

Lee T. Murphy, MS-MPH, RDN, LDN

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PROFESSIONAL EXPERIENCE

Senior Lecturer (*promoted from Full-Time Lecturer in Spring 2018*) Knoxville, Tennessee
University of Tennessee-Knoxville Jan 2013-Present

Department of Nutrition

Serve as primary Instructor for *Nutrition 100—Introductory Nutrition*—an undergraduate class of approximately 800-1,200 students per semester, and approximately 1,900-2,300 students per year. This includes managing 8-10 Graduate Teaching Assistants who facilitate discussion sections and help manage online sections. Because of extremely high demand for this course, also designed and implemented 22-48 fully-online sections to increase enrollment capacity/flexibility with minimal Institutional cost differential. The online course was systematically created and statistically evaluated in order to maintain equivalent academic rigor as traditional course. Demand remains elevated for this course because of its popularity as an online class and through positive student evaluations for both online and traditional formats. Through this instructional role, also serve as representative on UTK's Online Proctoring Services Review Committee.

Publication Author May 2018-Present

Great River Learning Publishing Company

Developed, created, and wrote the online text "*NUTRITION FOR YOUR LIFE*" for both class formats (traditional and online)—including the incorporation of original and unique recorded lectures, embedded within each chapter. In addition, currently developing an online dietary analysis program that is included in the infrastructure of both the course and the online text.

Digital Faculty Consultant, Content Expert, & Reviewer Jan 2014-Present

McGraw-Hill & MacMillan Publishing Companies

Consult with instructors at universities and community colleges across the United States regarding the initiation of online learning programs, student performance, and related issues/concerns. Additionally serve as Content-Expert/Author and Reviewer of digital eBook programming and nutrition-related content.

Independent Nutrition Consultant Knoxville, Tennessee

Affiliated with *Knoxville Performance Lab* July 2004-present

Counsel individual clients and corporations on a variety of nutrition issues—including sports-specific training, weight loss, appropriate supplementation, pediatric nutrition, diabetes management, food intolerances/allergies, and disease prevention, among others.

"Live at 5 at 4" WBIR-Television Nutritionist Knoxville, Tennessee

WBIR-TV (NBC-affiliate) 2002-present

Research, develop, and execute regularly scheduled nutrition and wellness segments, including the incorporation of original recipes and nutrition education information as a component of social marketing. This television station reaches hundreds of thousands of East Tennessee residents.

Commission on Dietetic Registration (CDR) Continuing Education Consultant/Question Writer 2014-Present

Write and edit quarterly Continuing Education Questions for nationally-published "Soy Connection" newsletter, a supplement newsletter included in professional periodicals. In addition, have previously written CEU questions for *Communique* publications and *American FITNESS* Magazine.

PROFESSIONAL EXPERIENCE, continued

Adjunct Faculty Member University of Tennessee-Knoxville Department of Nutrition Served as part-time Lecturer for <i>Nutrition 100—Introductory Nutrition</i> , undergraduate class of approximately 250-400 students per semester. This included managing eight Graduate Teaching Assistants, who facilitated multiple discussion sections.	Knoxville, Tennessee June 2009-Dec 2012
Health Editor/Nutrition Columnist <i>Footnotes Magazine</i> Develop and edit quarterly articles for the Knoxville Track Club on sports nutrition issues. <i>American FITNESS Magazine</i> Authored and published sports nutrition article for this national magazine, marketed to members of the National Academy of Sports Medicine and Athletics and Fitness Association of America. <i>City View Magazine</i> Wrote and edited articles on a diverse range of nutrition, public health, and wellness issues. Readership was approximately 300,000+ per month.	Knoxville, Tennessee 2003-2018 Spring 2017 June 2003-2011
Community Nutritionist Knox County Health Department Comprehensive Public Health Nutrition position: Served as media spokesperson, health writer/columnist, community consultant, speaker, facilitator, leader, and health educator for Knox County residents and with Knox County Schools regarding a variety of public health nutrition issues. Also served as an Adjunct Faculty Member at the University of Tennessee in this role, supervising, coordinating, and evaluating graduate students from the Departments of Nutrition and Public Health.	Knoxville, Tennessee July 2001-June 2009
Group Exercise Instructor GOLD'S GYM Fitness Complex	Knoxville, Tennessee 2003-Present
Group Exercise Instructor Lindsey Young Downtown YMCA	Knoxville, Tennessee 2002-Present

