

Jessica D. Bihuniak, PhD, RD
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EDUCATION

University of Connecticut, Storrs, CT

Doctor of Philosophy in Nutritional Sciences, 2013

Dissertation title: Mechanisms of Dietary Protein-Induced Changes in Calcium Absorption Efficiency

University of Connecticut, Storrs, CT

Master of Science in Health Promotion Sciences, 2010

Thesis title: Urinary Nitrogen as a Predictor of Compliance During a Dietary Protein Supplementation Trial

University of Connecticut, Storrs, CT

Bachelor of Science in Dietetics, R.D., 2007

Magna Cum Laude

HONORS AND AWARDS

High Student Evaluation of Teaching Scores, Office of the Provost, UConn, Spring 2014 - Fall 2014

UConn Nutritional Sciences Award for Excellence in Research, 2013

UConn Nutritional Sciences Top Poster Award College of Agriculture and Natural Resources Graduate Student Research Forum, 2013

Dean's List 6 out of 8 semesters, 2003-2007

Gamma Sigma Delta, 2007

Mortar Board National Honor Society, 2006-2007

Frances Jimenez Memorial Scholarship, 2006

New England Scholar, 2004, 2006

PROFESSIONAL EXPERIENCE

SEPTEMBER 2015 ASSISTANT PROFESSOR OF CLINICAL NUTRITION
*Steinhardt Department of Nutrition, Food Studies, and Public Health
New York University, New York, NY*

JULY 2014-
PRESENT VISITING RESEARCH SCIENTIST OF MEDICINE
*Department of Internal Medicine
Section of Endocrinology
Yale University School of Medicine, New Haven, CT*

JANUARY 2014 -
JULY 2015 LECTURER & ACADEMIC ADVISOR
*Department of Allied Health Sciences
University of Connecticut, Storrs, CT*

PROFESSIONAL EXPERIENCE (continued)

AUGUST 2013- DECEMBER 2013	ADJUNCT LECTURER <i>Department of Allied Health Sciences University of Connecticut, Storrs, CT</i>
AUGUST 2007- DECEMBER 2013	GRADUATE RESEARCH ASSISTANT <i>Departments of Allied Health Sciences & Nutritional Sciences University of Connecticut, Storrs, CT Department of Internal Medicine Yale University School of Medicine, New Haven, CT</i>
MAY 2013- JULY 2013	TEACHING ASSISTANT <i>Department of Allied Health Sciences University of Connecticut, Storrs, CT Institute at Palazzo Rucellai, Florence, Italy</i>
MAY 2011- APRIL 2012	INTERIM CLINICAL RESEARCH COORDINATOR <i>Department of Internal Medicine Section of Endocrinology Yale University School of Medicine, New Haven, CT</i>
AUGUST 2010- DECEMBER 2010	CO-INSTRUCTOR <i>Department of Allied Health University of Connecticut, Storrs, CT</i>

REGISTERED DIETITIAN PROFESSIONAL WORK EXPERIENCE

AUGUST 2007- DECEMBER 2012	OUTPATIENT REGISTERED DIETITIAN <i>Student Health Services, Nutrition Office University of Connecticut, Storrs, CT</i> <ul style="list-style-type: none">▪ Provide nutrition counseling and workshops to undergraduate and graduate students and university employees.▪ Spearhead weight management support group.▪ Collaborate with Dining Services to provide meal plan accommodations and counseling for students with special dietary needs.▪ Assist in managing dietetic interns.
JUNE 2008- SEPTEMBER 2011	PER DIEM INPATIENT DIETITIAN <i>Hospital of Central Connecticut New Britain General Campus, New Britain, CT Bradley Memorial Campus, Southington, CT</i> <ul style="list-style-type: none">▪ Provide therapeutic and nutritional care to assigned groups of adult and geriatric patients.▪ Perform nutrition screening, diet instructions, and nutritional assessments.▪ Implement appropriate medical nutrition therapy

PROFESSIONAL PRESENTATIONS

Presenter

Mechanisms of dietary protein-induced changes in calcium absorption efficiency. Yale University School of Medicine Endocrine Grand Rounds, Research Update, December 2013

Phosphorus homeostasis, Vitamin D and FGF-23: Providing insight into X-linked hypophosphatemia. University of Connecticut's Nutritional Sciences Department Seminar, November 2012

Nutrition and Wellness Savvy: Know the facts, bust the myths. St. Martin de Porres Day of Science, May 2012

