), Sports Science and Health Education, Simpson College
- Spring 2019 **Guest lecturer**, SPSC 110, Introduction to Health Careers (*undergraduate level*), Sports Science and Health Education, Simpson College
- Spring 2019 **Guest lecturer**, SPSC 110, Introduction to Health Careers (*undergraduate level*), Sports Science and Health Education, Simpson College
- Spring 2019 **Guest lecturer**, SPSC 107, General Nutrition (*undergraduate level*), Sports Science and Health Education, Simpson College
- Fall 2018 **Co-lecturer**, PADM 250, Administrative Evils (*graduate level*), College of Business & Public Administration, Drake University
- Fall 2018 **Guest lecturer**, SPSC 110, Introduction to Health Careers (*undergraduate level*), Sports Science and Health Education, Simpson College

- Fall 2018 **Guest lecturer**, HSCI 145, Health Coaching (*undergraduate level*), College of Pharmacy & Health Science, Drake University
- Fall 2017 **Guest lecturer**, FSHN 167, Introductory Human Nutrition, Fluids/Water unit (*undergraduate level*), Food Science & Human Nutrition, Iowa State University
- 2014-2017 **Guest lecturer (multiple occasions)**, FSHN 461 & 464, Medical Nutrition and Disease I and II, Renal unit (*undergraduate and graduate level*), Food Science & Human Nutrition, Iowa State University
- Fall 2014 **Short-term lecturer**, FSHN 461, Medical Nutrition and Disease I (*undergraduate and graduate level*), Food Science & Human Nutrition, Iowa State University
- Fall 2014 **Teaching assistant**, FSHN 461, Medical Nutrition and Disease I (*undergraduate and graduate level*), Food Science & Human Nutrition, Iowa State University
- Spring 2009 **Teaching assistant**, EX SCI 133, Individual Fitness, Exercise Science, St. Olaf College

## **SUPERVISING EXPERIENCE**

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- 2023-present **Supervising Professor, Iowa State University**  
 2023-2024 Molly Blondin, Diet & Exercise, BS/MS,  
 thesis: Optimizing Implementation: A Qualitative Study on Healthcare Partner Perspectives of the Iowa Produce Prescription Program for Enhanced Effectiveness  
 2024-7/2025 Gretchen Feldpausch, Post Doctoral Associate  
 2023-present Grace Woods, MS  
 2023-present Kylie Peterson, BS/MS  
 2023-present Addison Kamienski, BS/MS  
 2023-present Kiara Jesse, freshman honors student
- 2024-present **Supervisor, Iowa State University Extension and Outreach**  
 2024-present Sara Sprouse, LEAP Program Coordinator (part-time)  
 2025-present Allie Taiber, LEAP Program Specialist, Muscatine County  
 2026-present Nikolas Kerr, LEAP Program Specialist, Clinton County
- 2019-2022 **Supervisor, The Harkin Institute Wellness and Nutrition Research fellows**, Shannon Myers, MS (2018-2020); Adam Shriver, PhD (2020-2022); Austin Frerick, MPA (2019-2022)
- 2019-2020 **Preceptor**, Eliza Daly (2020) & Anders Moglebust (2019), University of Iowa College of Public Health Masters in Public Health
- 2018-2020 **High School APEX student Preceptor**, Waukee Aspiring Professional Experience (APEX), Waukee Community School District  
 Emma Shepard (2018); Grace Terhark (2018); Kelby Tieblur (2019); Maizy Criss (2019)
- 2017-2022 **Research Supervisor**, The Harkin Institute, Drake University

Gabrielle Miller (2017-2018); Catherine Anderson (2018-2019); Madeline Dwelle (2017-2020); Joe Miller (2018-2020); Julie Uram (2018-2020); Eli Jost (2018-2019); Edward Hohe (2019-2020); Kody Craddick (2019-2022); Alexandra Besch (2019); Stephanie Smith (2020); Katrina Callahan (2021-2022); Kevin Wyatt (2021-2022)

## **PROFESSIONAL AFFILIATIONS**

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2025-present	Society for Nutrition Education and Behavior
2022-present	Epsilon Sigma Phi
2022-present	National Extension Association of Family and Consumer Science
2018-present	American Public Health Association
2017-2020	American Society for Nutrition
2017-2019	American Society for Public Administration
2012-present	Academy of Nutrition and Dietetics

