

JOHN WESLEY MCWHORTER, DrPH, MS, RDN, LD, CSCS

Curriculum Vitae

WESLEY MCWHORTER, DrPH, MS, RDN, LD, CSCS

Assistant Professor, Health Promotion and Behavioral Sciences
Director of Culinary Nutrition, Nourish Program
Michael & Susan Dell Center for Healthy Living
The University of Texas School of Public Health
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Website: www.NourishProgram.org

Education:

- 2016-2020 **The University of Texas School of Public Health, Houston, TX**
Doctor of Public Health
Major: Health Promotion and Behavioral Science
Minor: Epidemiology
Advisor: Casey Durand, PhD, MPH
Dissertation: *Development of a Culinary Nutrition-Based Training of Dietitians and Clinic-Based Nutrition Intervention to Improve Health Outcomes Among Low-Income Minority Patients*
- 2014-2015 **The University of Texas Medical Branch, Galveston, TX**
Master of Science and Dietetic Internship
Major: Nutrition and Metabolism
Advisor: Jean Gutierrez, PhD, RDN, LD
Capstone Project: *Dorm Room Cooking: Performance Nutrition for the Collegiate Athlete*
- 2010-2014 **Kansas State University, Manhattan, KS**
Bachelor of Science
Major: Dietetics
- 2005-2007 **Lincoln Culinary Institute, Palm Beach, FL**
Associate of Science
Major: Culinary Nutrition

Licensure and Certification:

- 2019 CDC Diabetes Prevention Program Lifestyle Coach Training
- 2016-Present Nutrition Focused Physical Assessment Training (NFPAT)
- 2016-Present Licensed Dietitian in the state of Texas (LD)
- 2015-Present Registered Dietitian (RDN)
- 2014-Present Certified Strength and Conditioning Specialist (CSCS)
- 2007-Present CPR & AED Certified
- 2005-Present ServSafe® Certified

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Relevant Professional Experience:

2020-Present	Assistant Professor (tenure-track) Health Promotion and Behavioral Sciences, The University of Texas School of Public Health, Houston, TX
2020-Present	Clinical Instructor Internal Medicine, McGovern Medical School, Houston, TX
2019-Present	Director of Culinary Nutrition Nourish Program, Michael & Susan Dell Center for Healthy Living, The University of Texas School of Public Health, Houston, TX
2017-2019	Nutritionist Supervisor Nourish Program, Michael & Susan Dell Center for Healthy Living, The University of Texas School of Public Health, Houston, TX
2017-Present	Lecturer Dietetic Internship, Michael & Susan Dell Center for Healthy Living, The University of Texas School of Public Health, Houston, TX
2016-2017	Teaching Associate Michael & Susan Dell Center for Healthy Living, The University of Texas School of Public Health, Houston, TX
2016-2020	Managing Partner CNF Professionals, Houston, TX
2016-2017	Executive Chef and Dietitian Sierra Fuels LLC, Houston, TX
2015	Clinical Nutrition Intern Memorial Hermann Hospital, Department of Clinical Nutrition Services, Houston, TX
2015	Consulting Chef Houston Independent School District, Department of Nutrition Services, Houston, TX
2015	Graduate Research Assistant The University of Texas Medical Branch, Department of Nutrition and Metabolism, Galveston, TX
2014-2015	Consulting Chef and Contributing Author High Performance Nutrition, LLC, Seattle, WA
2014-2016	Nutrition and Wellness Director Sierra Fuels LP, Houston, TX
2008-2014	Executive Private Chef Houston, TX

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2007-2008 Sous Chef
Steelwood Country Club, Loxley, AL

Teaching Experience:

A. Formal Courses:

2020-Present Public Health Nutrition and Dentistry
Co-Instructor
UTHealth School of Dentistry and The University of Texas School of Public
Health, Houston, TX

2019 PH 1232 Public Health Nutrition Practice
Guest Lecturer
The University of Texas School of Public Health, Houston, TX

2018-Present Culinary Dentistry, UTHealth School of Dentistry Elective
Primary Instructor
The University of Texas School of Public Health and UTHealth School of
Dentistry, Houston, TX

2017-Present Culinary Medicine, McGovern Medical Student Elective
Primary Instructor
The University of Texas School of Public Health and McGovern Medical,
Houston, TX

2017-Present PH 5098 Culinary Medicine
Primary Instructor
The University of Texas School of Public Health, Houston, TX

2017-Present PH 1229 Medical Nutrition Therapy Simulation Lab
Co-Instructor
The University of Texas School of Public Health, Houston, TX

2017-Present PHM 1232 Advances in Specialty Nutrition Practice
Co-Instructor
The University of Texas School of Public Health, Houston, TX

2017 PH 9997-800 Dietetic Internship Supervised Practice
Teaching Associate
The University of Texas School of Public Health, Houston, TX

2017 PHM 2171 Public Health Nutrition Practice
Teaching Associate
The University of Texas School of Public Health, Houston, TX

2016-Present PH 5098 Special Topics: Garden for Health
Co-Instructor
The University of Texas School of Public Health, Houston, TX

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2016 PH 2755 Nutrition Research Methods
Teaching Associate
The University of Texas School of Public Health, Houston, TX

