

Tyana J. Ellis, PhD, MSPH, CHES®

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Education

PhD in Health Communication

University of Alabama, August 2022

Dissertation Title: “A lot of us struggle with food”: Investigating the communicative, intersectional, and systemic nature of college food insecurity

M.S. in Public Health

Campbell University, May 2019, Summa Cum Laude

Capstone Title: Characterizing Food Insecurity Among College Students Enrolled in Campbell University’s College of Pharmacy and Health Sciences

B.S. in Health Communication

Campbell University, May 2019, Magna Cum Laude

B.A. in Communication, Public Relations

Campbell University, May 2019, Magna Cum Laude

Capstone Title: The Power of Working with One Another: Achieving Community Empowerment by Using Liberating Structures

Certifications

Certified Health Education Specialist (CHES®)

CHES® #: 38855

Certified Through: September 30, 2028

Score: 741 out of 800 (passing score = 600)

Seizure Recognition and First Aid Certification (ILT) – v2.0

Issued by the Epilepsy Foundation of America

Certified Through: April 2, 2026

Academic and Professional Experience

2024 – present

Assistant Professor

Department of Communication and Department of Public Health
North Carolina Wesleyan University

2022 – 2024

Visiting Assistant Professor

Department of Health Studies
University of Richmond

2023 – present	Public Speaking Coach Public Speaking For Teens
2019 – 2022	Graduate Teaching Assistant Department of Communication Studies College of Communication and Information Sciences The University of Alabama
2019 – 2022	Graduate Research Assistant Department of Communication Studies College of Communication and Information Sciences The University of Alabama
Summer 2019	Assistant Director Campbell Youth Theological Institute Campbell University
2017 – 2019	Graduate Assistant Office of Spiritual Life Campbell University
Summer 2018	Student Mentor Campbell Youth Theological Institute Campbell University
2017 – 2018	Public Health Student Intern Hope for Haiti Zorange, Haiti
Fall 2017	Public Health Student Intern On Target Preparedness Buies Creek, NC
Summer 2017	Student Mentor Campbell Youth Theological Institute Campbell University
Spring 2017	Public Relations Intern Campbell Youth Theological Institute Campbell University

Publications

- Ellis, T. J. (in press). *The Communicative, Intersectional, and Systemic Nature of College Food Insecurity*. Lexington Books.
- Ellis, T. J. (in press). “It’s not a matter of choice”: The intersectional and systemic nature of college food insecurity. *Review of Communication Special Issue on Thinking Critically about Critical Communication*.
- Ellis, T. J. (in press). The Importance of Instructor Social Support for College Students’ Mental Health. In L.B. Carper (Ed.), *Innovative Approaches in Narratives and Health Communication*. Vernon Press.
- Ellis, T. J., & Koh, L. (in press). Gastronomic solutions: Exploring enteral and parenteral nutrition for optimal patient care. In A.K. Mitra & D. Vanoh (Eds.), *Essentials of Clinical and Public Health Nutrition*. Springer.
- Ellis, T. J. (in press). Research is in Your Reach! In-Class Research Activity. In E. E. Johnson-Young, A. Y. Goldman, & A. R. Walker (Eds.), *Collaborative Team-Based and Experiential Learning: A Path to Student Innovation in Communication*. Peter Lang International Academic Publishers.
- Ellis, T. J. (in press). Photovoice Scavenger Hunt: Critically Evaluating how Campus Environments Communicate about Health. In K. Rudick (Ed.), *Teaching from the Heart: Critical Communication Pedagogy in the Communication Classroom (Second Edition)*. Cognella.
- Ellis, T. J. (in press). Communication Apprehension about College Food Insecurity. In S. Prentiss & D. Horn (Eds.), *Communication Anxiety and Apprehension*. Routledge.
- Franco, C. L., & **Ellis, T. J.** (in press). Communication Apprehension and Death: Identifying Factors and Mitigating Anxiety and Avoidance around Discussing End-of-Life Topics. In S. Prentiss & D. Horn (Eds.), *Communication Anxiety and Apprehension*. Routledge.
- Ellis, T. J. (2024). Crisis Communication Group Case Study. In B.N. Frisby & R. Kaufmann (Eds.), *Teaching Communication Series: Pedagogical Resources*. Cognella.
- Vahedi, L, Harb, C., Tate, S., Nguyen, A., **Ellis, T.**, Woolsey, S., & Suen, J. J. (2023). When peace is threatened, so is public health. *American Journal of Public Health* 113(2), 132. <https://doi.org/10.2105/AJPH.2022.307185>
- Bissell, K., & **Ellis, T.** (2021). How the female athletes of the Tokyo Olympics are reframing the way we think about motherhood. *Olympic Analysis*.