UNIVERSITY/COMMUNITY GROUPS AND LEADERSHIP

UTK Faculty Fellow for Technology-Enhanced Teaching June 2020-present	
UTK Natural Sciences General Education Subcommittee, Chair Chair 2020-present, member 2018-present	
UTK General Education Committee 2020-present	
UTK Online Academic Programs Committee 2019-present	
UTK Online Proctoring Review Committee 2017-present	
Knoxville Academy of Nutrition and Dietetics <i>Board of Directors, 2020-present as Media Spokesperson/Historian; also 2001-2009, 2011-2018</i> <i>Positions served: President, Past-President, President-Elect, Public Relations Chair, Media/Marketing Chair, Dial-a-Dietitian Chair, Volunteer Reporter, Ask-A-Dietitian Chair, Council on Professional Issues Committee member.</i> Lead, facilitate, coordinate, and direct community-based services and projects with area dietitians.	
Tennessee Academy of Nutrition and Dietetics <i>Regional Media Spokesperson, 2011-present</i> <i>Board of Directors, 2004-2005</i>	
Tennessee Governor's Council on Physical Fitness and Health <i>Acting Member, 2004-2009</i> Co-wrote/collaborated draft for State Plan on Physical Fitness and Health	

UNIVERSITY/COMMUNITY GROUPS AND LEADERSHIP, continued

Greater Knoxville Nutrition Council

Chairperson, 2001-2009; Coordinated, facilitated, and led community projects and related funding

Emergency Food Helpers

Chairperson, 2002-2009; Nutrition Committee Chairperson, 2001-2009; Hunger Hike Chairperson, 2003-2009; Supervised, coordinated, directed, and evaluated community projects and fundraising efforts

NATIONAL AFFILIATIONS AND REPRESENTATION

Academy of Nutrition and Dietetics – AND (formerly the American Dietetic Association)

Acting member, 1999-present

Commission on Dietetic Registration, National Examination Committee

Consultation in writing exams and continuing education examination questions as

“Professional Item Writer”, 2009-present

Served as Community Nutrition Expert, 2003-2005

AND Position Statement Reviewer, 2007-present

AND Nutrition Facts Sheet Panel Review Committee Member, 2007-2010

AND Public Health/Community Nutrition Practice Group, member 2003-2011

Served as Regional Coordinator, Editor of “Networking News” in national quarterly newsletter, and Nominating Committee member

AND Sports, Cardiovascular and Wellness Nutritionists, member 2003-present

Athletics & Fitness Association of America (AFAA) certification, member

2015-present

EDUCATION

University of Tennessee-Knoxville

1999-2001

Dual Degree: Master of Science in Nutrition and Master of Public Health in Community Health Education (MS-MPH). Cumulative GPA: 4.0

University of North Carolina at Chapel Hill

1995-1999

Highest Honors, Bachelor of Science in Public Health

Major: Public Health Nutrition

AWARDS/RECOGNITION

UTK OIT Instructional Design and Support Faculty Spotlight:

<https://oit.utk.edu/instructional/strategies/faculty-spotlight/murphy/>

College of Education, Health and Human Sciences

Mary Helen Byers Award, 2018

Knoxville Academy of Nutrition and Dietetics

Outstanding Dietetic Educator, 2012-2013

Academy of Nutrition and Dietetics Public Health Practice Group

National-level recognition as Outstanding Young Dietitian, 2007

Knoxville Academy of Nutrition and Dietetics

Outstanding Dietitian of the Year Award, 2005

Tennessee Academy of Nutrition & Dietetics, Knoxville Academy of Nutrition & Dietetics

