

KATHERINE CONSAVAGE STANLEY, PhD, MS

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Web of Science: HSF-8466-2023

Dr. Katherine (Kate) Consavage Stanley, PhD, MS is a Postdoctoral Associate with the World Food Policy Center at Duke University who works on alternative protein policy research through the center's collaboration with the Bezos Center for Sustainable Protein at NC State. Her expertise includes sustainable diets and food systems, alternative protein products, and Food is Medicine. Her PhD dissertation explored how diverse food and health systems actors can encourage sustainable diet transitions in the U.S. context. With many years of experience working on strategic communications for an array of nutrition and global health topics, Dr. Stanley is experienced at finding innovative ways to share scientific research and technical knowledge in a way that is relevant and compelling to government, business, and civil society actors in the food and health systems.

EDUCATION

Virginia Polytechnic Institute and State University

Ph.D., Department of Human Nutrition, Foods, and Exercise

Blacksburg, VA

December 2024

Dissertation: *Reducing Red and Processed Meat Intake and Adopting Plant-rich Dietary Patterns: An Examination of How Diverse U.S. Food and Health System Actors May Support Sustainable Diet Transitions for American Adults*

Georgetown University

Washington, DC

M.S., Global Health, concentration in Disease Prevention and Control

February 2017

Thesis: *Sexual History, Behaviors, and HIV Risk Factors Among Young Women in Swaziland*

Emmanuel College

Boston, MA

B.S., Biology

May 2015

Summa Cum Laude, Distinction in the field of biology

Thesis: *"Are You Still Hungry?" An Analysis of Children's Hunger Post-Lunch in Massachusetts Public Schools (thesis conducted in collaboration with Harvard School of Public Health)*

PROFESSIONAL EXPERIENCE

Postdoctoral Associate

Feb 2025-present

World Food Policy Center, Duke University &
Bezos Center for Sustainable Protein at NC State
Durham, North Carolina

Nutrition Consultant

May 2024-present

Nutrition In Demand
Based in Washington, D.C. (remote)

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| Undergraduate Instructor of Record <i>Nutrition Across the Life Span</i> Department of Human Nutrition, Foods, and Exercise Virginia Polytechnic Institute and State University Blacksburg, VA | Fall 2023; Jul 2024-Dec 2024 |
| Graduate Teaching Assistant <i>Nutrition Across the Life Span; Science of Food Preparation</i> Department of Human Nutrition, Foods, and Exercise Virginia Polytechnic Institute and State University Blacksburg, VA | Aug 2020 – Jul 2024 |
| Dietetic Intern Individualized Supervised Practice Program Department of Human Nutrition, Foods, and Exercise Virginia Polytechnic Institute and State University Blacksburg, VA Advisor: Carol Papillon, MPH, RD | Aug 2023-Aug 2024 |
| Nutrition Communications and Knowledge Management Advisor Office of Maternal and Child Health U.S. Agency for International Development (USAID) Global Health Technical Professionals, Public Health Institute Washington, DC | Feb 2018 – Jul 2020 |
| Acting Communications Lead Office of Maternal and Child Health, USAID Global Health Technical Professionals, Public Health Institute Washington, DC | Jun 2019 - Feb 2020 |
| Nutrition Communications Intern Office of Maternal and Child Health, USAID Global Health Technical Professionals, Public Health Institute Washington, DC | Mar 2017 – Feb 2018 |
| Research Intern Pact Mbabane, Swaziland | Sept 2016 – Dec 2016 |
| Program Associate Health Security Partners Washington, DC | Mar 2016 – Sept 2016 |
| Research & Teaching Assistant, Global Health Georgetown University | Sept 2015 – Sept 2016 |