Bissell, K., **Ellis, T.** (2021). Are children getting outplayed? Examining the intersection of children's involvement in physical education, youth sports, and their health and well being. *Handbook of Communication and Sport*. (Ed. Michael Butterworth). Mouton de Gruyter Publishers.

Conference Presentations

Ellis, T. J. (Accepted – October 2024). Using the Healthy Food Pantry Assessment Toolkit (HFPAT) to identify policy, systems, and environmental (PSE) changes for a local Virginia food pantry. American Public Health Association Annual Meeting and Expo, Minneapolis, MN.

Ellis, T. J. (Accepted – October 2024). Photovoice Scavenger Hunt. American Public Health Association Annual Meeting and Expo, Minneapolis, MN.

Hathorn, B., & **Ellis, T. J.** (Accepted – October 2024). Strengthening the public health nursing workforce through improved clinical competency: A systematic review of hands-on skills training for nurses. American Public Health Association Annual Meeting and Expo, Minneapolis, MN.

Ellis, T. J. (April 2024). The communicative experience of college food insecurity. Southern States Communication Association Annual Convention, Frisco, Texas.

Chamblee, C., **Ellis, T. J.**, Harris, T. M., Kopfman, J., LeFebvre, L., McCornack, S., & Morrison, K. (April 2024). Prioritizing holistic wellness in the academic career: Self-care from grade school to tenure to retirement. Southern States Communication Association Annual Convention, Frisco, Texas.

Ellis, T. J. (November 2023). "It's not a matter of choice": Investigating the intersectional and systemic nature of college food insecurity. National Communication Association Annual Convention, National Harbor, Maryland.

Ellis, T. J. (November 2023). G.I.F.T.S.: Research is in Your Reach! In-Class Research Activity. National Communication Association Annual Convention, National Harbor, Maryland.

Ellis, T. J. (November 2023). "There is a wild spectrum of food insecurity": Describing the phenomena of college food insecurity. American Public Health Association Annual Meeting and Expo, Atlanta, Georgia.

Ellis, T. J. (November 2023). Graduate students are unknowingly food insecure: Examining the relationship between the USDA's food security survey module and food security status self-identification. American Public Health Association Annual Meeting and Expo, Atlanta, Georgia.

- Farmer, J. D., Allen, G., **Ellis, T.**, Holquist, D., Seymour, J., Wilson, C., & Woods, C. (April 2023). Undergraduate research foreshadows the future: Creating foundations for emerging scholars. Southern States Communication Association Conference, St. Petersburg, Florida.
- Ellis, T. J. (November 2022). Instructor Perspectives on Providing College Students with Mental Health Social Support. National Communication Association Annual Convention, New Orleans, Louisiana.
- Ellis, T. J., Vahedi, L., Suen, J. J., Harb, C., Tate, S., Woolsey, S., & Nguyen, A. (November 2022). Student Perspectives on Peace as a Fundamental Determinant of Health. American Public Health Association Annual Meeting and Expo, Boston, Massachusetts.
- Bissell, K., Dirks, E., Chou, S., & **Ellis, T. J.** (August 2022). Athletes at the Met Gala: Examining Race as Moderator of Social Comparison. Association for Education in Journalism and Mass Communication Annual Conference, Detroit, Michigan.
- Ellis, T. J., Chou, S., Dirks, E., Billings, E., Pyle, B., Bissell, K., & Bolland, A. (May 2022). G.I.F.T.S.: Enhancing Persuasive Public Speaking with Biometrics Assessment. International Communication Association Annual Meeting, Paris, France.
- Bissell, K., Dirks, E., Billings, A.C., **Ellis, T. J.**, Chou, S., & Park, B. (May 2022). Patriotism, Nationalism, and Sports Fandom: Predictors of Attitudes Toward Disability and Stigma in Sport. International Communication Association Annual Meeting, Paris, France.
- Bissell, K., Chou, S., Dirks, E., & **Ellis, T. J.** (May 2022). “Pivoting” to Online Learning Modules for Health Intervention Programs: Adapting a Health Intervention Program into Online and Virtual Learning Spaces for Children and Adolescents. International Communication Association Annual Meeting, Paris, France.
- Ellis, T. J. (April 2022). “It Shows that Someone Actually Cares”: The Importance of Instructor Social Support for College Students’ Mental Health. Kentucky Conference on Health Communication, Lexington, Kentucky.
- Ellis, T. J. (April 2022). Measuring the Effects of Covert Advertising on TikTok via Eye-Tracking and Self-Reports. Broadcast Education Association Annual Convention, Las Vegas, Nevada 2022.
- Ellis, T. (November 2021). Understanding the Role of Instructor Social Support on College Students’ Mental Health. National Communication Association Annual Convention, Seattle, Washington.