Recognized Young Dietitian of the Year, 2003

Knoxville Academy of Nutrition and Dietetics

Outstanding Student Award, 2001

PUBLICATIONS/MEDIA

Murphy, L. (2019). *Nutrition for Your Life*. Great River Learning Publishing.
<https://www.greatriverlearning.com/product-details/1812>

Reviewer/Content Author and Content Expert for McGraw Hill Publishing
Connect Master 2.0 - Nutrition, 2020; NutritionCalc Plus 2018; Williams 11e;
Stephenson-Schiff 2018; LifeSciene Master 2013.

AMERICAN FITNESS MAGAZINE. “Timing is Everything,” publish date Spring 2017.
<https://magazine.nasm.org/american-fitness-magazine/issues/american-fitness-magazine-spring-2017/nutrition-exercise-timing-is-everything>

Journal of Human Lactation. “Erratum: Breastfeeding Knowledge, Attitudes, Prior Exposure and Intent among Undergraduate Students.” Kavanagh KF, Lou Z, Nicklas JC, Habibi MF, Murphy LT. 30(3):01, Jan 2014.

Journal of Human Lactation. “Breastfeeding Knowledge, Attitudes, Prior Exposure and Intent among Undergraduate Students.” Kavanagh KF, Lou Z, Nicklas JC, Habibi MF, Murphy LT. 28(4):556-564 01. Nov 2012.
<http://jhl.sagepub.com/content/early/2012/05/28/0890334412446798.abstract?paperetoc>

Journal of the American Dietetic Association. Application Article. December 2006
“Addressing Public Demands and Perceptions”. Volume 106 Number 12 p 1990.

“*Live At Five at Four Nutritionist*” in regularly scheduled nutrition segments (monthly) on WBIR, Channel 10, NBC Affiliate, *listed below*
Promoting Nutrition education and UT Department of Nutrition events
Health Editor and Contributor for *City View Magazine* (monthly publications), 2003-2011

Contributing Writer for Knoxville Track Club’s *Footnotes Magazine* (quarterly publications), 2003-present, *listed below*

Contributing Writer to *Tennessee Runner Magazine*, 2006

Ask-A-Dietitian Columnist for *Halls Shopper* (weekly publication), 2007-2008

University of Tennessee MEDIA, Representing UTK

Educational Appearances on the “Dr BOB Show”; PBS/local access

SODIUM: <http://www.youtube.com/watch?v=WDE-aZypi8w>

DIETARY FIBER AND CHOLESTEROL: <http://www.youtube.com/watch?v=brycYsDnKUg>

KNOW YOUR FATS: SAT VS UNSAT: http://www.youtube.com/watch?v=m7abP6EMT_c

DASH DIET: <http://www.youtube.com/watch?v=a4AMx0dRecU>

Quick & Easy Tips For Improving Your Diet: <http://www.youtube.com/watch?v=zZaSnMU-TCo>

Content Expert Representing UTK Nutrition Department, Examples

[Get out of the house for health's sake: local parks and greenways are the cure for COVID blues.](#)

Tennessee Ledger, Knoxville edition. May 15, 2020

Link: <http://www.tnledger.com/knoxville/editorial/Article.aspx?id=129194>

[Coronavirus isn't a reason not to exercise: Here are some tips.](#)

Knoxville News Sentinel. March 18, 2020

Link: <https://www.knoxnews.com/story/news/health/2020/03/18/coronavirus-exercise-gym-hiking-golf-diet-tips/5062228002/>

["Raising the Bar"](#) regarding childhood nutrition.