B. Non-Formal Courses:

2018 Developer and Primary Instructor, *Culinary Medicine: Continuing Education Series for Health Professionals*, The Nourish Program, The University of Texas School of Public Health, Houston, TX

2017-2018 Developer and Primary Instructor, *Culinary Nutrition: A Mediterranean Diet Series*, The Nourish Program, The University of Texas School of Public Health, Houston, TX

2017-Present Instructor, *The Mediterranean Diet: Continuing Education for Dietitians*, The Nourish Program, The University of Texas School of Public Health, Houston, TX

2017-Present Developer and Primary Instructor, *What's Cooking in the Nourish Kitchen? Community Nutrition Education Series*, The Nourish Program, The University of Texas School of Public Health, Houston, TX

2017 Lecturer, *Summer Health Professions Education Program (SHPEP)*. The University of Texas School of Public Health, Houston, TX

2017-Present Developer and Co-Primary Instructor, *Young Farmers' Camp*, The Nourish Program, The University of Texas School of Public Health Dietetic Internship, Houston, TX

2016-Present Primary Instructor, *Lunch and Learn: Nutrition Education Series*, The Nourish Program, The University of Texas School of Public Health Dietetic Internship, Houston, TX

Professional Service:

Peer Reviewer:

2020 Global Advances in Health and Medicine

External Service:

2020-Present Member, Advisory Council, The Teaching Kitchen Collaborative (TKC)

2020-Present Member of the Texas Academy Alliance Task Force, Texas Academy of Nutrition and Dietetics

2020-2023 National Media Spokesperson, The Academy of Nutrition and Dietetics (AND)

2019-Present Co-Chair, Registered Dietitian Nutritionist Practice Group
The Teaching Kitchen Collaborative (TKC)

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2019-Present	Member, Presentation Review Committee 2019 Health Meets Food Conference, New Orleans, LA
2019-Present	Media Representative Texas Academy of Nutrition and Dietetics, Houston, TX
2018-Present	Co-Chair, Chefs Advisory Committee The Teaching Kitchen Collaborative (TKC)
2018-Present	Member, Research Committee The Teaching Kitchen Collaborative (TKC)
2018-Present	Dietetic Preceptor The University of Texas Medical Branch, Galveston, TX
2018-Present	Dietetic Preceptor The University of Southern California, Los Angeles, CA
2017-2020	Member, Research Committee, Goldring Center for Culinary Medicine, Tulane Medical School, New Orleans, LA
2017-2020	Member, Curriculum Committee, Goldring Center for Culinary Medicine, Tulane Medical School, New Orleans, LA
2017-Present	Dietetic Preceptor Texas Women's University Dietetic Internship, Houston, TX

Internal Service:

2019	Member, Messaging Campaign Project Michael & Susan Dell Center for Healthy Living, Austin, TX
2017-Present	Member, Wellness Committee, The University of Texas School of Public Health, Houston, TX
2017-2018	Member, Advisory Board, Obesity Health Consortium, The University of Texas School of Public Health, Houston, TX
2016-Present	Dietetic Preceptor UTHealth School of Public Health, Houston, TX

Research Interest:

- Food As Medicine, Culinary Medicine, Culinary Nutrition, and Interdisciplinary Nutrition Education
- Food Literacy and Seed-to-Plate-to-Prevention Nutrition Education
- Behavioral Focused Nutrition Interventions

Funded Research Projects:

1. **2020-2023**

Funding: \$300,000. Health Care Services Corporation (Blue Cross Blue Shield of Texas)

Title: *Nourishing Communities through Culinary Medicine*

Role: Primary Investigator

Goal: The goal of the project is to improve dietary intake in diverse, low-income communities by providing culinary medicine education.

2. **2020-2022**

Funding: \$15,000. Colgate Palmolive Fellowship in Nutrition, Oral Health/Dental Education Research Grant

Title: *An Evaluation of Culinary Dentistry: Incorporating Experiential Nutrition into Dental Education*

Role: Primary Investigator

Goal: The overarching objective of this project is to evaluate and improve the CD program at UTHealth School of Public Health for dissemination to other Universities and oral health professionals.

3. **2019-2020**

Funding: \$5,000. Houston Garden Club

Title: *Increasing Culinary Literacy through the Gardening and Culinary Education*

Role: Co-Investigator

Goal: The goal of the study is to evaluate the efficacy of gardening and culinary demonstration wellness program for staff and faculty of UTHealth School of Public Health.

4. **2019-2020**

Funding: \$5,000. UTHealth Wellness Program

Title: *Increasing Culinary Literacy through a Vegetable Centric Cooking Program*

Role: Co-Investigator

Goal: The goal of the study is to evaluate the efficacy of 1-hour hands-on culinary nutrition workshops for staff and faculty of UTHealth School of Public Health.

5. **2018 - 2021**

Funding: \$200,000. Smith Family Foundation

Title: *A Prescription for Health Living: a Qualitative Study*

Role: Study Coordinator

Goal: The goal of the project is to improve dietary intake in diverse, low-income communities at Harris Health Systems in Harris County, TX, by providing nutrition education through a culinary arts and gardening program. A secondary aim of this project is to build capacity through the hands-on culinary and food systems training of dietitians at Harris Health System.

