

CURRICULUM VITAE
SIBYLLE KRANZ, PhD, RDN FASN FTOS
 University of Virginia, sibylle.kranz@virginia.edu
 ORCID ID 0000-0001-5637-1706

EDUCATION:

PhD	1998-2002	The University of North Carolina at Chapel Hill School of Public Health, major (Nutrition) minor (Epidemiology) - certified child nutrition epidemiologist, Chapel Hill, NC, USA
MS, RDN	1996-1998	Florida International University College of Health and Urban Affairs, School of Health, Department of Dietetics and Nutrition, Miami, FL, USA
BS	1994-1995	Florida International University College of Health and Urban Affairs, School of Health, Department of Dietetics and Nutrition, Miami, FL, USA
Vordiplom	1990-1994	Justus-Liebig University Nutrition and Home Economics, Vordiplom in Ökotrophologie 1993 Giessen, Germany
Business Management	1987-1989	Schulze-Delitsch Business School Coordinated Program (apprentice partner: Rietschel & Henneberg, Wiesbaden) Ausbildung zur Industriekauffrau, Wiesbaden, Germany
Admin. Assistant for International Business	1986-1987	Dr. Zimmermann'sche International Business School (languages: English and French), Koblenz, Germany

POSITIONS:

08/2016 - current	Associate Professor, Department of Kinesiology, School of Education and Human Development and adjunct Associate Professor in Public Health Sciences, School of Medicine, University of Virginia, Charlottesville, VA,
05/2014 – 05/2016	Senior Lecturer in Nutrition (tenured), Centre for Exercise, Nutrition and Health Sciences, School of Policy Studies, University of Bristol, UK
10/2009 to 05/2014	Associate Professor, Department of Nutrition Science & Director of the Coordinated Program in Dietetics, College of Consumer and Family Sciences and member of the Ingestive Behavior Research Group, Purdue University, USA
08/2008 to 09/2009	Associate Professor, Department of Nutrition and Dietetics, College of Human Ecology, East Carolina University, USA
09/2002 to 08/2008	Assistant Professor, Department of Nutritional Sciences, College of Health and Human Development and Research Associate of the Population Research Institute, Pennsylvania State University, USA
1998 to 2002	Graduate Research Assistant, Department of Nutrition, School of Public Health, The University of North Carolina at Chapel Hill, Chapel Hill, NC, USA
1996 to 1998	Graduate Research Assistant, Department of Dietetics and Nutrition, College of Health and Urban Affairs, Florida International University, Miami, FL, USA
1995 to 1998	Miami based Field Representative, part-time RQA Inc. Product Retrieval and Quality Assurance, Phoenix, AZ, USA
1989 to 1990	Administrative Assistant, Industriekauffrau HiFi-Lager Suppes, Wiesbaden, Germany

Visiting Scholar

Fall 2025, University of Tübingen, Germany in the Population-based Medicine Program, School of Medicine

AWARDS and HONORS:

1. American Society for Nutrition, Excellence in Nutrition Fellow (FASN), 2026-current
2. The Obesity Society (TOS) Spokesperson, 2025- current
3. The Obesity Society (TOS) Fellow, 2007-current
4. 2025 Best Paper Award Runner-up” for IEEE Pervasive Computing
5. Received the EHD Lasting Legacy Award in recognition of sustained contributions to the school, 2022
6. European Childhood Obesity Group (ECOG), annual meeting: “Best Poster Award”, 2015
7. The Obesity Society-Epidemiology Section, Certificate of Appreciation, 2010
8. American Public Health Association-Food and Nutrition Section, Certificate of Appreciation, annually 2007, 2008, 2009, 2010, 2011
9. American Public Health Association-Food and Nutrition Section, Outstanding Student Award, 2001
10. National Institute of Health (NIH), Research Service Award, 1999-2000
11. University of North Carolina at Chapel Hill, Merit Award, 1998-1999
12. American Dietetic Association, Outstanding Dietetics Student Award 1997-1998
13. Florida International University, Department of Nutrition and Dietetics, Faculty Recognition Award, 1997-1998

PEER-REVIEWED PROFESSIONAL PUBLICATIONS (of 85 total)

(*indicates student and **post-doctoral co-authors supervised). GoogleScholar h-index 33, i10-index 61, 4,129 citations (September 20, 2026). Publications with student co-authors 102 papers (with 57 different students), postdoctoral co-authors: 10 papers (with 6 different post-docs) excluding papers in preparation or review. †denotes publications with >50% effort/lead author.

In review:

1. Grammer EE*, Anderson KC**, Stephenson BL, Stahl ME*, Hegemier HG, Love KM, **Kranz S**, Konold TR, Liu Z, Allen JD, Weltman A. Acute exercise intensity, sex, and obesity status affect ghrelin and appetite. *J Clin Endocrinology & Metabolism*.
2. Song S*, Lawson S*, Lanquaye E*, Pelphrey K, Evans T, **Kranz S**†. The effect of diet on cognition and neural systems as evidenced with functional and structural MRI measurements in children: A systematic literature review. *Nutrients*.
3. Lawrence JL, O'Neill M, **Kranz S**†, Rothfleisch J*. Systems change for health equity: A collective impact approach for building resilience for Virginia school food authorities. *Community Development*. In review.

2026

4. Flores PD*, Zhang H*, Grammer EE*, Russo HR*, Stahl ME*, Thile RH, Quinn KC, Allen JD, Weltman A, Doryab A, **Kranz S**, Watson A. Continuous noninvasive wearable multi-spectral optical sensor for multi-biomarker research. *IEEE EMBS Body Sensor Networks (BSN)*. Published July 30, 2026
5. Roberts B*, Wallemacq J*, **Kranz S**†. Participation in school meals suggests modest academic benefit in children: A Systematic literature review. *Food Nutri J*10: 340, 2026. <https://doi.org/10.29011/2575-7091.100340> 2026
6. Butorac C*, Bruot V*, Johnson Z*, **Kranz S**†. The relationship between children’s diet and risk factors for cardiovascular disease risk indicators. *Nutrients*. 2026 Jan 4;18(1):166. doi: 10.3390/nu18010166

2025

7. Hamid T, Courtney E, Flores P*, Byun J*, Doryab A, **Kranz S**†, Watson A. Characterization and Feasibility of Wearable Spectroscopic Tracking of Nutrition Biomarkers. *IEEE Pervasive computing, Special Issue on Bio-Sensing*. 2025. <https://doi.org/10.1109/MPRV.2025.3575254> This paper was selected as the **Runner-Up of the 2025 Best Paper Award**, for *IEEE Pervasive Computing* by the IEEE Computer Society Publications Board. Due to the board, our work stood out among a highly competitive pool of submissions and was recognized by the review committee for its originality, rigor, and contribution to the field. This recognition reflects the excellence and impact of our research, and we were commended on for our achievement.
8. Balch A*, Cardai MA*, **Kranz S**†, Doryab A. Towards an Accessible, Noninvasive Micronutrient Status Assessment Method: A Comprehensive Review of Existing Techniques. *ACM Transactions on Computing for Healthcare*. Article #44, pages 1-52, 2025. <https://doi.org/10.1145/3743690>

