

Katherine M. Manuel, Ph.D., RD, LDN, EIM, FAND

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EDUCATIONAL ATTAINMENT

Ph.D.	Howard University, Washington, D.C. Nutritional Sciences
M.S.	Concordia University Chicago Applied Exercise Science: Exercise Physiology
M.S.	Howard University, Washington, D.C. Nutritional Sciences, Community Emphasis
Graduate Certificate	University of Connecticut, Storrs, Connecticut Exercise Prescription
B.S.	Howard University; Washington, D.C., Nutritional Sciences, Dietetics Emphasis (Summa Cum Laude)
College Diploma	College of Arts, Science and Technology (Now, University of Technology), Jamaica, West Indies, Nutrition/Dietetics

POSITIONS HELD

7/2023-Present	Interim Chair, Assistant Professor, Department of Nutritional Sciences, College of Nursing and Allied Health Sciences, Howard University, Washington D.C. Direct departmental operations and oversee faculty and student activities.
1/2020-Present	Consulting Dietitian, The Bariatric and Hernia Institute, Greenbelt, MD. Plan and oversee nutrition care program for patients undergoing surgical weight loss procedures.
8/2020-present	Adjunct Faculty, Department of Kinesiology, University of Connecticut, Online Teach online asynchronous undergraduate Exercise Prescription course.
8/2017-Present	Program Director, Coordinated Program in Dietetics, Department of Nutritional Sciences, College of Nursing and Allied Health Sciences, Howard University, Washington D.C. Teach courses in Medical Nutrition Therapy Dry Lab, Nutrition in the Life Cycle, Introduction to Nutrition, Organizational Management, Expository

Writing, and Nutrition in Health and Disease. Coordinate supervised practice activities for Dietetics students. Coordinate decisions regarding admission and progress of students in the Dietetics Program. Ensure implementation of ACEND standards including faculty orientation and training. Spearhead continuous program assessment and improvement. Supervise undergraduate and graduate research. Serve on college-wide committees.

Developed a new course (Nutrition in Health and Disease-NUTR 418) to better meet the needs of students in the Pre-Med/Dent concentration in Nutritional Sciences.

8/2016-8/17

Associate Professor, Department of Health, Nursing, and Nutrition, College of Agriculture, Urban Sustainability and Environmental Sciences (CAUSES), University of the District of Columbia, Washington, D.C.

Taught courses in Medical Nutrition Therapy, Introduction to Nutrition, and Advanced Nutrition. Coordinated graduate studies in Nutrition and Dietetics (Master's Program). Served on committees at the College and University level including Graduate Council Committee, College Curriculum Committee, and University-wide Student Success Plan Committee.

2/2012-8/16

Clinical Nutrition Manager, Department of Nutrition and Food Services, Sodexo//Howard University Hospital, Washington, DC.

Coordinated and directed the efforts of clinical dietitians, and diet office staff. Maintained Joint Commission/state/federal and company standards. Primary liaison with medical and nursing staff. Supervised dietetic students enrolled at Howard University and Distance Education Programs. Provided nutrition education and training to members of the health care team. Developed and implemented wellness/nutrition education programs for the hospital community.

8/2008-2/12

Clinical Instructor, Department of Nutritional Sciences, College of Nursing, and Allied Health Sciences, Howard University, Washington, D.C.

Taught courses in Nutrition Care Management and Medical Nutrition Therapy; Supervised clinical practice hours for dietetic students in the acute-care setting. Coordinated practicums in Community Nutrition and Organization and Management of Nutrition and Food Services, utilizing an online teaching environment. Served as academic advisor for students in the Department of Nutritional Sciences. Involved in the submission of Self Study for reaccreditation of the Coordinated Program in Dietetics. Participated in Recruitment and Student Affairs Committees.

2006 (Fall)

Adjunct Nutrition Faculty, Department of Nutrition & Foods and Hospitality Management, Division of Sciences, Technology, Engineering, and Mathematics, Prince George's Community College, Largo, Maryland.

Taught Introduction to Nutrition.