Washington, DC

TEACHING EXPERIENCE

Virginia Polytechnic Institute and State University

Instructor, Nutrition Across the Life Span, HNFE

Blacksburg, VA

Jul 2024 – present

- Taught three 50-minute lectures each week to 130+ students in a 3-credit course
- Developed lecture content, case studies, exams, and group learning activities to meet course objectives on educating and exploring human nutrition from preconception through older adulthood
- Supported inclusive student learning and development, including facilitating accommodations for students with individualized learning needs

Co-Instructor & Graduate Teaching Assistant, HNFE

Aug 2020 – Jul 2024

Courses taught: Nutrition Across the Life Span (Spring 2022 – present) and Science of Food Preparation Lab (Fall 2020-Fall 2021)

- Taught the first 6 weeks of the Nutrition Across the Life Span course in Fall 2023, including providing 3 lectures per week, developing and proctoring exams, and providing individualized student support
- Contributed to assignment and exam development and grade course materials
- Educated and guided students on nutrition principles for humans across the life span, food science, and culinary instruction through hands-on laboratory experiments
- Adapted existing course materials and laboratory methods to facilitate experiential learning and adapt to emerging scientific evidence

Georgetown University

Washington, DC

Graduate Teaching Assistant, Global Health

(Sept 2015 – Sept 2016)

- Created and taught curriculum presentations
- Updated course materials to include the latest research and technical materials for undergraduate students in the Global Health program

RESEARCH EXPERIENCE

World Food Policy Center, Duke University

Durham, NC

Postdoctoral Associate

Feb 2025-present

- Develop novel research proposals and methodologies to study policy-relevant issues related to alternative proteins and plant-rich dietary patterns
- Coordinated the writing and review process for an 80+ page internal report on the consumer, market, policy, and stakeholder landscapes for alternative proteins that included insights from stakeholder interviews and hundreds of peer-reviewed and grey literature sources
- Co-designed, researched, and led the manuscript submission process for a study outlining the U.S. regulatory and legislative landscapes for cell-cultivated meat and seafood products

- Conducted stakeholder interviews, coded transcripts, and co-wrote a manuscript featuring diverse perspectives from 20 alternative protein stakeholders on the state of the industry

Virginia Polytechnic Institute and State University

Graduate Researcher

Blacksburg, VA

Aug 2020 – Dec 2024

- Designed, researched, and led the manuscript submission process for three novel PhD studies that explored how diverse U.S. food and health systems actors could support sustainable diet transitions for U.S. adults:
 - A secondary quantitative analysis of sustainability-relevant International Food Information Council (IFIC) Food & Health survey data using SPSS; published 2023 in *Nutrients*
 - Systematic scoping review and qualitative analysis of media campaigns that promoted plant-based proteins and plant-rich diets to U.S. adults and that encouraged or discouraged red and processed meat consumption across more than a century; published 2024 in *Sustainability*
 - Thematic analysis of 20 expert interviews, coded with NVivo, on how plant-rich dietary patterns can be encouraged through Food is Medicine interventions to support human and planetary health; manuscript prepared for submission to *JAND*
- In addition to the three PhD studies, served as primary researcher/author or co-researcher on three qualitative studies, two systematic scoping reviews, and two commentaries that led to seven published articles and one report, including:
 - Co-developed a novel typology for categorizing media campaigns
 - Conceptualized, led the systematic scoping review process, and co-designed a novel multi-dimensional digital food and nutrition literacy model for use in assessing Supplemental Nutrition Assistance Program (SNAP) participants' capacity to shop for groceries in the digital retail landscape
 - Reviewed the food-based dietary guidelines of G20 countries for guidance on red and processed meats and healthy, sustainable diets, analyzed the findings, and provided policy recommendations for G20 countries

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Research Intern

Mbabane, Swaziland

(Sept 2016 – Dec 2016)

- Designed two 40-60 question mixed-method survey tools and led small group trainings for over 200 community volunteers on how to collect data using mobile devices
- Analyzed data from over 800 respondents using SPSS to generate baseline trends for sexual behaviors and HIV risk among women of reproductive age, and for savings and childcare practices among caregivers of orphans and vulnerable children throughout Swaziland
- Compiled data and wrote reports illustrating the findings of the baseline data and recommendations which were circulated to senior staff and project implementers to guide future project improvement

