

# Detri M. Brech

## Educational Background:

Oklahoma State University  
Stillwater, OK

Ph.D. - Home Economics  
\*Specialization in Foods, Nutrition & Institution  
Administration, 1992

Louisiana Tech University  
Ruston, LA

M.S. – Institutional Mgmt., 1985

Ouachita Baptist University  
Arkadelphia, AR

B.S. – Dietetics, 1984

Warren High School  
Warren, AR 71671

Valedictorian, 1980

Dissertation: Strategies Employed by Family Practice Physicians and Dietitians  
to Educate Diabetes Mellitus Patients - 1992

Thesis: Development of a Diagnostic Examination for Dietetic Students - 1985

Registered/Licensed Dietitian – #698613  
Certified Diabetes Educator

## Experience:

\*Program Director  
Professor  
Associate Professor  
Dietetics and Nutrition Program  
Ouachita Baptist University  
Arkadelphia, AR

August 2016 - present  
May 2005 - present  
August 2000 – April 2005  
Tenured 2001

\*Dietitian  
Consultant - DSME Program  
AllCare Pharmacy  
Arkadelphia, AR

2001 to present

\*Assistant Professor  
Biomedical Sciences  
Southwest Missouri State University  
Springfield, MO

August 1995 – 2000  
Tenured Spring 2000

\*Asst. Professor of Home Economics  
DPD Director

August 1990 - May 1995  
June 1990 – May 1993

Instructor of Home Economics  
Plan IV Director  
Department of Home Economics  
University of Central Arkansas  
Conway, AR

August 1986 - May 1990

Other work experiences available upon request.

**Professional Experience:**

- \*Diabetes Advisory Council for Arkansas – 2010 to present
- \*Diabetes Advisory Council Patient Education Subcommittee – 2010 - 2014
- \*Reviewer for the *Journal of the Academy of Nutrition and Dietetics* – 2016 to present
- \*Invited reviewer for the 5<sup>th</sup> edition of *Nutrition and Dietetics: Practice and Future Trends* by Winterfeldt, Bogle and Ebro. Invited by Jones & Bartlett Learning, Associate Acquisition Editor, Nutrition. Spring 1015
- \*Invited by Jones & Bartlett Learning, Associate Acquisition Editor, Nutrition. Reviewed *Introduction to Nutrition Research: Concepts and Applications*. Spring 2015
- \* Arkansas Department of Health, Arkansas Minority Health Initiative - 2014
- \* Reviewer of Medical Nutrition Therapy a Case Study Approach 3<sup>rd</sup> edition. Wadsworth Publication. 2011
- \*Reviewer for the *Journal of Nutrition Education and Behavior* – 2010 to present
- \*Reviewer for the *Journal of Family and Consumer Sciences* – 2009 to present
- \*Becoming a Healthy Clark County Committee Member – 2011 to present
- \*Arkadelphia Public Schools Nutrition and Physical Activity Advisory Com. - Chair 2004-2005
- \*American Dietetic Association - 1983 - to present
- \*Academy of Nutrition and Dietetics - 1983- 1995; 2000 – to present
  - Nominating Committee Chair 2016
  - Nominating Committee 2009
  - State Meeting Planning Committee 2005; 2006; 2007
  - Nominating Committee 2004
  - Chair Clinical Dietetics - 1994 - July 1995
  - Chair Division of Community Nutrition - 1993-94
  - Chair Council on Education - 1989-90
  - Chair-elect Council on Education - 1988-89
  - Chair Career Development - 1987-88
- \*Missouri Dietetic Association – 1996 - 2000
- \*Southwest Missouri Dietetic Association - August 1995- 2000
  - President - 1997-98
  - President-elect - 1996-97
- \*American Dietetic Association Dietetic Educators Practice Group - 1992 to 2000
- \*American Dietetic Association Diabetes Practice Group - 1990 - 2000
  - Development/Recognition Project Head - 1996-1997
  - Marketing Chair - 1995 - 1997
  - National Area Coordinator - 1993 - 1995
  - Arkansas Network Coordinator for the Diabetes Practice Group - 1991 - 1993
- \*Arkansas Consultant Dietitians Association - 1987 - 1995