9. Hasan F*, Swift D, Kuenze C, You W, Zoellner J, Nguyen AJ, Dunn C. **Kranz S[†]**. The associations between physical activity and skin carotenoid levels in a small sample of preschoolers: A Pilot Study. *Childhood Obesity*. 2025;21(5):497-501. doi:[10.1089/chi.2024.0345](https://doi.org/10.1089/chi.2024.0345)
- 2024**
10. Reed JN**, Hasan F*, Karkar A*, Banka D*, Hinkle J*, Shastri P*, Srivastava N*, Sherping SC*, Newkirk SE*, Ferris HA, Kundu BK, **Kranz S[†]**, Civelek M, Keller SR. Combined effects of genetic background and diet on mouse metabolism and gene expression. *iScience*. 2024, 27:12, 111323. DOI: [10.1016/j.isci.2024.111323](https://doi.org/10.1016/j.isci.2024.111323)
 11. Anderson KC*, Mardian T*, Stephenson B*, Grammer EE*, Stahl MS*, Weeldreyer NR*, Liu Z, Love KM, **Kranz S**, Allen JD, Weltman A. The Impact of Exercise Intensity and Sex on Endogenous Ghrelin Levels and Appetite in healthy humans. *Journal of the Endocrine Society*. 2024, 8:11. <https://doi.org/10.1210/jendso/bvae165>
 12. **Kranz S[†]**, Sharma B, Pourafshar S**, Mallawaarachchi J, Ma JZ, Scialla JJ. Fruit and Vegetable Intake Patterns, Kidney Failure, and Mortality in Adults with and without Chronic Kidney Disease in the United States. *Journal of Nutrition*. 2024, 154:7, 2205-2214. doi.org/10.1016/j.tjnut.2024.05.008.
- 2023**
13. Anderson KC*, Hasan F*, Grammer E*, **Kranz S[†]**. Endogenous ghrelin levels and perception of hunger: A systematic literature review and meta-analysis. *Advances in Nutrition*. 2023, 14:5, 1226-1236. DOI:[10.1016/j.advnut.2023.07.011](https://doi.org/10.1016/j.advnut.2023.07.011)
 14. Hasan F*, Nguyen AV, Reynolds A, You W, Zoellner J, Nguyen AJ, Swift D, **Kranz S[†]**. School- and childcare center-based interventions to increase fruit and vegetable intake in preschool children in the United States: A systematic review of effectiveness and behavior change techniques. *International Journal of Behavioral Nutrition and Phys Activity*. 2023, 20:66, 12 pages. DOI:10.1186/s12966-023-01472-8.
- 2022**
15. Kazak A, Lennon S, Cheng B, Amos H, Proano GV, Chondonikola M, Elia D, **Kranz S**, Lawrence J, Murphy M, McDermid J. Creating the right research question: Nutrition graduate students discuss challenges and solutions. *Journal of the Academy of Nutrition and Dietetics, The Digest*, 2022, *The Academy of Nutrition and Dietetics' Scientific Integrity Principles Subcommittee under the Council on Research is dedicated to increasing awareness regarding conducting research and adhering to scientific integrity principles (SIP)*. This peer-reviewed publication is an outlier in my publication record because it is the result of my service activity, rather than research focused.
 16. Bishop J**, Nichols C, **Kranz S**, Lukacs J*, Block M. Determinants of physical activity of transitioning adult children with autism. *Heliyon* 8(8), 2022, 1 doi.org/10.1016/j.heliyon.2022.e10150
 17. Pourafshar S**, Sharma B, **Kranz S[†]**, Mallawaarachchi I, Kurland E, Ma J, Scialla J. Patterns of fruit and vegetable intake in adults with and without chronic kidney disease in the United States: A cross-sectional analysis of NHANES III data. *Journal of Renal Nutrition*. 2022, 33:1, 88-96.
 18. Hasan F*, Hamilton, K*, Angadi S, **Kranz S[†]**. Effects of vinegar/acetic acid intake on appetite measures and energy consumption: Systematic review. *Translational Journal of the American College of Sports Medicine*. 2022 7(3):1-14. [10.1093/cdn/nzac053.026](https://doi.org/10.1093/cdn/nzac053.026)
 19. **Kranz S[†]**, Hasan F*, Kennedy E, Zoellner J, Guertin KA, Shivappa N, Herbert JR, Anderson R, Cohn W. Diet quality and dietary inflammatory index score among women's cancer survivors. *International Journal of Environmental Research and Public Health*. 2022, 19:4, 1916 12 pages. doi.org/10.3390/ijerph19041916
 20. **Kranz S[†]**, Lukacs J*, Bishop, J**, Block M. Intergenerational transfer of diet patterns? Parental self-report of diet and their report of their young adult children with autism spectrum disorder. *PloS One* 1. 2022, 17:2, e0263445 18 pages. doi.org/10.1371/journal.pone.
- 2021**
21. Hasan F*, Garzzone S*, Jirout J, **Kranz S[†]**. Changes in learning outcomes after dietary intervention in preschoolers: A pilot study. *Nutrients*. May 2021 13:6, 1797, 13 pages. doi.org/10.3390/nu13061797
 22. Heiston EM*, Liu Z, Ballantyne A, **Kranz S**, Malin SK. A Single Bout of Exercise Improves Vascular Insulin Sensitivity in Adults with Obesity. *Obesity*. 2021, 29:9, 1487-1496. <https://doi.org/10.1002/oby.23229>
 23. Gilbertson NM*, Eichner NZM*, Gaitan JM*, Khurshid M, Rexrode EA, **Kranz S**, Hallowell PT, Malin SK. Effect of Pre-Surgical Aerobic Exercise on Cardiometabolic Health 30 Days after Bariatric Surgery. *Physiological Reports*. 2021, 9:21, e15039 13 pages. DOI: 10.14814/phy2.15039
 24. Walton SR*, **Kranz S**, Malin SK, Broshek D, Hertel J, Resch J. Factors Associated with Energy Expenditure and Energy Balance in Acute Sport-Related Concussion. *Journal of Athletics Training*. 2021, 56:8, 860-868. doi: 10.4085/359-20

25. Walton SR*, Broshek DK, **Kranz S**, Malin SK, Hertel J, Resch JE. Mood, Psychological, and Behavioral Factors of Health-Related Quality of Life throughout Recovery from Sport Concussion. *Journal of Head Trauma Rehabilitation*. 2021, 36:2, 128-136. doi: 10.1097/HTR.0000000000000604

2020

26. Gilbertson NM*, Eichner NZM*, Khurshid M, Rexrode EA, **Kranz S**, Weltman A, Hallowell PT, Malin SK. Impact of Pre-Operative Aerobic Exercise on Cardiometabolic Health and Quality of Life in Patients Undergoing Bariatric Surgery. *Frontiers in Physiology*. 2020, 11:1018 13 pages. DOI:10.3389/fphys.2020.01018.
27. Gilbertson NM*, Gaitan JM*, Osinski V, Rexrode EA, Garmey JC, Mehaffey JH, Hassinger TE, **Kranz S**, McNamara CA, Weltman AL, Hallowell PT, Malin SK. Pre-Operative Aerobic Exercise on Metabolic Health and Surgical Outcomes in Patients Receiving Bariatric Surgery: A Pilot Trial. *Plos One*. 2020, 15:10, e0239130 17 pages. DOI: 10.1371/journal.pone.0239130.
28. Walton SR*, Malin SK, **Kranz S**, Broshek DK, Hertel J, Resch JE. Whole-Body Metabolism, Carbohydrate Utilization, and Caloric Energy Balance after Sport Concussion. *Sports Health*. 2020 12:4, 382-389. doi: 10.1177/1941738120923869.

