

CURRICULUM VITAE

KATHERINE J. SEALS, BS, MPH, MA

Research Coordinator, LSU AgCenter Healthy Communities, CDC High Obesity Program
School of Nutrition and Food Sciences
LSU AgCenter

EDUCATION

PhD Sociology Candidate, Expected Completion: 2027.
Louisiana State University, Baton Rouge, LA.

Master of Arts, Concentration: Sociology, December 2023.
Louisiana State University, Baton Rouge, LA.

Master of Public Health, Concentration: Epidemiology, August 2015.
Louisiana State University Health Sciences Center, New Orleans, LA.
Culminating Experience: *Access to Oral Health Care & Oral Health-Related Quality of Life (OHRQoL) Disparities in U.S. Adults aged 50-59 Years.*

BS Biology, May 2013.
Louisiana State University, Baton Rouge, LA.

PROFESSIONAL EXPERIENCE

2024-present	Research Coordinator, School of Nutrition and Food Sciences, LSU AgCenter, Baton Rouge, Louisiana
2019-present	Research Associate, School of Nutrition and Food Sciences, LSU AgCenter, Baton Rouge, Louisiana
2018	Emergency Preparedness and Outreach Coordinator Intern, Evacuteer.org
2015	Graduate Research Assistant, Tulane Innovations in Positive Parenting Study (TIPPS)

CURRENT DUTIES AND RESPONSIBILITIES

Research Coordinator, LSU AgCenter School of Nutrition and Food Sciences

Katherine Seals is the Program Evaluator for the Healthy Communities CDC High Obesity Program (HOP) at the Louisiana State University (LSU) AgCenter. She holds a bachelor's degree in biological sciences from LSU, a master's in public health from the LSU Health Sciences Center in New Orleans, and a master's in sociology from LSU. Katherine specializes in evaluating multi-level, community-driven approaches to implementing Policy, Systems, and Environmental (PSE) change strategies. Her work primarily focuses on promoting local rural food systems and active transportation among rural Louisiana residents. From 2019 to 2023, Katherine evaluated six grant communities, collecting both qualitative and quantitative data to demonstrate the impacts of the Healthy Communities program. Since 2023, the program has expanded to 12 parishes. In her current role, Katherine collaborates closely with Cooperative Extension agents to collect formative, process, and impact data, thereby providing a robust evidence base for program interventions.

PUBLICATIONS

Seals K., Stroope J, Freightman J, Ainsworth L, Moles A, Holston D. Empty Houses, Loose Dogs, and Engaged Citizens: Lessons Learned From Community Participatory Data Collection in Rural Areas. *Health Promotion Practice*. 2022 Nov;23(1_suppl):140S-148S. PubMed PMID: 36374603.

Losavio, R., **Seals, K.**, Freightman, J., & Holston, D. (2025). Strengthening Rural Food Access in Louisiana: The LSU AgCenter High Obesity Program and the Charitable Food System. *Food Science and Nutrition Cases*, (2025), fsncases20250020.

Stroope, J., Balis, L. E., Garn, A. C., **Seals, K.**, & Holston, D. (2025). Rural Physical Activity in the Mississippi Delta: the moderating influence of stray dogs. *Journal of Healthy Eating and Active Living*, 5(3), 171.

Button, A., Holston, D., Freightman, J., **Seals, K.**, et al. Family weight management in rural U.S. communities: a mixed methods study of parent and child perspectives. *BMC Public Health* **25**, 2089 (2025). <https://doi.org/10.1186/s12889-025-23381-0>

Pathak S., Wang H., **Seals K.**, Adusumilli N, Holston D. Self-assessed health status and obesity vulnerability in rural Louisiana: A cross-sectional analysis. *PLOS ONE*. 2023; 18(6):e0287181-. Available from: <https://dx.plos.org/10.1371/journal.pone.0287181> DOI: 10.1371/journal.pone.0287181

Fergus, L., **Seals, K.**, & Holston, DM. (in press). Nutrition Interventions in Low-income Rural and Urban Retail Environments: A Systematic Review. *Journal of the Academy of Nutrition and Dietetics*.

Published Abstracts:

Seals, K., Freightman, J., Miller, M., & Holston, D. (2021). You SNAP, We Match: Improving Food Access and Stimulating a Rural, Local Food System During a Public Health Crisis. *Journal of Nutrition Education and Behavior*, 53(7), S26-S27.

Greene, M., **Seals, K.**, & Holston, D. (2023). Contrasting Barriers and Facilitators to Policy, Systems, and Environmental Interventions Among Public Health Programs. *Journal of Nutrition Education and Behavior*, 55(7), 66.

Fergus L, **Seals K**, Holston DM. Effectiveness of Nutrition Interventions in Low-Income Rural and Urban Retail Environments: A Systematic Literature Review. *Journal of Nutrition Education and Behavior*, Volume 52, Issue 7, Supplement, 2020, Pages S24-S25, ISSN 1499-4046, <https://doi.org/10.1016/j.jneb.2020.04.065>

Conference Presentations:

Seals, K., Freightman, J., Miller, M., Holson, D. Centering Community Needs Through Visioning Sessions: Tools for Purposeful Engagement. