

Steve M. Douglas

Curriculum Vitae

Email: Douglasm@grace.edu

EDUCATION

- 2010 - 2014 B.S. Nutritional Sciences
Department of Nutrition & Exercise Physiology
Minors in Philosophy and Psychology
University of Missouri, Columbia, MO
GPA: 3.96/4.0
- 2015 - 2016 Pursued a doctoral degree in Nutrition Sciences
Department of Nutrition and Exercise Physiology
University of Missouri, Columbia, MO
GPA: 3.86/4.0
- 2016 - 2019 Doctoral degree in Nutrition Sciences
Department of Nutrition Science
Purdue University, West Lafayette, Indiana
GPA: 4.0/4.0

PROFESSIONAL/EMPLOYMENT EXPERIENCE

- August 2025 – current **Assistant Professor of Biology**
Grace College
1 Lancer Wy,
Winona Lake, IN 46590
Responsibilities: Teach courses within the biology, integrate Christian faith into scientific instruction, mentor students in academic and career pathways, and collaborate on departmental initiatives to advance the college's mission.
- May 2023 – July 2025 **Project Manager and fractional Chief Data Officer Services**
Winona IT
109 E Prairie St.
Warsaw, IN 46580
Responsibilities: Lead teams to ensure completion of project deliverables, develop and manage project timelines, resolve challenges, coordinate resources across projects, serve as technical lead and strategist for data initiatives (internal and external), and maintain positive client relationships.

- Mar 2021 – May 2023 **Real Estate Agent**
Doorbell Real Estate
12748 Kingston Pike Suite 206
Knoxville, TN 37934
Responsibilities: Assist clients in finding properties that met their needs, conduct property showings and market analysis, negotiate purchase offers and sales terms, and maintain relationships for repeat business.
- June 2019 – Mar 2021 **Postdoctoral Research Associate**
Department of Nutrition
University of Tennessee - Knoxville
1215 W Cumberland Ave. 229 Jessie Harris Building
Knoxville, TN 37996
Advisor: Hollie Raynor, RD, PhD
Responsibilities: Assisted with setting up treatments and developing material tailored for the intervention, lead nutrition education sessions for children, began developing a line of epidemiology studies to identify unhealthy eating behaviors in children utilizing NHANES data, and assisted with conducting testing day/week procedures.
- Aug 2016 – May 2019 **Graduate Research Assistant**
Dept. of Nutrition Science
Purdue University
West Lafayette, IN 47907
Advisor: Heather J. Leidy, PhD
Responsibilities: Plan studies, organize material necessary for Institutional Review Board review and testing day procedures, prepare testing day equipment, complete testing day procedures, set up information session, screen participants, analyze data from studies, publish and present the data.
- Aug 2018 – Dec. 2018 **Teaching Assistant – Nutrition Communication**
Dept. of Nutrition Science
700 West State Street
Purdue University
West Lafayette, IN 47907
Supervisor: Heather Leidy, PhD
Responsibilities: Prepare various lectures, develop components of lab classes, and assist students in finding research for their major projects.
- Aug 2016 – Dec 2016 **Teaching Assistant – Food Chemistry (Lab)**
Dept. of Nutrition Science
700 West State Street
Purdue University
West Lafayette, IN 47907
Supervisor: Cordelia Running, PhD
Responsibilities: Prepare lab equipment prior to class, prepare PowerPoints for students, administer quizzes, assist in completion of required lab, and answer questions from class.
Reason for leaving: Contracted ended (seasonal employment)

- Aug 2015 – Aug 2016 **Graduate Research Assistant**
Dept. of Nutrition and Exercise Physiology
204 Gwynn Hall
University of Missouri
Columbia, MO 65211
Advisor: Heather J. Leidy, PhD
Responsibilities: Plan studies, organize material necessary for Institutional Review Board review and testing day procedures, prepare testing day equipment, complete testing day procedures, set up information session, screen participants, analyze data from studies, publish and present the data.
Reason for leaving: Transferred to Purdue University (advisor moved)
- May 2014 – Aug 2015 **Academic Tutor and Mentor**
Intercollegiate Athletics
1 Champions Drive
University of Missouri
Columbia, MO
Supervisor: Nicolle Lewis
Responsibilities: Assist athletes in fulfilling their academic obligations and answer questions that may have come up from studying the material in class.
Reason for leaving: Began graduate school.
Courses Taught/Tutored: Introductory Biology, Anatomy and Physiology, Chemistry (all levels), Organic Chemistry (all levels), Genetics, Biochemistry (all levels) Introduction to Nutrition, Introduction to Exercise Sciences, Introduction to Psychology.
- May 2011 – Aug 2011 **Family Programmer**
The YMCA of the Rockies – Estes Park Center
2515 Tunnel Road
Estes Park, CO 80511
Supervisor: Paul Taylor
Responsibilities: Lead a variety of educational and/or activity based family programs for guests.
Reason for leaving: Contracted ended (seasonal employment)
- Jan 2011 – May 2014 **Undergraduate Research Assistant**
Dept. of Nutrition & Exercise Physiology
204 Gwynn Hall
University of Missouri
Columbia, MO 65211
Research Advisor: Heather J. Leidy, PhD
Responsibilities: Prepare testing day equipment, complete testing day procedures, set up information session, screen participants, analyze data from studies, publish and present the data.
Reason for leaving: Graduated