2019

29. Jirout J, LoCasale-Crouch J, Turnbull K, Gu Y*, Cubides M*, Garzzone S*, Evans T, Weltman AL, **Kranz S**[†]. How lifestyle factors affect cognitive and executive function and the ability to learn in children. *Nutrients*. 2019, 11:8, 29 pages. DOI:10.3390/nut11081953
30. Heiston EM*, Eichner N*, Gilbertson NM*, Gartain JM*, **Kranz S**, Weltman AL, Malin S. Two Weeks of Exercise Training Intensity on Appetite Regulation in Obese Adults with Prediabetes. *Journal of Applied Physiology*. 2019, 126 :3, 746-754. <https://doi.org/10.1152/jappphysiol.00655.2018>

2018

31. Jahns LM, Conrad Z, Raats S, **Kranz S**[†]. Recognition of Federal Dietary Guidance is Associated with Greater Diet Quality. *Journal of the Academy of Nutrition and Dietetics*. 2018, 118 :11, 2120-27. DOI:[10.1016/j.jand.2018.05.026](https://doi.org/10.1016/j.jand.2018.05.026)

2017

32. Gilbertson NM*, Paisley AS, **Kranz S**, Weltman A, Kirby JL, Hallowell PT, Malin SK. Bariatric Surgery Resistance: Using Pre-Operative Lifestyle Medicine and/or Pharmacology for Metabolic Responsiveness. *Obesity Surgery*, 27 (12): 3281-91, 2017. DOI: 10.1007/s11695-017-2966-1.
33. **Kranz S**[†], Jones N*, Monsavaia P. Intake levels of fish in the UK paediatric population. *Nutrients*, 16 (4):9, 2017. DOI: 10.3390/nut9040392.
34. **Kranz S**[†], Dodd KW, Juan W, Johnson LK, Jahns LM. Whole grains contribute only a small proportion of dietary fiber to the U.S. diet. *Nutrients*, 9 (2): 153, 2017. DOI: 10.3390/nut9020153.
35. **Kranz S**[†], Brauchla M*, Campbell W, Mattes R, Schwichtenberg A. High-protein and high-dietary-fiber breakfasts result in equal feelings of fullness and better diet quality in low-income preschoolers compared with their usual breakfast. *Journal of Nutrition*, 147 (3):445-52, 2017. DOI: 10.3945/jn.116.2341532016
36. Jahns LM, Scheett AJ, Johnson LK, Krebs-Smith S, Payne CR, Whigham LD, Hoverson BS, **Kranz S**[†]. Diet quality of items advertised in supermarket sales circulars compared to diets of the US population, as assessed by the Healthy Eating Index-2010. *Journal of the Academy of Dietetics and Nutrition*, 116 (1):170, 2016. DOI: 10.1016/j.jand.2015.09.016
37. Cheng G**, Duan R, **Kranz S**[†], Libuda L, Zhang L. Development of a Dietary Index to Assess Overall Diet Quality for Chinese School-aged Children. *Journal of the Academy of Dietetics and Nutrition*, 116 (4):608-17, 2016. DOI: 10.1016/j.jand.

2015

38. **Kranz S**[†], Baker S*, McCabe S*, Swithers S, Payne CR. Children's Perceptions of Child-Friendly Shaped Fruit and Vegetable Snacks: are they seen as more Fun and Appealing? *Bio-Accent Nutrition*, 1 (006), 2015. DOI: 10.24947/baojn/1/2/00106 *Google Scholar citations:3, Web of Science citations: NI*
39. **Kranz S**[†], Huss LR*, Dobbs-Oates J. Food sources of EPA and DHA in the diets of American children, NHANES 2003-2010. *Bio-Accent Nutrition*, 1 (005): 12, 2015. DOI: 10.24947/baojn/1/1/00105 *Google Scholar citations:6, Web of Science citations: NI*

2014

40. Jahns LMA, Payne CR, Whigham LD, Johnson LK, Scheett AJ, Hoverson BS, **Kranz S**[†]. Foods advertised in US weekly supermarket sales circulars over one year: a content analysis. *Nutrition Journal*, 13:95, 2014. DOI: 10.1186/1475-2891-13-95.

41. Baker S*, Payne C, Swithers S, **Kranz S[†]**. Do healthy, child-friendly fruit and vegetable snacks appeal to consumers? A field study exploring adults' perceptions and purchase intentions. *Food Quality and Preference*, 39:202-8, 2014. DOI: 10.1016/j.foodqual.2014.07.013.
42. Jahns LM, Raatz SK, Johnson LK, **Kranz S**, Silverstein JT, Picklo MJ. Intake of seafood in the US varies by age, income, and education level but not by race-ethnicity. *Nutrients*, 6 (12): 6060-6075, 2014. DOI:10.3390/
43. **Kranz S[†]**, Brauchla M*, Miller K, Baker S*. The effect of offering a high-fiber snack in the morning and the afternoon on overall diet quality and dietary fiber intake in a sample of school-age children. *Journal of Human Nutrition and Food Science*, 2(3):1034, 2014. ISSN: 2333-6706
44. Jahns LM, **Kranz S[†]**. High proportion of foods recommended for consumption by United States Dietary Guidance contain solid fats and added sugar: results from the National Health and Nutrition Examination Survey (2007-2008). *Nutrition Journal*, 13(23), 2014. DOI:10.1186/1475-2891-13-23
45. Brauchla M*, Reidenbach K*, Baker S*, McCabe GP, **Kranz S[†]**. The effect of introducing high-fiber snacks on school-age children's self-reported quality of life. *Health*, 6(1):115-122, 2014. DOI: 10.4236/health.2014.61018.
46. **Kranz S[†]**, Hill AM, Fleming JA*, Hartman TJ, West SG, Kris-Etherton PM. Nutrient Displacement Associated with Walnut Supplementation in Men. *Journal of Human Nutrition and Dietetics*, 27(2):247-54, 2014. DOI:10.1111/jhn.12146

Other publications (not peer-reviewed)

1. Lawrence JL, O'Neill M, **Kranz S**, Rothfleisch J*. Measuring local resilience of Virginia School Food Authorities.
2. Lawrence JL, O'Neill M, **Kranz S**, Rothfleisch J*. Local resilience in Virginia School Food Authorities: Opportunities and Challenges.
3. **Kranz S[†]**, Findeis J. Executive Summary: Association between diet quality and childhood obesity in the U.S. pediatric population. USDA ERS Small grant# K-981834-09, published in ERS Annual Activity Report, 2006.
4. **Kranz S[†]**, Siega-Riz AM. Executive Summary: Development of a diet quality index for preschool children and its application in examining dietary trends in the U.S. published in USDA ERS Small Grant annual report, 2003.
5. Wellman NS, Weddle DO, **Kranz S**, Brain CT*. Elder insecurities – poverty, hunger, and malnutrition. *American Dietetic Association Hunger Line*. (6):1-3, Spring 1996.

Invited Contribution to Publications:

Position of the Academy of Nutrition and Dietetics: Nutrition Guidance for Healthy Children Ages 2 to 11 Years. Ogata BN and Hayes D. *Journal of the Academy of Nutrition and Dietetics*. 114 (8):1257-76, 2014. DOI: 10.1016/j.jand.2014.06.001. Academy Positions Committee Workgroup: **Kranz S** (content advisor).

Reports of National Committees

1. 2025 Dietary Guidelines Advisory Committee. 2024. Scientific Report of the 2025 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Health and Human Services and Secretary of Agriculture. U.S. Department of Health and Human Services. <https://doi.org/10.52570/DGAC2025>
2. National Academies of Sciences, Engineering, and Medicine. 2024. *The Role of Seafood Consumption in Child Growth and Development*. Washington, DC: The National Academies Press. <https://doi.org/10.17226/27623>

Books

Dietary intake and behavior in children. Kranz S. Editor, *Nutrients*, 2018. Open access book ISBN 978-3-03842-893-0 (Pbk) ISBN 978-3-03842-894-7 (PDF) <http://www.mdpi.com/books/pdfview/book/653>

Kranz S. Contributor: National Academies of Sciences, Engineering, and Medicine. 2024. *The Role of Seafood Consumption in Child Growth and Development*. Washington, DC: The National Academies Press. 204 pages 8.5x11 paperback, ISBN Paperback: 0-309-71698-5, ISBN Ebook: 0-309-71699-3, DOI: <https://doi.org/10.17226/27623>

Book Chapters

Stephanie Malia Krauss: "Wired to Thrive: 16 Essentials to Help Kids Navigate Stress, Mental Health, and Tough Times," Kranz S. Chapter on "The role of food and nutrition on health, learning, and well-being". 2024 in preparation. Malia is senior advisor to YouthNex and Founder/Principal of *First Quarters Strategies*. She interviewed me for the development of the chapter and I am expecting a draft of the chapter in summer 2026.

