

Lauren Batey, MS, RDN

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Profile

I am a registered dietitian working as the Program Coordinator for the USDA WiN-WiN grant at the University of Kentucky. Prior to my career as a dietitian, I acquired more than 10 years of experience in writing, marketing, and communications. Through my education and research specialization in food insecurity and the social determinants of health, I have become committed to utilizing my RDN credentials, the extensive communications skills gained through my previous career, and my lifelong love of food and nutrition to work toward changes in the food environment, to reduce food waste, and to combat inequities in food and nutrition access.

Education

PHD IN HEALTH COMMUNICATION | IN PROGRESS | UNIVERSITY OF KENTUCKY | LEXINGTON, KY

- *Expected completion in 2028*

MASTER'S IN NUTRITION AND FOOD SYSTEMS | DECEMBER 2022 | UNIVERSITY OF KENTUCKY | LEXINGTON, KY

BACHELOR'S IN DIETETICS | AUGUST 2021 | UNIVERSITY OF KENTUCKY | LEXINGTON, KY

BACHELOR'S IN INTERDISCIPLINARY STUDIES | MAY 2005 | AUSTIN PEAY STATE UNIVERSITY | CLARKSVILLE, TN

Work Experience

PROGRAM COORDINATOR II | USDA WIN-WIN GRANT | JANUARY 2025-PRESENT

- Coordination of a local food recovery system in Jessamine County, KY
- Preparation of USDA toolkit on the prevention of food loss and waste
- Management of all physical, digital, and social media promotion
- Design and daily management of WiN-WiN website
- Responsible for creating community outreach and nutrition education materials for all community partner organizations

PROGRAM COORDINATOR II | FOOD AS HEALTH ALLIANCE | JANUARY 2023-MARCH 2025

- Management of all physical, digital, and social media promotion
- Design and daily management of FAHA website
- Responsible for creating community outreach and nutrition education materials including 25 professional recipe and nutrition videos used on the GetWell network for inpatient education
- Creation of more than 50 recipes with nutrition analysis for a variety of disease states with accompanying social media cooking Reels
- Program development and implementation of the Food as Health toolkit for Cooperative Extension including 8 new publications, 4 classes, and 3 cooking classes

- Management of relevant partner and stakeholder relationships for program development
- Assist in pilot research programming, the design of a 16-week meal box delivery program, and participant registration and assistance for Food is Medicine packages
- In charge of planning the first annual Food as Health Alliance Symposium held in March 2025 and attended by 200+ guests and honored speakers from across the country
- Community outreach at a variety of events

PART-TIME INSTRUCTOR| DEPARTMENT OF DIETETICS AND HUMAN NUTRITION | AUGUST 2023-PRESENT

- Instructor for DHN 607 Food Behaviors (summer 2025)
- Instructor for DHN 603 Advanced Community Program Development (fall 2024-2025)
- Lab director for DHN 514 Dietetics Communication & Counseling
- Supervised graduate student teaching assistant
- Completed pre/post assessment during high fidelity dietetic simulations

GRADUATE ASSISTANT IN MARKETING AND COMMUNICATIONS | DEPARTMENT OF DIETETICS AND HUMAN NUTRITION | AUGUST 2021-DECEMBER 2022

- Strong attention to detail through the design and launch of department website
- Management of all department social media
- Spearheaded campaign for new MS online program including print and digital media
- Managed campus wide communication through Korbyt digital television display software
- Utilized skills in written and visual communication through departmental flyers and other promotional materials

KITCHEN DIRECTOR | CAMPUS KITCHEN AT THE UNIVERSITY OF KENTUCKY | MAY 2022-AUGUST 2022

- Worked to fight food insecurity in the Lexington community and to create a more sustainable food system by recovering food from local vendors to create meals for underserved communities
- Managed all kitchen activities including cooking and processing shifts
- Prepared meals up to 50 servings
- Developed unique recipes from donated ingredients

LAB DIRECTOR | PERFORMANCE NUTRITION AND BODY COMPOSITION LABORATORY | MAY 2022-AUGUST 2022

- Oversaw all scheduling and calendar maintenance
- Managed 5 undergraduate student employees
- Performed BodPod and resting metabolic rate testing for paid clients

SOCIAL MEDIA & COMMUNICATIONS DIRECTOR | INTERNATIONAL INBOUND TRAVEL ASSOCIATION | MAY 2016-JULY 2017

- Managed new member recruitment campaign implementation and evaluation
- Managed all website content and design along with daily social media activity
- Responsible for partnership management for existing members
- Participated in the planning and organization of annual summits, Board of Directors meetings, and charity/fundraising events

CONTENT EDITOR & FEATURES WRITER | EVENTS CURACAO | MAY 2014-APRIL 2016

- Used extensive writing experience to contribute as editor to all magazine content
- Developed article ideas, layout design, and overall tone
- Head author for 6 feature articles on a variety of travel related topics

AFFILIATE MANAGER| PINNACLE SPORTS | JANUARY 2010-JULY 2014

- Oversaw the day-to-day management of over 800 active affiliate partners
- Managed two consecutive years of 30% growth in newly funded customers via the affiliate channel
- Developed, implemented, and evaluated region specific campaigns for top performing partners
- Interviewed, trained and supervised new Affiliate Administrator
- Managed budgeting and allocation of funds for partner run contests and competitions for customers
- Provided weekly account reports for all top performing partners.