Healthy Lifestyle Choices for Patients with X-Linked Hypophosphatemia (XLH). XLH Day, September 2011

Nutrition Myth Busters. Annual Teen Life Conference at Wesleyan University's Exley Science Center, December 2010

Nutrition and Bone Health. Women & Family Life Center's 8th Annual Women's Health Conference, March 2010

Wellness Workshop: Balance through Moderation. Annual Dining Services Employee Workshop, University of Connecticut, January 2009

Nutrition & Exercise: Core Ingredients to a Healthy You. Annual Dining Services Employee Workshop, University of Connecticut, January 2008

Posters

Abraham A, **Bihuniak J**, Sullivan R, Insogna K. *Calcitonin to lower FGF23 levels in patients with X-linked hypophosphatemia.* Yale Internal Medicine Research in Residency Day, May 2012

ABSTRACTS

Stojkovic V, Simpson C, Sullivan R, Cusano AM, Insogna K, **Bihuniak J**. Effects of dietary glycemic properties on markers of inflammation, insulin resistance and body composition in postmenopausal women. 17th European Congress of Endocrinology, May 2015.

Bihuniak J, Huedo-Medina T, Garcia M, Kerstetter J, Kenny A Methodological Quality of Meta-Analyses on the Mediterranean Diet and Cardiovascular Disease. FASEB J April 2015 29:LB312.

Bihuniak J, Stojkovic V, Simpson C, Sullivan R, Cusano AM, and Insogna K. The Effect of Dietary Glycemic Properties on Markers of Inflammation, Insulin Resistance and Body Composition in Postmenopausal Women. FASEB J April 2015 29:LB235.

ABSTRACTS (continued)

Garcia M, Shook J, Kerstetter J, Kenny A, **Bihuniak J**, Huedo-Medina, TB. The Efficacy of the Mediterranean Diet on Obesity Outcomes: A Meta-Analysis. *FASEB J* April 2015 29:254.4.

Bihuniak J, Ramos A, Kerstetter J, Garcia M, Huedo-Medina T, Kenny A. Adherence to a Mediterranean-Style Diet and its impact on Markers of Bone Turnover in Postmenopausal Women: A Pilot Study. 2014 Advances and Controversies in Clinical Nutrition conference, December 2014.

Bihuniak J, Kerstetter J, Brindisi J, Sullivan R, Mangano K, Simpson C, Cusano AM, Kleppinger A, Reynolds J, Dziura J, Kenny A, Insogna K. The effect of a whey protein supplement on bone mass and body composition in postmenopausal women and older men. 2014 Advances and Controversies in Clinical Nutrition conference, December 2014.

Bihuniak J, Kerstetter J, Brindisi J, Sullivan R, Mangano K, Larocque S, Kotler B, Simpson C, Cusano AM, Kleppinger A, Reynolds J, Dziura J, Kenny A, Insogna K. The effect of long-term whey protein supplementation on bone mineral density and body composition in older adults: a randomized, double-blind, controlled trial. 16th International Congress of Endocrinology and the Endocrine Society's 96th Annual Meeting & Expo, June 2014.

Garrett A, Kerstetter J, **Bihuniak J**, Huedo-Medina T, Kenny A. Impact of a Mediterranean-Style Diet on serum fatty acids and bone turnover markers in postmenopausal women. College of Agriculture and Natural Resources Graduate Student Research Forum, March 2014.

Bihuniak JD, Sullivan RR, Simpson CA, Caseria DM, O'Brien KO, Kerstetter JE, Insogna KL. The effect of selective amino acid supplementation on calcium absorption during a low protein diet. Yale Multi-Disciplinary Endocrine Retreat, September 2013

Bihuniak JD, Sullivan RR, Simpson CA, Caseria DM, O'Brien KO, Kerstetter JE, Insogna KL. The effect of selective amino acid supplementation on calcium absorption during a low protein diet. *FASEB J*. 2013; 27:1b283.

Bihuniak JD, Sullivan RR, Simpson CA, Caseria DM, O'Brien KO, Kerstetter JE, Insogna KL. The effect of selective amino acid supplementation on calcium absorption during a low protein diet. College of Agriculture and Natural Resources Graduate Student Research Forum, April 2013

Bihuniak JD, Simpson CA, Sullivan RR, Kerstetter JE, Insogna KL. Using Urinary Nitrogen and Urea to Predict Dietary Protein Intake: A Controlled Clinical Trial. *FASEB J*. 2011;25:600.3.