Zuercher JL**, **Kranz S.** Chapter 18: Student Food Decisions. In: Food, nutrition and eating behavior. Merrick J, Israeli S, editors. New York: Nova Science, 2014.

PROFESSIONAL PEER-REVIEWED MEETING ABSTRACTS

(SINCE LAST PROMOTION IN 2009) (*indicates student and **post-doctoral co-authors supervised). Number of presentations 89 of which 41 are with student co-authors (23 different students) and 7 with postdoctoral co-authors (4 different post-docs). Not including 12 oral and poster presentations at the Hunter Student Researcher Conference (School of Education and Human Development internal peer-reviewed conference).

Session chair or moderator

American Public Health Association (APHA) Annual Meeting, Minneapolis, MN October 27-30, 2024.

- Oral session chair and moderator: **Kranz S**, Oken E, Karagas M, Lichtveld M. Emerging research in food and nutrition: The NASEM seafood report.
 - Presenter: **Kranz S.** Introduction and methodologies employed by the Seafood committee (Chapter 1 of report)
 - Presenter: **Kranz S.** Dietary intake patterns and nutrient content of seafood consumed in the US and Canada (Chapters 3 and 4 of report)
- Oral session moderator, Food and Nutrition RIS: Global, Federal, and Local Food and Nutrition Programs: School Nutrition

For the above, I served as lead scientist to a) propose and then chair the sessions and b) present the chapters of child seafood intake and dietary patterns for the NASEM report.

American Society for Nutrition (ASN) Annual Meeting, Chicago, IL June 30-July 2, 2024

- Oral session chair and moderator: Nutrition Education and Behavioral Science (NEBS) GEM Forum: Using Artificial Intelligence in Dietary Assessment and Dietary Behavioral Interventions

American Society for Nutrition (ASN) Annual Meeting, Chicago, IL June 30-July 2, 2024

- Oral session chair and moderator: Nutrition Education and Behavioral Science (NEBS) GEM Forum: Using Artificial Intelligence in Dietary Assessment and Dietary Behavioral Interventions

American Society for Nutrition (ASN) Annual Meeting, Boston, MA, July 22-25, 2023

- Chair, Business meeting of the Nutrition Education and Behavioral Sciences (NEBS) RIS

American College of Sports Medicine (ACSM) Annual Meeting and World Congress on Exercise is Medicine®, May 30-June 3, 2023 in Denver, CO

- Chair, tutorial session "Tools for diet and physical activity interventions to improve children's health"

American Public Health Association (APHA) Annual Meeting, Boston, MA November 6-9, 2022

- **Kranz S.** Oral session moderator "School Meals are Essential for Student Health and Learning"

American Society for Nutrition (ASN) Annual Meeting, virtual, June 6-10, 2022

- **Kranz S.** Session organizer and moderator "Optimizing carbohydrate quality in our diets", workshop sponsored by Potatoes USA
- **Kranz S.** Oral session moderator "The Relationship Between Dietary Patterns and Behavioral/Societal Outcomes"

American Society for Nutrition (ASN) Annual Meeting, Online (synchronous), June 7-10, 2021

- Chair, Business meeting of the Nutrition Education and Behavioral Sciences (NEBS) RIS

Experimental Biology, Anaheim, CA, April 2010.

- Session chair and moderator: “Nutritional epidemiology.” Experimental Biology, Anaheim, CA, April 2010.
- Session co-chair and presenter “Real and perceived barriers to availability of healthy food”, Experimental Biology, Anaheim, CA, April 2010.

American Public Health Association, Philadelphia, PA, October 2009.

- Organizer, Session chair and moderator, and
 - Presenter of the session: “It’s just water!”
 - **Kranz S.** “Since when is water a nutrient and why?”.
- Chair, Business meeting of the Food and Nutrition section

Scientific paper presentations (last 10 years only)

European Childhood Obesity Group (ECOG) Annual Meeting and Conference, Salzburg, Austria, September 16-18, 2026.

- **Kranz S**, Bruot V*, Johnson Z*. “The role of diet on children’s cardiovascular disease risk factors.” Oral presentation.

American College of Sports Medicine (ACSM) Annual Meeting and World Congress on Exercise is Medicine®, Salt Lake City, UT, May 26-May 29, 2026.

- Qari A*, **Kranz S**, Silverman R, DiFeliceantonio A, Miller G, Volpe, SL. A Nutrition Education Program Focusing on Feelings of Hunger and Fullness for Pre-School Age Children. Poster presentation.

American Society for Nutrition (ASN) Annual Meeting, Orlando, FL, May 31-June 3, 2025.

- **Kranz S**, Civelek M, Keller S, Ferris H. “Development of mouse chow to reflect human diet for nutrition intervention studies”. Poster presentation.

Food and Nutrition Conference and Expo (FNCE), Minneapolis, MN October 5-8, 2024

- Bailey D, Weiss W, Toney A, **Kranz S**, Hicks-Roof K, Leidy H, Gooding R. From the Kitchen to Clinic: An Interprofessional Cooking Demo on Developing Culturally Tailored Recipes for Human Clinical Trials. Poster presentation. I served as expert research dietitian in this group to develop systematic approaches for the development of nutrition intervention studies in children and adults.

American Public Health Association (APHA) Annual Meeting, Atlanta, GA, November 12-15, 2023.

- Hasan F*, Nguyen A, Swift D, You W, Zoellner J, **Kranz S**. Pilot Study: Nutrition education intervention to improve fruit and vegetable consumption in preschoolers. Oral presentation.

American Society for Nutrition (ASN) Annual Meeting, Boston, MA, July 22-25, 2023

- Hasan F*, Nguyen A, Zoellner J, You W, Swift D, **Kranz S**. Design and methodology of a nutrition education intervention to improve fruit and vegetable consumption in preschoolers. Poster presentation.

South-East American College of Sports Medicine (SEACSM) Annual Meeting, Greenville, SC, February 23-25, 2023

- Hasan F*, Stahl M*, Swift D, **Kranz S**. Effects of sex and age on physical activity levels in 4-year-old children attending a day camp at the Diet and Nutrition Laboratory.

American College of Sports Medicine (ACSM) Annual Meeting and World Congress on Exercise is Medicine®, May 30-June 3, 2023 in Denver, CO

- **Kranz S**. “Establishment of dietary intake patterns in early childhood and the role of SES in access to healthy diets”. Oral presentation.
- Anderson KC*, Allen J, Weltman A, Kranz S. Exercise Intensity affects acylated and deacylated ghrelin levels in humans independent of sex. Oral presentation.

American Society for Nutrition (ASN) Annual Meeting, virtual, June 6-10, 2022

- Hasan F*, Gaylinn B, Malin SK, Weltman A, Angadi SA, **Kranz S**. Effect of a short-term low glycemic index dietary intervention on ad libitum food intake, diet quality, and subjective appetite ratings in preschoolers.