- \*Central Arkansas District Dietetic Association - 1992- August 1995
- \*American Dietetic Association Annual Meeting abstract reviewer - 1992 - 1998
- \*American Family and Consumer Sciences Association - 1992 to 2008
- \*Missouri Family and Consumer Sciences Association - August 1995 - 1998
- \*Arkansas Family and Consumer Sciences Association - 1992 -1995  
Committee member to select presentations and poster sessions for the 1993 AR annual meeting
- \*Omicron NU - 1985 to present
- \*Phi Upsilon Omicron - 1986 to present
- \*Alpha Chi - 1984 to present

### **Grants:**

- Brech, D. (2020). Effects of Nutrition/Physical Education Program on Children's BMI and Assessment of Nutrition Status of Adults Using the Nutrition Focused Physical Examination. J.D. Patterson Summer Research Grant. \$5,000 – funded. Two student research assistants funded - \$6,000.
- Brech, D. (2020). Faculty Growth Plan Grant. \$1895.00.
- Brech, D. (2019). Faculty Growth Plan Grant. \$2,345.00.
- Brech, D. (2019). Technology Innovation Grant. \$579.98.
- Brech, D. and Freeman, S. (2019). Paul and Virginia Henry Academic Enrichment Grant. \$1,200.00
- Brech, D. (2019). Effects of Nutrition/Physical Education Program on Children's BMI and Assessment of Nutrition Status of Adults Using the Nutrition Focused Physical Examination. J.D. Patterson Summer Research Grant. \$5,000 – funded. Two student research assistants funded - \$6,000.
- Brech, D. (2018). Academic Advancement Grant. \$660.44.
- Brech, D. and Freeman, S. (2018). Paul and Virginia Henry Academic Enrichment Grant. \$1,200.
- Brech, D. (2018). Effects of Nutrition/Physical Education Program on Children's BMI. Assessment of Nutrition Status of Adults Using the Nutrition Focused Physical Examination. J.D. Patterson Summer Research Grant. \$5,000 – funded. Two student research assistants funded - \$6,000.
- Brech, D. (2017). Faculty Development Grant. \$1,795.
- Brech, D. (2017). Comparison of the Pre- and Post-Assessments of Nutrition Knowledge, Height, Weight, and Body Mass Index of Children Participating in a Summer Nutrition/Physical Activity Program to Children not Participating in a Summer Nutrition/Physical Activity Program. \$5,000.00 – funded. Two student research assistants funded - \$6,000.00
- Brech, D. (2016). Comparison of the Pre- and Post-Assessments of Nutrition Knowledge, Height, Weight, and Body Mass Index of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not in an Eight Week Nutrition/Physical Activity Program. J. D. Patterson Competitive Summer Research Grant. \$5,000.00 – funded. Two student research assistants funded – \$6,000.00
- Brech, D. and Freeman, S. (2015). Paul and Virginia Henry Academic Enrichment Grant. \$1,000.
- Brech, D. (2015). Comparison of the Pre- and Post-Assessments of Nutrition Knowledge, Height, Weight, and Body Mass Index of Children Participating in