Ellis, T. (November 2021). G.I.F.T.S.: Crisis Communication Group Case Study. National Communication Association Annual Convention, Seattle, Washington.

Ellis, T. (April 2021). “Get Excited to Eat Ramen”: College Students’ Perspectives on Experiencing Food Insecurity. D.C. Health Communication Conference, Washington, D.C.

Ellis, T. (April 2021). “On the Frontline”: A Community Based Participatory Research Approach in Understanding College Food Insecurity. D.C. Health Communication Conference, Washington, D.C.

Ellis, T., & Farmer, J. D. (November 2019). “The Power of Working with One Another”: Lessons Learned in Achieving Community Empowerment through Liberating Structures. National Communication Association Annual Convention, Baltimore, MD.

Ellis, T. & Farmer, J. D. (April 2019). “The Power of Working with One Another”: Achieving Community Empowerment by Using Liberating Structures. Southern States Communication Association Annual Convention, Montgomery, AL.

Ellis, T. & Pajak, M. (February 2019). “Getting Back to Our Roots.” Rural Food Access Summit, Buies Creek, NC

Ellis, T., Bonner, K., Weaver, K., Holmes, P., Reichert, D., Simuel, S., & Ahiawodzi, P. (November 2018). Risk Factors for Motor Vehicle Deaths in the United States. American Public Health Association Annual Meeting and Expo, San Diego, CA.

Research Interests

Food Insecurity, Health Communication, Mental Health, Intersectionality, Health Disparities, Vulnerable Populations, Liberating Structures.

Teaching

North Carolina Wesleyan University

- Public Speaking, COM 130 (Fall 2024)
- Mass Communication, COM 200 (Fall 2024)

University of Richmond

- Global Health, HS 101 (Spring 2023, Spring 2024)

- Health Communication, HS 397 (Fall 2023)
- Independent Study, HS 395 (Fall 2023)
- Patients and Providers, HS 202 (Fall 2022, Spring 2023)
- Health Policy, HS 100 (Fall 2022, Fall 2023)

Public Speaking for Teens

- College Essay Prep (Spring 2024, Summer 2024)
- Speak WITH, Social Skills (Fall 2023, Spring 2024)
- Speech and Essay Writing (Fall 2023, Spring 2024)
- Private Tutoring (Summer 2023, Fall 2023, Spring 2024)
- Speak UP, Intermediate Public Speaking (Summer 2023, Fall 2023)
- Pre-College Social and Presentation Skills Virtual Camp (Summer 2023)
- Presentation and Social Skills In-Person Camp (Summer 2023)
- Writing, Interpersonal, and Presentation Skills Virtual Camp (Summer 2023, Summer 2024)
- Summer Speech and Essay Writing Virtual Camp (Summer 2023)

University of Alabama

- Business and Professional Communication, COM 352 (Summer 2022)
- Communication and Diversity, COM 413 (Spring 2022)
- Honors Public Speaking, COM 124 (Fall 2021)
- Small Group Communication, COM 225 (Spring 2021)
- Organizational Communication, COM 350 (Fall 2020)
- Public Speaking Lab Instructor, COM 123 (Fall 2019, Spring 2020)

Tutoring

- Public Speaking, Math, and American Sign Language Tutor (Summer 2020)
- Public Health Writing Tutor (Fall 2018, Spring 2019)
- Hope for Haiti English Teacher (December 2017)

Teaching Interests

Health Communication, Public Health, Global Health, Health Policy, Organizational Communication, Small Group Communication, Communication and Diversity, Public Speaking.