American Public Health Association (APHA) Annual Meeting, virtual, October 24-27, 2021

- **Kranz S**. Oral session moderator “Childhood Obesity: What’s it going to take to move the needle?”

American Society for Nutrition (ASN) Annual Meeting, virtual, June 6-10, 2021

- **Kranz S**, Hasan F*, Gaylinn B, Malin SK, Weltman A, Angadi S, Patrie J. Short-term low glycemic diet improved diet quality but not feelings of hunger or salivary ghrelin levels in preschoolers. Oral presentation.
- Hasan F* Kennedy E, Zoellner J, Guertin K, Anderson R, Cohn W, **Kranz S**. Diet quality and inflammatory index score among survivors of women’s cancer. Poster Presentation.

American College of Sports Medicine Annual Meeting, June 2021

- Hasan F*, **Kranz S**, Kennedy E, Zoellner J, Guertin K, Anderson R, Cohn W. Diet quality and inflammatory index score among survivors of women’s cancer.

American Heart Association (AHA) EPI/Lifestyle Meeting, virtual, May 20-21, 2021

- Pourafshar S**, **Kranz S**, Scallia J. Characterizing Patterns of Fruits And Vegetables Intake In Adults With And Without Chronic Kidney Disease In The United States

The American Physiology Society, “Integrative Physiology of Exercise” virtual, November 2020

- Heiston EM*, Ballentyne A., **Kranz S**., Liu Z., Malin S.K. A Single Bout of Exercise Increases Vascular Insulin Sensitivity in Adults with Obesity. Oral presentation.

South-East American College of Sports Medicine (SEACSM) Annual Meeting, Jacksonville, FL, USA, February 2020.

- **Kranz S**, Hasan F*, Malin SK, Weltman A, Stewart NR. “Average physical activity level of preschoolers participating in all-day camp”
- Hasan F*, Stewart NR, Malin SK, Weltman A, **Kranz S**. “Challenges in all-day PA measurement in preschoolers: questions to ask and lessons learned”

American College of Sports Medicine (ACSM) Annual Meeting, San Francisco, CA, USA, June 2020.

- Gilbertson NG*, Eichner NZM*, Rexrode EA, **Kranz S**, Weltman A, Hallowell PT, Malin SK. “Effect Of Pre-Operative Aerobic Exercise On Surgical Outcomes And Cardiometabolic Health In Bariatric Surgery Patients”

Food and Nutrition Expo and Conference (annual meeting of the Academy for Nutrition and Dietetics), Indianapolis, IN October 2020

- **Kranz S**, Hasan F*, Jirout J, Malin S, Weltman A. “Response to diet change in 3-4 year old children attending all-day childcare camps: food acceptance and feelings of hunger and fullness”
- **Kranz S**, Hasan F*, Jirout J. Malin S, Weltman A. “Physical activity and food intake 3-4 year old children attending all-day childcare camps”
- **Kranz S**, Hasan F*, Galloway J. “Results from a pilot study: Reduction of the Nitrogen Footprint of students enrolled in a large nutrition class after learning about sustainable food production”

The Obesity Society (TOS) Annual Meeting, San Diego, NV, USA. November 2019

- Gilbertson NG*, Gaitán JM*, Osinski V, Rexrode EA, Garmey JC, Mehaffey JH, Hassinger TE, **Kranz S**, McNamara CA, Weltman A, Hallowell PT, Malin SK. “Pre-Operative Exercise Reduces Length of Hospital Stay in Patients Receiving Bariatric Surgery”

American College of Sports Medicine (ACSM) Annual Meeting, Orlando, USA, June 2019

- Walton SR*, Malin SK, **Kranz S**, Broshek DK, Hertel J, Resch JE. “Effects of Concussion on Whole-Body Energy Metabolism and Caloric Intake: A Preliminary Investigation”

The Obesity Society (TOS) Annual Meeting, Las Vegas, NV, USA. November 2019.

- Gilbertson NM*, Gaitán JM*, Osinski V, Rexrode EA, Garmey JC, Mehaffey JH, Hassinger TE, **Kranz S**, McNamara CA, Weltman A, Hollowell PT, Malin SK. Pre-Operative Exercise Reduces Length of Hospital Stay in Patients Receiving Bariatric Surgery. Oral presentation.

American College of Sports Medicine (ACSM) Annual Meeting, Orlando, USA, June 2019.

- Walton SR*, Malin SK, **Kranz S**, Broshek DK, Hertel J, Resch JE. Effects of Concussion on Whole-Body Energy Metabolism and Caloric Intake: A Preliminary Investigation. Poster presentation.

European Childhood Obesity Group (ECOG), Stockholm, Sweden, October 2015.

- **Kranz S**. Overall diet quality of the UK pediatric population compared to a country-specific modified version of the Revised Children's Diet Quality Index (RC-DQI). Poster presentation.
- **Kranz S**, Jones N**, Monsavais P. Suboptimal fish and seafood intake of UK children: NDNS-RP 2008-2012. Poster presentation.

Experimental Biology, Boston, MA, March 2015.

- Jahns LM, Payne CR, Whigham LD, Johnson LK, Scheett AJ, Hoverson BS, **Kranz S**. Diet Quality of Supermarket Sales Circulars measured by the Healthy Eating Index-2010. Poster presentation.
- Jahns LM, Raatz S, Johnson LK, **Kranz S**, Silverstein JT, Picklo MJ. Seafood intake of US adults. Poster presentation.

School of Education and Human Development – Hunter Student Research Conference (only presenting student name listed)

2026

- Vadin Bruot “Measurement of blood lipids in response to isocaloric high-fat and high-fat/high-protein challenge meals” (oral presentation)
- Alexandra Gay “Protein bar consumption and motivations among university students” (poster)
- Zane Johnson “The relationship between children’s diet and risk factors for cardiovascular disease: A systematic literature review” (poster)
- Alyson Lucas “Increasing lean protein intake in preschool-age children and assessing effects on cognition and select health outcomes” (poster)
- Victoria Pierce “Impact of educational cooking classes on awareness of more sustainable food choices” (poster)
- Beall Roberts “School meal programs have modest academic benefit in children: A systematic literature review” (oral presentation)

2023

- Faten Hasan “School- and childcare center-based interventions to increase fruit and vegetable intake in preschool children in the United States: A systematic review of effectiveness and behavior change techniques” (oral presentation)

2022

- Faten Hasan “The effects of vinegar/acetic acid intake on appetite measures and food intake behavior in humans: a systematic review of clinical trials” (oral presentation)
- Ariel Liu “The effect of moderate intensity exercise on postprandial plasma triglyceride levels following a high fat meal” (research in progress, oral)
- Macy Stahl “Assessing if feelings of hunger and fullness affect learning in children 4 years old” (research in progress, oral)

2021

- Faten Hasan “Short-term low glycemic diet relates to diet quality and energy intake, but not feelings of hunger and salivary ghrelin levels in preschoolers: A pilot study” (poster)
- Faten Hasan “Diet quality and inflammatory index score among survivors of women’s cancer” (oral presentation)

SELECTED INVITED RESEARCH PRESENTATIONS (SINCE 2009):

University of Tübingen, School of Medicine, *Forschungsdialog* (Research Dialog), November 13, 2025 4-5 pm and subsequent dinner with researchers from academic and medicine programs.

Kranz S. “Research on dietary intake behavior, nutrition, and health in children”.

UVA Youth-Nex Works-in-Progress meeting, March 6, 2025, 11:15-12:15pm

Kranz S. “Combining diet and physical activity interventions in young children to establish healthy lifestyle”

<https://education.virginia.edu/events/youth-nex-march-works-progress-meeting-2025-march-06>

Invited Lecture, Children’s Hospital of Philadelphia, Philadelphia, PA

Nutrition & Integrative Health Seminar, March 5, 2025, 1:30-2:30 pm.