- an Eight Week Nutrition/Physical Activity Program to Children not in an Eight Week Nutrition/Physical Activity Program. J. D. Patterson Competitive Summer Research Grant. \$5,000.00 – funded. Two student research assistants funded – \$6,000.00
- Brech, D. (2014). Faculty Development Grant. \$1584.41.
- Brech, D. (2014). “Comparison of the Pre- and Post-Assessments of Height, Weight, and Body Mass Index of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not Participating in an Eight Week Nutrition/Physical Activity Program.” J.D. Patterson Competitive Summer Research Grant. \$5,000.00 – funded. Student research assistant funded - \$3,000.00
- Brech, D. (2013). “Comparison of the Pre- and Post-Assessments of Height, Weight, and Body Mass Index of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not Participating in an Eight Week Nutrition/Physical Activity Program.” J.D. Patterson Competitive Summer Research Grant. \$5,000.00 – funded. Student research assistant funded - \$3,000.00
- Brech, D. (2012). “Comparison of the Pre- and Post-Assessments of Height, Weight, and Body Mass Index of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not Participating in an Eight Week Nutrition/Physical Activity Program.” J.D. Patterson Competitive Summer Research Grant. \$5,000.00 – funded. Student research assistant funded - \$3,000.00
- Brech, D (2012). “OBU Dietetics and Nutrition Adult Education Program.” The Cone Foundation Grant. \$150.00.
- Brech, D. (2011). “Comparison of the Pre- and Post-Assessments of Height, Weight, and Body Mass Index of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not Participating in an Eight Week Nutrition/Physical Activity Program.” J.D. Patterson Competitive Summer Research Grant. \$5,000.00 – funded. Student research assistant funded - \$3,000.00
- Brech, D. (2010). “Comparison of the Pre- and Post-Assessments of Height, Weight, Body Mass Index, and Blood Pressure of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not Participating in an Eight Week Nutrition/Physical Activity Program.” J.D. Patterson Competitive Summer Research Grant. \$5,000.00 – funded. Student research assistant funded - \$3,000.00.
- Brech, D. (2009). “Comparison of the Pre- and Post-Assessments of Height, Weight, and Body Mass Index of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not Participating in an Eight Week Nutrition/Physical Activity Program.” J. D. Patterson Competitive Summer Research Grant. \$5000.00 – funded Student research assistant funded - \$3,000.00.
- Brech, D. (2008). “Comparison of the Pre- and Post-Assessments of Height, Weight, and Body Mass Index of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not Participating in an Eight Week Nutrition/Physical Activity Program.” J.D. Patterson Competitive Summer Research Grant. \$5000.00 – funded Student research assistant funded - \$3,000.00.
- Brech, D. (2007). “Comparison of the Pre- and Post-Assessments of Height, Weight, and Body Mass Index of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not Participating in an Eight Week Nutrition/Physical Activity Program.” J.D. Patterson Competitive Summer Research Grant. \$5000.00 – funded

- Student research assistant funded - \$2,500.00.
- Brech, D. (2006). "Comparison of the Pre- and Post-Assessment of Nutrition Knowledge and Nutrition Practices of Children Ages Six to Twelve Participating in the Arkadelphia Kids' Club." J.D. Patterson Competitive Summer Research Grant. \$5,000.00 – funded. Student research assistant funded - \$2,500.00.
- Brech, D. (2005). "Comparison of the Pre- and Post-Assessment of Nutrition Knowledge and Nutrition Practices of Children Ages Six to Twelve Participating in the Arkadelphia Kids' Club." J.D. Patterson Competitive Summer Research Grant." \$5,000.00 – funded. Student research assistant funded - \$2,500.00.
- Brech, D. (2004). "Pre-, Post- and Follow-up Assessments of Glycemic Control of People with Diabetes Completing an Intensive Ten Week Diabetes Education Program." J.D. Patterson Competitive Summer Research Grant. \$3,000.00 – funded. Student research assistant Funded - \$2,500.00.
- Brech, D. (2003). "Pre-, Post- and Follow-up Assessments of Glycemic Control of People with Diabetes Completing an Intensive Ten Week Diabetes Education Program." J.D. Patterson Competitive Summer Research Grant. \$5,000.00 – funded. Student research assistant funded – \$2,500.00.
- Brech, D. (2001). "Assessment of the Nutritional Status of Adult Women: A Comparison of Vitamin Uptake from Food and from Supplements." Virgil Waggoner Summer Undergraduate Research Grant. \$5,000.00 - funded. Student research asst – \$2,500.00.
- Brech, D. (2001). "Osteoporosis Prevention: Teaching Children the Importance of Dietary Calcium." Arkansas Space Grant Consortium, Research Infrastructure Grant. \$2,200.00 –funded.
- Brech, D. (2000) "Nutritional Status of Full-Time Employed Mothers." Faculty Development Grant. \$925.00 – funded.
- Reid, H. and Brech, D. (1997). "Impact of WIC and Farmers' Market Nutrition Programs on Participants Dietary Intake of Fresh Fruits and Vegetables." Missouri Department of Health. \$81,834.00 - funded.
- Brech, D. (1997). "Nutrition in the Community and the Challenges of Health Care Reimbursement." Southwest Missouri State University, Faculty and Public Affairs Grant. \$295.00 - funded.
- Reid, H. and Brech, D. (1996). "Time Required by School Children to Eat Lunch." National Food Service Management Institute. \$28,856.81 - not funded.
- Reid, H. and Brech, D. (1995). "Evaluation of Point-of-Choice Nutrition Education Materials on Student Food Choices." National Food Service Management Institute. \$24,952.42 - not funded.
- Brech, D. (1995). "The Food Service Industry as a Support for Employed Mothers." Southwest Missouri State University Faculty Research Grant. \$4,093.00 - funded
- Brech, D. (1994). "Assessment of Nutrition Education Programs Provided by Arkansas Family Practice Physicians." University of Central Arkansas Grant. \$1,031.00 – funded