Georgetown University

Research Assistant, Global Health

Washington, DC

(Sept 2015 – Sept 2016)

- Wrote grant proposals and conducted literature reviews on D.C. transgender sex workers' access to health services
- Conducted literature reviews on current global health topics related to maternal and child health and infectious diseases
- Prepared presentation materials for national conferences

Harvard School of Public Health

Boston, MA

Intern, Nutrition

(Sept 2014 – May 2015)

- Analyzed and interpreted data to form connections and conclusions about research findings regarding children's eating habits at school and their hunger post-lunch period
- Collaborated with fellow researchers and professionals in the Public Health field to discuss school nutrition policy
- Formulated the data, analysis, and conclusions into an academic research paper

School for International Training

Salvador, Brazil

Researcher

(Jan 2014 – June 2014)

- Assessed Salvadorian elementary schools' compliance with Brazil's National School Feeding program guidelines through interviews, surveys, and observational data collection
- Liaised with government officials to determine successes and challenges around compliance with the Feeding programs' guidelines

PUBLICATIONS

Consavage Stanley K, Leary N, Holz A, Hedrick VE, Serrano EL, Kraak VI. Exploring the landscape of media campaigns that encourage or discourage sustainable diet transitions for Americans, 1917-2023: a systematic scoping review. *Sustainability*. 2024;16(11):4457. <https://doi.org/10.3390/su16114457>

Consavage Stanley K, Hedrick VE, Serrano EL, Holz A, Kraak VI. US adults' perceptions, beliefs, and behaviors towards plant-rich dietary patterns and practices: International Food Information Council Food & Health Survey Insights, 2012-2022. *Nutrients*. 2023;15(23):4990. <https://doi.org/10.3390/nu15234990>

Consavage Stanley K, Kraak VI. Comment on Lau et al. Trends in beef intake in the United States: analysis of the National Health and Nutrition Examination Survey, 2001–2018. *Nutrients* 2023;15(18):3935. <https://doi.org/10.3390/nu15183935>

Kraak VI, **Consavage Stanley K**. An economic lens for sustainable dietary guidelines. *Lancet Planet Health*. 2023;7(5):e350-351. [https://doi.org/10.1016/S2542-5196\(23\)00075-X](https://doi.org/10.1016/S2542-5196(23)00075-X)

Kraak VI, **Consavage Stanley K**, Rincón Gallardo Patiño S, Houghtaling B, Byker Shanks C. How the G20 leaders could transform nutrition by updating and harmonizing food-based dietary guidelines. *UN-Nutr J*. Rome: FAO;2022:69-89. <https://doi.org/10.4060/cc2805en>

Kraak VI, **Consavage Stanley K**, Harrigan PB, Zhou M. How have media campaigns been used to promote and discourage healthy and unhealthy beverages in the United States? A

systematic scoping review to inform future research to reduce sugary beverage health risks. *Obes Rev.* 2022;e13425. <https://doi.org/10.1111/obr.13425>

Consavage Stanley K, Kraak VI, Harrigan PB, Serrano EL. A systematic scoping review of the literacy literature to develop a digital food and nutrition literacy model for low-income adults to make healthy choices in the online food retail ecosystem to reduce obesity risk. *Obes Rev.* 2022;23;e13414. <https://doi.org/10.1111/obr.13414>

Consavage Stanley K, Harrigan PB, Serrano EL, Kraak VI. Applying a multi-dimensional digital food and nutrition literacy model to inform research and policies to enable adults in the U.S. Supplemental Nutrition Assistance Program to make healthy purchases in the online food retail ecosystem. *Int J Environ Res Public Health.* 2021;18;8335. <https://doi.org/10.3390/ijerph18168335>