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| 2003 – 2007 | <p>Clinical Dietitian, Howard University Hospital (HUH), Washington, D.C.</p> <p>Covered Medical/Surgical, Cardiac, and Surgical Intensive Care Units. Served as preceptor for dietetic students/interns.</p> |
| 2003 (06-11) | <p>Clinical Dietitian, Part-time, Capital View Subacute Unit, Washington, D.C</p> <p>Provided nutrition care for all patients.</p> |
| 2002 – 2003 | <p>Dietitian, Providence Hospital, Washington, D.C.</p> <p>Covered Cardiac, Orthopedic, Bariatric, Post-Partum, and Step-down Intensive Care Units. Served as preceptor for dietetic students/interns.</p> |
| 1995 – 1998 | <p>Dietetic Technician, Milton Cato Memorial Hospital/ Ministry of Health and the Environment, St. Vincent, West Indies.</p> <p>Assisted dietitian with nutrition assessment and nutrition education for patients in the acute and out-patient setting; Conducted nutrition education at community health clinics and schools.</p> |

LICENSES/CERTIFICATIONS

- American College of Sports Medicine - Exercise is Medicine, 2024 to present
- Maryland Dietitian-Nutritionist Licensure, 2019 -Present
- Distance Learning Certification, 2018
- Blackboard Online Teach-Only Certification, 2017
- Commission on Dietetic Registration, Recertification, 2021, 2016, 2011, 2006
- ServSafe Food Protection Manager Certification, 2012-Present
- Blackboard 9.0 Certification, 2012
- District of Columbia Dietetic Licensure, 2002 – Present
- Registered Dietitian, 2000 – Present

RESEARCH ACTIVITIES

Research Interests

Obesity with the following areas of focus:

- Prevention and treatment of obesity with emphasis on the role of physical activity post-bariatric surgery
- Knowledge, attitudes, and practices of the health care team in the nutrition care of patients with obesity and the development of nutrition curricula for medical professionals
- The relationship between Caribbean food practices/lifestyles, and health and disease in the Eastern Caribbean

Grants/Publications

- Adeola, O. (Principal), **Manuel, K.** (Co-Principal), "Nourishing Futures: Bridging Health Disparities Through Community Engagement, Nutrition Education and Mentorship," Sponsored by Dairy Management Inc./National Dairy Council, \$87,296.00. (January, 2025 - Present).
- Bussey, A., Coates, K., Adeola, O., **Manuel, K.**, Phillips, K. (2023) Food or Foe: Western perspectives toward entomophagy. *Journal of the Academy of Nutrition and Dietetics*. 123(10). S19
- Alqurashi, L., **Manuel, K.**, & Adeola, K. (2023) Evaluating the impact of nutrition support on clinical outcomes in critically ill patients with COVID-19: A retrospective study. *Journal of Parenteral and Enteral Nutrition*, 47(S2), S81
- Bond, D. S., **Manuel, K. M.**, Wu, Y., Livingston, J., Papasavas, P. K., Baillot, A., & Pescatello, L. S. (2023). Exercise for counteracting weight recurrence after bariatric surgery: a systematic review and meta-analysis of randomized controlled trials. *Surgery for Obesity and Related Diseases: Official Journal of the American Society for Bariatric Surgery*, 19(6), 641–650. <https://doi.org/10.1016/j.soard.2022.12.029>
- **Manuel, K.**, Pierce, W.B., Wu, Y., Livingston, J., Pescatello, L.S., The role of exercise in preventing weight regain in adults post-weight loss surgery. *Med Sci Sports Exerc* 52: S505, 2020.
- Pierce, W.B., **Manuel, K.M.** Yin Wu, Jill Livingston, Linda S. Pescatello. The Need for Exercise Recommendations for Children And Adolescents Post-Bariatric Surgery: A Systematic Review. *Med Sci Sports Exerc* 52: S505, 2020.
- **Manuel, K.** and Johnson A. (2018) Physician Attitudes and Practices Regarding the Role of the Registered Dietitian Nutritionist in the Nutrition Care of Patients with Obesity. *Renal Nutrition Forum Nutrition*, 37, 3-8.
- **Manuel, K.**, and Johnson, A. (2011). Physician Knowledge, Attitudes, and Practices in the Nutrition Care of Obese Patients. *The FASEB Journal*, 25, Supplement 789.2.

Scholarly Works and Presentations

- Zerhamenet, S. (First Author), Adeola, O. (Author), Manuel, K. (Author), Hajri, T. (Author/Advisor), DCMAND Annual Meeting, "Prevalence of Metabolic Diseases in The Eritrean Population: A Global Perspective on Obesity, Diabetes, and Cardiovascular Disease," DCMAND, George Mason University, Fairfax Drive, Arlington, VA, United States. (May 9, 2025). **Best Research Poster Award**
- Bussey, A., Coates, K., Manuel, K., Adeola, O., Howard University Health Disparities Symposium, "Food or Foe? Western Perspectives Toward Entomophagy," Howard University, Department of Nutritional Sciences, Virtual. (April 2023).
- Bandele-Asante, M., Perry, F., Manuel, K., Adeola, O., Howard University Health Disparities Symposium, "Reshaping Nutrition Care for Transgender and gender diverse individuals (TGGD)." Howard University Department of Nutritional Sciences, Virtual. (April 2023).