Invited Speaker

- Community Health Leadership Guest Lecturer. North Dakota State University MPH Program, January 2024.
- Global Health Guest Lecturer. Campbell University MSPH Program, January 2024.

- Principles of Epidemiology Alumni Guest Speaker. Campbell University MSPH Program, January 2024.
- Biometrics Lab Workshop. The Institute for Communication and Information Research at The University of Alabama, August 2021
- “Communication Competence: How to Improve your Communication Skills as a Health Professional.” Campbell University Interprofessional Education Workshop, April 2021
- University of Alabama Undergraduate Research and Creative Activity Conference Presentation Skills Workshop, March 2021

Fellowships

2022 – 2023	<p>American Journal of Public Health Student Think Tank Fellow Selected as 1 of 6 students across the United States to advise the AJPH Editor-in-Chief, manage a student newsletter based on Journal research, coordinate social media, and collaborate with Journal staff on key student projects.</p>
2021 – 2022	<p>American Public Health Association Food and Nutrition Section Fellow Selected as 1 of 6 students across the United States to serve as a one-year fellow for the Food and Nutrition Section of APHA in order to network in public health nutrition, learn more about the field, and develop leadership skills.</p>
2018 – 2019	<p>Wallace Servant Leadership Fellow Selected as 1 of 2 MSPH students at Campbell University to represent the department in an interprofessional group of health science students to discuss matters of leadership and purpose with the Chancellor.</p>

Grants

Spring 2023	<p>Community-Based Learning Course Support Grant, University of Richmond: \$150</p>
Spring 2023	<p>Community-Based Learning Course Support Grant, University of Richmond: \$150</p>
Fall 2022	<p>Community-Based Learning Course Support Grant, University of Richmond: \$150</p>

Fall 2022	Community-Based Learning Course Support Grant , University of Richmond: \$150
Fall 2021	Diversity, Equity, and Inclusivity (DE&I) Grant , National Communication Association Health Communication Division: \$521
Fall 2021	Research Grant , The University of Alabama: \$1,000
Fall 2021	Student Caucus Travel Grant , National Communication Association: \$300
Spring 2021	Research Grant , The University of Alabama: \$126
Fall 2019	Research Grant , The University of Alabama: \$1,000
Fall 2019	Student Caucus Travel Grant , National Communication Association: \$170
Spring 2019	Research Grant , Campbell University: \$700
Fall 2018	Conference Travel Grant , Campbell University: \$700
Fall 2018	Conference Travel Grant , Campbell University: \$240
Summer 2018	Conference Travel Grant , Campbell University: \$500
Fall 2017	Conference Travel Grant , Campbell University: \$270

Awards and Honors

Top G.I.F.T.S. (Great Ideas for Teaching Students) Award from the Instructional and Developmental Communication Division at the International Communication Association 2022 Conference in Paris, France.

MSPH Student Ambassador of the Year: 2018 – 2019

Certificate of Merit – 29th Annual Theodore Clevenger, Jr. Undergraduate Honors Conference Selected Participant

Professional Memberships

National Communication Association
American Public Health Association
Southern States Communication Association
Lambda Pi Eta National Communication Association Honor Society
Omicron Delta Kappa National Leadership Honor Society
Phi Kappa Phi Honor Society
Delta Phi Epsilon Sorority
Phi Eta Sigma Honor Society

Service

2024 – present	Southern States Communication Association Health Communication Division Vice Chair: Planning the 2025 Health Communication Division convention program, representing the Health Communication Division during convention planning meetings, leading business meetings, and assisting the Chair as needed.
Spring 2024	Abstract Reviewer: Abstract reviewer for the 2024 American Public Health Association Annual Meeting and Expo.
Fall 2023	Session Moderator: Moderator for the Food and Nutrition Section at the 2023 American Public Health Association Annual Meeting and Expo. Session Titles: Nutritional Disparities and Food Insecurity across Major States and Communities in America; Assessment of Food Insecurity and the Local Food Environment.
Summer 2023	Article Reviewer: Article reviewer for the Marshall Journal of Medicine.
Summer 2023	Film Reviewer: Film reviewer for the 2023 American Public Health Association Annual Meeting and Expo.
2023 – 2024	Southern States Communication Association Health Communication Division Vice Chair-Elect: Working with the Vice Chair in the planning of the convention program, chairing the nominating committee, and assisting the Chair and Vice Chair as needed.
Spring 2023	Submission Reviewer: Submission reviewer for the 2023 National Communication Association Annual Convention.
Spring 2023	Abstract Reviewer: Abstract reviewer for the 2023 American Public Health Association Annual Meeting and Expo.

