



EAST TEXAS A&M
UNIVERSITY

Curriculum Vita
November 2025

Instructor: Katharine Halfacre, PhD, Assistant Professor

Academic Department: Health and Human Performance

University Address: Health and Human Performance
Nursing and Health Sciences Building
Texas A&M University-Commerce
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University Email Address: Katharine.Halfacre@etamu.edu

EDUCATION

Postdoctoral Associate

Mississippi State University, 2020-2022

Doctor of Philosophy in Nutrition and Hospitality Management with an emphasis in
Sports Nutrition
University of Mississippi, 2020

Master of Science in Food and Nutrition Services
University of Mississippi, 2017

Bachelor of Science in Kinesiology with a concentration in Health Fitness Studies
Mississippi State University, 2014

TEACHING EXPERIENCE

2022-Current

Assistant Professor, East Texas A&M University, Department of
Health and Human Performance

2022	Adjunct Assistant Professor , East Texas A&M University, Department of Health and Human Performance
2016 - 2020	Graduate Instructor , University of Mississippi, Department of Nutrition and Hospitality Management

PUBLICATIONS

A. Peer-Reviewed Journal Articles Published

Halfacre, K. (2025). Hunger and Depressive Symptoms among University Students in Texas: A Pilot Study. *Nutrition Today*. (In Production)

Halfacre, K. (2024). Cooking in College: Improving Access to Cooking Facilities May Reduce Food Insecurity at Universities. *Journal of Hunger and Environmental Nutrition*. <https://doi.org/10.1080/19320248.2024.2320198>

Halfacre, K., Buys, D., Holmes, M.E., Roach, J., & King, E. (2022). Barriers to Healthy Eating and Physical Activity in the Mississippi Delta. *Journal of Healthy Eating and Active Living*. 2(1): 32-44. <https://doi.org/10.51250/jheal.v2i1.36>

Halfacre, K., Chang, Y., Holben, D.H., & Roseman, M.G. (2021). Cooking Facilities and Food Procurement Skills Reduce Food Insecurity among College Students: A Pilot Study. *Journal of Hunger and Environmental Nutrition*. 16(5): 650-663.

<https://doi.org/10.1080/19320248.2021.1949423>

Halfacre, K., Knight, K., Valliant, M.W., Joung, D., & Bass, M.A. (2021). Shorter Fasting Periods Improve Athletic Performance among Mixed Martial Artists. *Journal of Athletic Enhancement*. 10(3). https://www.scitechnol.com/peer-review/shorter-fasting-periods-improve-athletic-performance-among-mixed-martial-artists-2UMa.php?article_id=14952

B. Abstracts Published

Halfacre, K., Knight, K., Valliant, M.W., Joung, D., & Bass, M.A. (2020) Assessment of Rapid Weight Loss Factors in Mixed Martial Arts: A Pilot Study. *Mississippi Academy of Nutrition and Dietetics Newsletter, April 2020*.

Halfacre, K., Chang, Y., Roseman, M.G., & Holben, D. (2017). Financial Strain and Food Preparation Ability May Be Important Factors for Food Insecurity and Fruit and Vegetable Consumption among University Students. *Journal of the Academy of*

Nutrition and Dietetics. Supplement. 117(9), A87.
<https://doi.org/10.1016/j.jand.2017.06.309>

C. Non-Refereed and Other Publications

Halfacre, K. (2020). Making the Cut: Nutrition, Hydration, & Performance in Combat Sports. *Electronic Theses and Dissertations.* 1859. <https://egrove.olemiss.edu/etd/1859/>

Halfacre, K. (2017). Diet Quality and Food Insecurity Among University Students: The Role of Food Preparation Ability. *Electronic Theses and Dissertations.* 1010.
<https://egrove.olemiss.edu/etd/1010/>

D. Manuscripts in Preparation

Halfacre, K. & Brimer, A. (2025). Elevated Food Insecurity among Students: Financial, Environmental, and Resource Barriers at a Public University. (Manuscript in preparation)

Halfacre, K. & Oluborode, Z. (2025). Prediabetes among University Students. (Manuscript in preparation)

Halfacre, K., Jabai, H., & Cunningham, M. (2026). Lifestyle Factors and Visuomotor Performance: A Pilot Study Using the Dynavision D2. (Manuscript in preparation)

