

Alycia K. Boutté, M.P.H.

Doctoral Student, Health Promotion, Education, and Behavior
aboutte@email.sc.edu

EDUCATION

PhD Health Promotion, Education, and Behavior, University of South Carolina

Columbia, SC

August 2015-Present

MPH Health Promotion/ Behavioral Science, University of Texas Health Science Center

Austin, TX

August 2013

Thesis Topic: Healthy food preparation self-efficacy, restaurant meals, and fruit and vegetable consumption in Mexican-American adults

GPA: 4.0

BS Psychology, Xavier University of Louisiana

New Orleans, LA

May 2011

GPA: 3.88; Major GPA: 4.0

Summa Cum Laude

AWARDS/HONORS

Rousseve Scholarship Recipient

Xavier University of Louisiana

August 2010-2011

Recipients of this scholarship are ranked in the top percentile of their class. Recipients received a full-tuition scholarship.

Who's Who Among Students in American Universities and Colleges

Xavier University of Louisiana

May 2010-2011

Recipients are recognized for their academic and their diverse service to the community and the university.

Ronald E. McNair Post Baccalaureate Scholar

Xavier University of Louisiana

August 2009-2011

A program that prepares students under-represented in graduate education to achieve doctorate degrees.

Alpha Kappa Mu Honor Society

Xavier University of Louisiana

August 2010

Multi-discipline honor society to promote high scholarship; encourage sincere and zealous endeavor in all fields of knowledge and service; to cultivate a high standard of personal living; and, to develop an appreciation for scholarship and scholarly endeavors in others.

PROFESSIONAL EXPERIENCE

Graduate Research Assistant, University of South Carolina
Columbia, SC

January 2016- Present

- Graduate Research Assistant for DIET Mobile Study
 - Recruited and retained study participants
 - Performed data management
 - Conducted manuscript preparation

Teaching Assistant, University of South Carolina
Columbia, SC

August 2015-December 2015

- Teaching assistant for HPEB 502: “Applied Aspects of Human Nutrition”
 - Managed class participation points from TopHat
 - Graded projects
 - Maintained office hours
 - Assembled tests
 - Entered grades into Blackboard
 - Responded to student emails
 - Took scantrons for grading

Evaluation Intern, Louisiana Public Health Institute
New Orleans, LA

October 2014-July 2015

- Intern for Primary Care Capacity Project which aimed to increase access and quality of care in health centers affected by BP oil spill
 - Created and managed databases with sensitive clinic information
 - Summarized and analyzed quantitative and qualitative data to report to multiple partners
 - Maintained up-to-date information from regional partners
 - Assisted with creating evaluation tools such as surveys and reports
 - Supported the assessment and evaluation team to collect, compile, and report on data as requested

Fitness Coach, Cross Gates Family Fitness
Slidell, LA

May 2014- July 2015

- Fitness Coach for a circuit workout program called Body Motion
 - Assisted clients through a full-body circuit workout program of strength training machines
 - Incorporated body weight exercises to increase intensity as needed
 - Demonstrated and ensured proper form and technique of exercises
 - Provided motivation for clients to reach their fitness goals

Zumba Instructor, Crossgates Family Fitness
Slidell, LA

December 2013- July 2015

- Lead Zumba classes for adults and for children (ages 2-11) as part of the Kids 4 Fitness program

Independent Contractor, Louisiana Public Health Institute
New Orleans, LA

January 2014- March 2014

- Contractor for the Healthy School Food Collaborative Nutrition Evaluation
 - Attended school lunch periods and collected data on student demographics, meal options/ availability, and made observations of the cafeteria environment
 - Weighed and recorded individual school meal components
 - Completed data entry
 - Attended bi-weekly meetings with School Health Connection staff
 - Utilized the Qualtrics application for data collection

MEND Leader/ Graduate Assistant, Michael & Susan Dell Center for Healthy Living
Austin, TX

