

HOLLY J. WILLIS, PhD, RDN, LD, CDCES
Holly.Willis@ParkNicollet.com

EDUCATION

- Ph.D. Nutrition, University of Minnesota, Twin Cities** **2009**
Dissertation: Effects of Dietary Fiber on Satiety, Food Intake, Glucose, Insulin, and Gut Hormone Response in Healthy Human Subjects
Advisor: Dr. Joanne Slavin
- M.S. Nutrition Communication, Tufts University** **2004**
Advisor: Dr. Jeanne Goldberg
- B.S. Nutrition, University of Minnesota, Twin Cities** **2000**

RESEARCH EXPERIENCE

- Research Investigator / Senior Trial Coordinator** Oct 2018 – Present
International Diabetes Center, Minneapolis, MN
- Adjunct Asst. Research Professor** May 2017 – Apr 2020
University of Minnesota, Dept. of Food Science and Nutrition, St. Paul, MN
- Sr. Nutrition Research Scientist** Jan 2011 – Jul 2014
General Mills, Bell Institute for Health and Nutrition, Minneapolis, MN
- Post-Doctoral Research Assistant** Sep 2009 – Jan 2011
University of Minnesota, Dept. of Food Science and Nutrition, St. Paul, MN
- Graduate Research Assistant** Sep 2006 – May 2009
University of Minnesota, Dept. of Food Science and Nutrition, St. Paul, MN
- Research Dietitian** Jan 2004 – June 2006
Memorial Sloan-Kettering Cancer Center, New York, NY
- Cancer Research Training Award Fellow** May 2003 – Aug 2003
National Cancer Institute, 5-a-Day Program, Washington D.C.
- Research Dietitian** Sept 2002 – May 2003
International Nutrition Foundation, Boston, MA

SELECT CLINICAL RESEARCH TRIAL EXPERIENCE

- Qualitative Perspectives on Using a Nutrition-Focused Approach when Initiating Continuous Glucose Monitoring in People with Type 2 Diabetes (Willis)** – Source: Academy of Nutrition and Dietetics Foundation
Role: Principal Investigator 1/1/2023-12/31/2024
- Improving Time in Range and Diet Quality by Using a Nutrition-Focused Approach to Teach Continuous Glucose Monitoring (Willis)** – Source: American Diabetes Association
Role: Principal Investigator 7/01/2022-6/30/2025

Continuous Glucose Monitoring versus Self-Monitoring of Blood Glucose to Optimize Glycemic Outcomes in People with Type 2 Diabetes Following the Virta Carbohydrate-Restricted Treatment Program (Willis) – Source: Abbott Diabetes Care, Inc.

Role: Principal Investigator

3/18/2022-12/31/2023

Evaluation of Flash Continuous Glucose Monitoring to Reduce Hyperglycemia in People with T2 Diabetes (Martens) – Source: Abbott Diabetes Care, Inc.

Role: Sub-Investigator

9/1/2019-10/6/2022

A 12-week Randomized Controlled Trial to Compare TOUJEO® and TRESIBA® in Terms of Glucose Values in Target Range and Variability during Continuous Glucose Monitoring in Patients with Type 1 Diabetes Mellitus (Bergenstal) – Source: Sanofi

Role: Lead Study Coordinator

8/1/2019-7/31/2021

Glycemia Reduction Approaches in Diabetes: A Comparative Effectiveness Study (including CGM substudy) (Bergenstal/Lachin/Nathan) – Source: NIDDK/U01DK098246

Role: Study Coordinator

10/1/2014-7/31/2022

MENTORED UNDERGRADUATE RESEARCH

Nelson C. Acacia gum, glucose, and satiety in healthy human subjects. Undergraduate Research Opportunities Program; University of Minnesota, 2018 – 2019.

Perri M. Probiotic usage in the Veterans Homes. Directed Study Research; St. Catherine University/Minnesota Department of Veterans Affairs, 2018.

Voss MJ. Effective nutrition interventions for college-age women. Honors Research; St. Catherine University, 2018.