6. **2017-2018**

Funding: \$5,000. UTHealth Wellness Program

Title: *Increasing Culinary Literacy through the Gardening and Culinary Education*

Role: Co-Investigator

Goal: The goal of the study is to evaluate the efficacy of gardening and culinary demonstration program for staff and faculty of UTHealth School of Public Health.

7. **2017-2018**

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Funding: The Nourish Program and Michael & Susan Dell Center for Healthy Living
Title: *Increasing Culinary Literacy through the Utilization of Seed-to-Plate Nutrition Education at UTHealth School of Public Health Nourish Program*
Role: Co-Investigator
Goal: The goal of the study is to evaluate the efficacy of a seed-to-plate nutrition educational series to improve culinary literacy in the Houston Medical Center.

8. 2017-2018

Funding: \$150,000. Allen Foundation Grant
Title: *Nourishing the Community: Nutrition Education in Low-Income Communities Utilizing Culinary Arts*
Role: Study Coordinator
Goal: The goal of the project is to improve dietary intake in diverse, low-income communities in Houston, TX, by providing nutrition education through a culinary arts program. A secondary aim of this project is to build capacity in community centers so that this program can be further disseminated through trained community health workers (CHWs) who can model good nutritional behavior.

9. 2016-Present

Funding: Michael & Susan Dell Center for Healthy Living
Title: *Cooking for Health Optimization with Patients (CHOP) Study at UTHealth School of Public Health Nourish Program*
Role: Study Coordinator
Goal: The goal of the study is to train future health professionals on how to educate patients about nutrition utilizing hands-on education in culinary arts.

Peer-Reviewed Publications:

1. Published Papers:

1. **McWhorter JW.**, Moore L., Hoelscher DM., Sharma SV. *Culinary Dentistry: A novel framework to incorporate nutrition into dental education.* Journal of the Dental Education. (2020); <https://doi.org/10.1002/jdd.12376>
2. Patnaik, A., Tran, J., **McWhorter, J.W.** et al. Regional variations in medical trainee diet and nutrition counseling competencies: Machine learning-augmented propensity score analysis of a prospective multi-site cohort study. *Med.Sci.Educ.* (2020). <https://doi.org/10.1007/s40670-020-00973-6>
3. Razavi, A. C., Monlezun, D. J., **McWhorter J.W.** et al. Multisite Culinary Medicine Curriculum Is Associated With Cardioprotective Dietary Patterns and Lifestyle Medicine Competencies Among Medical Trainees. *American Journal of Lifestyle Medicine.* (2020);1559827619901104. <https://doi.org/10.1177/1559827620912908>
4. **McWhorter JW.**, Raber MP., Sharma SV., Moore L., Hoelscher DM. *The Nourish Program: An Innovative Model for Cooking, Gardening, and Clinical Care Skill Enhancement for Dietetics Students.* Journal of the Academy of Nutrition and Dietetics. (2019); <https://doi.org/10.1016/j.jand.2017.12.004>

2. Published Abstracts:

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1. **McWhorter JW.**, Raber M., Sharma SV., Moore L., Hoelscher DM., *The Nourish Program*. Abstract publication from Teaching Kitchen Collaborative Research Day, February 2018.
2. Morse M., Lee S., Rose S., Agrawal A., Moore L., **McWhorter JW.** A “food as medicine” *Teaching Kitchen Workshop – Promoting Salutogenesis Among Providers*. Abstract Published from Texas Medical Association Physician and Wellness Exchange, March 2019
3. **Submitted Papers:**
 1. Ngo A., **McWhorter JW.**, Perkison W.B., Katta R., Diabetes Prevention: The Role of The Dermatologist. To be submitted to *Dermatology Practical and Conceptual*.
 2. Katta R., **McWhorter JW.**, Perkison W.B., Diabetes Prevention Programs and Their Use in Dermatology. To be submitted to *JAMA Dermatology*.
 3. **McWhorter JW.**, Danho MP, Weston SR, Moore L., Durand CP., Sharma SV., Equipping Registered Dietitian Nutritionists to Improve Food Literacy Through Culinary Medicine Training – A Pilot Study. To be submitted to the *J Academy Nutr Dietetics*
 4. **McWhorter JW.**, Danho MP, Weston SR, Moore L., Durand CP., Sharma SV., An Intervention Mapping Approach to Develop a Patient Centered Culinary Nutrition Program for Low Income Food Insecure Patients. To be submitted to the *Journal of Nutrition Education and Behavior*.
 5. **McWhorter JW.**, Danho MP, Weston SR, Moore L., Durand CP., Sharma SV., A qualitative study of patient and dietitian perspectives to understand barriers and facilitators of implementing a holistic food prescription program among a low-income diverse population in a healthcare setting. To be submitted to the *J Academy Nutr Dietetics*.
 6. Lengfelder L., **McWhorter JW.**, Raber M., Sharma SV., Moore L., Hoelscher DM. *Evaluation of the Culinary Medicine Program at the UTHealth School of Public Health*. To be submitted to *Journal of Health Promotion practice*

Other Publications:

A. Published Non-Peer-Reviewed Books:

1. **McWhorter JW**, Kleiner S, (2015) *Dorm Room Cooking: Performance Nutrition for the Collegiate Athlete*. [Link](#)

Invited Presentations:

A. Speaking Presentations:

1. Invited Speaker, **McWhorter JW.** *Teaching Kitchen Collaborative – UTHealth School of Public Health*. To be presented at Healthy Kitchens, Healthy Lives Conference (HKHL) Virtual. Napa Valley, CA. February 5, 2021.