Kraak VI, **Consavage Stanley K**, Harrigan PB, Serrano EL. A multi-dimensional digital food and nutrition literacy model to enable Supplemental Nutrition Assistance Program adults to make healthy purchases in an online food retail ecosystem: A scoping review to inform U.S. policies and actions. Blacksburg, VA: Virginia Tech, May 2021. Available at <https://vttechworks.lib.vt.edu/handle/10919/107012>

Kraak VI, **Consavage Stanley K**. A systematic scoping review of media campaigns to develop a typology to evaluate their collective impact on promoting healthy hydration behaviors and reducing sugary beverage health risks. *Int J Environ Res Public Health* 2021;18(3):1040. <https://doi.org/10.3390/ijerph18031040>

Aggarwal NK, **Consavage KE**, Dhanuka I, Clement KW, Bouey JH. Health and health care access barriers among transgender women engaged in sex work: a synthesis of U.S.-based studies published 2005-2019. *LGBT Health.* 2021;8(1):11-25. <https://doi.org/10.1089/lgbt.2019.0243>

PRESENTATIONS

“Policy Considerations for Sustainable Diets and Food Systems” *Guest lecture, nutrition seminar course at Duke University, November 2025*

“Exploring U.S. Policy Landscape for Cell-Cultivated Meat and Seafood: Regulatory and Legislative Actions and Future Implications for an Emerging Sector” *Poster presentation at the Bezos Center for Sustainable Protein at NC State 2025 Summit, October 2025*

“U.S. Adults’ Low Adoption of Sustainability Behaviors Despite Awareness (2012-2022)” *Presented at the 2024 International Congress of Nutrition and Dietetics, June 2024*

“Plant-based Proteins” *Presented (via Zoom) to SW Virginia Family Nutrition Program Staff, Cooperative Extension, Virginia Tech, February 2023*

MEDIA

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| “Vegan Burgers are Losing the US Culture War Over Meat: ‘It’s Not Our Moment’” | |
| The Guardian | September 12, 2025 |
| “Americans Show Paradoxical Relationship When It Comes to Their Diets, Study Reveals” | |
| Virginia Tech News | March 18, 2024 |
| “Meat Paradox: Americans are Eating More Plant-based, But Also More Red Meat” | |
| Green Queen | March 21, 2024 |
| “Decade-Long Study Reveals Complex Relationship Between Americans and Plant-rich Diets” | |
| Vegconomist | March 25, 2024 |
| “Survey Finds Americans Conflicted About Plant-based Diets” | |
| U.S. News and World Reports | March 25, 2024 |

HONORS & AWARDS

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| Kathryn E. Smith Memorial Scholarship, Academy of Nutrition and Dietetics Foundation | September 2024 |
| P. Howard Massey III Food & Nutrition Scholarship, VT HNFE | May 2024 |
| Virginia Tech Cunningham Fellowship | May 2024 |
| Virginia Academy of Nutrition and Dietetics Graduate Scholarship Awardee | March 2024 |
| HNFE Hepler Summer Research Fellowship, VT | May-August 2023 |
| Peacock-Harper Culinary History Friends Scholarship, VT | 2022 |
| Distinction in the Field of Biology, Emmanuel College | 2015 |
| U.S. Boren Scholarship | 2014 |
| Honors Program, Emmanuel College | 2011-2015 |
| Dean’s List, Emmanuel College | 2011-2015 |

ACADEMIC SERVICE

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| Virginia Tech HNFE Graduate Student Assembly, President | 2022-2024 |
| Virginia Tech HNFE Graduate Student Assembly, Treasurer | 2021-2022 |
| Emmanuel College Orientation Leader | 2012-2013 |

PROFESSIONAL AFFILIATIONS

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|---|----------------|
| American Society for Nutrition | 2021 - Present |
| Academy of Nutrition and Dietetics | 2022 – Present |
| Virginia Academy of Nutrition and Dietetics | 2022 – Present |
| American Public Health Association | 2024 – Present |