

MB (MARYBETH) MITCHAM

Dedicated, DEI-focused community and public health professional, with excellent community engagement, communication, curricular design, collaboration, mentorship, and instructional skills. My research and work focus on the interplay between humans and their environment, leveraging available resources to address disparities and achieve improved holistic community health, and exploring intergenerational and interdisciplinary approaches to foster personal connectedness, using qualitative and mixed-methods research designs to measure initiative outcomes.

EDUCATION AND CERTIFICATIONS

Ph.D.	Liberty University, Curriculum and Instruction, Public Health Emphasis Dissertation: "An Exploration into Public Health Experiences of Rural Residents to Facilitate Understanding of Chronic Poor Health Habits: A Phenomenological Study" Committee: Dr. Marsha Coker, Dr. Meredith Park GPA: 3.79	2021
MPH	Liberty University, Nutrition Thesis: "Addressing Youth Obesity in Warren County, NY, Through the Provision of Nutrition and Health Education" GPA: 3.73	2016
BS	SUNY Empire State University, Biology Honor Focus: The intersection of human health and the environment GPA: 4.0	2015
AAS	SUNY Empire State University, Human Development GPA: 4.0	2013
AAS	SUNY Empire State University, Science, Mathematics, and Technology GPA: 4.0	2013

CERTIFICATIONS AND SPECIALIZED TRAINING

Concept Mapping, GroupWisdom, Concept Systems	2024
Mental Health First Aid Adult, 8 hour	2023
Diversity, Equity & Inclusion in Teaching and Learning Certificate, SUNY Center for Professional Development (CPD)	2022
Master Food Preserver Certificate, Cornell Cooperative Extension (NYS CCE)	2022
Plant-Based Nutrition Certificate, Cornell University	2019
Medicinal Plants Certificate, Cornell University, eCornell	2021
CPR/First Aid/AED; through 2025, American Red Cross	2021

Archery Instructor I Certificate; through 2025, USA Archery	2017
Beekeeping Essentials, Cornell University, eCornell	2021
Wild Edibles Certificate, 4-H National Council	2017
Strengthening Causal Inference in Behavioral Obesity Research, IU	2021
ACEND Preceptor Training (160193)	2021-2026
Piano Performance, Private Instruction, Skidmore College	
Dr. Isabelle Williams, Raymond Hanson, instructor of award-winning Mia Chung	

EXPERIENCE

Interim Director, Masters Program, George Mason University 2023

- Fulfilling all department director tasks for Masters program in the Department of Global and Community Health for the summer and fall semesters

Director, Online MPH Program/Assistant Professor, George Mason University 2022-present

- Coordination with Wiley to create, launch, and direct a brand-new CEPH-accredited online MPH program - tasks include course development, course adjustments, creation of course and assignment rubrics, marketing, community collaboration, admissions, recruitment, academic advising, ongoing CEPH compliance work, directing faculty instructors in the program
- Courses self-developed for the online MPH program:
 - GCH 500: Foundations of Public Health
 - GCH 551 Rural Health
 - GCH 609: Community Assessment and Partnerships
 - GCH 720: Public Health Problems in a Changing Society
 - GCH 691: Project Management in Public Health
- Courses developed for the online MPH program, in a supportive role, in collaboration with faculty:
 - GCH 645: US and Global Public Health Systems
 - GCH 604: Fundamentals of Epidemiology and Biostatistics
 - GCH 535: Public Health Preparedness and Response
 - GCH 607: Evidence-Based Public Health Practice
 - HAP 635: Role of Government in Health Care and Public Health
 - HAP 680: Applied Public Health Leadership and Management
 - GCH 611: Health Program Planning and Evaluation
 - GCH 655: Public Health Equity and Justice
 - GCH 560: Environmental Health
 - GCH 780: Practicum Seminar
 - GCH 790: Practicum in Public Health
- Instructional role:
 - Instructing 35-50 online students per course in CEPH-accredited undergraduate and graduate public health courses
 - Courses Taught:
 - GCH 350: Health Promotion and Education
 - GCH 500: Foundations of Public Health
 - GCH 551: Rural Health

- GCH 609: Community Assessment and Partnerships
- NUTR 610: Food Safety and Defense