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2. Invited Speaker, **McWhorter JW**. *The Future of Culinary Arts in Dietetics Practice and Education*. To be presented at the Teaching Kitchen Collaborative Research Conference, Sonoma, CA on April 22, 2020. To be rescheduled for fall 2020
3. Invited Speaker, **McWhorter JW**, Ryan S. *Answering Difficult Questions: Responding to Nutrition Noise in Media and Beyond*. To be presented at Texas Academy of Nutrition and Dietetics Association's Annual Conference, Georgetown, TX, April 2, 2020. Rescheduled for Spring 2021
4. Invited Speaker, **McWhorter JW**. *Practical and Inclusive Nutrition*. To be presented at the Harris County Farmer's Market Spring Kickoff, Houston, TX, March 24, 2020.
5. Invited Speaker, **McWhorter JW**. *Debunking Fad Diets*. Presented at McGovern Medical School's 3rd Annual Wellness Week. Houston, TX, February 14, 2020
6. Invited Speaker, **McWhorter JW**. *Teaching Kitchen Collaborative – UTHealth School of Public Health*. Presented at Healthy Kitchens, Healthy Lives Conference (HKHL). Napa Valley, CA. February 5, 2020.
7. Invited Speaker, **McWhorter JW**. *The Southern Plate –Inclusive Delicious Meals*. Presented at 1440 Multiversity Service Week. Scotts Valley, CA, December 10, 2019.
8. Invited Speaker, **McWhorter JW**. *Culinary Medicine: Training Community & Health Care Professionals to Address Nutrition-Related Health Conditions*. Hunger Free Texans – Community Nutrition Summit. Houston, TX, November 15, 2019.
9. Invited Speaker, **McWhorter JW**. *Culinary Dentistry: Incorporating Nutrition into Dental Education and School-Based Interventions*. To be presented at the Academy of Nutrition and Dietetics Food and Nutrition Conference & Expo (FNCE). Washington, D.C., October 28, 2019.
10. Invited Speaker, **McWhorter JW**. *The Nourish Program – Culinary Medicine*. Doctor's for Change – Food as Medicine Event. Houston, TX, September 10, 2019.
11. Invited Speaker, **McWhorter JW**. *Personal Nutrition 2*. To be presented at McGovern Medical School's 2nd Year Medical Students' Wellness Program. Houston, TX, August 27, 2019.
12. Invited Speaker, **McWhorter JW**. *Nutrition and Aging*. To be presented at the 2nd Annual Aging Conference. Houston, TX, July 27, 2019.
13. Invited Speaker, **McWhorter JW**. *The Nourish Program*. Presented at the Texas Society for Public Health Education (TXSOPHE) webinar series. Houston, TX, June 11, 2019.
14. Invited Speaker, **McWhorter JW**. *Culinary Nutrition: Implications and Applications for Dietitians*. Presented at the Kansas Dietetic Association's Annual Conference, Manhattan, KS, April 12, 2019.
15. Invited Speaker, **McWhorter JW**. *Nutrition, Obesity and Empathy*. Presented at The UTHealth Science Center Student Nutrition Association Meeting. Houston, TX, March 7, 2019