Teaching and Training

GUEST LECTURER| UNIVERSITY OF KENTUCKY COLLEGE OF MEDICINE | AUGUST 2023-PRESENT

- MD 828 Gastrointestinal System and Nutrition: Presented guest lectures on culinary medicine for gastrointestinal reflux disease, ulcerative colitis and Crohn's disease, and substance use disorder in the fall of 2023, 2024, and 2025
- "Etching Away Bias in healthcare" narrative series: Provided future healthcare professionals with training on food insecurity and Food is Medicine programs in summer 2023-2025

GUEST LECTURER| NEW YORK INSTITUTE OF TECHNOLOGY| JUNE 2024-PRESENT

- Presented on topics including mental health and food security during their Culinary Medicine workshop in the College of Medicine, including the development of recipes demoed for tasting

GUEST LECTURER| UNIVERSITY OF KENTUCKY COLLEGE OF COMMUNICATION AND INFORMATION | SEPTEMBER 2024-PRESENT

- COM 372 Communicating Health On Social Media: presented on the nuance and intricacies of using social media to communicate as a nutrition professional

GUEST LECTURER| UNIVERSITY OF KENTUCKY COLLEGE OF HEALTH SCIENCES | MARCH 2023

- Provided future healthcare professionals with training on food insecurity and Food is Medicine programs
- Presented details about the Food as Health Alliance

GRADUATE TEACHING ASSISTANT| DEPARTMENT OF DIETETICS AND HUMAN NUTRITION | AUGUST 2021-DECEMBER 2023

- DHN 514: Dietetics Communication & Counseling
- DHN 212: Advanced Medical Nutrition Therapy

Technical Skills

SOCIAL MEDIA

- Online presence management via Facebook, Instagram, YouTube, TikTok, and Twitter for both academic and professional organizations

WEBSITE DESIGN

- Experienced in Drupal 9.0, Wix, and WordPress
- [DHN Department Website](#)
- [Food as Health Alliance Website](#)
- [WiN-WiN Website](#)

COMMUNICATION

- Extensive academic research and writing experience
- Communication design for multiple mediums including written, graphic, video and print
- Creation of educational materials at a 6th grade writing level
- Experienced in both academic and public speaking

CONCUR AND BUSINESS OFFICE PRACTICES

- Experienced in expense management, purchase requests, and procord documentation

PROMOTIONAL CAMPAIGNS

- Brand and asset management through print and digital media
- Experienced in UK brand guidelines

Skills & Abilities

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|----------------------------------|---|
| • Organization & time management | • Research focus in food insecurity, food waste, culture, rural |
| • Detail oriented | communities, and Appalachia |
| • Experienced multitasker | • Lecture design and implementation |
| • Dedicated | • Public speaking/Presentations |

Research and Presentation Experience

PUBLICATIONS

Mayfield, C., Lauckner, C., Bush, J., Cosson, E., Batey, L., & Gustafson, A. (2025). Development of a statewide network hub for screening, referral, and enrollment into food as medicine programs across Kentucky. *Frontiers in Public Health*, 12, 1502858. <https://doi.org/10.3389/fpubh.2024.1502858>

Barr-Porter, M., Combs, E., Batey, L., Brewer, D., Schwartz, A., & Stephenson, T. (2024). Increased perceived confidence in professional role skills among undergraduate dietetic students following simulation-based learning experiences. *Education Sciences*, 14(5), 451. <https://doi.org/10.3390/educsci14050451>

Batey, L., DeWitt, E., Brewer, D., Cardarelli, K. M., & Norman-Burgdolf, H. (2023). Exploring food-based cultural practices to address food insecurity in rural Appalachia. *Health Education & Behavior*, 50(4), 529-537. <https://doi.org/10.1177/10901981231175360>

- Winner of the Lawrence W. Green Paper of the Year Award

Barr, M., Kuman, A., & Batey, L. (2021). Body Looks as Second Most Important Concern for Health in College Students Although Low Dietary Quality. *Current Developments in Nutrition*, 5, 962. <https://doi.org/10.1093/cdn/nzab051.006>

Barr, M. L., OoNorasak, K., Hughes, K., Batey, L., Jackson, K., Marshall, H., & Stephenson, T. (2021). Exploring Perceived Importance of a Novel Emergency Food Program during COVID-19 and Program Recipient Characteristics. *International Journal of Environmental Research and Public Health*, 18(20), 10786. <https://doi.org/10.3390/ijerph182010786>

PRESENTATIONS

- National Communication Association Conference | November 2025 | Research presentation
- Food and Nutrition Conference Expo | October 2025 | Poster presentation
- Society for Nutrition Education & Behavior Conference | July 2025 | Poster presentation
- Area Health Education Centers Voluntary Faculty Conference | March 2024 | Conference speaker
- Southern Association of State Ag Experiment Station Directors and Association of Southern Region Extension Directors Meeting | March 2024 | Conference speaker
- Appalachian Translational Research Network Health Summit | November 2022 | Poster presentation
- National Health Outreach Conference | May 2022 | Poster presentation

PROFESSIONAL TRAINING AND COMMITTEES

- Department of Dietetics and Human Nutrition Recruitment Committee
- Hiring Committee: Digital Communications Director for the Martin-Gatton College of Agriculture, Food and Environment
- Introductory Redcap training
- Citi RCR and HSP certified

References available upon request