Marian Yurchishin

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# Education

**PhD in Nutrition Sciences** *(in progress)*

University of Alabama at Birmingham, Birmingham AL

**Master of Science,** August 2019**-**May 2021

The University of Alabama, Tuscaloosa, AL

Major: Human Nutrition

Concentration: Clinical Nutrition

**Bachelor of Science in Education,** August 2015-May 2019

The University of Alabama, Tuscaloosa, AL

Major: Human Performance and Exercise Science

Concentrations: Pre-Professional Studies and Nutrition

Minor: Nutrition

# Research Experience

**Graduate Research Assistant**

The University of Alabama at Birmingham, Department of Nutrition Science

August 2021-Present

Mentor: Dr. Barbara Gower

# Honors and Awards

**1st Place, Department of Nutrition Sciences 3-Minute Thesis Competition,** Fall 2024

**2nd Place for *Outstanding Poster Presentation,* School of Health Professions Research Day,** Spring 2023

**NIH T32 Funded Pre-doctoral Trainee in Obesity-Related Research**, 2022-present

**Blazer Graduate Research Fellowship**, 2021

**University of Alabama Outstanding Master’s Student in Human Nutrition Award**, 2020-2021

**Arthur Ashe Jr. Sports Scholar Award**, 2019

**President’s List,** Fall 2015, Spring 2016, Spring 2017, Fall 2018, Spring 2019

**Dean’s List,** Fall 2016, Fall 2017, Spring 2018

**SEC Academic Honor Roll,** 2015-2016, 2016-2017, 2017-2018, 2018-2019

**Presidential Scholar Recipient,** 2015-2019

# Professional Affiliations

**Academy of Nutrition and Dietetics (AND)**

**American Diabetes Association (ADA)**

# Teaching Experience

**The University of Alabama**, Tuscaloosa, AL August 2019 to May 2021

**Graduate Teaching Assistant**, Human Nutrition

* Assisted in teaching-related duties such as course planning and grading assignments in NHM 101 (Introduction to Nutrition), an undergraduate course averaging 250 students per semester, and clinical laboratory teaching in NHM 363 (Applied Nutrition), averaging 40 students per semester.
* Preparing, administering, and proctoring examinations
* Provide guidance and feedback to students through in-person and email correspondence

# Service

Nutrition Sciences Student Representative, Student Engagement Team, School of Health Professions, 2022-2024, *The University of Alabama at Birmingham*

Oral Presentation Judge, Undergraduate Research Expo, Fall 2021, Spring 2022, Fall 2022, Spring 2023, Fall 2023, Spring 2024, Fall 2024, Spring 2025, *The University of Alabama at Birmingham*

# Workshops and Other Training

1. Nutrigenetics, Nutrigenomics, and Precision Nutrition Short Course. Nutrition Research Institute – *The University of North Carolina at Chapel Hill,* June 2019
2. Nutrition Obesity Research Center Seminar Series – *The University of Alabama at Birmingham, Birmingham*, AL, Weekly, August 2021 – Present

# Manuscripts Submitted or in Preparation

1. Gower, B. A., Goss, A. M., **Yurchishin, M. L.**,Deemer, S. E., Sunil, B., & Garvey, W. T. (2024). Effects of a Carbohydrate-Restricted Diet on β-Cell Response in Adults With Type 2 Diabetes. *The Journal of clinical endocrinology and metabolism*, 110(7), 1811–1817. https://doi.org/10.1210/clinem/dgae670
2. **Yurchishin, M. L**., Fowler, L. A., Goss, A. M., Garvey, W. T., & Gower, B. A. (2025). Predictability of genetic risk score for insulin resistance is influenced by both BMI and race. *Obesity (Silver Spring, Md.)*, *33*(4), 788–795. <https://doi.org/10.1002/oby.24238>
3. Gower, B. A., **Yurchishin, M. L.**, Goss, A. M., Knight, J., & Garvey, W. T. (2025). Beneficial Effects of Carbohydrate Restriction in Type 2 Diabetes Can Be Traced to Changes in Hepatic Metabolism. *The Journal of clinical endocrinology and metabolism*, dgaf324. Advance online publication. https://doi.org/10.1210/clinem/dgaf324
4. Couch CA, **Yurchishin ML**, Gower BA, Goss AM. Ectopic Fat Clustering in African American and European American Adults. *Analyzed data and drafted paper. In preparation.*

# Abstract/ Poster Presentations

**Poster Presentation**, “Improved Predictors of Insulin Sensitivity using Model-based Method,” School of Health Professions Research Day, February 25, 2022

**Poster Presentation**, “Improved Predictors of Insulin Sensitivity using Model-based Method,” DNS Fall Retreat, October 14, 2022

**Poster Presentation**, “Associations between genetic risk for insulin resistance and measured insulin sensitivity are impacted by race and BMI status”, SHP Research Day, April 7, 2023

**Poster Presentation**, “Associations between genetic risk for insulin resistance and measured insulin sensitivity are impacted by race and BMI status”, American Diabetes Association 83rd Scientific Sessions, June 24, 2023

**Poster Presentation**, “Patterns of Genetic Risk for Type 2 Diabetes are Specific to Ancestry”, SHP Research Day, April 5, 2024

**Poster Presentation**, “Patterns of Genetic Risk for Type 2 Diabetes are Specific to Ancestry”, American Diabetes Association 84th Scientific Sessions, June 24, 2024

**Poster Presentation**, “Patterns of Genetic Risk for Type 2 Diabetes are Specific to Ancestry”, DNS Student Summit, September 13, 2024

**Poster Presentation**, “Baseline Intermuscular Adipose Tissue Predicts Changes in Insulin Sensitivity With Diet Intervention”, DNS Round Up, October 9, 2024

**Poster Presentation**, “Baseline Intermuscular Adipose Tissue Predicts Changes in Insulin Sensitivity With Diet Intervention”, The Obesity Society ObesityWeek, November 6, 2024

**Poster Presentation**, “Ketogenic Diet-Induced Depletion of Hepatic Fat is Associated with Restored Beta-Cell Function Independent of Weight Loss”, American Diabetes Association 85th Scientific Sessions, June 22, 2025

**Poster Presentation**, “Ketogenic Diet-Induced Depletion of Hepatic Fat is Associated with Restored Beta-Cell Function Independent of Weight Loss”, T32 Trainee Retreat, August 13, 2025

# Invited Speaker

1. **M. Yurchishin**, *Nutrition and Mindfulness; What is intuitive eating?* Invited Speaker, University of Alabama CHAARG Chapter, Webinar. February 2021