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16. Invited Speaker, **McWhorter JW**. *Role of Nutrition in Culture*. Presented at McGovern Medical Student Elective in collaboration with the Office of Diversity and Inclusion and the McGovern Center for Humanities, Houston, TX, February 27, 2019
17. Invited Speaker, **McWhorter JW**. *Mastering the Meal Prep*. Presented at McGovern Medical School's 2nd Annual Wellness Week. Houston, TX, February 12, 2019
18. Invited Speaker, **McWhorter JW**. *Teaching Kitchen Collaborative – UTHealth School of Public Health's Method*. Presented at Healthy Kitchens, Healthy Lives Conference (HKHL). Napa Valley, CA. February 7, 2019.
19. Invited Speaker, **McWhorter JW**. *Seed to Plate to Prevention Workshop*. Presented to the Cizik SON Ambassador Program at UTHealth School of Public Health, Houston, Texas, December 3, 2018.
20. Invited Speaker, **McWhorter JW**. *Seed-to-Plate-to-Prevention in Dietetics Education*. Presented at the Academy of Nutrition and Dietetics Food and Nutrition Conference & Expo (FNCE). Washington, D.C., October 21, 2018.
21. Invited Speaker, **McWhorter JW**. *The Nourish Program*. Presented at The Teaching Kitchen Collaborative Member Meeting, Chicago, IL, September 7, 2018.
22. Invited Speaker, **McWhorter JW**. *Personal Nutrition 1*. Presented at McGovern Medical School's 1st Year Medical Students' Wellness Program. Houston, TX, September 6, 2018.
23. Invited Speaker, **McWhorter JW**. *Nutrition for the Brain*. Presented at McGovern Medical School's Neurology Resident's Wellness Program. Houston, TX, August 31, 2018.
24. Invited Speaker, **McWhorter JW**. *Personal Nutrition 2*. Presented at McGovern Medical School's 2nd Year Medical Students' Wellness Program. Houston, TX, August 28, 2018.
25. Invited Speaker, **McWhorter JW**. *Seed-to-Plate-to-Prevention*. Presented at the Texas Academy of Nutrition and Dietetics Symposium in Culinary Medicine. Houston, TX, August 25, 2018.
26. Invited Speaker, **McWhorter JW**. *Nutrition in Aging*. Presented at the Houston Gerontological Society. Houston, TX, August 15, 2018.
27. Invited Speaker, **McWhorter JW**. *Culinary Medicine*. Summer Health Professions Education Program (SHPEP). Presented at UTHealth School of Dentistry. Houston, TX, June 19, 2018.
28. Invited Speaker, **McWhorter JW**. *Food Allergies and Intolerances*. Presented at The Health Meets Food Conference. New Orleans, LA, June 15, 2018.
29. Invited Speaker, **McWhorter JW**. *Introduction to Culinary Medicine*. Presented at The Health Meets Food Conference. New Orleans, LA, June 14, 2018.
30. Invited Speaker, **McWhorter JW**. *The Geriatric Diet*. Presented at The Health Meets Food Conference. New Orleans, LA, June 14, 2018.

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31. Invited Speaker, **McWhorter JW**. *Nutrition in Aging*. Presented at the 13th Annual Adult Protective Services Conference. Houston, Texas, May 18, 2018.
32. Invited Speaker, **McWhorter JW**. *Seed-to-Plate-to-Prevention, Utilizing Culinary Medicine to Treat Obesity*. Presented at The UTHealth Consortium on Obesity's 1st Annual Obesity Symposium. Houston, TX, April 20, 2018.
33. Invited Speaker, **McWhorter JW**. *Nutrition in Clinical Practice*. Presented at Senior Day for Physician Assistants at Baylor College of Medicine. Houston, Texas, April 19, 2018.
34. Invited Speaker, **McWhorter JW**. *Seed-to-Plate-to-Prevention*. Presented at the American Academy of Professional Coders (AAPC) Meeting, San Jacinto College. Pasadena, Texas, April 12, 2018.
35. Invited Speaker, **McWhorter JW**. *Seed to Plate to Prevention*. Presented to the Cizik SON Ambassador Program at UTHealth School of Public Health, Houston, Texas, April 9, 2018.
36. Invited Speaker, **McWhorter JW**. *The Nourish Program*. Presented at McGovern Medical's House Calls Fundraising Event. Houston, TX, March 8, 2018.
37. Invited Speaker, **McWhorter JW**. *Culinary Medicine*. Presented at the Phyllis Gough Huffington Endowed Lecture Series and The UTHealth Consortium on Aging's 2nd Annual Hot Topics in Aging Conference. Houston, Texas, September 8, 2017.
38. Invited Speaker, **McWhorter JW**. *Personal Nutrition 1*. Presented at McGovern Medical School's 2nd Year Medical Students' Wellness Program. Houston, TX, August 9, 2017.
39. Invited Speaker, **McWhorter JW**. *Culinary Medicine*. Summer Health Professions Education Program (SHPEP). Presented at UTHealth School of Public Health. Houston, TX, June 13, 2017.
40. Invited Speaker, **McWhorter JW**. *The Mediterranean Diet*. Presented at UTHealth School of Public Health, Houston, TX, June 2, 2017.
41. Invited Speaker, **McWhorter JW**. *Culinary Medicine*. Presented at UTHealth School of Public Health, Houston, TX, October 18, 2016.

B. Culinary Nutrition Workshops:

1. Invited Speaker, **McWhorter JW**. *Virtual Cooking Session on Plant-Forward Southern Foods*. To be presented at Healthy Kitchens, Healthy Lives Conference (HKHL). Napa Valley, CA. February 5, 2021.
2. Invited Speaker, **McWhorter JW**. *The Plant-Forward Southern Plate – Creating Vegetable Centric Delicious Meals*. Presented at Healthy Kitchens, Healthy Lives Conference (HKHL). Napa Valley, CA. February 6, 2020.
3. Invited Speaker, **McWhorter JW**. *The Southern Plate –Inclusive Delicious Meals*. Presented at 1440 Multiversity Service Week. Scotts Valley, CA, December 10, 2019.