Kranz S, Title of Presentation: “Diet quality in children and the special cases of seafood, fruits and vegetables”

Invited Lecture and workshop, United States National Ground Intelligence Center, Annual Leadership Wellness Day, Charlottesville, VA, May 15, 2024 1:00-3:30 pm

Kranz S, Title of Presentation: “Nutrient Intake and Health”

Kranz S, Title of workshop: “Dietary intake patterns: What patterns fit your eating style?”

Invited Lecture, United States Army Holistic Health and Fitness (H2F) program, Nutrition Readiness

The Judge Advocate General’s (JAG) Legal Center and School, Charlottesville, VA, February 21, 2024 12:15-1:15 pm

Kranz S (and student contributors Conza J, Hasan F, Crowe, S). Title of Presentation: Nutritional Readiness-Healthy Eating Part 2: Changing Behavior

Invited Lecture, United States Army Holistic Health and Fitness (H2F) program, Nutrition Readiness

The Judge Advocate General’s (JAG) Legal Center and School, Charlottesville, VA, January 24, 2024 12:15-1:15 pm

Kranz S Title of Presentation: Nutritional Readiness-Healthy Eating Part 1: Nutrients and Health

Invited Talk and Panel member, American Society for Nutrition, July 24, 2023, Boston, MA. “From the Kitchen to Clinic: A Cooking Demo on Developing Culturally Appropriate Recipes for Clinical Trials”. Sponsored Satellite Program, Sponsor: The National Pork Board.

Kranz S. “The development and testing of research diets and the importance of cultural factors on intake”

University of Virginia Food Union Banquet, inaugural meeting, April 21, 2023, Morven Farms, Charlottesville, VA.

Kranz S. “Diet, Health and Learning”.

Invited Talk, UVA Inflammation, Disparities, Energy imbalance (IDEA) Cancer, February 21, 2022. Energy Imbalance: Obesity and Weight Management workshop.

Kranz S. “Dietary intake and intake behavior and select health outcomes”

Invited Talk and Panel member, Harvard University, UNICEF, February 22, 2020, Boston, MA.

Kranz S. “The importance of socio-economic characteristics on children’s diet quality and intake behavior”

European Childhood Obesity Group (ECOG) annual meeting 12-14 October, 2015.

Invited discussion Leader of the Workgroup “Nutrition”,

Host: Research Workshop on “The UK School Food Plan: Improvement of diet quality?”, September 15, 2015 (8:30 am – 2 pm) for 72 registered participants.

Presented research and facilitated formation of research collaborations between member of the community, UK school administrators and headteachers, and University of Bristol researchers in nutrition, psychology, and social studies.

Funded by the Elizabeth Blackwell Institute for Public Health.

Eating Behaviour Research Unit, Research Seminary, The University of Birmingham, Birmingham, UK, January 28, 2015.

Kranz S. “The increase of dietary fibre in children”.

The National Institute for Health Research Biomedical, Research Unit in Nutrition, Diet and Lifestyle at University Hospitals Bristol (BRU), October 12, 2014.

Kranz S. “The importance of increasing dietary fibre in children”,

Keynote Speaker, American Association for the Advancement of Science (AAAS) Arctic Science Conference, Kodiak, AK, September 24-27, 2013.

Kranz S, Huss LR*, Santerre CR. “Can American preschool-age children consume more fish and improve overall diet quality and DHA intake?”

“Kids Eat Right” Symposium at the Academy for Nutrition and Dietetics and the Academy of Nutrition and Dietetics Foundation “Shop, Cook, Eat Summit”, March 2-4, 2012, Napa Valley, CA. **Kranz S.** “Benefits of Fiber Intake in Children and Adolescents: Why kids need fiber and how to get it”

Fiber expert panel roundtable discussion. October 5-6, 2011 Chicago, IL **Kranz S.** "Can young children eat a high fiber diet?"; other discussants included Drs. Roger Clemens, JoAnne Slavin, and Theresa Nicklas. Proceedings published in a special issue of the Journal of Nutrition in 2012.

Department of Foods and Nutrition Purdue University, May Conference "Mining treasures from our national data sets... and more", May 13, 2011. **Kranz S.** "National representative data analysis indicates the need for increased efforts to improve nutrition in the American population."

Expert roundtable discussion “Nutritional Gatekeeping: Empowering parents to help guide food choices for their children” discussants: Brian Wansink, **Sibylle Kranz**, Myles Faith, and Sachiko St. Jeor. Proceedings published in *Childhood Obesity*, 6(6): 313-18, December, 2010.

United States Department of Agriculture (USDA) Human Nutrition Research Center, Grand Forks, ND, March 9, 2010. **Kranz S.** “Pediatric nutrition to prevent and treat childhood obesity”.

Department of Foods and Nutrition Purdue University, May Conference "Mining treasures from our national data sets... and more", May 13, 2010. **Kranz S.** "National representative data analysis indicates the need for increased efforts to improve nutrition in the American population."

SELECTED EXAMPLES OF ENGAGEMENT ACTIVITIES (LAST 10 YEARS ONLY)

- UVA Today interview, August 31, 2026: “A UVA nutrition expert tested AI diet-tracking apps. Here’s what she found” https://news.virginia.edu/content/uva-nutrition-expert-tested-ai-diet-tracking-apps-heres-what-she-found?utm_source=DailyReport&utm_medium=email&utm_campaign=news
- Interview with NBC Today, July 2, 2026 “11 High-protein, healthy snacks to eat instead of a processed protein bar” <https://www.today.com/health/diet-fitness/high-protein-portable-snacks-healthier-protein-bar-rcna351152>
- Interview with NBC Today, June 17, 2026 “The top 4 whole grains with the most fiber, according to dietitians” <https://www.today.com/health/diet-fitness/high-fiber-whole-grains-support-gut-health-dietitians-rcna349241>
- Interview with NBC Today Show on consumption of oatmeal to prevent constipation and for health. “Can Eating Oatmeal Daily Get Rid of Constipation? Dietitians Weigh In” May 15, 2026. (by June 10, 2026 50.3 million views) <https://www.today.com/health/diet-fitness/oatmeal-daily-constipation-rcna343488>
- Interview with Everyday Health on the value of establishing meal rotations for weight loss. “Eat a few go-to meals on repeat to lose weight, study finds.” March 26, 2026. <https://www.everydayhealth.com/weight-management/eat-a-few-go-to-meals-on-repeat-to-lose-weight/>
- Interview with UVA Today on changing eating behavior for better diet quality: How to eat Healthier without giving up the foods you love”, May 22, 2025. https://news.virginia.edu/content/how-eat-healthier-without-giving-foods-you-love?utm_source=DailyReport&utm_medium=email&utm_campaign=news
- Interview with WTOP news on changing eating behavior for better diet quality: “U.Va. expert: Eating healthier doesn’t have to mean sacrificing your favorite foods” May 29, 2025.
- Interview with Virginia Public Radio, Radio IQ, “Weight and metabolism determined more by genetics than diet”, February 18, 2025. <https://www.wvtf.org/news/2025-02-23/weight-and-metabolism-determined-more-by-genetics-than-diet>