Program Facilitator Coordinator, Cornell University, eCornell

2021-present

- Serving as SME for course content, and coordinator/management support for (~15) course facilitators within the public health silo
- Facilitating non-credit-bearing courses that average between 40-80 students per 2-20 week course
- Certificates:
 - Public Health Essentials
 - Public Health Foundations
 - Assess Community Health and Resources
 - Support Public Health Behaviors
 - Public Health Preparedness
 - NYS Public Health Essentials
 - NYS Public Health COVID-19 Readiness Training (past)
 - NYS Citizen Public Health Training (past)
 - Cornell Cooperative Extension Public Health Training (past)
 - Medicinal Plants
 - Human Nutrition
- Medicinal Plants Certificate
 - CALS 151: Plant-Based Medicine
 - CALS 152: Plants for Muscles, Bones, and the Reproductive System
 - CALS 153: Plants for Mental Health and Pain Relief
 - CALS 154: Plants to Improve Cardiovascular and Respiratory Health
 - CALS 155: Plants for Promoting Digestive Health and Skin Health
 - CALS 156: Boosting Immunity with Medicinal Plants
- Human Nutrition
 - DNS 604: Energy Expenditure and Theory of Eating

Chair/Methodologist/Reader, SHS, Liberty University

2021-present

- Mentoring and guiding doctoral candidates through their dissertation process as committee chair, functioning as a methodologist and reader for other candidates

Adjunct Professor, SHS, Liberty University

2020-Present

- Instructing approximately 20-25 online students during half or full-term rotations in CEPH-accredited undergraduate and graduate public health courses
- Courses Taught:
 - HLTH 105: Health Professions
 - HLTH 340: Principles of Nutrition
 - HLTH 640: Principles of Nutrition
 - HLTH 698: MPH Practicum

Issue Leader, Cornell University Cooperative Extension

2022

- Co-directing the Association with the other Association Issue Leader in the term absence of the Executive Director; tasks included both Resource Educator responsibilities and additional management of daily Association operations, including managing and executing the operational budget, coordinating staffing duties, reinforcing relations with Cornell University, pursuit and acquisition of funding opportunities, and promoting the Association with local county officials and board members
- Department director for all Association programs and personnel in the nutrition, food systems, farm-to-school, horticulture, and agriculture departments

Resource Educator, Cornell University Extension

2018-2022

- Public health research, curriculum writing, program development, delivery of public health-based education, community work, and management of public health staff, focusing on one health and holistic wellness
- Continued collaborative research and work with faculty from Cornell University on environmental health, food systems, wild edibles (foraging; indigenous and colonial knowledge), and plant-rich diets, including publication of several curricula and learning tools
- Preceptor/mentor for public health and dietetic students completing practicums, capstone projects, and internship rotations: Cornell University, Eastern Michigan University, University of Albany, SUNY Plattsburgh, Russell Sage College, SUNY Adirondack

Adjunct Professor of Biology, SUNY Adirondack

2017-2022

- Development and delivery of science-based course material, lectures, and laboratory work for traditional and entirely virtual delivery (separate courses) of introductory biology courses for around 48 students per semester
- Development of innovative methods of instructional design and delivery to meet the needs of a very diverse student body population, including adult students returning to college after many years away from the classroom, students with a variety of disabilities, and first-generation students

Subject Educator III, Cornell University Extension

2016-2018

- Collaboration with faculty from Cornell University: plant-rich diets, indigenous food sovereignty, invasive species, climate change
- Development, and implementation of innovative educational programming for community and professional audiences, with a focus on one health and holistic wellness, including environmental health, food systems/sustainability/security/sovereignty/apartheid, nutrition, and wellness

Community Educator, Cornell University Extension:

2015-2016

- Development and implementation of a variety of professional and community-facing workshops, lectures, and outreach events, with a focus on environmental education, sustainable agriculture, nutrition and wellness, and positive youth development.

Assistant Director, The Open Door Mission, Glens Falls, NY

2008-2011

- Assisted with operational oversight of 501(c)3 soup kitchen and homeless shelter, including grant writing, fundraising, public relations, public speaking/radio/television interviews, website

maintenance, volunteer management, adherence to all federal/state/local guidelines and safety protocols, client referral, etc.