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4. Invited Speaker, **McWhorter JW**. *Summer Harvest Part 2 – 2019 Lunch and Learn Series*. Presented at UTHealth School of Public Health, Houston, Texas, July 25, 2019.
5. Invited Speaker, **McWhorter JW**. *Introduction to Culinary Nutrition – 2019 CME Series*. Presented at UTHealth School of Public Health, Houston, Texas, July 11, 2019.
6. Invited Speaker, **McWhorter JW**. *Culinary Nutrition – Registered Dietitian Continuing Education Series*. Presented at UTHealth School of Public Health, Houston, Texas, June 25, 2019.
7. Invited Speaker, **McWhorter JW**. *Anti-Inflammatory Diet*. To be presented at The Health Meets Food Conference. New Orleans, LA, June 21 & 22, 2019.
8. Invited Speaker, **McWhorter JW**. *Summer Harvest Part 1 – 2019 Lunch and Learn Series*. Presented at UTHealth School of Public Health, Houston, Texas, June 6, 2019.
9. Invited Speaker, **McWhorter JW**. *Renal Nutrition*. Presented to UTHealth McGovern Division of Renal Diseases and Hypertension Faculty, Fellow, and Residents. Houston, Texas, April 15, 2019.
10. Invited Speaker, **McWhorter JW**. *Purees and Dips – How to Boost Flavor and Increase Vegetable Consumption*. Presented at Kansas Dietetic Association’s Annual Conference, Manhattan, KS, April 11, 2019.
11. Invited Speaker, **McWhorter JW**. *Building a Healthy Plate*. Presented to The VA Center for Excellence in Primary Care Education, Houston, Texas, March 27, 2019.
12. Invited Speaker, **McWhorter JW**. *Anti-Inflammatory Diet*. Presented to the Cizik SON Wellness Program at UTHealth School of Public Health, Houston, Texas, March 13, 2019.
13. Invited Speaker, **McWhorter JW**. *Teaching Kitchen Collaborative Workshop*. Presented at Healthy Kitchens, Healthy Lives Conference (HKHL). Napa Valley, CA. February 7, 2019.
14. Invited Speaker, **McWhorter JW**. *Anti-Inflammatory Diet*. Presented at UTHealth School of Public Health in collaboration with Baylor College of Medicine Association’s Annual Conference, Houston, TX, January 28, 2019.
15. Invited Speaker, **McWhorter JW**. *Healthy Holiday Sides*. Presented to the Cizik SON Wellness Program at UTHealth School of Public Health, Houston, Texas, November 27, 2018.

C. Media Presentations:

1. **McWhorter JW**. *How to Make Pasta Healthy*. Consumer Reports, August 31, 2020, [News Link](#)
2. **McWhorter JW**. *Good Fats vs. Bad Fats for Healthy Heart*. U.S. News and World Report, August 20, 2020, [News Link](#)
3. **McWhorter JW**. *Eat Your Water: 12 Hydrating Healthy Fruits and Vegetables*. Elemental.com July 15, 2020, [News Link](#)

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4. **McWhorter JW.** *How to Encourage Healthy Eating for the Body and Mind During Stay-At-Home Orders.* UTHealth News. April 8, 2020. [News Link](#)
5. **McWhorter JW.** *Healthy meals can be easy for Galveston County Parents Feeding Children Stuck at Home.* Galveston County Daily News. March 29, 2020, [News Link](#)
6. **McWhorter JW.** *Mediterranean Style Diet Can Help Relieve Symptoms of Depression.* Fox 26 News. January 9, 2020, [Video Link](#)
7. **McWhorter JW.** *2020 Resolutions; How to Stick to You Goal of Getting Healthier.* News Radio – 740 KTRH. January 2, 2020, [Radio Link](#)
8. **McWhorter JW.** *2020 Nutrition Trends; Keto and Intermittent Fasting.* GenX Fit Podcast (News Radio – 740 KTRH.) December 26, 2020, [Radio Link](#)
9. **McWhorter JW.** *Once You See Nutella’s Ingredients, You’ll Think Twice About Eating It.* *The healthy.com.* November 7, 2019, [News Link](#)
10. **McWhorter JW.** *6 Easy Ways to Eat More Vitamin D-Rich Foods?* *Thehealthy.com.* October 31, 2019, [News Link](#)
11. **McWhorter JW.** *Hot to Get Better Abs and Stay Fit Over 50.* RE/NEW Houston - The Houston Chronicle. September 10, 2019, [News Link](#)
12. **McWhorter JW.** *What Is Quinoa? 15 Creative Recipes?* *Thehealthy.com.* September 3, 2019, [News Link](#)
13. **McWhorter JW.** *Chocolate Hummus– 2019 Summer Recipe Series.* TMC News, August 28, 2019. [News Link](#)
14. **McWhorter JW.** *Here’s Why You Need to be Eating Chayote.* BeLatina.com. August 27, 2019. [News Link](#)
15. **McWhorter JW.** *Cabbage Salad with Ginger and Carrot Dressing– 2019 Summer Recipe Series.* TMC News, July 23, 2019. [News Link](#)
16. **McWhorter JW.** *Nutrition and Aging.* Fifty + Program on Houston’s KTRHAM 740AM Radio. July 20, 2019, [Radio Link](#)
17. **McWhorter JW.** *Best Drinks to Stay Hydrated in Summer Heat.* Fox 26 News. July 09, 2019. [Video Link](#), [News Link](#)
18. **McWhorter JW.** *Medical Education: Beyond the Classroom.* McGovern Medical School Annual Report, pg. 10. July 2, 2019, [News Link](#)
19. **McWhorter JW.** *Blended Burger – 2019 Summer Recipe Series.* TMC News, July 1, 2019. [News Link](#)
20. **McWhorter JW.** *Island Trends for Slimming.* Galveston County Daily News. June 22, 2019, [News Link](#)