E. Conference Presentations

2025	National Strength and Conditioning Association Texas State Clinic. Halfacre, K. , Jabai, H., & Cunningham, M. Lifestyle Factors and Visuomotor Performance: A Pilot Study Using the Dynavision D2
2024	East Texas A&M University Social Change Conference. Halfacre, K. , Brimer, A., Oluborode, Z., Wachira, E., Campbell, K., Bridgefarmer, R., & Fulton, J. Climate for Health on Campus: A Panel Discussion
2024	East Texas A&M University Social Change Conference. Halfacre, K. , Douglas, C., Garcia, J., Simpson, J., Sims, J., & Wallace, D. Roundtable: Perspectives on Women's Health and Nutrition

2024 Texas Academy of Nutrition and Dietetics – Annual Conference and Expo 2024. **Halfacre, K.** & Brimer, A. Food Insecurity and College Student Health in Texas: A Pilot Study.

2024 Texas Academy of Nutrition and Dietetics – Annual Conference and Expo 2024. Brimer, A. & **Halfacre, K.** Fighting Food Insecurity at Texas A&M University-Commerce. Presentation type: Program abstract poster session

2023 Academy of Nutrition and Dietetics – Sports and Human Performance Nutrition Spring Symposium 2023. **Halfacre, K.** & Daniels, K. Nutritional Considerations Following Rapid Weight Loss for Combat Sports Athletes.

2023 East Texas A&M University Social Change Conference. **Halfacre, K.** & Brimer, A. Hunger in Higher Education: Food Insecurity, Race, and Resources at TAMUC.

2023 East Texas A&M University Women in Sport. Co-Organizer and Panel Speaker

2020 Mississippi Academy of Nutrition and Dietetics Annual Meeting. **Halfacre, K.**, Knight, K., Valliant, M.W., Joung, D., & Bass, M.A. Assessment of Rapid Weight Loss Factors in Mixed Martial Arts: A Pilot Study. (Impacted by COVID-19)

2017 Academy of Nutrition and Dietetics Food and Nutrition Conference & Expo. **Halfacre, K.**, Chang, Y., Roseman, M.G., & Holben, D. Financial Strain and Food Preparation Ability May Be Important Factors for Food Insecurity and Fruit and Vegetable Consumption among University Students.

RESEARCH GRANTS AND AWARDS

A. Funding for Activities

2020 Making the Cut: Nutrition, Hydration, and Performance in Combat Sports, University of Mississippi Department of Athletics, Sports Nutrition, \$800

2018 ISAK Training, University of Mississippi, \$350

2017	Research Travel Grant, University of Mississippi, \$600
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B. Grants Submitted as Principal Investigator or Co-PI

PI, *Digital Intelligence for Nutritious Eating (DINE) in Texas*. United States Department of Agriculture (USDA-NIFA-AFRI-011134). Target amount: \$1,000,000. (Submitted 2025). (Co-PI: Gregory Lubiani, PhD).

Co-PI, *NUTRES: Prairie View A&M University USDA Nutrition Hub to Increase Nutrition Security among Hispanic Consumers*, United States Department of Agriculture: USDA-NIFA-AFRI-010453, \$1,499,476.00. (Submitted 2024). (PI: Jennifer Quinlan, PhD)
PI, Sub-Award to East Texas A&M University, \$256,499

PI, *Loneliness, Isolation, and Healthy Aging in the Delta and Appalachia*, National Institute on Aging Interdisciplinary Network on Rural Population Health and Aging Pilot Research: NIA R24-AG065159, \$14,791.00. (Submitted 2021).

Co-PI, *Leveraging on Environmental and Educational Strategies to Increase Water Consumption among Rural Preschool Children*, Robert Woods Johnson Foundation, Healthy Eating Research, \$200,892.00. (Submitted 2020).

Co-PI, USDA Rural Placemaking Innovation Challenge, United States Department of Agriculture: RD-RPIC-2020, \$182,194.00. (Submitted 2020).

C. Awards and Honors

2020	Community Engaged Research Award: Mississippi's High Obesity Program (AIM for CHangE) awarded by the Committee of Community Engagement Awards at Mississippi State University.
2017	Featured (top 4) poster presentation at the Wellness and Public Health educational session of the Academy of Nutrition and Dietetics Food and Nutrition Conference & Expo
2017	Outstanding Abstract at the Academy of Nutrition and Dietetics Food and Nutrition Conference & Expo
2014	Graduated with honors, <i>magna cum laude</i> , Mississippi State University