Voss MJ. Insights into the efficacy of a required personal health course for undergraduates: A retrospective review from a women's institution. Summer Scholars; St. Catherine University, 2017.

Swingle N. Impact of new dietary fiber regulations and the new nutrition facts panel. Assistant Mentorship Program; St. Catherine University, 2017.

Baumgartner A, Mencil M. Effects of the mindful athlete nutrition program on nutrition behaviors of St. Catherine University athletes. Undergraduate Research; St. Catherine University, 2016 – 2017.

Guerrero K. Assessment of prevalence, knowledge, attitudes, and behaviors of food insecurity in students attending a private university. Honors Research; St. Catherine University, 2015 – 2016.

Tumusiime S. Comparative analysis of the prevalence of type 2 diabetes between African Americans and Africans. Honors Research; St. Catherine University, 2015 – 2016.

Muegge J. Nutritional quality of menu offerings at McDonald's: Examining a 16-year trend from 1997-2012. Honors Research; St. Catherine University, 2014 – 2015.

TEACHING EXPERIENCE

Asst. Professor, Program Director Nutrition/Dietetics July 2014 – 2018
St. Catherine University, Dept. of Nutrition and Exercise Sciences, St. Paul, MN

Course Instructor Jan 2009 – Nov 2011
University of Minnesota, College of Continuing Education, St. Paul, MN

Adjunct Lecturer Sep 2009 – Dec 2009
University of Minnesota, Dept. of Food Science and Nutrition, St. Paul, MN

Graduate Teaching Assistant Sep 2006 – Dec 2008
University of Minnesota, Dept. of Food Science and Nutrition, St. Paul, MN

SELECT SERVICE

- American Diabetes Association Nutrition Subcommittee Scientific Session Planning Committee
- American Diabetes Association Scientific Session Clinical Nutrition Abstract Reviewer
- On the Cutting Edge, a Diabetes Dietetics Practice Group publication, invited theme editor
- American Society for Nutrition Annual Meeting Abstract Reviewer
- Journal of Nutrition ad hoc and invited reviewer
- Minnesota Academy of Nutrition and Dietetics annual conference planning member
- GHR Foundation grant distribution steering committee: Primary Care, St. Catherine University
- Henrietta Schmoll School of Health curriculum committee, St. Catherine University

ADDITIONAL PROFESSIONAL EXPERIENCE

Nutrition Consultant (Contract Employee) Feb 2010 – Jan 2011
General Mills, Bell Institute for Health and Nutrition, Minneapolis, MN

Clinical Dietitian May 2004 – Aug 2005
Memorial Sloan-Kettering Cancer Center, New York, NY

Dietetic Intern / Staff Relief Dietitian Oct 2001 – Aug 2002
Brigham and Women's Hospital, Boston, MA

Personal Trainer / Nutrition Consultant Jun 1999 – Dec 2008
Lifetime Fitness, Minneapolis, MN

REGISTRATION, LICENSURE, CERTIFICATION

Registered Dietitian – Commission on Dietetic Registration 2003 – Present
Licensed Dietitian – State of Minnesota Board of Dietetics and Nutrition Practice 2007 – Present
Certified Diabetes Care and Education Specialist –
Certification Board for Diabetes Care and Education 2022 – Present
Certified Health Coach – American Council on Exercise 2016 – 2018
Certified Dietitian/Nutritionist – New York State Department of Education 2005 – 2007

PROFESSIONAL MEMBERSHIPS

Academy of Nutrition and Dietetics	2003 – Present
Minnesota Academy of Nutrition and Dietetics	2007 – Present
American Diabetes Association	2022 – Present
American Society for Nutrition	2008 – 2022
North American Association for the Study of Obesity – NAASO	2008 – 2011

AWARDS

Doctoral Dissertation Fellowship/Scholarship, University of Minnesota	2008 – 2009
Graduate Women in Science Travel Scholarship	2008
Tufts University Nutrition School Scholarship, Tufts University	2002 – 2004
Cancer Research Training Award, National Cancer Institute	May to Aug 2003
Elizabeth Rose Memorial Book Award, University of Minnesota	1999
Augusta Searle Academic Scholarship, University of Minnesota	1998

PEER-REVIEWED PUBLICATIONS

Willis HJ, Lausch M. Type 2 Diabetes and Continuous Subcutaneous Insulin Infusion. *On The Cutting Edge*. 2021;41(4):13-16.