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21. **McWhorter JW.** *Should You Use Keto Supplements? – Exogenous Ketones on Keto Diet* General Health Magazine. June 20, 2019. [News Link](#)
22. **McWhorter JW.** *Do Keto Supplements Work for Faster Weight Loss Work?* MedicalDaily.com. June 7, 2019. [News Link](#)
23. **McWhorter JW.** *Should You Use Keto Supplements?* Women's Health Magazine. June 6, 2019. [News Link 1](#), [News Link 2](#)
24. **McWhorter JW.** *10 Nutritious Herbs You Should Add to Your Diet Now.* MDLinx. May 29, 2019. [News Link](#)
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30. **McWhorter JW.** *The Pegan Diet Includes Mainly Fruits and Vegetables.* FoodTechnology.com. April 25, 2019, [News Link](#)
31. **McWhorter JW.** *Introducing The 'Pegan' Diet — The Latest Health Craze That Combines Paleo and Veganism?* GQ Australia Magazine. April 23, 2019, [News Link](#)
32. **McWhorter JW.** *What is the Pegan Diet, And What Would You Be Able to Eat on the Pegan Diet?* BlackBirdNews.com. April 20, 2019, [News Link](#)
33. **McWhorter JW.** *What is the Pegan Diet, and Is It Healthy?* Men's Health Magazine. April 19, 2019, [News Link 1](#), [News Link 2](#), [News Link 3](#), [News Link 4](#)
34. **McWhorter JW.** *Battle of Sexes: Does the Keto Diet Work Better for Men Than Women?* Fox 26 News. March 27, 2019. [Video Link](#)
35. **McWhorter JW.** *UTHealth Shares Smoking Hot, and Healthy, Grilling Tips.* UTHealth News. March 1, 2019. [News Link](#)
36. **McWhorter JW.** *Sugar Alternatives to Help Fight Obesity.* MDLinx. February 27, 2019. [News Link](#)
37. **McWhorter JW.** *Chayote Squash Is the Super-Healthy Food You Haven't Heard of but Need in Your Life.* Food and Wine Magazine. January 28, 2018. [News Link 1](#), [News Link 2](#)

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38. **McWhorter JW.** *Everything You Need to Know About Chayote Squash.* Shape Magazine. January 27, 2018. [News Link](#)
39. **McWhorter JW.** *Being Mindful While Still Enjoying Holiday Foods.* Fox 26 News. December 17, 2018. [Video Link](#)
40. **McWhorter JW.** *Culinary Dentistry Takes Students from the Clinic to the Kitchen.* Dentistry Today Magazine. November 13, 2018. [News Link](#)
41. **McWhorter JW.** *Students Dish Out New Approaches to Nutrition with Culinary Medicine Program.* McGovern Medical School's Scoop Magazine. November 8, 2018. [News Link](#)
42. **McWhorter JW.** *Pioneering Culinary Dentistry Classes Channel Spirit of the Season at UTHHealth Houston.* UTHHealth School of Dentistry News. October 31, 2018. [News Link](#)
43. **McWhorter JW.** *Food as Medicine.* UTHHealth House Calls presented by Mercedes Benz of Houston and ABC 13 News. Houston, TX. September 20, 2018. [Video Link](#)
44. **McWhorter JW.** *Unpacking the Pounds.* TMC Pulse Magazine, pgs. 12-14. Houston, TX. July 2018. [News Link](#)
45. **McWhorter JW.** *Tasty and Healthy 4th of July.* UTHHealth School of Public Health and Fox 26 News. Houston, TX. July 4, 2018. [Video Link 1](#), [Video Link 2](#), [Video Link 3](#)
46. **McWhorter JW.** *Student Highlight.* UTHHealth School of Public Health News. Houston, TX. March 31, 2017. [News Link](#)

D. Poster Presentations:

1. Tran, J., Burks, H., **McWhorter, JW.**, Patnaik, A., Shull, J., Ngo, A., Guerrieri, R., Rabinovich, A., Naguib, N., Nguyen, T.D., Chassay, C., Moore, L., Sharma, S., Hoelscher, D.M. Monlezun, D.J. (Jun, 2018) *Regional variations among medical student competencies in patient nutrition education: multi-site cohort comparison with UT-Houston.* Poster presented at: Health Meets Food Conference; New Orleans, LA, June 15 & 16, 2018.
4. **McWhorter JW***, Raber M*, Sharma SV, Moore L, Hoelscher DM. *The Nourish Program: An Innovative Model for Cooking, Gardening and Clinical Care Skill Enhancement for Dietetics Students.* Poster presentation presented at The Health Meets Food Conference. New Orleans, LA, June 15 & 16, 2018.
5. Burks, H., Tran, J., **McWhorter, JW.**, Patnaik, A., Shull, J., Ngo, A., Guerrieri, R., Rabinovich, A., Naguib, N., Nguyen, T.D., Chassay, C., Moore, L., Sharma, S., Hoelscher, D.M. Monlezun, D.J. (Jun, 2018) *Improved patient counseling competencies for hands-on cooking aided versus traditional medical education: UT-Houston pilot study.* Poster presented at: Health Meets Food Conference; New Orleans, LA, June 15 & 16, 2018.
6. Patnaik A, **McWhorter JW**, Monlezun DJ. *Cardiovascular Disease Risk, Cooking, and Primary Care Physician Follow Up.* Poster presentation presented at UTHHealth Consortium on Obesity's 1st Annual Obesity Symposium. Houston, TX, April 20, 2018.