August 2012- July 2013

- Graduate Assistant for the Texas Child Obesity Research Demonstration (CORD), a CDC-funded project designed to evaluate community-based obesity prevention and treatment programs in Austin and Houston.
 - Conducted anthropometric measurements with children and parents including height, weight, waist circumference, blood pressure, and cardiovascular fitness
 - Administered surveys regarding food consumption and physical activity (including Food Frequency Questionnaires)
 - Delivered MEND curriculum to educate, motivate, and empower families to make lifestyle changes to improve their health
 - Lead children's physical activity sessions which engaged children in games-based, fun activity
 - Assisted with The Happy Kitchen cooking classes which demonstrated how to incorporate fruits and vegetables into family-friendly meals
 - Completed data entry of baseline and 3-month follow-up assessments in Microsoft Access

Zumba Instructor, University of Texas School of Public Health/ United Way of Austin
Austin, TX

January 2013-July 2013

- Promoted worksite wellness by leading Zumba classes at Sanchez Elementary School and Mainspring Education Center for school staff and parents

Graduate Assistant, Michael & Susan Dell Center for Healthy Living, University of Texas School of Public Health
Austin, TX

August 2011-July 2013

- Graduate Assistant for both the Michael & Susan Dell Center and for individual professors
 - Assisted with Center events which included coordinating with attendees, venue communication, registration assistance, and on-site assistance (Community Collaborative events, Scientific Advisory Council, Lectureship in Child Health)
 - Performed data entry and database management
 - Entered and maintained faculty research, presentations, and awards in Reference Manager
 - Managed references, performed in-text citations, and generated bibliographies using RefWorks

- Created and edited flyers using Adobe InDesign
- Conducted literature searches for grant proposals
- Assisted with manuscript preparation and editing including the development of tables and graphs
- Assisted with manuscript submission
- Assisted with scheduling meetings and conference calls
- Prepared meeting materials and took accurate notes at meetings
- Assisted with Center marketing and communications by developing and distributing event flyers
- Assisted with writing and editing reports and presentations
- Designed monthly calendars and event flyers in Microsoft Publisher
- Assisted with office related tasks

Master's Public Health Practicum, University of Texas School of Public Health

Austin, TX

May 2012-August 2012

- Completed my practicum experience with the Sustainable Food Center, a non-profit organization aimed at cultivating a healthy community by strengthening the local food system and improving access to nutritious, affordable food.
 - Completed baseline data collection in Dove Springs on fruit and vegetable access and consumption
 - Analyzed the built environment in regards to nutrition and physical activity opportunities
 - Completed the NEAT and CHLI assessments to help evaluate the food system
 - Conducted qualitative interviews with community residents

Residential Group Leader, Xavier University of Louisiana

New Orleans, LA

May 2011- August 2011

- Residential Group Leader for the SuperScholar/ EXCEL Program, an intensive 3-week summer enrichment program for high school seniors interested in pursuing college degrees in the arts, humanities, social sciences, and education.
 - Mentored students by sharing knowledge, skills, and experiences with participants and engaged in dormitory supervision
 - Chaperoned participants for on and off campus social, cultural, and community service activities and tutored students for quiz bowl/ debates

Clinical Intern, Bridge House Rehabilitation Facility

New Orleans, LA

January 2011-May 2011

- Clinical Intern for Bridge House, a non-profit, male Alcoholism and Drug Addiction Treatment Center
 - Assisted with daily group sessions where clients discussed challenges and concerns they encounter with overcoming drug and alcohol addiction and practical solutions to implement
 - Completed chart audits

Undergraduate Research Assistant, Summer Research Opportunities Program (SROP), Michigan State University

East Lansing, MI

May 2010-August 2010

- Research Assistant for a Clinical Psychology project investigating binge eating and alcohol use in twins (P.I.: Dr. Kelly Klump)
 - Administered questionnaires and conducted anthropometric assessments on twins
 - Anthropometric assessments included height/weight, finger length, and frozen saliva collection
 - Conducted data entry
 - Used EndNote to search online databases, attach full-text PDFs to citations, manage references, and to generate bibliographies for the Principal Investigator of a clinical psychology study

Clinical Intern, Womanspace

New Orleans, LA

August 2010-December 2010

- Clinical Intern for Womanspace, a residential program for women who are experiencing homelessness, mental illness, and/or substance abuse
 - Participated in skill building sessions to enhance the participants' eligibility for employment and self-sufficiency
 - Participated in community meetings in which I assisted in resolving the clients' challenges

Undergraduate Research Assistant, Xavier University of Louisiana

New Orleans, LA

May 2009-August 2009

- Research Assistant for Dr. Elizabeth Hammer
 - Conducted an extensive literature review to update a chapter in the textbook "Psychology Applied to Modern Life."