RESEARCH INTERESTS

As a translational nutritional physiologist, I've investigated the mechanisms by which nutrient consumption and family-based weight loss interventions influenced weight management and other aspects of ingestive behavior. I intend to apply a translational approach to expand these expertise by developing a line of epidemiological studies aimed at identifying unhealthy eating patterns, with the goal of informing/developing interventions that improve dietary habits and overall health.

PUBLICATIONS

- 1) Leidy HJ, **Douglas SM**, Khan, NA, Greaves KA. Middle-school students who consumed school breakfast perform better on tasks assessing cognitive flexibility and executive function. *Nutrition Research*. Jan;145, 2026.
- 2) Leidy HJ, **Douglas SM**, Greaves KA. An egg-based, universally-free 'breakfast in the classroom' program increases school breakfast participation and improves diet quality in middle-school adolescents: a feasibility, pilot study. *Journal of Child Nutrition & Management*. 2025;49(1).
- 3) Griffiths LA, **Douglas SM**, Raynor HA. The role of structure in dietary approaches for the treatment of pediatric overweight and obesity: A critical review. *Obesity Reviews*. Sep;22(9):e13266, 2021
- 4) **Douglas SM**, Hawkins GM, Berlin KS, Crouter SE, Epstein LH, Thomas JG, Raynor HA. Rationale and protocol for translating basic habituation research into family-based childhood obesity treatment: Families becoming healthy together study. *Contemporary Clinical Trial*. Nov:98:106153, 2020
- 5) Grider HS, **Douglas SM**, Raynor, HA. The influence of mindful eating and/or intuitive eating approaches on dietary intake: a systematic review. *Journal of the Academy of Nutrition and Dietetics*. Apr;121(4):709-727.e1, 2021
- 6) **Douglas SM**, Gwin JA, Leidy HJ. Novel methodological considerations regarding the use of visual analog scale questionnaires to assess appetite control and satiety. *Current Developments in Nutrition*. 3(6):nzz061; 2019
- 7) Leidy HJ, Hoertel JA, **Douglas SM**, Higgins KA, Shafer RS. A protein breakfast reduces daily intake, hunger, and prevents body fat gain in overweight 'breakfast skipping' adolescents; *Obesity*; Sept; 23(9): 1761-4; 2015
- 8) Bauer LB, Reynolds LJ, **Douglas SM**, Kearney ML, Hoertel HA, Shafer RS, Thyfault JP, Leidy HJ. A pilot study examining the effects of consuming a high-protein vs. normal-protein breakfast on free-living glycemic control in overweight/obese 'breakfast skipping' adolescents; *International Journal of Obesity*; Sept; 39(9): 1421-4; 2015
- 9) **Douglas SM**, Lasley TR, Leidy HJ. Consuming beef vs. soy protein has little effect on appetite, satiety, and food intake in healthy adults; *Journal of Nutrition*; May; 145(5): 1010-6; 2015
- 10) Ortinau JC, Hoertel HA, **Douglas SM**, Leidy HJ. Effects of higher protein vs. higher fat snacks on appetite control, satiety, and eating initiation in healthy women. *Nutrition Journal*; 13(97); 2014
- 11) Ortinau LC, Culp JM, Hoertel HA, **Douglas SM**, Leidy HJ. The effects of increased dietary protein in afternoon yogurt snacks on appetite control and eating initiation in healthy women. *Nutrition Journal*; 12(71); 2013
- 12) Leidy HJ, Ortinau LC, **Douglas SM**, Hoertel HA. Benefits of a protein-rich breakfast on the appetitive, hormonal, and neural signals controlling energy intake regulation to combat obesity in late-adolescent females. *American Journal of Clinical Nutrition*; 97(4): 677-88; 2013