City View Magazine. Jan 2019

Link: <https://cityviewmag.com/raising-the-bar/>

[Eat, Drink, and Be Merry: Tips for a Healthy Holiday Season](#)

Dec 11, 2018

Link: https://news.utk.edu/2018/12/11/eat-drink-and-be-merry-ut-expert-provides-tips-for-a-healthy-holiday-season/?utm_source=newsletter&utm_medium=email&utm_content=healthy%20choices&utm_campaign=ntoday

Representative Articles Representing UTK *also published by:*

Medical Xpress: <https://medicalxpress.com/news/2017-03-professor-discusses-picky-eater.html>

Hobnob Franklin: <http://hobnobfranklin.com/hobnobbin/nutrition-expert-recommends-superfoods-for-healthy-resolutions/>

Medical Xpress: <https://medicalxpress.com/news/2016-12-positive-nutrition-healthy-year.html>

Newport Plain Talk: http://www.newportplaintalk.com/news/local_news/article_bbf23561-c3fb-58ab-bd51-f17975c1e7c6.html

Bioportfolio: <http://www.bioportfolio.com/news/article/3045451/Professor-discusses-how-to-help-a-picky-eater.html>

Content Expert Representing UTK Nutrition Department, Examples In “Tennessee Today”

Professor: How to Help a Picky Eater.

March 1, 2017

Link: <http://tntoday.utk.edu/2017/03/01/professor-picky-eater/>

Three Positive Nutrition Tips for Healthy Eating in the New Year.

December 21, 2016

Link: <http://tntoday.utk.edu/2016/12/21/positive-nutrition-tips-healthy-eating-year/>

WBIR: Murphy Provides Tips for Staying Healthy During Holidays.

December 20, 2016

Link: <http://tntoday.utk.edu/2016/12/20/wbir-murphy-tips-staying-healthy-holidays/>

Six Tips to Keep Your Family Fit and Healthy This Summer.

June 3, 2016

Link: <http://tntoday.utk.edu/2016/06/03/tips-family-fit-healthy-summer/>

Nutrition Expert Recommends Superfoods for Healthy Resolutions.

January 8, 2016

Link: <http://tntoday.utk.edu/2016/01/08/ut-nutrition-expert-recommends-superfoods-healthy-resolutions/>

The Thanksgiving Plate Gets a Makeover: Eat This, Not That.

November 17, 2015

Link: <http://tntoday.utk.edu/2015/11/17/thanksgiving-plate-makeover-eat/>

Pumpkin Pie v. Pilates: UT Expert Puts Holiday Meal to the Workout Test.

November 24, 2014

Link: <http://tntoday.utk.edu/2014/11/24/pumpkin-pie-pilates-ut-expert-puts-holiday-meal-workout-test/>

Nutrition Education Appearances on WBIR-TV, NBC Affiliate

10.13.20 “Healthy Homegating”

9.8.20 “Immunity-Boosting Foods”

<https://wbir.com/embeds/video/51-7dc7ecbe-f7e2-4778-b2ab-3d76c7bb18d9/iframe?jwsourc=em>

3.27.20 National Nutrition Month: “Eat Healthy—Bite by Bite (and Sip by Sip)”

<http://www.wbir.com/video/news/local/five-at-four/eat-right-bite-by-bite/51-b7760a1f-bcef-4f45-8e6f-f8e130bfaa50?jwsourc=em>

1.17.20 MILK MANIA—discussing the differences between milk varieties and alternatives

<https://www.wbir.com/video/news/local/five-at-four/local-nutritionist-explains-dairy-substitutes/51-2f0e0019-5314-478a-addb-df78fa5c209f>

12.11.19 “Holiday Lights” –managing healthful eating, stress, and exercise over the holidays

<https://www.wbir.com/video/features/choosing-to-be-healthy-during-the-holidays/51-74d3ada5-89c5-4bb5-a12b-26c48770df0b>

