

# Christy S. Maxwell, PhD, RDN, LDN

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## EDUCATION

### **University of Massachusetts Amherst**

2018

*Ph.D. Public Health Nutrition*

Dissertation: *“Micronutrient status and telomere length in Adult Men and Women.”*

Nutritional epidemiological research that centered on effectively identifying low vitamin B<sub>12</sub> status, utilizing a novel approach in adult men and women, and the association with folate status in relationship with mean telomere length. (NHANES 2000-2002)

### **University of Massachusetts Amherst**

2004

*M.S. Nutrition*

Thesis: *“The effect of zinc supplementation on thyroid hormone levels and resting metabolic rate in physically active women with low plasma zinc concentrations.”*

### **University of Michigan Flint**

*B.S. Biology*

### **Dietetic Internship**

*University of Massachusetts Amherst*

2013

## PROFESSIONAL POSITIONS

### **Dietetic Internship Director**

*University of Massachusetts Amherst*

2020 – present

### **Lecturer**

*University of Massachusetts Amherst*

2020 – present

Current Courses:

- Practical Skills in Nutritional Counseling
- Nutrition in the Lifecycle
- Junior Year Writing in Nutrition

### **Online Program Director, Practicum Coordinator, and Graduate Academic Advisor**

*University of Massachusetts Amherst*

2019 – 2020

**Instructor/Online Graduate Faculty**

*University of Massachusetts Amherst*  
*Undergraduate Course*

2016 - 2020

- Nutrition for a Healthy Lifestyle

*Graduate Courses*

- Community Nutrition
- Nutrition Problems in the U.S.
- Culture, Nutrition, and Health

**Community Dietitian**

*WestMass ElderCare, Holyoke, MA*  
Dietitian for Area Agency on Aging

2015 - 2020

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**WORK EXPERIENCE**

**Grant Reviewer for Innovations in Nutrition Programs and Services**

*Administration for Community Living, Washington, DC*

2019

**Clinical Dietitian for Long-Term Care**

*Pyramid Nutrition Services, Amherst, MA*

2013 - 2015

**Graduate Teaching and Research Assistant**

*University of Massachusetts Amherst*

2009 - 2014

- Experience in vitamin D, pyridoxal 5-phosphate, and sulforaphanes analyses 1998 - 2001

**Senior Specialist in Applied Nutrition**

*Moss Nutrition, Hadley, MA*

2001 - 2009

**Nutritionist**

*Soldier's Home, Holyoke, MA*

2000 - 2001

**Senior Associate Scientist**

*Avant Immunotherapeutics, Inc., Needham, MA*

1994 - 1998

- *Protein Purification:* Skills acquired include gel electrophoresis (SDS-PAGE), western and southern blot techniques, spectroscopy, ion exchange and size-exclusion chromatography, and RIA kits
- *Quality Control and Pharmaceutical Evaluation:* Skills acquired include stability studies, antibody assays, cGMP protocols in a cleanroom environment

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## GRANTS / AWARDS

- UMass Doctoral Dissertation Research Grant 2013, 2015
- Peter Pellet Graduate Scholarship Award 2011
- Virginia Beal Graduate Fellowship Award 2010 – 2011
- National Association of Nutrition and Aging Services Programs Scholarship 2019

## CERTIFICATIONS / MEMBERSHIPS

- Dietitian/Nutritionist (RDN)
- Licensed Nutritionist in Massachusetts (LDN)
- Academy of Nutrition and Dietetics
- American Society for Nutrition
- American College of Nutrition
- American Public Health Association
- Board Certified Nutrition Specialist (former member)
- *ServSafe* certified (2022)

## PUBLICATIONS / PRESENTATIONS

- (In Progress) **Maxwell, C.S.**, Carbone, E.T., Wood, R.J., & Reeves, K.W. (TBD). Factors of one-carbon metabolism and telomere length in adult men and women.
- **Maxwell, C. S.**, Carbone, E. T., & Wood, R. J. (2012). Better newborn vitamin D status lowers RSV-associated bronchiolitis in infants. *Nutrition Reviews*, 70 (9), 548-552.
- **Maxwell, C. S.**, & Wood, R. J. (2011). Update on vitamin D and type 2 diabetes. *Nutrition Reviews*, 69 (5), 291-295.
- **Maxwell, C. S.** & Volpe, S. L. (2007). Effect of zinc supplementation on thyroid hormone function. A case study of two college females. *Annals of Nutrition and Metabolism*, 51 (2), 188-194.
- Comparison of Zinc Status of Physically Active Vegetarian and Non-Vegetarian Women. *Medicine and Science in Sports and Exercise* (Abstract), May 2000
  - Presented at the American College of Sports Medicine in June 2000
- Comparison of Zinc Status Among Vegetarian and Non-Vegetarian Women
  - Presented at the New England American College of Sports Medicine in Oct 1999
  - Poster Presented at SPHHS, University of Massachusetts in April 1999 and April 2000