**Carly Drake**

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| Phone: (609)-602-1389  cdrake@uab.edu | 3113 Pawnee Ave S. Apt 102  Birmingham, AL 35205 |

# Education

**PhD** student at The University of Alabama at Birmingham, Nutrition Sciences

Mentor: Dr. Amy Goss

**MS** from The University of Alabama at Birmingham, Clinical Nutrition

**July 2021**

**BS** from Auburn University, Nutrition Sciences

Graduated Magna Cum Laude

**May 2020**

# Professional Certificates

**Registered Dietitian**   **2021**

Commission on Dietetic Registration

CDR number: 86294756

Alabama RD License Number: 5031

# Honors and Awards

**UAB School of Health Professions Research Day Top Abstract**   **2025**

The abstract “Associations of Pancreatic Lipid, Body Composition, and Insulin Resistance in adolescents with MASLD” was ranked highest by blinded judges and selected for a 12-minute talk at School of Health Professions Research Day

**Recognized Young Dietitian of the Year**   **2025**

Awarded by Birmingham District Dietetic Association

**Blazer Fellowship Award 2025**

Fellowship grant awarded to highly qualified first-year doctoral candidates who are engaged in full-time research at UAB

# Research Experience

**University of Alabama at Birmingham** **2023-current**

Advisor: Dr. Amy Goss

* Graduate Research Assistant in Dr. Amy Goss’ lab at UAB studying the effects of dietary intervention on children with hepatic and pancreatic steatosis.

# Work Experience

**East Alabama Medical Center**, Opelika, AL

Clinical Dietitian

**September 2021 to July 2023**

* Used standards of practice to provide full nutrition assessments and created individualized nutrition care plans for patients in various disease states.
* Primarily covered an Intensive care unit, a Cardiovascular Intensive care unit, an oncology floor, and a surgical floor.
* Acted as a preceptor to dietetic intern students.

# Publications

## Conference Abstracts

“Effects of a carbohydrate-restricted diet on pancreas volume and insulin resistance in children with MASLD”

Drake, C.E, Gower, B, Ashraf, A, Bolding, M, Goss, A.M. Obesity Week Conference, Nov. 4-7, 2025

“The Effect of Intermuscular Adipose Tissue on Muscle Function in Older Adults with Obesity”

Drake, C.E, Russell, M, Karrh, M, Gower, B, Fontaine, K, Goss, A.M. Obesity Week Conference, Nov. 4-7, 2025

“Associations of Pancreatic Lipid, Body Composition, and Insulin Resistance in Adolescents with NAFLD”

Drake,C.E, Gower, B, Ashraf, A, Bolding, M, Goss, A.M. Obesity Week Conference, Nov. 3-6, 2024

# Professional Affiliations

Birmingham District Dietetic Association, 2024-present

Secretary