

Christopher A. Colvin
University of Alabama at
Birmingham
Department of Nutrition Sciences

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Education

Ph.D. in Nutrition Sciences

August 2025 – Present

University of Alabama at Birmingham
Birmingham, AL

B.S in Nutrition and Dietetics

Dec 2022

GPA: 3.87
Benedictine University
Lisle, IL, 60532

Associate's in Liberal Arts

2017 - 2019

Triton College
River Grove, IL, 60171

Experiences

Post Baccalaureate Intramural Research Training Award (IRTA) Fellow

May 2023 - May 2025

National Institutes of Health
Bethesda, Maryland, 20892
Mentor: Kevin Hall

Responsibilities:

- Ensure coordination of large clinical trials through interdisciplinary team scheduling and data collection for studies on ultra-processed foods and ketogenic diets
- Conduct physiological assessments including resting energy expenditure, dual-energy X-ray absorptiometry, exercise bike tests, and room-calorimetry metabolic testing on study participants
- Lead lab journal clubs and help guide weekly lab meetings in the PI's absence
- Design and conduct my own research projects on ultra-processed foods and

convenience

- Continue to develop professionally through the attendance of the NIH's Diabetes, Endocrinology, and Obesity Branch journal club, undiagnosed disease program, metabolic weekly curriculum, and taking biomedical research courses in R and data visualization

Peer Mentor

Fall 2022

Benedictine University
Lisle, Illinois, 60532

Responsibilities:

- Lead classes to improve student study skills and help identify campus resources for College of Science and Health first-year students
- Introduce students to undergraduate research through poster presentation and one-on-one teaching of research skills including building a review of literature table, using Endnote for citation building and SAS for data analysis.
- Role model academic and social behavior to students

Diet Clerk

May 2022 - May 2023

Adventist Medical Center
La Grange, IL, 60525

Responsibilities:

- Assist patients with their selection of menu items ensuring compliance with their medically prescribed dietary restrictions and nutritional prescriptions
- Assemble and oversee enteral feeding and meal replacements
- Perform quality assurance on the following procedures: formulary orders, carb counting, and gastric bypass feeding regimens
- Maintain accurate dietary records to contribute to comprehensive patient care records

Research Assistant

January 2022 - May 2023

Benedictine University
Lisle, Illinois, 60532
Mentor: Annie W Lin

Responsibilities:

- Led literature review on day-level meal timing and diet quality
- Analyze dietary intake differences between those with and without food security
- Collaborate with research members on the development of a diet tracking app, including research protocol design for app testing
- Prepare first draft manuscript and tables/figures, accepted July 2024
- Design a research poster and present findings at the Benedictine undergraduate research symposium and Nutrition 2023
- Assisted in data collection and participant intervention in RO1 control trial

Publications

Published:

Peer-Reviewed Manuscripts

2024 **Colvin C**, Lin AW, Kusneniwar H, Makelarski J, Sen S, Kalam F. Evaluation of Daily Eating Patterns on Overall Diet Quality using Decision Tree Analyses. *The American Journal of Clinical Nutrition* (2024).

Peer-Reviewed Abstracts

2024 **Colvin C**, Sciarrillo C, Valarie D, Krenek A, Courville A, Hengist H, Hall K. Price, Diet Quality, and Convenience Comparison of Ultra-Processed and Minimally Processed Menus

- *Presented abstract poster at Nutrition 2024 & 3-minute oral presentation at NIH Mid-Atlantic Diabetes and Obesity Research Symposium*

2023 **Colvin C**, Kusneniwar H, Makelarski J, Sen S, Kalam F, Lin AW. Sociodemographic Predictors of Eating Patterns Associated with Higher Quality Diets, Accepted at Nutrition 2023.

- *Presented abstract poster at Nutrition 2023*

2023 Maddalena Tan G, **Colvin C**, Agwomoh K, Lin AW. Clinician Needs and Preference Assessment for Oncology Mobile Health Apps, Accepted at Nutrition 2023.

2022 Lin AW, Cornely A, Kalam F, Sen S, Makelarski JA, **Colvin C**, Ward D, Mirsky GM. Prediction of Diet Quality Based on Day-Level Meal Pattern: A Preliminary Analysis Using Decision Tree Modeling. Abstract, Accepted at Nutrition 2022.

Makelarski J, Cornely AK, Kalam F, Sen S, Lin AW, **Colvin C**, Mirsky GM. Do Meal Patterns That Predict Diet Quality Vary By Food Security Status? A Decision Tree Model. Abstract, Accepted at IAPHS 2022.

- *Presented abstract poster at Undergraduate research symposium, Benedictine University*

Software Skills

Statistics, Data Visualization:

SAS (Statistical Analysis System) V.9.4

Tableau Desktop V.2022.1.2

R

Survey Development:

Qualtrics Survey Software

REDCap (*Research Electronic Data Capture*)

Manuscript Preparation:

Research Rabbit

EndNote Citation Software

Microsoft Office

Awards and Honors

Natural Science Summer Research Grant

Summer 2022

Benedictine University

- Received grant based on academic and research qualifications

Dean's List

Fall and Spring 2020 - 2022

Benedictine University

Dr. Scholl Scholarship

Spring 2021

Benedictine University

- Received scholarship due to higher than 3.8 GPA in nutrition

Wrestling Academic All-Conference

Spring 2019

Triton College

- Received award due to high GPA compared to other wrestling teams in the conference

Wrestling Team Captain

July 2018 - March 2019

Triton College

- Selected among 20 wrestlers by the coaching team to serve as team captain

Certificates

CITI Training

ServSafe Food Protection Manager Certificate

CPR Certified

Professional Membership

Student Member

June 2022 - Present

American Society of Nutrition

Treasurer

April 2022 - December 2023

Student Association of Nutrition and Dietetics
Benedictine University

Student Member

March 2022 - Present

Academy of Nutrition and Dietetics

Volunteer Work

Ad Hoc Reviewer

Journal of Nutrition, European Journal of Clinical Nutrition

Wrestling Coach

2022 - 2023

Beat The Streets
Garfield Ridge, Illinois

2023 - Present

Dunbar High School, Washington, DC

Last updated: August 28th, 2025