High School Instructor, The King's School: Hadley, NY

2001-2008

- Regular attainment of excellent student scores, development of curricula, and creation of inventive science laboratory experiences for NYS Regents Honors Courses: Living Environment, Chemistry, Global Studies I and II, and Health

HONORS AND SELECTED AWARDED GRANTS

Early Career Mentorship Program 2024

American Society of Nutrition (ASN)

Online Teaching Excellence Award (Nomination) 2023

George Mason University

Best Education Curriculum Package, 4-H Outdoor Cooking 2020-2021

National Extension Association of Family and Consumer Sciences (NEAFCS)

State Award (New York)

Best Education Curriculum Package, 4-H Outdoor Cooking 2020-2021

National Extension Association of Family and Consumer Sciences (NEAFCS)

Region Award (Eastern States District)

Continued Education Award for Academic and Professional Excellence 2020

Fred B Morris Professional Development

Selected Grants:

Belonging and Bienestar CTSC 2024

\$45,000 (Co-I)

New York State Ag and Markets Farm to School Grant 2022

\$192,034 (PI)

USDA: Agriculture and Food Research Initiative (AFRI) Grant 2022

\$15,000 (co-PI)

Wal-Mart Healthy Habits Grant 2020

\$28,350 (co-PI)

United Health Care Food Smart Families Grant 2018

\$22,980 (co-PI)

PUBLICATIONS

Published

Mitcham, MM. Sea Salt as a Food Preservative. In: Saini, R, ed. *Science of Sea Salt*. 2022.

Mitcham, MM. Hawthorn. In: Wallace, TC, ed. *Health Professional's Guide to Dietary Supplements*. NY, NY: Academy of Nutrition and Dietetics; 2023.

Mitcham, MM. Horehound. In: Wallace, TC, ed. *Health Professional's Guide to Dietary Supplements*. NY, NY: Academy of Nutrition and Dietetics; 2023.

Mitcham, MM. An exploration into public health experiences of rural residents to facilitate understanding of chronic poor health habits: A phenomenological study [Ph.D. dissertation]. Lynchburg, VA: Liberty University; 2021.

Mitcham, MM, Wolfe, W, Tidball, M, Bowe, J, Tidball, K. *4-H Outdoor Cooking*. Cornell University Cooperative Extension; 2020.

Mitcham, MM. Addressing youth obesity in Warren County, NY, through the provision of nutrition and health education [master's thesis]. Lynchburg, VA: Liberty University; 2016.

Charoenmuang M, Helmholtz A, Mitcham M. Food systems for thought and change. <https://4-h.org/about/4-h-at-home/food-systems/>. 2021

Submitted

Mitcham, MM. Ducks, dandelions, Dutch ovens, and discussions: Using innovation to address community health disparities. Submitted to: *Journal of Community Health*, 2023

Mitcham, MM. Making baked squash blossoms: Methods of effective rural public health education. Submitted to: *Health Education Journal*, 2023

Mitcham, MM. Hiking towards connection: Fostering mental wellness through an intergenerational approach. Submitted to: *International Journal of Health, Nutrition and Exercise Science*, 2023

Mitcham, MM, Gazpacho andaluz: Combating extreme heat through community education. Submitted to: *Climate and Health Journal*, 2023

In Progress

Mitcham, MM, Winter, P., Darnell C. Why Rural: A Meta-Synthesis of Rural Health Needs. Pending submission to: *The Journal of Rural Health*, 2024

Mitcham, MM. A Potluck Dinner Approach to Addressing Health Problems: Exploring Interdisciplinary Strategies. Pending submission to: *Nature Human Behavior*, 2024

Mitcham, MM, Charoenmuang, M. It's Not Just Farming: An Interdisciplinary Approach to Food Systems Exploration. Pending submission to: *Journal of Agricultural Education*, 2024

PRESENTATIONS, ABSTRACTS, AND INVITED LECTURES

- “Ducks, Dandelions, Dutch Ovens, and Discussions: Innovative Approaches to Addressing Health Disparities.” Invited Speaker, 2023 Education and Health Research Hub Speaker Series
- “A Potluck Dinner Approach to Addressing Health Problems: Exploring Interdisciplinary Strategies.” Concurrent Presentation, 2023 Open Forum: Next Generation National Conference