- 13) **Douglas SM**, Ortinau LC, Hoertel HA, Leidy HJ. Low, moderate, or high protein yogurt snacks on appetite control and subsequent eating in healthy women. *Appetite*; 60; 117-122; 2013

AWARDS & HONORS

- 2017 Purdue University, Purdue Graduate Student Government Travel Award
- 2016 University of Missouri, F21C – Nutrition, Student Travel Award
- 2015 College Ready & Learning Association, Level 1 Certified Tutor
- 2014 University of Missouri, Sum Cum Laude Latin Honor
- 2010 - 2014 University of Missouri, Academic Honor Roll
- 2012 University of Missouri, Department of Nutrition & Exercise Physiology
- Human Environmental Sciences Research Fellowship
 - Undergraduate Research Travel Award

PAST GRANTS

Hollie Raynor (PI)

National Institutes of Health (NIH) - R01DK121360 **(\$2,757,353 Total)**

Title: Translating Basic Habituation Research to Childhood Obesity Treatment

Objective: To implement a novel limited, high-fat food variety prescription within an 18-month family based treatment to examine its effect on 18-month body mass index (BMI). This study will examine how habituation rate, assessed via salivary habituation, mediates reduction in RED food intake, overall energy intake, and reductions in BMI over time, as well as if baseline habituation rate is a behavioral phenotype that moderates BMI outcomes.

6/1/19 –3/1/21

Role: Postdoctoral Research Associate; assist with setting up treatments and developing material tailored for this intervention; leading nutrition education sessions for children; conducting testing day/week procedures.

SM Douglas (PhD Student); R Mattes (PI); HJ Leidy (Mentor/Supervisor)

NIH T32 5T32DK076540-08 (\$84,772 Direct/Total)

Title: Interdisciplinary Training in Signals Controlling Ingestion and Obesity

Objectives of training grant: To train predoctoral students for the study of healthful and dysfunctional feeding to address the problem of obesity.

Student Objectives: Applying our current breakfast research findings collected from clinical, tightly-controlled, mechanistic studies towards a school-based, practical approach. This involves working collaboratively to develop a novel protein-based 'Breakfast in the Classroom' program in conjunction with a USDA-supported breakfast program at the Center Middle School in Kansas City, KS.

8/1/18-8/1/19

Role: Doctoral Student; assist with development of protein-based school breakfast program, preparation of procedures; distribution of surveys; outcome collection; write-up results for publication

HJ Leidy (PI)

National Institutes of Health (NIH)- 1 R01 DK107390-01A1

(\$2,468,708 Direct; \$3,624,885 Total)

Title: Increased protein at breakfast for weight management in overweight adolescents

Objective: 1) to determine whether a causal link exists between breakfast, particularly one rich in dietary protein, and weight management in young people; 2) to identify the appetitive, hormonal, and neural signals by which a protein breakfast modulates ingestive (i.e., eating) behavior and weight management; and 3) to identify specific appetitive, hormonal, and neural signals as strong predictors of ingestive behavior and weight management.

9/1/17 –8/31/21

Role: Doctoral Student; Assist with testing day preparation and procedures

HJ Leidy (PI)

Sabra (\$73,543 Direct; \$77,220 Total)

Title: The benefits of consuming hummus as an afternoon snack on appetite control, daily food intake, and diet quality in adults

Objectives: We propose a randomized crossover study to examine the effects of consuming hummus as an afternoon snack on appetite control, daily food intake, and diet quality in healthy adults

12/1/17 – 11/30/18

Role: Doctoral Student; Assist with testing day preparation and procedures

HJ Leidy (PI)

Roquette (\$71,767 Direct; \$111,239 Total)

Title: The Effects of Protein Source on Appetite Control, Satiety, and Subsequent Food Intake: A Clinical Screening Study

Objectives: To examine whether the consumption of preloads varying in protein quality effect subsequent meal energy and macronutrient content; postprandial feelings of hunger, fullness, desire to eat, prospective food consumption, and eating initiation; and postprandial cognitive performance.

12/1/17 – 7/30/18

Role: Doctoral Student; Assist with testing day preparation and procedures

SM Douglas (PI)

Egg Nutrition Center Student Fellowship (\$20,000 Direct/Total)

Title: Identifying the effects of egg consumption at breakfast on improvements in cognitive performance in overweight/obese adolescents

Objectives: 1) To examine whether the daily consumption of breakfast improves cognitive performance in 'breakfast skipping' teens. 2) To identify whether breakfast improves cognitive performance through alterations in structural and functional changes within select brain regions in breakfast skipping teens.