- Manuel, K. (Invited Speaker), WIC Agency Annual Staff Training, "Conducting an Effective Nutrition Assessment," WIC State Agency, National Arboretum, Washington, DC, United States. (June 10, 2022).
- Akhimien, C. (Presenter), Brown, J. (Presenter), Fraval, N. (Presenter), Adeola, O. (Advisor/Reviewer), Manuel, K. (Advisor/Reviewer), Health Disparities Symposium, "Addressing Nutrition-Related Health Disparities in Individuals Diagnosed with HIV/AIDS in an Acute Care Setting: A Narrative Review and Case Study," Howard University, Department of Nutritional Sciences, Virtual. (April 11, 2022).
- Davidson, T. (Presenter), Gardner, K. (Presenter), Stewart, G. (Presenter), Adeola, O. (Advisor/Reviewer), Manuel, K. (Advisor/Reviewer), Health Disparities Symposium, "Examining the Nutritional Status of Individuals Residing in Correctional Facilities: A Systematic Review and Call to Action," Howard University, Department of Nutritional Sciences, Virtual. (April 11, 2022).
- Manuel, K. and Pescatello, L. A Call to Action: The Need for Adult Post-Bariatric Surgery Exercise Recommendations. Tutorial Lecture. ACSM 68th Annual Meeting, World Congress on the Basic Science of Exercise in Regenerative Medicine and World Congress on Exercise is Medicine®, June 2021.
- Olibrice, D., Kluber, L. Udenyi, O (presenter), Sheet, H., Adeola, O. (Advisor/Reviewer), Manuel, K. (Advisor/Reviewer). Associations between Housing Insecurity and Food Insecurity in University and College Students: A Systematic Review. DC Metro Academy of Nutrition and Dietetics Annual Meeting, Virtual (April 19, 2011). **Best Research Poster Award**
- Kluber, L. (Presenter), Ogugua, A. (Presenter), Adeola, O. (Advisor/Reviewer), Manuel, K. (Advisor/Reviewer), Health Disparities Symposium, "Addressing the Impact of Unconscious Bias on Nutrition Disparities in an Acute Care Setting," Howard University, Department of Nutritional Sciences, Virtual. (March 15, 2021).
- Bunting, S. (Presenter), Rashad, M. (Presenter), Adeola, O. (Advisor/Reviewer), Manuel, K. (Advisor/Reviewer), Health Disparities Symposium, "Ethical Principles in Nutrition and Dietetics During the COVID-19 Pandemic," Howard University, Department of Nutritional Sciences, Virtual. (March 15, 2021).
- Olibrice, D. (Presenter), Sheet, H. (Presenter), Adeola, O. (Advisor/Reviewer), Manuel, K. (Advisor/Reviewer), Health Disparities Symposium, "MyPlate: Cultural Competence Considerations to Promote Healthy Eating," Howard University, Department of Nutritional Sciences, Virtual. (March 15, 2021).