9.11.19 Promotion of UT MCH Colloquium and Keto Diet Recommendations

<https://www.wbir.com/video/news/local/five-at-four/local-nutritionist-explains-the-keto-diet-and-what-it-means/51-8190b924-a1b2-486d-90c3-523acf0de092>

Nutrition Education Appearances on WBIR-TV, NBC Affiliate, continued

- 6.3.19 Hydration Recommendations
<https://www.wbir.com/video/news/local/five-at-four/super-simple-ways-to-stay-hydrated-this-summer/51-e13b06d4-b7dd-44c9-b022-1f80a6c79ae6>
- 3.4.19 Promotion of UT MCH Colloquium and National Nutrition Month
<https://www.wbir.com/video/news/local/five-at-four/ut-nutrition-dept-to-host-event-that-focuses-on-healthy-weight/51-889796b4-70b9-4ea9-b520-98b18223197f>
- 12.27.18 New Year's Resolutions for 2019
<https://www.wbir.com/video/life/small-changes-can-make-big-health-changes/51-ed22eabb-a4d8-4ff1-8665-7746e5542677>
- 12.17.18 Holiday Parties and Nutrition
<https://www.wbir.com/video/news/local/five-at-four/lee-murphy-share-some-tips-for-making-sure-you-make-healthy-food-and-exercise-choices-during-the-holidays/51-0e764698-88f0-4cd6-b323-e7e2516413a4>
- 8.24.18 Healthy convenience snacks
<https://www.wbir.com/video/news/local/five-at-four/lee-murphy-share-some-tips-for-making-sure-you-make-healthy-food-and-exercise-choices-during-the-holidays/51-0e764698-88f0-4cd6-b323-e7e2516413a4>
- 6.8.18 Summer hydration during activity
- 4.18.18 Food Label Fallacies
- 3.1.18 UT MCH Colloquium and National Nutrition Month "Go Further with Food"
- 11.9.17 Healthy Holiday Hacks
<http://www.wbir.com/video/news/local/five-at-four/lees-thanksgiving-substitutions/51-2795850>
- 9.15.17 Promotion of UT MCH Colloquium
- 7.19.17 Hydrating foods
- 5.26.17 Osteoporosis Prevention Month
<http://www.wbir.com/news/local/five-at-four/osteoporosis-prevention-month/443877755>
- 3.2.17 National Nutrition Month and promotion of UT MCH Colloquium
- 12.16.16 Healthy in a rush
- 11.2.16 Healthy eating
- 9.21.16 UT MCH Colloquium promotion ; FOOD SWAPS
<http://www.wbir.com/news/local/five-at-four/healthy-food-swaps-/323191771>
- 6.7.16 Healthy eating
- 3.30.16 National Nutrition Month
- 10.23.15 Discussed "senior nutrition", including hydration, dietary fiber recs, protein recs
- 9.18.15 Discussed "nutrition myths", including fruit v whole fruits, sea salt v. table salt
- 9.17.15 Discussed recent media release about food/candy advertising and children
- 8.14.15 Back to school "How to talk to your child about their weight"
- 7.24.15 Summer salads
- 6.5.15 Healthy Eating summer tips for kids; more fruit/veggies
<http://www.wbir.com/videos/life/food/2015/06/05/28564311/>
- 3.24.15 Discussed new Whole Foods store opening locally and benefits of local produce,
<http://www.wbir.com/videos/news/2015/03/25/25223811/>
- 3.6.15 National Nutrition Month and UT MCH Colloquium promotion
<http://www.wbir.com/news/local/five-at-four/small-steps-big-difference-how-to-prevent-childhood-obesity/110629774>
- 2.2.15 Benefits of a healthy breakfasts and included smoothies
<http://www.wbir.com/videos/life/food/2014/12/12/20329173/>
- 1.29.15 Healthy aging and eating.
<http://www.wbir.com/videos/life/2015/01/29/22532493/>
- 1.8.15 New Year's Resolutions.
- 12.29.14 Pre-recorded independent segments about healthy resolutions to be played in Jan.
- 12.12.14 Healthy tips for holiday parties; Portion sizes and holiday parties. Made recipe.
<http://www.wbir.com/videos/life/food/2014/12/12/20329173/>
- 10.15.14 Fall Fruits and Vegetables and their health benefits
- 9.25.14 Frozen foods, healthy choices, tips for reading nutrition labels
- 9.8.14 Infant feeding practices. Promotion of UT MCH Colloquium