8/1/17-7/31/18

Role: Doctoral Student; Assist with testing preparation and procedures; write-up results for publication

HJ Leidy (PI)

Leprino Foods (\$117,658 Direct/Total)

Title: The Effects of Protein Source on Appetite Control, Satiety, and Subsequent Food Intake

Objectives: To examine whether the consumption of breakfast meals that vary in protein quality effect the post-prandial appetitive, hormonal, and ingestive behavior responses across the day.

11/1/16 – 10/30/18

Role: Doctoral Student; Assist with testing day preparation and procedures

HJ Leidy (PI)

Beef Checkoff (\$125,000 Direct/Total)

Title: Long-term effects of consuming a high protein, beef breakfast on weight management and glycemic control in overweight 'breakfast-skipping' young people

Objectives: 1) To examine the effects of breakfast consumption on weight management and glycemic control; and 2) assess the feasibility of consuming a high protein breakfast in a free-living environment.

10/1/15-9/31/16

Role: Doctoral Student; Assist with testing day preparation and procedures

SM Douglas (PI)

Rembrandt Foods Student Fellowship (\$20,000 Direct/Total); Under Review

Title: Egg Albumen Protein Absorption and Muscle Synthesis

Objectives: 1) To review, organize and summarize all existing clinical research around the topic of egg albumen proteins in sports nutrition. 2) To suggest and perform an experiment evaluating the differential effects of protein source (whey, casein, and egg) on satiety.

1/1/16-6/30/16

Role: Doctoral Student; Review current literature and suggest/perform an experiment evaluating the differential effects of protein source (whey, casein, and egg) on satiety.

HJ Leidy (PI)

Beef Checkoff (\$8,835 Direct/Total)

Title: Effects of Protein Quality on Appetite Control, Reward-driven Eating, & Subsequent Food Intake:

Comparison of Animal vs. Plant-based Proteins – Additional Analyses

Objective: to more extensively examine the relationship between plasma amino acid responses and the appetite and hormonal signals controlling ingestive behavior.

1/1/14-4/30/14

Role: Undergraduate Student; Assist with testing day preparation and procedures, analyze results, and synthesize final publication

HJ Leidy (PI)

The Beef Checkoff (\$98,409 Direct/Total)

Title: Effects of protein quality on appetite control, reward-driven eating, and subsequent food intake: comparison of animal vs. plant-based proteins

Objective: to provide evidence supporting the consumption of high quality beef protein vs. plant-based protein foods to improve short-term appetite control, reward-driven eating behavior, & energy intake regulation in healthy adults.

5/01/12-7/28/13

Role: Undergraduate Student; Assist with testing day preparation and procedures, analyze results, and synthesize final publication

HJ Leidy (PI)

The Pork Checkoff (\$93,776 Direct/Total)

Title: The Daily consumption of a protein-rich breakfast for long-term improvements in appetite, glucose control, and body weight management in overweight & obese 'breakfast skipping' adolescents

Objective: to identify whether the daily addition of a protein-rich, pork-based breakfast leads to beneficial changes in daily appetite & satiety, glucose control, food intake, & body weight/composition compared to the daily consumption of normal protein, cereal-based breakfast meals.

1/01/11-7/01/12

Role: Undergraduate Student; Assist with testing day preparation and procedures

HJ Leidy (PI)

General Mills Bell Institute of Health (\$67,384 Direct; \$99,900 Total)

Title: The beneficial effects of Yoplait®'s protein-rich Greek Yogurt as a healthy, afternoon snack on appetite control, satiety power, & subsequent meal request

Objective: to identify the benefits of consuming higher protein, Greek yogurt as an afternoon snack on appetite control, satiety, and timing to meal request in young to middle-age women.

5/31/11-12/31/11

Role: Undergraduate Student; Analyze results and synthesize final publication

HJ Leidy (PI)

Egg Nutrition Center & The Beef Checkoff (\$96,628 Direct/Total)

Title: The beneficial effects of a protein-rich breakfast on appetite control, body weight management, & cognition in overweight and obese adolescents

Objective: to provide mechanistic evidence supporting the addition of a protein-rich breakfast to improve and/or re-establish short-term appetite control, and energy intake regulation in overweight/obese 'breakfast skipping' adolescents.