PEER REVIEWED PUBLICATIONS

Leahey TM, Doyleb CY, Xuc X, **Bihuniak J**, Wing R. Effects of social networks and social norms on obesity treatment outcomes. *Obesity. In Press.*

Kerstetter JE, **Bihuniak JD**, Brindisi J, Sullivan RR, Mangano KM, Larocque S, Kotler BM, Simpson CA, Maria Cusano A, Gaffney-Stomberg E, Kleppinger A, Reynolds J, Dziura J, Kenny AM, Insogna KL. The effect of a whey protein supplement on bone mass in older Caucasian adults. *J Clin Endocrinol Metab.* 2015 Jun; 100(6):2214-22.

Bihuniak JD, Insogna KL. The effects of dietary protein and amino acids on skeletal metabolism. *Mol Cell Endocrinol.* 2015 Apr 2. *Epub ahead of print.*

Simpson CA, Cusano AM, **Bihuniak J**, Walker J, Insogna KL. Effect of 25(OH) vitamin D reference method procedure (RMP) alignment on clinical measurements obtained with the IDS-iSYS chemiluminescent-based automated analyzer. *J Steroid Biochem Mol Biol.* 2015 Apr;148:41-46.

Simpson CA, Foer D, Lee GS, **Bihuniak J**, Sun B, Sullivan R, Belsky J, Insogna KL. Serum levels of sclerostin, Dickkopf-1, and secreted frizzled-related protein-4 are not changed in individuals with high bone mass causing mutations in LRP5. *Osteoporos Int.* 2014 October;25(10):2383-88.

Bihuniak JD, Sullivan RR, Simpson CA, Caseria DM, Huedo-Medina TB, O'Brien KO, Kerstetter JE, and Insogna KL. Supplementing a low protein diet with dibasic amino acids results in higher urinary calcium excretion in young women. *J Nutr.* 2014 Mar;144(3):282-8.

SciVee video pubcast: The Journal of Nutrition SciVee channel. Mar 10, 2014;
<http://www.scivee.tv/node/62144>

Gregorio L, Brindisi J, Kleppinger A, Sullivan R, Mangano KM, **Bihuniak JD**, Kenny AM, Kerstetter JE, Insogna KL. Adequate dietary protein is associated with better physical performance among post-menopausal women 60–90 years. *J Nutr Health Aging.* 2014;18(2):155-60.

Bihuniak JD, Simpson CA, Sullivan RR, Caseria DM, Kerstetter JE, Insogna KL. Dietary protein-induced increases in urine calcium are accompanied by similar increases in urine nitrogen and urine urea: a controlled clinical trial. *J Acad Nutr Diet.* 2013 Mar;113(3):447-51.

PEER REVIEWED PUBLICATIONS SUBMITTED FOR INITIAL REVIEW/UNDER REVISION

Ho PC, **Binhuniak JD**, Macintyre AN, Staron M, Liu X, Amezcuita R, Tsui YC, Micevic G, Perales JC, Klenstein SH, Abel ED, Insogna KL, Feske S, Locasale JW, Bosenberg MW, Rathmell JC, Kaech SM. Phosphoenolpyruvate is a metabolic checkpoint controlling Ca²⁺-NFAT signaling and anti-tumor T cell responses. *Cell.* (*Under Revision*)

PEER REVIEWED PUBLICATIONS
SUBMITTED FOR INITIAL REVIEW/UNDER REVISION (*continued*)

Huedo-Medina TB, Garcia M, **Bihuniak JD**, Kenny A, Kerstetter J. Methodological Quality of Meta-Analyses on the Mediterranean Diet and Cardiovascular Disease Outcomes: A Review. *AJCN*. (*Under Revision*)

Garcia M, **Bihuniak JD**, Shook J, Kenny A, Kerstetter J, Huedo-Medina TB. The Effect of the Traditional Mediterranean-Style Diet on Metabolic Risk Factors: A Meta-Analysis. *JAMA*. (*Under Review*)

MANUSCRIPTS IN PREPARATION

Bihuniak JD, Ramos A, Huedo-Medina T, Kerstetter J, Kenny A. Adherence to a Mediterranean-Style Diet and its impact on cardiovascular risk factors in postmenopausal women. *J Acad Nutr Diet*.

Stojkovic V, Simpson C, Sullivan R, Cusano AM, Insogna KL, **Bihuniak JD**. Effects of dietary glycemic properties on markers of inflammation, insulin resistance and body composition in postmenopausal women. *AJCN*.