Larson R, Nelson C, Korczak R, **Willis H**, Erickson J, Wang Q, Slavin J. Acacia gum is well-tolerated while increasing satiety and lowering peak blood glucose response in healthy human subjects. *Nutrients*. 2021;14:13(2).

Willis HJ, Slavin JL. The impact of diet interventions using whole, plant food on the gut microbiota: A narrative review. *J Acad Nutr Diet*. 2020;120(4):608-623.

Gershenoff D, **Willis HJ**. Clinical applications of continuous glucose monitoring for individuals with type 2 diabetes not using intensive insulin therapy. *On The Cutting Edge*. 2019;40(4):14-18.

Reimer RA, **Willis HJ**, Tunnicliffe JM, Park H, Madsen KL, Soto-Vaca A. Inulin-type fructans and whey protein both modulate appetite but only fructans alter gut microbiota in adults with overweight/obesity: A randomized controlled trial. *Mol Nutr Food Res*. 2017. doi: 10.1002/mnfr.201700484

Dahl WJ, Wright AR, Specht GJ, Christman M, Mathews A, Meyer D, Boileau T, **Willis HJ**, Langkamp-Henken B. Consuming foods with added oligofructose improves stool frequency: a randomised trial in healthy young adults. *J Nutr Sci*. 2014;3:e7.

Willis HJ, Thomas W, Willis DJ, Slavin JL. Feasibility of measuring gastric emptying time, with a wireless motility device, after subjects consume fiber-matched liquid and solid breakfasts. *Appetite*. 2011;57(1):38-44.

Timm D, **Willis H**, Thomas W, Sanders L, Boileau T, Slavin J. The use of a wireless motility device (SmartPill®) for the measurement of gastrointestinal transit time after a dietary fibre intervention. *Br J Nutr*. 2011;105(9):1337-42.

Willis HJ, Thomas W, Eldridge AL, Harkness L, Green H, Slavin JL. Glucose and insulin do not decrease in a dose-dependent manner after increasing doses of mixed fibers that are consumed in muffins for breakfast. *Nutr Res*. 2011;31(1):42-7.

Willis HJ, Thomas W, Eldridge AL, Harkness L, Green H, Slavin JL. Increasing doses of fiber do not influence short-term satiety or food intake and are inconsistently linked to gut hormone levels. *Food Nutr Res*. 2010;29:54.

Willis H, Eldridge A, Beiseigel J, Thomas W, Slavin J. Greater satiety response with resistant starch and corn bran in human subjects. *Nutr Res*. 2009;29(2):100-105.

Schattner M, **Willis H**, Raykher A, Brown P, Quesada O, Scott B, Shike M. Long-term enteral nutrition facilitates optimization of body weight. *JPEN*. 2005;29(3):198-202.

SELECT PRESENTATIONS

Willis HJ and Johnson L. Can CGM Promote Lifestyle Changes in People with Type 2 Diabetes? Perspectives from Research and Practice. Oral Presentation: Association of Diabetes Care & Education Specialists Annual Conference; August 12-15, 2022; Baltimore, MD.

Willis HJ. Nutrition aspects of mealtime insulin dosing. Invited Oral Presentation: American Diabetes Association 82nd Scientific Sessions; Jun 3-7, 2022; New Orleans, LA.

Willis HJ. Using continuous glucose monitoring data to optimize food intake and glycemic management. Invited Oral Presentation: American Diabetes Association 81st Scientific Sessions; Jun 25-29, 2021; Virtual.

Willis HJ, Gershenoff D. The impact of CGM and nutrition on glycemic management. Oral Presentation: Glycemic Guardians Program “Contemporary Topics in Diabetes Nutrition” at the American Diabetes Association 81st Scientific Sessions; Jun 24, 2021; Virtual.