Undergraduate Research Assistant, Xavier University of Louisiana

New Orleans, LA

January 2007-May 2007

- Research Assistant for Dr. Elizabeth Hammer
 - Edited research conducted on Post Traumatic Stress Disorder and Hurricane Katrina

VOLUNTEER EXPERIENCE

African Heritage & Health Ambassador and Educator, Oldways Program

New Orleans, LA

April 2014-May 2014

- A Health Ambassador and Educator for Oldways, a community nutrition program and healthy cooking class designed to introduce participants to the cultural history of African heritage foods and serve as a guide to adopting this way of eating for better health.
 - Lead weekly hands-on nutrition and cooking sessions for six weeks.
 - Conducted pre-/post- physical health measurements (weight, blood pressure, and waist circumference)
 - Conducted pre-/post- lifestyle measurements (cooking and eating habits)

MANUSCRIPTS

Published:

Reininger, B. M., Wang, J., Fisher-Hoch, S. P., **Boutte, A.**, Vatcheva, K., & McCormick, J. B. (2015). Non-communicable diseases and preventive health behaviors: a comparison of Hispanics nationally and those living along the US-Mexico border. *BMC Public Health*, 15(1).
<http://doi.org/10.1186/s12889-015-1850-y>

Boutte, A. (2009). Skin tone preferences in African American college students: Directions for future research. *XULAnEXUS: Xavier University of Louisiana's Undergraduate Research Journal. Scholarly Note*. 6(2).

In Preparation:

Boutte, A., Reininger, B. M., Lee, M., & Hoelscher, D. M. The relationship between healthy food preparation self-efficacy, restaurant meals, and fruit and vegetable consumption in Mexican-American adults on the Texas-Mexico border. In preparation.

PEER-REVIEWED CONFERENCE ABSTRACTS

Accepted:

Boutte, A., Turner-McGrievy G., Wilcox S., Hoover A., & Muth E. Byte by Bite: Usability of a bite-tracking device for improved dietary self-monitoring. (2016, April). Accepted as a poster presentation to be delivered at the 37th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.

GUEST LECTURES AND OTHER SCHOLARLY PRESENTATIONS

"Nutrition & Public Health"

Guest Lecture for Psychology 2050 (Health Psychology), Xavier University of Louisiana

New Orleans, LA

March 3, 2015

"The Relationship Between Healthy Food Preparation Self-Efficacy, Restaurant Meals, and Fruit and Vegetable Consumption in Mexican-American Adults"

Master's Thesis Defense, University of Texas School of Public Health

Austin, TX

July 2013

"Clinical Internship Experience"

Presenter at Xavier University's Symposium, Xavier University of Louisiana

New Orleans, LA

May 2011

"Binge eating and alcohol use in twins"

Poster presentation at SROP Conference, Ohio State University

Columbus, OH

July 2010

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

American Public Health Association

2014-2016

LEADERSHIP EXPERIENCE

Secretary

Psychology Club, Xavier University of Louisiana

August 2007-May 2011

Recording Secretary

Delta Sigma Theta Sorority, Inc., Xavier University of Louisiana

August 2010-May 2011

Financial Secretary

Delta Sigma Theta Sorority, Inc., Xavier University of Louisiana

August 2009-May 2010

Secretary

Psi Chi National Honor Society, Xavier University of Louisiana

August 2009- May 2010

Freshman Orientation Coordinator

Peer Dean Association, Xavier University of Louisiana

August 2008-May 2010