**Professional Publications:**

- Brech, D. Assessment of Nutrition Status of Adults Using the Nutrition Focused Physical. *Journal of the Academy of Nutrition and Dietetics* 119(9).
- Brech, D. Childhood Obesity Prevention/Intervention Programs in Childcare, School, and

- Community Settings: A Narrative Review. *Journal of the Academy of Nutrition and Dietetics* 118(10) A-160.
- Brech, D.M., Blevins, M.A., Balamurugan, A., Hall-Barrow, J. (2007) Dietetics Education for Arkansans: Reducing Barriers. *Journal of the American Dietetic Association*, 107(8), A-41.
- Balamurugan, A., Hall-Barrow, J., Blevins, M.A., Brech, D., Phillips, M., Holley, E., and Bittle, K. (2007). Diabetes and Telemedicine: Opportunities and Challenges. A Pilot Study of Diabetes Self-Management Education via Telemedicine. *Journal of Telemedicine and Telecare*.
- West, D., Blevins, M.A., Brech, D., Stotts, F., and Gardner, S. (2003) A Multidisciplinary Approach in a Community Pharmacy Can Improve Outcomes for Diabetes Patients. *The Diabetes Educator*, 29(6), 962-967.
- Brech, D. (Summer, 1998). The Food Service Industry as a Support for Employed Mothers. *Journal of Family and Consumer Sciences*.
- Reid, H. and Brech, D. (1997). Comparison of Three Visual Methods for Estimation of Plate Waste. *Journal of the American Dietetic Association*, 97 (Suppl. 9), 62.
- Brech, D. (1996). Teenage pregnancy: The unique nutrition needs. *Journal of Family and Consumer Sciences*, 88(2), 33-35.
- Brech, D., Ebro, L., and Kopel, B. (1994). Arkansas dietitians' practices in educating the gestational diabetes mellitus patient. *Journal of American Dietetic Association*, 94, 551-552.
- Brech, D. (1994). The elderly: At risk for malnutrition. *Journal of Home Economics*, 86(2), 47-9.
- Brech, D.M., Ebro, L.L., and Kopel, B.H. (1993). Nutrition education practices employed by family practice physicians in educating the diabetes mellitus patient. *Journal of the American Dietetic Association*, 93 (Suppl. 9), 54.
- Brech, D.M. (1993). Nutrition education practices employed by the family practice physician and Arkansas dietitian in educating the diabetes mellitus patients (Doctoral dissertation, Oklahoma State University, 1992). *Dissertation Abstracts International*, 53, 4038B.
- Brech, D.M., Ebro, L.L., and Kopel, B.H. (1992). Strategies employed by Arkansas dietitians to educate gestational diabetics. *Journal of the American Dietetic Association*, 92 (Suppl. 8), 109.
- Bean, P.S. and McClellan, D.L. (1988). Milo flour use in basic biscuit recipe. *Journal of the American Dietetic Association*, 88 (Suppl. 4), 98.
- McClellan, D.L. (1985). *Development of a diagnostic examination for dietetic students*. Unpublished master's thesis. Louisiana Tech University, Ruston, LA.
- McClellan, D.L. and Gines, D.J. (1985). Development of a diagnostic examination for review by dietetic students. *American Dietetic Association 1985 Call for Abstracts Book*.
- Miller, J.L., McClellan, D.L., and Reagan, S.P. (1985). Development of instructional food science modules. *American Dietetic Association 1985 Call for Abstracts Book*.

### **Professional Presentations:**

- Brech, D. (2019). *Assessment of Nutrition Status of Adults Using the Nutrition Focused Physical Exam*. FNCE, Philadelphia, PA, October 21, 2019.
- Brech, D. (2018) *Analysis of Childhood Obesity Prevention Programs and Assessment of Children's BMIs, BMI-for-Age Percentiles and BMI z-scores* at FNCE, Washington DC, October 23. 2018.