7/01/10-10/31/11

Role: Undergraduate Student; Assist with testing day preparation and procedures

POSTER PRESENTATIONS

- 2018 **American Society of Nutrition Annual Meeting, Boston, MA June 2018**
Douglas SM, Byers A, Leidy HJ (2018). Effects of Breakfast Type and Habitual Breakfast Patterns on Morning Appetite and Satiety in Overweight Late Adolescent Girls
- 2017 **May Conference, May 2017**
Douglas SM, Gwin JA, Leidy HJ (2017). Effects of consuming protein beverages, varying in protein source, on appetite, satiety and energy intake
- 2017 **Experimental Biology Annual Meeting, Chicago, IL April 2017**
Douglas SM, Gwin JA, Leidy HJ (2017). Effects of consuming protein beverages, varying in protein source, on appetite, satiety and energy intake
- 2017 **Interdepartmental Nutrition Program Day, October 2017**
Douglas SM, Gwin JA, Leidy HJ (2017). Effects of consuming protein beverages, varying in protein source, on appetite, satiety and energy intake
- 2016 **Health and Human Sciences Research Week, October 2016**
Douglas SM, Gwin JA, Leidy HJ (2016). Effects of consuming protein beverages, varying in protein source, on appetite, satiety and energy intake
- 2014 **Experimental Biology Annual Meeting, San Diego, CA April 2014**
Douglas SM, Lasley TR, Ortinau LC, Shafer RS, Leidy HJ (2014). The consumption of one serving of beef vs. one serving of soy at lunch on appetite control, satiety, and subsequent energy intake: A practical comparison.

- 2014 **Life Sciences Week, University of Missouri, April 2014**
Douglas SM, Lasley TR, Ortinau LC, Shafer RS, Leidy HJ (2014). The consumption of one serving of beef vs. one serving of soy at lunch on appetite control, satiety, and subsequent energy intake: A practical comparison.
- 2012 **Experimental Biology Annual Meeting, San Diego, CA April 2012**
Douglas SM, Ortinau LC, Hoertel HA, Leidy HJ (2012). Low, moderate, or high protein yogurt snacks on appetite control and subsequent eating in healthy women
- 2012 **Nutrition and Exercise Physiology Research Week, March 2012**
Douglas SM, Ortinau LC, Hoertel HA, Leidy HJ (2012). Low, moderate, or high protein yogurt snacks on appetite control and subsequent eating in healthy women

ORAL PRESENTATIONS

- 2017 **Experimental Biology Annual Meeting, Chicago, IL April 2017**
Douglas SM, Gwin JA, Leidy HJ (2017). Novel methodological considerations regarding the use of visual analog scale questionnaires to assess appetite control and satiety
- 2014 **Experimental Biology Annual Meeting, San Diego, CA April 2014**
Douglas SM, Lasley TR, Ortinau LC, Shafer RS, Leidy HJ (2014). The consumption of beef vs. soy lunch meals on food cravings & cortico-limbic brain regions in healthy adults
- 2012 **Experimental Biology Annual Meeting, San Diego, CA April 2012**
Douglas SM, Ortinau LC, Hoertel HA, Leidy HJ (2012). Low, moderate, or high protein yogurt snacks on appetite control and subsequent eating in healthy women

PROFESSIONAL MEMBERSHIP

- 2015 - 2021 American Society of Nutrition, Student Member
- Energy and Macronutrient Metabolism Research Interest Group
 - Obesity Research Interest Group
- 2018 – 2021 Society for the Study of Ingestive Behavior

STUDENT MENTORING

- 2019 Lauren Griffiths; Graduate student, Nutrition; University of Tennessee - Knoxville
- 2017 Evan Reister; Graduate student, Nutrition Science; Purdue University
- 2017 Adam Byers; Undergraduate student, Nutrition Science; Purdue University
- 2017 Ashley Swain; Undergraduate student, Didactic Program in Nutrition and Dietetics; Purdue University
- 2015 - 2016 Erica Braham; Undergraduate student, Exposure to Research for Science Students (EXPRESS); Health Sciences; University of Missouri
- 2015 2016 Emily Shaw; Undergraduate student, Nutritional Sciences; University of Missouri

2015 – 2016 Sabrina Reed; Undergraduate student, Nutritional Sciences; University of Missouri

2013 Connor Roenfeldt; Undergraduate student, Nutrition & Fitness; University of Missouri

2013 Joe Douglas; Undergraduate student, Communications; University of Missouri

2012 Kelly Higgins; Undergraduate student, Nutritional Sciences; University of Missouri

2012 Andrea Boone; Undergraduate student, Biology; University of Missouri

2012 Kinsey Farren; Undergraduate student, Nutrition & Fitness; University of Missouri