- “Ducks, Dandelions, Dutch Ovens, and Discussions: A Community Approach to Combatting Loneliness.” Session Presentation, 2023, 2nd Annual The People’s Conference.
- “Foraging Walk (collab with Dr. MB Babos) and Innovative Rural Health Community Work.” Breakout Session and Roundtable Panel, 2023 Head for the Hills - Southwestern Virginia Medical Consortium Annual Conference
- “Sneaking Spinach- How To Create Healthy Snacks and Meals that Kiddos Will Actually Enjoy.” Keynote Presentation, 2023 NYS Early Childhood Conference
- “Making Baked Squash Blossoms: Methods of Effective Rural Public Health Education .” Breakout Session Presentation, 2023 Annual Conference for National Network of Public Health Institutes (NNPHI)
- “Social Seniors on Snowshoes: Supporting Community Health Through Collaboration.” Breakout Session Presentation, 2023 Food Justice Summit
- “Jackwax, Snow Cream, and Smoothies: Making Natural Food Exploration Fun!” Spring Lecture Series, 2023 Southern Adirondack Childcare Network. Annual Conference
- “The Kitchen Table Approach: Creating Community in Online Education.” Invited Speaker, 2022 College of Public Health Lightning Talks
- “Social Seniors on Snowshoes: Supporting Community Health Through Collaboration.” Conference Poster Presentation, 2022 National Association of County and City Health Officials (NACCHO) 360 Conference
- “Broccoli is Beautiful: Fueling Good Health Through Nutrition and Healthy Living Education.” Annual Conference Presentation, 2022 American Association of University Women (AAUW) Eastern Region Conference
- **Concurrent Presentation**, 2021 Epsilon Sigma Phi (ESP) National Conference; Returning to Rural Roots: Fostering Community Through Food, Learning, and Fun
- **Concurrent Presentation**, 2021 National Association of County and City Health Officials (NACCHO) 360 Conference; Returning to Rural Roots: Fostering Community Through Food, Learning, and Fun
- **Breakout Session**, 2021 The Food Summit (The Food Pantries for the Capital District); Moving from Personal Food Shame to Loving Food in the Community
- **Breakout Session**, 2021 National Rural Health Association Rural Health Equity Conference; Combatting Loneliness Through Experiential Education
- **Interview and Cooking Demonstration**, 2021 Rural Child Hunger Summit: “A Pinch of This: Flexible Approaches to Feeding Your Family”
- **Conference Panel Presentation**, 2021 Craigardan's Summit: “Feed Back, Move Forward: Responding to 2020”; Returning to Rural Roots: Fostering Community Through Food, Learning, and Fun
- **Faculty Lecture and Professional Development**, 2021 SUNY Adirondack Spring Faculty Lecture Series; Combatting Loneliness: Intergenerational Experiential Education as an Effective Means of Fostering Connectivity
- **Concurrent Presentation**, 2020 New York Upstate Chapter of the American Planning Association Chapter Conference; Ducks, Dandelions, and Dutch Ovens: Addressing food insecurity through experiential learning practices
- **Professional Development Presentation**, 2020 Remaining Whole, Hopeful, and Human Webinar Series for Cornell University Cooperative Extension: Moving from Personal Food Shame to Loving Food in Community
- **Professional Development Webinar**, 2020 NAE4-HA: Ducks, Dandelions, and Dutch Ovens: Addressing Food Insecurity and Poor Nutritional Habits through Experiential Learning Practices
- **Breakout Session**, 2020 Family Child Care Association of New York State, Inc. Annual Conference; Healthy Lifestyles