- Cofie, P. (Presenter), Udenyi, O. (Presenter), Adeola, O. (Advisor/Reviewer), Manuel, K. (Advisor/Reviewer), Health Disparities Symposium, "The Role of Historically Black Universities and Colleges (HBCUs) in Diversifying Nutrition and Dietetics Professionals," Howard University, Department of Nutritional Sciences, Virtual. (March 15, 2021).
- King, V., Moore, B., Dal-Ri, F., Manuel, K., Maryland Academy of Nutrition and Dietetics Annual Meeting, "Impact of Combined Exercise on Glycated Hemoglobin in Adults with Type 2 Diabetes Mellitus: A systematic Review." (April 1, 2019).
- Lindsay, D (presenter), Nwachukwu, C., Alqurashi, L., Harrod, T., and Manuel, K (advisor/reviewer). Maryland Academy of Nutrition and Dietetics Annual Meeting, Implications of Maternal Age for Breastfeeding of African-African Infants. (April 1, 2019). **Second-Place Winner Poster of Excellence Award.**
- Manuel, K., The Department of Maternal and Child Health Pediatric Grand Rounds (Howard University Hospital), "Prescriptions for Exercise and Diet: Powerful Tools for Clinicians." (March 29, 2019).
- Manuel, K. M., The Department of Maternal and Child Health Grand Rounds (Howard University Hospital), "Medical Nutrition Therapy: Helping Patients Put Their Best Fork Forward." (June 8, 2018).
- Adeola, O. (Author and Presenter), Al Hano, D. A. H. (Co-Author), Jones, K. (Co-Author), Batheja, S. (Co-author), Manuel, K. (Co-author), Maryland Academy of Nutrition and Dietetics (MAND), "Assessing Nutrition Risk and Utilization of the Nutrition Care Process in Patients with Obesity," MD, United States. (April 2018).
- Alexander, N., Mowatt, G., Alsayegh, A., Manuel, K., District of Columbia Metro academy of Nutrition and Dietetics (DCMAND) Annual Meeting, "Nutrition-Related Knowledge Deficit in Patients with CKD." (April 20, 2018).
- Manuel, K. M., Johnson, A. A., Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo (FNCE), "Physicians' Attitudes and Practices Regarding the Role of the Registered Dietitian in the Nutrition Care of Obese Patients." (October 22, 2017)
- Manuel, K., and Johnson, A. Are Primary Care Physicians Equipped to Have the Weight Management Conversation with Their Obese Patients? Poster Presentation at the Annual Meeting of the Maryland Dietetic Association., Linthicum Heights, Maryland. April 2011. **Poster of Excellence Award Winner.**

COLLEGE/UNIVERSITY SERVICE

- Howard University Program Innovation Review Committee (PIRC), 2024 - present
- Howard University Graduate School, Interim Director of Graduate Studies, Department of Nutrition Sciences, October 2024 -May 2025
- Howard University, Faculty Governance, Member, August 2023 – present
- Howard University Interprofessional Education Workshop Facilitator, 2023
- Howard University Hospital, Office of Graduate Medical Education, Medical Resident Wellbeing Committee, 2018-2023
- Howard University College of Nursing and Allied Health Sciences Activities Committee, Member, 2017 - Present
- Howard University Faculty Senate Budget and Planning Committee, Member, 2018 – 2024
- Howard University Student Affairs Committee, 2008-2012
- Howard University Judiciary Committee, Member, 2008-2012

PROFESSIONAL AND COMMUNITY SERVICE

- Consultant, Office of Mission, Impact, and Strategy, Academy of Nutrition and Dietetics, Chicago, IL, 2025
- Chair-Elect, Nominating Committee, Dietitians in Integrative and Functional Medicine, Academy of Nutrition and Dietetics, Chicago, IL, 2025 to present
- Program Reviewer, Accreditation Council Education in Nutrition and Dietetics (ACEND), Chicago, IL, 2024 to present
- Guest Panelist, Navigating the Complexities of College Life, Department of Clinical Laboratory Sciences, College of Nursing and Allied Health Sciences, Washington, DC, 2024-present
- Consultant, DC Department of Health-Obesity Benchmarks for the District of Columbia, March 2022
- Invited Speaker at Annual Summer Career and Leadership Programme, St. Vincent and The Grenadines Community College, St. Vincent and the Grenadines, WI, 2020-present
- Guest facilitator, Bariatric Surgery Discussion Board, Department of Kinesiology, University of Connecticut, Storrs, Connecticut, 2020-present
- Guest Lecturer, Department of Physical Therapy, College of Nursing and Allied Health Sciences, Washington, DC, 2020-present
- Weight Management Policy Ambassador, Academy of Nutrition and Dietetics, 2019/2020; 2024 to present
- Howard University Athletics Nutrition Resource (Football Team, Tennis Team, Swimming Team, Volleyball Team, 2019-present
- Nutrition resource at health fairs in collaboration with DC Ward 8 Health Council, 2018.
- District of Columbia Department of Health Physical Activity Action Team member, 2018-2019
- Nutrition Educator, Wellness Day at Coolidge High School, 2018
- Presenter, Occupations in Dietetics, University of the District of Columbia, Student Academy of Nutrition and Dietetics Meeting, 2018.
- American Society for Nutrition Abstract Reviewer, 2019, 2024 to present.
- Ambassador, American Diabetes Association, 2016-present