Willis HJ. Continuous glucose monitoring and nutrition interventions. Invited Oral Presentation: International Diabetes Center Diabetes Technology Symposium; Sep 27, 2019; Minneapolis, MN.

Willis HJ, Voss MJ, Luedtke D. Efficacy, challenges, and opportunities for undergraduate personal health courses: A retrospective look with ideas for the future. Poster Presentation: Society for Nutrition Education and Behavior; Jul 21-23, 2018; Minneapolis, MN.

Voss MJ, **Willis HJ**. Effective short-term nutrition interventions for college populations. Poster Presentation: Nutrition 2018 (formerly American Society Nutrition at Experimental Biology); Jun 8-11, 2018; Boston, MA.

Willis HJ. Personalized nutrition: Opportunities and challenges. Invited Oral Presentation: Minnesota Academy of Nutrition and Dietetics Annual Meeting; Apr 19-20, 2018; Brooklyn Park, MN.

Willis HJ, Slavin JL. Fiber: The road ahead for research and practice. Invited Oral Presentation: Food and Nutrition Conference and Expo (FNCE); Oct 20-23, 2017; Chicago, IL.

Willis HJ, Stewart ML, Smith, DE. University nutrition programs - training students for careers beyond dietetics: Reflections from an established, emerging, and new program. Oral Presentation: Experimental Biology; Apr 22-26, 2016; Boston, MA.

Reimer R, **Willis H**, Tunnicliffe J, Soto-Vaca A. Effect of inulin and whey protein consumed alone or in combination on appetite and gut microbiota in overweight and obese adults. Poster Presentation: Obesity Week; Nov 2-7, 2015; Los Angeles, CA.

Willis HJ, Thomas W, Willis DJ, Slavin JL. Appetite and gastric emptying differ when fiber is consumed in macronutrient-matched liquid and solid meals. Oral Presentation: Experimental Biology; Apr 9-13, 2011; Washington DC.

Timm D, **Willis H**, Thomas W, Willis D, Sanders L, Boileau T, Holmberg D, Slavin J. The use of a new wireless motility device (SmartPill®) for measurement of gastrointestinal transit time after dietary fiber intervention. Poster Presentation: Digestive Disease Week; May 1-5, 2010; New Orleans, LA.

Willis H, Thomas W, Eldridge A, Harkness L, Green H, Slavin JL. Dietary fiber does not influence satiety, glucose, and insulin levels in a dose-dependent manner. Poster Presentation: Experimental Biology; Apr 18-22, 2009; New Orleans, LA.

Willis H, Thomas W, Eldridge A, Harkness L, Green H, Slavin JL. Effect of different doses of dietary fiber on satiety response and food intake. Poster Presentation: European Congress on Obesity; May 5-8, 2009; Amsterdam, Netherlands.

Willis H, Beiseigel J, Eldridge A, Thomas W, Slavin J. Satiety effects differ among mixed fiber sources when consumed in muffins for breakfast. Poster Presentation: The Obesity Society Annual Scientific Meeting; Oct 20-24, 2007; New Orleans, LA.

Schattner M, **Willis H**, Brown P, Quesada O, Scott B, Shike M. Home TPN in women with gastrointestinal obstruction due to ovarian cancer. Poster Presentation: American Society for Parenteral and Enteral Nutrition Clinical Nutrition Week; Jan 29-Feb 2, 2005; Orlando, FL.

Schattner M, **Willis H**, Raykher A, Brown P, Quesada O, Scott B, Shike M. Long-term enteral nutrition facilitates optimization of body weight. Poster Presentation: American Society for Parenteral and Enteral Nutrition Clinical Nutrition Week; Jan 29-Feb 2, 2005; Orlando, FL.

BOOK CHAPTERS

Willis HJ, Leitschuh CA. Nutrition for Healthy Children. In: Dunn JM, Leitschuh CA. Special Physical Education, (10th ed.). Champaign, IL: Kendall Hunt; 2015.

Willis HJ, Slavin JL. Dietary Fiber (Chap 3). In: Ross AC et al, Modern Nutrition in Health and Disease, (11th ed.). Philadelphia, PA: Lippincott Williams & Wilkins; 2014.