- **Breakout Session**, 2020 New York Public Health Association (NYPHA) Annual Conference; Combatting Loneliness: Intergenerational Experiential Education as an Effective Means of Fostering Connectivity
- **Roundtable Presentation**, 2020 Open Forum for National Network of Public Health Institutes (NNPHI); Combatting Loneliness: Intergenerational Experiential Education as an Effective Means of Fostering Connectivity
- **Concurrent Presentation**, 2020 Southern Adirondack Child Care Network Spring Lecture Series; Healthy Lifestyles
- **Report Presentation**, 2020 Adirondack Health Institute (AHI) Public Health Improvement Plan (PHIP) Stakeholder Meeting; Warren County Healthy Community Design Project Report
- **Keynote Presentation**, 2019 Beauty Out of Brokenness Conference; Overcoming Adversity
- **Annual Meeting Workshop**, 2019 Joint Educators Meeting Conference for Cornell Cooperative Extensions of Western New York State; Outdoor Cooking Workshop
- **Conference Panel Discussion**, 2019 Food Summit Conference for The Food Pantries (TFP); Innovations in Food Security
- **Breakout Session**, 2019 New York Public Health Association (NYPHA) Annual Conference; Addressing Food Insecurity Through Experiential Learning
- **Faculty Lecture and Professional Development Presentation**, 2018 SUNY Adirondack's College Lecture Series; Addressing Food Insecurity Through Experiential Learning
- **Breakout Session**, 2018 NYS Association of Cornell Cooperative Extension 4-H Educators (NYSACCE4HE) Conference; Outdoor Cooking Workshop
- **Professional Development and Community Presentation**, "2016 The Farm Talks; Invasive Species of Concern in the Adirondack Park

RESEARCH AREAS/COLLABORATIONS

Summary: My research focuses on the interplay between humans and their environment, leveraging available resources to achieve better community health outcomes, and exploring intergenerational and interdisciplinary approaches to foster personal connectedness.

Methodologies: Qualitative (Hermeneutic Phenomenology, Phenomenology, Case Study, PhotoVoice, Concept Mapping, Narratives, etc.) and Mixed-Methods Research

Projects:

- **Understanding the Holistic Impact of Food as Medicine; PI;** qualitative research into the holistic health impacts of food as medicine programs; collaboration with the New York State Food as Medicine Coalition (2024-present)
- **Community Nourishment Project Expansion Network;** Contractor, creation of nutrition curriculum for medical residents to use in rural community and steering committee member of FARMacy plan; collaboration with PI Dr. Wendy Welch (Graduate Medical Education Consortium of Southwest Virginia (2024-present)
- **Belonging and Bienestar;** Co-I and Catalyst, conducting research into the perception of loneliness among seniors residing in rural New Mexico, using concept mapping, collaboration with PI Dr. Janet Page-Reeves (University of New Mexico) (2023-present)
- **Enhancing Resiliency in Rural First Responders: A Key to Protecting Mental Health;** Co-I, researching resiliency of rural first responders through measurements of a redesigned resiliency badge and implemented training to meet specific needs of rural first responders, collaboration with Dr. Ali Weinstein (2023; applied)

- **Community Responses to Extreme Weather Events**, Co-I, conducting research into the understanding and mitigative strategies related to extreme heat by residents and municipal workers in Alexandria, VA, collaboration with the Virginia Climate Center (VCC, contracted through the City of Alexandria, VA; mentoring GRA Pooja Thakkar) (CPH, GCH, 2023)
- **Food Insecurity in Hispanic/Latinx Populations**, meta-synthesis project mentoring GPA Eyesha Shaikh (CPH, SOCW, 2023)
- **Intergenerational Education as Means of Social Connectivity**; ongoing solo research project (2021-present), project mentoring GRA Claire Darnell (CPH, SOCW, 2023)
- **Wild Edibles (Northeastern US Foraging Resource)**; co-PI, addressing food insecurity and lack of nutrition and environmental health knowledge through creation and use of an identification guide and for instruction of 4-H youth and community members on safe foraging practices, including First Nations component; collaboration with Pat Banker, John Bowe, and Dr. Mingla Charoenmuang, Cornell University Cooperative Extension, and Dr. Karim-Aly S. Kassam, International Professor of Environmental and Indigenous Studies in the Department of Natural Resources and the American Indian and Indigenous Studies Program at Cornell University (2019-present)
- **Plant-Rich Diets**; co-I, research into recipe design, nutritional profile, and cost effectiveness of plant-rich recipes for rural audiences, including carbon emission calculation of plant-rich diets; collaboration with Dr. Yue Li, Civic Ecology Lab at Cornell University, and Dr. Marianne Krasny, Professor and Director of the Civic Ecology Lab in the Department of Natural Resources at Cornell University (2020-2022)
- **Food Systems Exploration**; co-I, development and creation of national interactive food systems curriculum (online and printed versions) for 4-H and other youth aged 4-19, collaboration with Dr. Mingla Charoenmuang, NYS 4-H Health, Wellness, and Food Systems Specialist at Cornell University (2021-2022)
- **An Exploration into Public Health Experiences of Rural Residents to Facilitate Understanding of Chronic Poor Health Habits**; PI; solo research project exploring the barriers to rural residents' implementation of public health information (2021)
- **Community Engagement in Climate Change Effects**; ongoing research project in collaboration with Dr. Mingla Charoenmuang, NYS 4-H Health, Wellness, and Food Systems Specialist at Cornell University, (2023-present)
- **Rural Gender Identity**; PI; ongoing solo research project; exploring gender identity of rural residents through mixed-methods and ethnographic research (2021-present)