Nutrition Education Appearances on WBIR-TV, NBC Affiliate, continued

8.1.14	“Kids Eat Right Month”. Discussed establishing healthy eating for families http://www.wbir.com/videos/life/food/2014/08/01/13490335/
6.9.14	Healthy eating
3.7.14	UT MCH Colloquium promotion; Taco salad recipe. Encouraging 5 A Day
1.30.14	Worksite wellness talk to staff at WBIR
1.24.14	Healthy eating
12.6.13	Healthy leftovers
10.25.13	Healthy Halloween
9.13.13	Healthy eating
8.2.13	Healthy eating
6.7.13	Healthy eating
4.12.13	National Nutrition Month and promotion of KAND’s eatrightknox.org
3.8.13	National Nutrition Month and UT MCH Colloquium promotion
2.7.12	Cansler YMCA “Nutritional New Year’s Resolutions”

Nutrition Education Articles written/published in FOOTNOTES Magazine

Aug 2018	Veg Out!
July 2018	Gut-Brain Axis
Nov 2017	Nutrition Myths
Jun 2017	Recovery Nutrition
Apr 2017	Coordinating Your Eating Before Your Workouts
Mar 2017	Nutrition Notes
Jan 2017	Staying Well
Nov 2016	Dietary Fiber
July 2016	Tips to Eat Right Before You Run
May 2016	Strategies to Eat Better
Feb 2016	What the New Dietary Guidelines Mean to YOU
Nov 2015	Iron
Aug 2015	Exercise and Kids
Jun 2015	Should You Eat Before You Run?
Apr 2015	Carbohydrates
Mar 2015	Do Athletes Need More Vitamins and Minerals?
Nov 2014	How to Eat More Veggies
Aug 2014	Are you Eating Out More?
Jun 2014	Energy
Mar 2014	Smoothies
Mar 2014	Best Diet for YOU
Jan 2014	Principles of Sports Nutrition
Nov 2013	Three Food Rules
Aug 2013	Addressing Sports Nutrition Myths
Jun 2013	Are you Being Fooled by Nutrition Labels?
Apr 2013	Plant-Based Protein
Mar 2013	The Traveling Runner
Jan 2013	Your Daily Nutrition Plan for 2013
Nov 2012	Timing is Everything
Aug 2012	Importance of Hydration
July 2012	Can You Alter Your Metabolism?
May 2012	Pack in Your Protein
Mar 2012	Eating Away from Home

Community Presentations Representing the University of Tennessee

6 th Annual Knoxville Fitness Challenge	Oct 2020
Faculty Fellow for Technology-Enhanced Teaching presentations	Jun 2020-Jan 2021
Nutrition Presentation to UTK ROTC cadets	Feb 2020
Nutrition lessons to children at A.L. Lotts Elementary School	2009-2020
Digital Learning Showcase (UTK)	Oct 2019
Presentation to UBS Employees for worksite wellness	Sept 2017
Presentation to UT Vet school	Sept 2017
Consultation for diabetes grant from UT Extension	July 2017
Presentation to UT Center for Career Development	May 2017
Presentations to Coca Cola Employees for worksite wellness	Aug-Oct 2016
Presentation to Kimberly Clark employees for worksite wellness	March 2016
Faculty Spotlight, UTK OIT Department	January 2016
https://oit.utk.edu/instructional/spotlight/archive/2015/Pages/murphy.aspx	