- Goodroe, A., Patrick, K. and Brech, D. (2018). Effects of Nutrition/Physical Education Program on Children's BMI. Arkansas Academy of Nutrition and Dietetics Annual Meeting and Expo, April 25, 2019.
- Patrick, K., Goodroe, A. and Brech, D. (2018). Assessment of Nutrition Status of Adults Using the Nutrition Focused Physical Examination. Arkansas Academy of Nutrition and Dietetics Annual Meeting and Expo, April 25, 2019.
- Goodroe, A., Patrick, K. and Brech, D. (2018). Effects of Nutrition/Physical Education Program on Children's BMI. Posters at the Capitol, February 2019.
- Goodroe, A., Patrick, K. and Brech, D. (2018). Effects of Nutrition/Physical Education Program on Children's BMI. Central Arkansas Undergraduate Summer Research Symposium, UAMS, Little Rock, AR, July 2018.
- Patrick, K., Goodroe, A. and Brech, D. (2018). Assessment of Nutrition Status of Adults Using the Nutrition Focused Physical Examination. Central Arkansas Undergraduate Summer Research Symposium, UAMS, Little Rock, AR, July 2018.
- Van Scyoc, S., Fast, E. and Brech, D. (2018). Comparison of BMI, BMI-for-Age Percentile, Weight Status Category, and Z-Score between an Intervention Group and Control Group. Arkansas Academy of Nutrition and Dietetics Annual Meeting and Expo, April 2018.
- Fast, E., Van Scyoc, S. and Brech, D. (2018). Ten Year Longitudinal Study Measuring Body Mass Index, Body Mass Index-for-Age Percentile and Weight Status Category of Children in a Rural Southwest Arkansas Community. Arkansas Academy of Nutrition and Dietetics Annual Meeting and Expo, April 2018.
- Van Scyoc, S., Fast, E. and Brech, D. (2018). Comparison of BMI, BMI-for-Age Percentile, Weight Status Category, and Z-Score between an Intervention Group and Control Group. Posters at the Capitol, February 2018.
- Fast, E., Van Scyoc, S. and Brech, D. (2018). Ten Year Longitudinal Study Measuring Body Mass Index, Body Mass Index-for-Age Percentile and Weight Status Category of Children in a Rural Southwest Arkansas Community. Posters at the Capitol, February 2018.
- Van Scyoc, S., Fast, E. and Brech, D. (2017). Comparison of BMI, BMI-for-Age Percentile, Weight Status Category, and Z-Score between an Intervention Group and Control Group. Central Arkansas Undergraduate Summer Research Symposium, UAMS, Little Rock, AR, July 2017.
- Fast, E., Van Scyoc, S. and Brech, D. (2017). Ten Year Longitudinal Study Measuring Body Mass Index, Body Mass Index-for-Age Percentile and Weight Status Category of Children in a Rural Southwest Arkansas Community, UAMS, Little Rock, July 2017.
- Bradley, A., Prince, L. and Brech, D. (2016). Analysis of Childhood Obesity Prevention Programs and Assessment of Children's BMIs, BMI-for-Age Percentiles and BMI z-scores. Arkansas Academy of Nutrition and Dietetics Annual Meeting and Expo, April 2017.
- Prince, L., Bradley, A. and Brech, D. (2016). Assessment of BMI of Children Participating in a Nutrition and Physical Activity Program. Arkansas Academy of Nutrition and Dietetics Annual Meeting and Expo, April, 2017.
- Bradley, A., Prince, L. and Brech, D. (2016). Analysis of Childhood Obesity Prevention Programs and Assessment of Children's BMIs, BMI-for-Age Percentiles and BMI z-scores. Posters at the Capitol, February 17, 2017.
- Prince, L., Bradley, A. and Brech, D. (2016). Assessment of BMI of Children Participating in a