DEPARTMENT, COLLEGE, AND UNIVERSITY SERVICE

- Mentor, RISE Program, 2024
- Cohort Member, Anti-Racist and Inclusive Teaching (ARIT) Campus Champion Program, 2023-present
- Mentor, Graduate Students (GRA and GPA), College of Public Health, 2023-present
- Interim Director, Master's Program, Department of Global and Community Health, 2023
- Public Health Faculty Team (PHFT); CEPH Self-Study, 2023-present
- GCH 500 College of Public Health Revision Team, College of Public Health, 2023
- Term Faculty Search Committee, Department of Global and Community Health, 2023
- Director, Online MPH Program, Department of Global and Community Health, 2022-present
- MPAC (Masters Program Advisory Committee), Department of Global and Community Health, 2022-present

- Working Group Member, Center for Health Equity, College of Public Health, 2022 - present
- Working Member, Education and Health Hub, Center for Social Science Research, 2022-present

COMMUNITY SERVICE

OLLI (Osher Lifelong Learning Institute) at George Mason University: Development and delivery of remote lectures, workshops, and cooking demonstrations based on empirical nutrition and healthy living information, 2023-present

4-H and Cornell University Extension: Instruction and subject-matter expertise for community work: environmental health, food sovereignty education, outdoor cooking, nutrition, foraging, positive youth development work, holistic wellness, senior well-being, green community design, 2022-present

BOW (Becoming an Outdoors Woman): Volunteer instructor (hunting, bowhunting, foraging, kayaking, hiking) for women-only outdoor education workshops, 2020-present

New York Youth Institute (NYI) : World Food Prize Roundtable Expert, 2021-2022

HLCS Committee Special Education: Special Education Parent Liaison, 2015-2020

Boy Scouts of America: Troop Committee Chair and Merit Badge Counselor, 2008-2020

PROFESSIONAL AFFILIATIONS/LEADERSHIP ROLES

- *Advances in Nutrition*; Reviewer, 2021-present
- NYS Food as Medicine Coalition Committee Member, 2023-present
- American College of Lifestyle Medicine (ACLM), 2022-present
- American Society for Nutrition (ASN), 2016-present
- American Public Health Association (APHA), 2022-present
- Virginia Rural Health Association (VRHA), 2022-present
- Virginia Public Health Association, 2023-present
- Adirondack 46ers
- Cornell University Extension Food Systems Project Work Team (PWT), 2020-present
- Epsilon Sigma Phi (Lambda Chapter), 2019-2022
- New York Public Health Association (NYPHA); Policy and Advocacy Committee (PAC) 2021-2022
- Cornell University Extension Youth Healthy Eating and Active Living Project Work Team (Y-HEAL PWT); co-chair 2020-2022
- Cornell University Extension (CCE) Diversity, Equity, and Inclusion (DEI)/Belonging Leadership Team; Consultive Committee Member 2021-2022
- National Extension Association of Family and Consumer Sciences (NEAFCS), 2017-2021; New York Treasurer 2021
- New York Public Health Association (NYPHA); Maternal and Child Health (MACH) Committee, 2021
- American Botanical Council, 2015-2021
- Kappa Delta Pi, 2018-2021