- Video Interview with NBC29 news report “Genetics impacts metabolism more than diet, UVA research finds” January 9, 2025. <https://www.29news.com/video/2025/01/08/genetics-impacts-metabolism-more-than-diet-uva-research-finds/> picked up by FOX news, and 12 other networks.
- Interview with UVA Today on publication from Nutrigenomics project “UVA health researchers explore gene-driven diets” 12/18/2024 (published January 7, 2025)
- Interview with Washington Post on article on Vinegar and weight loss discusses **Kranz S paper** “Can apple cider vinegar really do wonders for your health?” 10/29/2024 <https://wapo.st/3YsluaT>.
- Interview with *Virginia Living*, Title: “UVA Health researchers explore gene-driven diets”. Originally published October 2024 issue, follow up article November 29, 2024 <https://virginialiving.com/healthwellness/nutrigenomics/>
- Interview with local NBC29 television station on the topic of food waste and reducing food waste in Virginia. “Virginia ranks 7th in the Nation for annual money lost to food waste” Aired 6 pm evening news, August 23, 2024.
- Interview with UVA Today Daily Report “Why something fishy is good for a child’s diet. April 22, 2024.
- Co-host (with Peter Youngs) a PhD/EdD workshop "Submitting to conferences and journals" for PhD students on February 23, 2022. The workshop was attended by 12 students.
- Co-host (with Peter Youngs) a PhD/EdD workshop "Submitting to conferences and journals" for PhD students on February 23, 2021. The workshop was attended by 17 students.
- Co-host (with Peter Youngs) a PhD/EdD workshop "Submitting to conferences and journals" for PhD students on January 29, 2020. The workshop was attended by 12 students.
- Co-host (with Peter Youngs) a PhD/EdD workshop "Submitting to conferences and journals" for PhD students on January 29, 2019. The workshop was attended by 16 students.
- Farm-to-Table - Farming tour and panel discussion “Food Production for Future Health Care Professionals”, sponsored by UVA Morven Farms and VA Farm Bureau, invited panelist Fall 2018, Spring and Fall 2019, Spring and Fall 2020. Approximate attendance 100 at each event.
- Research and Teaching collaboration for high school students and UVA students with Western Albemarle High School, Environmental Studies Academy (Director Adam Mulcahy); lectures on “Why dietary intake choices affect the environment” and “UVA’s sustainability program” co-taught with Boone Kinsey, UVA Dining Halls Sustainability Officer, Fall 2019
- Curry School of Education Video, January 30, 2019 “Five simple tips for better health” <https://curry.virginia.edu/news/video-five-simple-tips-better-health>
- Interview: June 15, 2018. The Washington Post “Friday night is pizza night. How weekend choices undermine our kids’ healthy eating habits.”
- Interview: April 23, 2018. The Columbian “In our view: feeding kids sound policy.” The importance of good diet quality on the ability to learn, especially in children from low-income, minority backgrounds.
- Interview: March 21, 2018. CNN “How does nutrition affect children’s school performance?”
- Old Donation School, Virginia Beach, “Cooking from Scratch” Initiative. Advisor on changing school menu and incorporating student, parent, and teacher input on changes of the breakfast and lunch foods preparation and serving style. March 2018-2019.

TEACHING ACTIVITIES (in reverse chronological order):

Teaching in the USA is listed by course (1 credit=50 min of lecture per week); in the UK as individual lectures

University of Virginia, Department of Kinesiology

Dr. Kranz is academic advisor for 20-30 undergraduate students every semester in addition to the 10-20 undergraduate researchers she is supervising in the DAN lab.

Director

KINE XXXX “UVA in Germany, Health and Culture Abroad” UVA Study Abroad program for UVA students, first cohort starting summer 2027.

Lectures:

Instructor:

KINE 6400, (3 credits) Changing behavior to improve diet and physical activity (Spring 2018-2021)

KINE 5485, (3 credits) Lifecycle Nutrition (every Fall 2018-2026 and in Spring 2017)
KINE 3400, (3 credits) Nutrition (every Spring 2019-2026, every Fall 2016-2065 and Summer 2018, 2021-2024)
KINE 4993, (variable credit 1-3) undergraduate supervised research
KINE 5993, (variable credit 1-3) graduate/masters supervised research
KINE 9998, (variable credit 1-3) graduate/doctoral supervised research
KINE 9998, (variable credit 1-3) graduate/doctoral supervised dissertation research
KINE 4993, (variable credit 1-3) undergraduate supervised research
KINE 5500, (1 credit) selected topics (Spring 2017)

Co-Instructor:

KINE 5475, (1 credit), Seminar in Exercise Physiology (every Fall and Spring 2017-2026)

Special Teaching Assignment:

As visiting Scholar at the University of Tübingen, I delivered four 120-minutes long lectures (9-11 am) to the master's students in the Population-based Medicine Program

1. "Developing dietary guidance: A comparative look at the United States and Germany" (11/5/25)
2. "Digestion and absorption in the human gut and macronutrient metabolism" (11/12/25)
3. "Nutrition and physical activity during pregnancy and early childhood" (11/19/25)
4. "Lifecycle nutrition part 2: Adolescent, Adult, and Elderly nutrition" (11/26/25)

Additional Teaching:

April 16, 2026, 12:30-1:30 pm. Lunch Panel "Kinesiology career pathways" about Kinesiology career pathways for a group of students and faculty of UVA Wise undergraduate students. Panelist to introduce my work in the department and the overlap between diet and nutrition and sports medicine or exercise physiology.

March 30, 2026, 4-5 pm Nutrition Month Lunch and Learn, organized by the Kinesiology undergraduate student club. Panelist discussing the career paths towards becoming a registered dietitian.

October 20, 2025. I developed a lesson on the role of food choices on nitrogen and carbon footprint and, together with the RD leading the Student Health and Wellness Center teaching kitchen, created a hands-on cooking class to help students experience the feasibility to modify dietary choices to lower their nitrogen footprint. This project was funded by the UVA Sustainable Food Collaborative.

October 5, 2025. In support of the student-created community outreach program "Women's Lifelong Wellness Initiative" (developed by PhD student Macy Stahl) I developed and presented the lecture "Healthy nutrition for menopausal women" to attendees of the workshop day.

May 15, 2025. I developed and delivered a 90-minute long interactive workshop for employees of the National Ground Intelligence Center (NGIC) as part of their Military Wellness Program: "Dietary change for healthy eating and weight maintenance/loss" (approx. 80 attendees)

February 21, 2024. I developed and delivered a 90-minute long interactive lesson/workshop for active military personnel in the JAG school as part of their Military Wellness Program: "Behavior Change for healthy eating and weight maintenance/loss" (approx. 80 attendees)

January 24, 2024. I developed and delivered a 90-minute long workshop for active military personnel in the JAG school as part of their Military Wellness Program: "Healthy Diets" (approx. 70 attendees)

University of Bristol, Centre for Exercise, Nutrition, and Health Sciences

Lectures:

Master's program in Nutrition, Physical Activity and Public Health

Unit: Nutrition, disease, and public health

- Early Childhood: Infant and Toddler Nutrition. (60 min)
 - Child nutrition: School-age and adolescence. (60 min)
- Unit: Determinants of physical activity and eating behaviours
- The school food environment. (60 min)
 - Community food environments. (90 min)
- Unit: Physical activity and nutrition interventions: Conceptualization and design
- Feeding trials in the pre-school setting. (60 min)

Bachelor of Science, School of Policy Studies

Unit “Child nutrition, activity, and health” for 3rd year (senior) students:

24 lectures (50 min each) and 10 seminars (50 minutes each) Dr. Kranz is unit conveyor and instructor of lectures and seminars on maternal, infant, and child nutrition and health.