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7. Tran J, Burks H, Patnaik A, Ngo A, Rabinovich A, Naguib N, Nguyen T, **McWhorter JW**, Monlezun DJ. *The Lone Star state versus the nation: Machine learning-augmented propensity score analysis of medical student diets and competencies in patient nutrition education*. Poster presentation presented at UTHealth Consortium on Obesity's 1st Annual Obesity Symposium. Houston, TX, April 20, 2018.
8. **McWhorter JW***, Raber M*, Sharma SV, Moore L, Hoelscher DM. *The Nourish Program: An Innovative Model for Cooking, Gardening and Clinical Care Skill Enhancement for Dietetics Students*. Poster presentation presented at UTHealth Consortium on Obesity's 1st Annual Obesity Symposium. Houston, TX, April 20, 2018.
9. Lengfelder L, **McWhorter JW**, Raber M, Wagner S, Varga R, Sharma SV, Moore L, Hoelscher DM. *Critical Analysis of Culinary Medicine Program at UTHealth School of Public Health*. Poster presented presentation at UTHealth Consortium on Obesity's 1st Annual Obesity Symposium. Houston, TX, April 20, 2018.
10. Varga R, **McWhorter JW**, Lengfelder L, Sharma SV, Moore L, Hoelscher DM. *Increasing Culinary Literacy Through the Utilization of Seed-to-Plate Nutrition Education*. Poster presentation presented at UTHealth Consortium on Obesity's 1st Annual Obesity Symposium. Houston, TX, April 20, 2018.
11. **McWhorter JW***, Raber M*, Sharma SV, Moore L, Hoelscher DM. *The Nourish Program: An Innovative Model for Cooking, Gardening and Clinical Care Skill Enhancement for Dietetics Students*. Poster presentation at The Teaching Kitchen Collaborative Research Day, Napa Valley, CA on February 7, 2018.
12. **McWhorter JW**. *Protein Distribution Among Shriners Burns Hospital Wellness Patients*, University of Texas Medical Branch Division of Nutrition and Metabolism Dietetic Poster, 2015.

Honors and Awards:

2019-2020	The Academy of Nutrition and Dietetics Foundation's Commission on Dietetic Registration Diversity Scholarship, The Academy of Nutrition and Dietetics Foundation, Chicago, IL
2019-2020	The L. Kay Bartholomew Eldredge Family Endowed Scholarship in Health Promotion and Behavioral Sciences, The University of Texas School of Public Health, Houston, TX
2018	Travel Award, 2018 Teaching Kitchen Collaborative Research Day, Teaching Kitchen Collaborative
2018	Nominated for UTHealth President's Award for Leadership. The University of Texas Health Science Center at Houston, Houston, TX
2018-2019	The Dr. Lawrence E. Lamb Scholarship in Health Promotion and Behavioral Sciences, The University of Texas School of Public Health, Houston, TX

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2017-2018	The L. Kay Bartholomew Eldredge Family Endowed Scholarship in Health Promotion and Behavioral Sciences, The University of Texas School of Public Health, Houston, TX
2017	Nominated for UTHealth School of Public Health's James Emerson Award for Outstanding Teaching Assistant. The University of Texas Health Science Center at Houston, Houston, TX
2016-2017	Outstanding New Student Scholarship, The University of Texas School of Public Health, Houston, TX
2014-2015	Dean's List Honors at The University of Texas Medical Branch, Galveston, TX
2012-2014	Dean's List Honors at Kansas State University, Manhattan, KS
2005-2007	Dean's List Honors at Lincoln Culinary Institute, Palm Beach, FL

Professional Affiliations:

- Academy of Nutrition and Dietetics (AND)
- American Culinary Federation (ACF)
- Behavioral Health Nutrition Practice Group (BHN)
- Collegiate and Professional Sports Dietitians Association (CPSDA)
- Dietitians in Business and Communications Practice Group (DBC)
- Dietitians in Integrative & Functional Medicine Practice Group (DIFM)
- Food and Culinary Professionals Practice Group (FCP)
- Healthy Aging Practice Group (HA)
- Houston Academy of Nutrition and Dietetics (HAND)
- Hunger and Environmental Nutrition Practice Group (HEN)
- National Strength and Conditioning Association (NSCA)
- Nutrition and Dietetic Educators and Preceptors (NDEP)
- Nutrition Educators of Health Professionals Practice Group (NEHP)
- Research Practice Group (RDPG)
- Sports, Cardiovascular and Wellness Nutrition Practice Group (SCAN)
- Teaching Kitchen Collaborative (TKC)

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- Texas Academy of Nutrition and Dietetics (TAND)
- Vegetarian Nutrition Practice Group (VN)