- Fall 2022 – present **American Public Health Association Food and Nutrition Section Mentoring Committee Chair:** Serving as the Chair of the Food and Nutrition Section Mentoring Committee, overseeing the Mentoring Program and Fellows Program, creating the handbook/application/promotional materials, choosing the mentor-mentee matches, and producing Mentoring Program newsletters with suggested readings, discussion questions, and Food and Nutrition Section updates.
- Fall 2022 **American Journal of Public Health Guest Editor:** Served as a guest editor for the American Journal of Public Health, chose the theme's edition, created a call for papers, reviewed and selected manuscripts, co-authored an editors' choice, and moderated a symposium.
- Fall 2022 **Session Moderator:** Moderator for the Food and Nutrition Section at the 2022 American Public Health Association Annual Meeting and Expo. Session Title: The Economics of Healthy Nutrition.
- Fall 2022 **Session Chair:** Chair for the Undergraduate College and University Section at the 2022 National Communication Association Annual Convention. Session Title: Creating Space and PLACE for Student Mental Health on College Campuses.
- Spring 2022 **Submission Reviewer:** Submission reviewer for the 2022 National Communication Association Annual Convention. Reviewed manuscripts and panel submissions.
- Fall 2021 **Abstract Reviewer:** Abstract reviewer for the 2022 Society for Public Health Education Annual Conference.
- Spring 2021 **Abstract Reviewer:** Abstract reviewer for the 2021 American Public Health Association Annual Meeting and Expo.
- 2017 – 2019 **Campbell University Public Health Association:** Served on the Executive Board and elected into the positions of Director of American Public Health Association, Vice President, and President. Coordinated and oversaw events, communicated with administration, and delegated tasks.
- 2018 – 2019 **MSPH Student Ambassador:** Chosen by a faculty committee to serve as Co-President of the MSPH Student Ambassadors. Planned and attended large-scale and individual student visitations.

- 2018 – 2019 **Campus Kitchen at Campbell University:** Served as an advisor for a student group part of a national organization (The Campus Kitchens Project) to combat food waste and food insecurity.
- Spring 2019 **Spring Fling:** Planned and executed a service event to bring college students and local developmentally disabled adults together for a day full of engaging activities.
- Spring 2019 **Roots Festival:** Served on an interdisciplinary committee of students and community partners to development and execute a community event centered around the community garden in a rural county.
- Summer 2018 **Campbell University Toronto Mission Team:** Led a team of undergraduate and graduate students to Toronto, Canada. Worked with non-profits offering services for refugee and homeless populations. Participated in events that provided support for at-risk teenagers.
- 2017 – 2018 **Omicron Delta Kappa National Leadership Honor Society:** Chosen by a committee of faculty, staff, and students to serve as the inaugural President of the Campbell University ODK Circle. Created the constitution and bylaws, established community service partners, and served as the national convention delegate.
- Spring 2018 **Campbell University Puerto Rico Mission Team:** Led a team of undergraduate and graduate students to Juana Diaz, Puerto Rico. Assisted in Hurricane Matthew relief efforts.
- 2017 – 2018 **SHINE Advisor:** Served as an advisor for an all-female student ministry group at Campbell University.
- 2017 – 2018 **Catholic Student Association Advisor:** Served as an advisor for the Catholic student ministry group at Campbell University.
- Summer 2016 **Campbell University South Africa Mission Team:** Screened staff at a local non-profit for tuberculosis and worked with a K-12 after-school program.

References

Dr. Kim Bissell, Dean, Manship School of Mass Communication, Louisiana State University, 225-578-1899, kbissell@lsu.edu

Dr. Robin Boylorn, Professor, College of Communication and Information Sciences, Director of the Holle Center for Communication Arts, University of Alabama, 205-348-8078, rboylorn@ua.edu

Dr. Anneliese Bolland, Assistant Professor, College of Communication and Information Sciences, Institute for Communication and Information Research, 205-348-1235, acbolland@ua.edu