Bihuniak JD, Sullivan R, Rosewater I, Caseria D, O'Brien K, Kerstetter JE, Insogna KL. The Effects of a Long-Term, Low-Protein Diet on Calcium Absorption and Kinetic Measures of Bone Turnover in Young Women.

RESEARCH SUPPORT

Proposals Under Review

Mediterranean diet versus pharmaceutical treatment to prevent cardiovascular disease (CVD) in older adults: lessons learned from research to improve the quality of health. Co-Investigators: **Jessica Bihuniak**, Jane Kerstetter and Anne Kenny. PI: Tania B. Huedo-Medina. Small Grant Program R03, National Institute of Health.

Proposals Funded

The Effect of Amino Acids on Claudin-2: An Integral Tight Junction Protein. Co-authors: **Jessica Bihuniak**, Belinda Kotler, Karl Insogna. PI: Jane Kerstetter. University of Connecticut Faculty Large Grant, \$9,940, July 1, 2011 - June 31, 2012.

Proposals Unfunded

Exploring the Mechanisms of Dietary Protein-Induced Increases in Intestinal Calcium Transport. Author: **Jessica Bihuniak**. American Society for Nutrition 2012 Predoctoral Fellowship Award, \$5,000.

Novel Biochemical Markers of Protein and Bone Metabolism in Postmenopausal Women. Co-authors: **Jessica Bihuniak** and Jane Kerstetter. PI: Jane Kerstetter. University of Connecticut Faculty Large Grant, \$6,000, 1 year, submitted February 2010.

LABORATORY SKILLS

In vitro work: Cell culture, transfection, shRNA, miRNA, development and implementation of ⁴⁵Ca transport methodology

Biochemical Analysis: Kjeldahl Method for determining urinary nitrogen, Quantitative determination of urinary urea

CLINICAL SKILLS

Research

Implementation and management of new protocols, complete Institutional Review Board amendments/renewals, prepare Manual of Operating Procedures (MOOP) for National Institute of Arthritis and Musculoskeletal and Skin Diseases funded trial, implementation of dual stable Ca isotope methodology and behavioral weight loss interventions, subject recruitment/ screening/ retention efforts, set-up and attend study subject visits, data management, dietary intake analysis, statistical analysis, manuscript preparation.

Outpatient

Provide nutrition counseling to: undergraduate and graduate students with a focus on weight management, eating disorders, food allergies/intolerances, and physical performance. Create and deliver nutrition and wellness workshops to: The University of Connecticut Dining Services and Student Health Services employees, undergraduate and graduate students, the New Haven Connecticut community, and patients with X-Linked Hypophosphatemia.

Inpatient

Screen and assess nutrition status of patients, provide nutrition support and therapeutic diet recommendations, obtain food preferences, instruct patients on dietary recommendations specific to disease state or condition.

TEACHING

Spring 2015, University of Connecticut, Storrs, CT, Solo Taught

- Introduction to Allied Health Professions (AH 1100), 1 credit, 175 undergraduates enrolled
- Independent Study in Allied Health (AH 3099), 1-4 credits, 2 undergraduates
- Allied Health Science Internship (AH 3091), 1-4 credits, 2 undergraduates
- Research Methods in Allied Health (AH 4239), 2 credits, 110 undergraduates
- Research for Health Professionals (AH 4241), 2 credits, 18 undergraduates

Fall 2014, University of Connecticut, Storrs, CT, Solo Taught

- Medical Nutrition Therapy I (DIET 3150/NUSC 3150), 3 credits, 68 students enrolled
- Introduction to Allied Health Professions (AH 1100), 1 credit, 185 undergraduates enrolled
- Independent Study in Allied Health (AH 3099), 1-4 credits, 1 undergraduate and 1 graduate enrolled
- Independent Study for Undergrads (DIET 3099), 1 credit, 1 undergraduate enrolled

Fall 2014, University of Connecticut, Storrs, CT, Guest Lecturer

- “Malnutrition & Older Adults”, Critical Issues in Health Promotion (GPAH 6324); 3 credits, 21 graduate students

Spring 2014, University of Connecticut, Storrs, CT, Solo Taught

- Introduction to Allied Health Professions (AH 1100), 1 credit, 164 undergraduates enrolled
- Writing Allied Health Research (AH 4240W), 1 credit/section, 2 sections, 28 undergraduates enrolled

Fall 2013, University of Connecticut, Storrs, CT, Solo Taught

- Medical Nutrition Therapy I (DIET 3150/NUSC 3150), 3 credits, 45 students enrolled