## **REVEIWER**

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Journal of Agriculture, Food Systems, and Community Development; American Journal of Public Health; Frontiers in Psychiatry

## **LEADERSHIP & VOLUNTEER EXPERIENCE**

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### **Professional**

- Academy of Nutrition and Dietetics (AND) Political Action Committee, member, 2025-present
- Iowa Food System Coalition, steering committee member, 2020-April 2025
- USDA, AFRI Diet, Nutrition, and the Prevention of Chronic Diseases panel, reviewer, November 2023
- AND Legislative and Public Policy Committee, 2020-2022 (Chair 2022-2023)
- USDA, AFRI Diet, Nutrition, and the Prevention of Chronic Diseases panel, reviewer, November 2022
- AND Healthy & Sustainable Food Systems Policy Task Force, Chair, 2021-2023
- AND Legislative and Public Policy Committee, 2020-2022 (Vice-Chair 2021-2022)
- Iowa AND Council Member, State Regulatory Specialist, 2017-2020
- Iowa AND Council Member, State Policy Representative/ Legislative Chair, 2014-2017
- Iowa AND Policy Council Member, 2013-2014

### **Institutional**

- Iowa State University (ISU), Food Security Working Group, 2024-present
- Institutional Review Board (IRB), ISU 2023-present
- Diversity, Equity, and Inclusion Committee, ISU, department of Food Science & Human Nutrition (FSHN), 2022-2024
- Student Wellness Task Force, Drake University, 2019
- Graduate and Professional Studies Council, Drake University, 2018-2021
- Graduate student representative on Masters in Professional Practice Committee, ISU department of FSHN, 2016-2017

- Graduate student representative on Department of FSHN Awards Committee, ISU, 2016-2017
- Graduate student representative on Department of FSHN Curriculum Committee, ISU, 2015-2016
- President of the Interdisciplinary Graduate Students Club, ISU, 2015-2016
- Faculty Search Committee for nutrition faculty member, ISU Department of FSHN, 2014-2015

### **Personal**

- Iowa ACEs 360 Board Member, 2019 - present
- Greater Des Moines Sister Cities Commissioner, Windsor Heights appointed member, 2019-2022
- Above and Beyond Cancer Board Member, 2019-present, Secretary 2020-2022
- Orchard Place Child Mental Health Service volunteer mentor, 2018-2022

### **HONORS**

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- Charlotte E Roderuck Faculty Fellow, Food Science Human Nutrition Department, Iowa State University, 2025
- Food Safety Award Regional Winner (team award), National Extension Association of Family and Consumer Sciences, September 2024
- Outstanding Dietitian of the Year, Iowa Academy of Nutrition & Dietetics, 2023
- Recognized Young Dietitian of the Year, Iowa Academy of Nutrition & Dietetics, 2017
- Iowa State University Research Excellence Award, 2017
- USDA National Needs Fellow in Childhood Obesity Prevention, 2013-2017
- College of Human Science Graduate Scholarship award. Iowa State University, 2015 and 2016
- Helen Greer Feamster Fund Scholarship, Iowa State University, 2015
- Clareta Walker Scholarship, Iowa State University, 2012
- Service Leadership Award, St. Olaf College, 2005-2009
- Kappa Omicron Nu Honor Society
- Phi Kappa Phi Honor Society

### **PROFESSIONAL DEVELOPMENT**

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- National Faculty Success Program, Cohort 40, NCFDD, January 2023 – May 2023
- National Leadership Academy for the Public's Health, Cohort 9, Public Health Institute, Center for Health Leadership & Practice, November 2019 – September 2020
- Iowa State University Graduate College Emerging Leader Academy, 2016-2017
- Nutrigenomics, Nutrigenetics, and Precision Nutrition short course, University of North Carolina Nutrition Research Institute, 2016
- Center for Integration of Research, Teaching and Learning (CIRTL): “Team-based Learning: Active Learning and Differences in Learners”, 2014-2017
- Center for Excellence in Learning and Teaching (CELT): “Maximizing Student Attention: Low-tech effectiveness in large lecture formats”, 2015
- Iowa State University Preparing Future Faculty Program, 2014-2017 Project LEA/RN™, Learning Enhancement Action/Resource Network workshop, 2015