- Nutrition and Physical Activity Program. Posters at the Capitol, February 17, 2017.
- Bradley, A., Prince, L. and Brech, D. (2016). Analysis of Childhood Obesity Prevention Programs and Assessment of Children's BMIs, BMI-for-Age Percentiles and BMI z-scores. Central Arkansas Undergraduate Summer Research Symposium, UAMS, Little Rock, AR, July 2016.
- Prince, L., Bradley, A. and Brech, D. (2016). Assessment of BMI of Children Participating in a Nutrition and Physical Activity Program. Central Arkansas Undergraduate Summer Research Symposium, UAMS, Little Rock, AR, July 2016.
- Tual, E., Carpenter, E., and Brech, D. (2015). Comparison of the Pre- and Post-Assessments of Nutrition Knowledge, Height, Weight, and Body Mass Index of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not in an Eight Week Nutrition/Physical Activity Program. Central Arkansas Undergraduate Summer Research Symposium, UAMS, Little Rock, AR, July, 2015.
- Tual, E., Carpenter, E., and Brech, D. (2015). Comparison of the Pre- and Post-Assessments of Nutrition Knowledge, Height, Weight, and Body Mass Index of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not in an Eight Week Nutrition/Physical Activity Program. Arkansas Academy of Nutrition and Dietetics Annual Meeting and Expo, April, 2017.
- Morrison, A, Heird, BH, and Brech, D. (2015). Comparison of the Pre- and Post-Assessments of Nutrition Knowledge, Height, Weight, and Body Mass Index of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not in an Eight Week Nutrition/Physical Activity Program. Arkansas Academy of Nutrition and Dietetics Annual Meeting and Exhibition, Little Rock, AR, April 2015.
- Morrison, A, Heird, BH, and Brech, D. (2014). Comparison of the Pre- and Post-Assessments of Nutrition Knowledge, Height, Weight, and Body Mass Index of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not in an Eight Week Nutrition/Physical Activity Program. Posters at the Capitol, February 2015.
- Brech, D. (2014). Undergraduate student summer research project to decrease childhood obesity epidemic in one rural community. 2014 Food & Nutrition Conference & Expo (FNCE). Atlanta, GA.
- Brech, D. (2014). CQI Project DSME. Arkansas Diabetes Update. Little Rock, AR.
- Morrison, A, Heird, BH, and Brech, D. (2014). Comparison of the Pre- and Post-Assessments of Nutrition Knowledge, Height, Weight, and Body Mass Index of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not in an Eight Week Nutrition/Physical Activity Program. Central Arkansas Undergraduate Summer Research Symposium, UAMS, Little Rock, AR, July, 2014.
- Morrison, A, Heird, BH, and Brech, D. (2014). Comparison of the Pre- and Post-Assessments of Nutrition Knowledge, Height, Weight, and Body Mass Index of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not in an Eight Week Nutrition/Physical Activity Program. Arkansas IDEA Network of Biomedical Research Excellence (INBRE) Research Conference, Fayetteville, AR 2014.
- Brech, D. and Lowdermilk, C. (2014). Diabetes Self-Management Education Program. Arkansas Diabetes Update 2014. Little Rock, AR.
- Nolan, H, and Brech, D. (2014). Comparison of the Pre- and Post-Assessments of Height, Weight, and Body Mass Index of Children Participating in an Eight Week Nutrition/Physical Activity Program. Arkansas Academy of Nutrition and Dietetics Annual



Meeting and Exhibition.