TEACHING (*continued*)

May 2013, University of Connecticut, Storrs, CT, Institute at Palazzo Rucellai, Florence, Italy, Co-Instructor

- Italy's Mediterranean Food and Our Health (AH 2330), 3 credits, 23 students enrolled

Spring 2012, Manchester Community College, Manchester, CT, Guest Lecturer

- Health and Wellness Principles
- Human Performance & Fitness

Fall 2010, University of Connecticut, Storrs, CT, Co-Instructor

- Medical Nutrition Therapy III (DIET 4350), 3 credits, 24 students enrolled

ADVISING

Spring 2015, University of Connecticut, Storrs, CT

- 100 undergraduate students, Allied Health Sciences
- 4 undergraduate honors students, Allied Health Sciences
- 1 thesis tract graduate student, Health Promotion Sciences
- 4 project and practicum tract graduate student, Master's Degree Coordinated Program in Dietetics

Fall 2014, Yale University School of Medicine, New Haven, CT

- 1 postgraduate fellow, Universite de Liege

Fall 2014, University of Connecticut, Storrs, CT

- 97 undergraduate students, Allied Health Sciences
- 5 undergraduate honors students, Allied Health Sciences
- 1 thesis tract graduate student, Health Promotion Sciences
- 2 project and practicum tract graduate student, Master's Degree Coordinated Program in Dietetics

Spring 2014, University of Connecticut, Storrs, CT

- 69 undergraduate students, Allied Health Sciences
- 2 thesis tract graduate students, Health Promotion Sciences
- 1 project and practicum tract graduate student, Master's Degree Coordinated Program in Dietetics

ACADEMIC SERVICE

Fall 2014

Search Committee

Department of Allied Health Sciences

TEACHING EVALUATIONS

Office of Institutional Research student teaching evaluations (scale: 1 (lowest) -5 (highest)).

Questions	Diet 3150/ Nusc 3150 Fall 2013 Medium	AH 1100 Sping 2014 Medium	AH 4240W Spring 2014 Medium	Diet 3150/ Nusc 3150 Fall 2014 Medium	AH 1100 Fall 2014 Medium	University Medium for Similar Courses
The instructor presented the course material clearly.	5.0	5.0	5.0	5.0	5.0	4.4
The instructor was well prepared for class.	5.0	5.0	5.0	5.0	5.0	4.6
The instructor responded to questions adequately.	5.0	5.0	5.0	5.0	5.0	4.5
The instructor stimulated interest in the subject.	5.0	5.0	5.0	5.0	5.0	4.4
The instructor showed interest in helping students learn.	5.0	5.0	5.0	5.0	5.0	4.6
The instructor gave clear assignments.	5.0	5.0	5.0	5.0	5.0	4.4
The instructor was accessible to students.	5.0	5.0	5.0	5.0	5.0	4.5
The instructor gave useful feedback on my performance.	5.0	5.0	5.0	5.0	5.0	4.3
The instructor returned graded work in a reasonable amount of time.	5.0	5.0	5.0	5.0	5.0	4.4
The instructor used class time effectively.	5.0	5.0	5.0	5.0	5.0	4.4
The instructor treated all students with respect.	5.0	5.0	5.0	5.0	5.0	4.7
The instructor graded fairly.	5.0	5.0	5.0	5.0	5.0	4.6
The instructor's teaching methods promoted student learning.	5.0	5.0	5.0	5.0	5.0	4.4
What is your overall rating of the instructor's teaching?	5.0	4.0	5.0	5.0	4.0	4.0
The methods of evaluating student learning seemed appropriate.	5.0	5.0	5.0	5.0	5.0	4.4
The course content was well organized.	5.0	5.0	5.0	5.0	5.0	4.4
The course objectives were clear.	5.0	5.0	5.0	5.0	5.0	4.4
The course objectives were met.	5.0	5.0	5.0	5.0	5.0	4.4
The textbook made a valuable contribution.	4.0	5.0	5.0	5.0	5.0	4.1
The other course materials made a valuable contribution.	5.0	5.0	5.0	5.0	5.0	4.3
The pace of the course seemed appropriate.	5.0	5.0	5.0	5.0	5.0	4.3

REVIEWER EXPERIENCE

Reviewer for American Journal of Clinical Nutrition

CERTIFICATIONS

Registered Dietitian (RD)

MEMBERSHIPS

The Endocrine Society
 The Academy of Nutrition and Dietetics
 American Society for Nutrition