Unit: Social Research Methods:

- The joy of stats: Basic concepts in the analysis of quantitative data. (60 min)
- Analyzing quantitative data: Testing for differences and associations (60 min)

ADMINISTRATION IN ACADEMIA

Dr. Kranz is Director of the “UVA in Germany: Health and Culture” study abroad program as well as the Director of the Diet and Nutrition laboratory and supervises graduate and undergraduate students as well as part-time research coordinators. She serves on the School of Education and Human Development Finance Committee (2024-2025) and chairs the committee in 2025-2026. Previously, she was the chair of the PhD Studies Committee in 2019-2022, and she served on the Faculty Council of the School 2017-2019. Since 2019, she is member of the UVA Sustainable Food Collaborative, a pan-university collaborative representing several UVA entities, including the Office for Sustainability, Office of the Provost, Department of Politics, Institute for Engagement & Negotiation, Morven Sustainability Farm, UVA Dine, UVA Health System dining and Virginia Humanities, as well as community partners Local Food Hub and Cultivate Charlottesville to meet the goals of meeting UVA’s sustainability goals, develop data-driven policies and programs to support food security at uva, increase awareness about sustainable food systems, and partner with community-driven food efforts and provide support, skills, and resources to further their vision.

From August 1, 2015 to June 30, 2016, Dr. Kranz served as the admission’s tutor (director of admissions) for PhD applicants to all 9 Centres (departments) of the School of Policy Studies at the University of Bristol. Her role included the evaluation of application materials, facilitation of matching applicants to appropriate supervisors, and aiding successful students in the application process for external education funding.

At Purdue University, Dr. Kranz served as the Director of the Coordinated Program in Dietetics (CP) from 2009 to 2014. She reviewed and updated the curriculum and Program Handbook to reflect student’s needs to graduate in 4 (rather than 5) years of training and guided a 5-year program accreditation review.

SERVICE TO THE PROFESSION

NIH/FDA

Invited member, Nutritional Ecology of Early Development Project NEED, working Group (WG) 2: “Infant biology: current basis for nutrient requirements birth to 2 years”. June 2026-current

Based on the breadth of my experience and expertise in child nutrition and its impact on short and long-term health promotion and disease prevention I was deemed an ideal fit to help support WG2, which will focus on the biological and epidemiological evidence needed to support evidence based programs and interventions to address the nutritional needs of infants and young children birth to 2 years of age with a focus on health promotion and disease prevention.

USDA, NIH, CDC

Reviewer for the Dietary Guidelines for Americans (DGA) 2025-2030 Report for systematic review evidence on

- “Beverage patterns and growth, body composition, and risk for obesity” April-May, 2024
- “Dietary patterns and growth, body composition, and risk of obesity” April-May, 2024

As Registered Dietitian with nationally acknowledged expertise in diet quality research, I was asked to review the two research reports, which informed the original Dietary Guidelines for Americans 2025-2030 report.

National Academies of Sciences, Engineering, and Medicine

Appointed to ad hoc committee “Role of seafood intake on children’s growth and development” December 2022 – April 2024. Worked on two working groups: “Exposures” and “Nutrition” as well as co-drafted the summarizing chapter. Co-author on report National Academies of Sciences, Engineering, and Medicine. 2024. *The Role of Seafood Consumption in Child Growth and Development*. Washington, DC: The National Academies Press. 204 pages 8.5x11 paperback ISBN Paperback: 0-309-71698-5, ISBN Ebook: 0-309-71699-3, DOI: <https://doi.org/10.17226/27623>

Presentations:

- Kranz S. Committee representative for Congressional Hearing 1, February 14, 2024, 1-2 pm
- Kranz, S. Committee representative for Congressional Hearing 2, March 25, 2024, 1:30-2:30 pm
- Kranz, S. Panelist, Public Release Webinar “The seafood committee report”, March 26, 2024, 2:00-3:00 pm

I was asked to serve on this committee due to my expertise in child nutrition and diet quality assessment. This work involved a great breadth of work with exhaustive literature reviews and data analysis, in part conducted by consultants to the committee. The full committee met monthly, including several in-person sessions at NASEM’s headquarters in DC. In addition, several working groups were established to work on the final report chapters. I led two of these working groups, leading to chapters 3 and 4.

National Science Foundation

- SBIR/STTR (Small Business Innovation Research, Small Business Technology Transfer) program grant reviewer, December 2023

Promotion and Tenure Dossier External Reviewer

Grant Reviewer:

These grant reviews for professional organizations or federal funding agencies involved reading the grant proposals, conducting research to understand the methodology and investigate potential limitations and caveats, and to participate in meetings of all reviewers to consolidate the individual reviewer’s reports to one summary score with evidence of the score.

Professional Associations, Positions Held

Positions

American Society for Nutrition (ASN)

- a) Finance and Audit Committee, member 2023-2025
- b) Nutrition Education and Behavioral Sciences Research Interest Section
 - a. RIS Chair-elect January – June 2021
 - b. RIS Chair June 2021-2022 and 2022-2023
 - c. RIS Past-chair June 2023-2024
- b) Epidemiology Research Interest Section (RIS)
Steering Committee, member 2007- 2010, Council to the steering committee 2007-2009
- c) Medical Nutrition Council, member, 2009-2014

The Obesity Society (TOS, formerly NAASO), member 2002-2013, 2016- current

- a) Spokesperson, 2025-
- b) Nutrition Epidemiology Section chair, 2009
- c) Graduate Student and New Investigator Committee, chair, 2006-2007
- d) Junior Researcher Forum, founding chair, 2005-2007

Academy of Nutrition and Dietetics, formerly American Dietetic Association (ADA), member 1998-2014, and 2018-current

- a) School Nutrition Services
 - a. Dietary Practice Group Chair-elect 2025-2026
- b) Commission on Research, Research Integrity Subcommittee, appointed, 2019-2022

- b) Dietetics Education Committee member (board-appointed), 2012-2014

American Public Health Association (APHA)

- a) Intersectional Council Steering Committee (ISC-SC), Steering Committee member, 2009-2012
- b) Food and Nutrition Section
Program Planning Committee, 2022-24, Section chair, 2009; Section Council Member, 2007-2009; Program co-chair and chair, 2005-2007; Awards Committee chair, 2004-2005, Oral session program planning committee 2022, Program committee member 2022-2023

Accreditation Council of The Academy for Nutrition and Dietetics (ACEND), formerly Commission on the Accreditation of Dietetics Education (CADE)

- a) Dietetics Education Program Reviewer (board-elected), 2012-2014
- b) Dietetic Education Committee member (board appointed), 2012-2014

Professional National and International Associations, Memberships:

Academy of Nutrition and Dietetics, formerly ADA, member 1995-2014 and 2018-current

- a. School Nutrition Services Practice Group, 2024- current
- b. Nutrition Entrepreneur Practice Group, 2018-2023
- c. Research Practice Group, 2019-2023
- d. Nutrition and Dietetics Educator Practice Group, 2009-2014
- e. Public Health/Community Practice Group, 2011-2014
- f. Pediatric Nutrition Practice Group, 2011-2014

American College of Sports Medicine (ACSM), member 2016-current

American Heart Association, 2022-current

American Public Health Association (APHA), member 2001-current

American Society for Nutrition (ASN), member 1998-current

- a. Obesity RIS, member 2018-current
- b. Public Health RIS, member 2018-current
- c. Nutrition Education and Behavioral Sciences RIS, member 2019-current

Commission on Dietetic Registration (CDR), member 1998 - current

European Childhood Obesity Group (ECOG), member, 2005-2010 and 2014-current

International Society for Behavioral Nutrition and Physical Activity, member 2009-2016

Society for the Study of Ingestive Behavior (SSIB), member 2016-2022

The Obesity Society (TOS), member 1998-current, Fellow 2007-current

Annual meetings/Conferences abstract reviewer

American College of Sports Medicine (2024, 2025), American Society of Nutrition (2016-2026), American Public Health Association (2020-2026), The Obesity Society (2017-2022), European Childhood Obesity Group (2020-2026)