- Nolan, H, and Brech, D. (2013). Comparison of the Pre- and Post-Assessments of Height, Weight, and Body Mass Index of Children Participating in an Eight Week Nutrition/Physical Activity Program. Central Arkansas Undergraduate Summer Research Symposium.
- Green, A. and Brech, D. (2013). Comparison of Pre- and Post-Assessments of Height, Weight, Body Mass Index, and Blood Pressure of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not Participating in an Eight Week Nutrition/Physical Activity Program. Arkansas Academy of Nutrition and Dietetics Annual Meeting and Exhibits.
- Mustain, K. and Brech, D. (2012). Comparison of Pre- and Post-Assessments of Height, Weight, Body Mass Index, and Blood Pressure of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not Participating in an Eight Week Nutrition/Physical Activity Program. Arkansas Dietetic Association Annual Meeting and Exhibits.
- Brech, D. (2011). Outcome Measures Used by AllCare Pharmacy Diabetes Self-Management Education Program. CDC Diabetes Translation Conference. Minneapolis, MN.
- Baldwin, A. and Brech, D. (2011). Comparison of Pre- and Post-Assessments of Height, Weight, Body Mass Index, and Blood Pressure of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not Participating in an Eight Week Nutrition/Physical Activity Program. Arkansas Dietetic Association Annual Meeting and Exhibits.
- Bird, C. and Brech, D. (2010). Comparison of Pre- and Post-Assessments of Height, Weight, Body Mass Index, and Blood Pressure of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not Participating in an Eight Week Nutrition/Physical Activity Program. Arkansas Dietetic Association Annual Meeting and Exhibits.
- Cumba, B. and Brech, D. (2009). Comparison of the Pre- and Post-Assessments of Height, Weight, Body Mass Index, and Blood Pressure of Children Participating in an Eight Week Nutrition/Physical Activity Program to Children not Participating in an Eight Week Nutrition/Physical Activity Program. Arkansas Dietetic Association Annual Meeting and Exhibits.
- Brown, R. and Brech, D. (2008). Comparison of the Pre- and Post-Assessments of BMI, Weight, Anthropometrics and Blood Pressure of Children Participating in a 10 Week Nutrition/Physical Activity Program. Arkansas Dietetic Association Annual Meeting And Exhibits.
- Cosh, N. and Brech, D. (2007) Comparison of the Pre- and Post-Assessments of Nutrition Knowledge and Nutrition Practices of Children Ages Six to Twelve Participating in the Arkadelphia Kids' Club. Arkansas Dietetic Association Annual Meeting and Exhibits.
- Freeman, S. and Brech, D.M. (2005). Ouachita Baptist University Dietetics and Nutrition Majors Participate in the BMI Pilot Study. Arkansas Dietetic Association Annual Meeting And Exhibits.
- Brech, D.M. (1994). Mineral intake of college students in a nutrition course. Arkansas Dietetic Association Annual Meeting and Exhibits.

Brech, D.M., Ebro, L.L., and Kopel, B.H. (1993). Nutrition education practices employed by family

practice physicians in educating the diabetes mellitus patient. Arkansas Dietetic Association Annual Meeting and Exhibits.

Brech, D.M., Ebro, L.L., and Kopel, B.H. (1993). Strategies employed by Arkansas dietitians to educate gestational diabetics. Arkansas Home Economics Association Annual Meeting.

Brech, D.M., Ebro, L.L., and Kopel, B.H. (1992). Strategies employed by Arkansas dietitians to educate gestational diabetics. Arkansas Dietetic Association Annual Meeting and Exhibits.

### **Student Poster/Presentation Sessions:**

- (1) Two Honors Thesis Students: Sarah Harger 2003 Ouachita Scholar's Day Presentation and Bethany Murray 2005 Ouachita Scholar's Day Presentation
- (2) The Senior Seminar class gave a presentation of their research at the first Ouachita Scholar's Day, 2001.
- (3) Student Poster Presentations at Scholars Day, Ouachita Baptist University, 2001 – 2017.
- (4) Student Poster Presentations at the College of Health and Human Services Research Symposium, Missouri State University, 1999-2000.

### **Program Review/Development:**

- Didactic Program in Dietetics – Self-Study: Ouachita Baptist University, 2013.
- Didactic Program in Dietetics – Self-Study and Site Visit: Ouachita Baptist University, 2004.
- Didactic Program in Dietetics – Self-Study, University of Central Arkansas.
- AP4 Self-Study Team, University of Central Arkansas.
- Plan IV Self-Study, University of Central Arkansas.

### **Church Service:**

- First Baptist Church College Committee – 2011- 2014
- First Baptist Church Youth Committee – 2008-2010
- First Baptist Church Children's Committee – 2002-2004
- First Baptist Church Kitchen Committee – 2005-2008
- First Baptist Church VBS – 2001 - 2007
- First Baptist Church Discipleship Training for children – 2005

### **Honor:**

- Outstanding Abstract. "*Assessment of Nutrition Status of Adults Using the Nutrition Focused Physical.*" Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo. Philadelphia, PA. (2019)
- Academy of Nutrition and Dietetics Area 3 Outstanding Dietetic Educator – 2014
- Nomination to Arkansas Dietetic Licensing Board - 2014

- Arkansas Dietetic Educator of the Year, 2014.
- Recognized Young Dietitian of the Year, Missouri Dietetic Association, 1998.
- American Dietetic Association Scholarship, Elizabeth Perry Miles Memorial, 1987-1988.
- Oklahoma State University, College of Home Economics, Karl and Louise Wolf Graduate Fellowship, 1987-1988.