- Panelist at the Congressional Black Caucus Panel Discussion on *Working to Keep Families Intact with Limited Resources*, Washington, DC, 2011
- Nutrition resource at annual NBC 4 Health Expo, 2020, 2011, 2009
- Content expert on Radio and TV news segments, 2010-present
- Cited in local (Washington, DC) newspaper - Washington Times, 2006
- Cited in Howard University Hospital's Magazine, Check Up, 2006, 2005
- Nutrition resource/presenter at several community health fairs, church, support groups, and school/college events in the District of Columbia, Maryland, and the Caribbean 2001-Present (three to six events per year)

MEMBERSHIPS WITH PROFESSIONAL ORGANIZATIONS

- American Society for Nutrition, 2019, 2024-present
- National Strength and Conditioning Association, 2024-present
- American Society for Metabolic and Bariatric Surgery, 2020-present
- American College of Sports Medicine, 2019 to present
- American Society for Parenteral and Enteral Nutrition, 2012-Present
- Academy of Nutrition and Dietetics, 1999/2000, 2002 – Present
 - Dietitians in Integrative & Functional Medicine Dietetic Practice Group, member
 - Weight Management Dietetic Practice Group, member
 - Nutrition and Dietetic Educators and Preceptors Dietetic Practice Group, member
 - Sports, Cardiovascular & Wellness Nutrition Dietetic Practice Group, member

SELECT PROFESSIONAL DEVELOPMENT ACTIVITIES

- Metabolic Adaptations Advanced Training Seminar, Commission on Dietetic Registration, 2025
- Nutrition Focused Physical Exam Workshop, Commission on Dietetic Registration, 2023
- Item Writing Certificate Workshop, Commission on Dietetic Registration (CDR), May 2022
- Nutrition for Mental Health Certification Course, PESI, June 2022
- Certificate of Training in Obesity for Adults, Commission of Dietetic Registration, Academy of Nutrition and Dietetics. Virtual, 2021, 2025
- Client-Directed Counseling for Nutrition Professionals Certificate Program, Cornell University, Online, 2020
- Ongoing attendance at activities approved by the Academy of Nutrition and Dietetics Commission on Dietetic Registration (CDR) for Continuing Professional Education Units (CPEUs) for a total of at least 75 CPEUs over a five-year-period, 2000 - Present

SELECT FACULTY DEVELOPMENT ACTIVITIES

- Workshop for Program Reviewers, Accreditation Council for Education in Nutrition and Dietetics (ACEND), Chicago, IL, United States. (March 25, 2025 - March 26, 2025).

- Workshop, "Academic Program Accreditation Workshop," Howard University Institution Accreditation and Assessment, Washington, DC, United States. (January 28, 2025).
- Self-Study Program, "ACEND Program Reviewer Training," The Academy of Nutrition and Dietetics, Chicago, IL, United States. (June 14, 2024 - June 15, 2024).
- Nine-Month Leadership Program, "Chair's Leadership Academy," Howard University, Washington, DC, United States. (September 22, 2023 - May 14, 2024).
- Workshop, "Mindfulness, Emotional Intelligence & Sensitivity in Learning Environments," HU-CETLA, Washington, DC. (March 1, 2023).
- Workshop, "Exploring the Principles of Andragogy to Better Engage Learners," HU-CETLA, Washington, DC, United States. (February 28, 2023).
- Tutorial, "Poll Everywhere for Presenters," HU-CETLA, Washington, DC, United States. (February 23, 2023).

AWARDS

- Fellow of the Academy of Nutrition and Dietetics (FAND), 2021
- Outstanding Dietetics Educator Award, Nutrition and Dietetic Educators and Preceptors Practice Group of the Academy of Nutrition and Dietetics, Chicago, IL, 2020
- Faculty of the Year Award, Department of Nutritional Sciences, College of Nursing and Allied Health Sciences, Howard University, Spring 2019
- Summer Faculty Grant, Howard University (\$10000.00), 2018
- Fellowship: Leading Emerging and Diverse Scientists to Success (LEADS), Institute for Clinical Research Education, University of Pittsburgh, 2018
- Center for Minority Health Services, Howard University Small Grant Award (\$5000.00), 2010

SKILLS

Proficient at Microsoft Office applications (Word, Excel, Publisher, Power Point); Nutrient Analysis Software including Nutritionist Pro; SPSS; Electronic Medical Records (Soarian Clinicals and Athena Health); Online Teaching and Distance Learning via Blackboard 9 and Canvas, Social Media Platform; Creative Design Software (e.g. Canva).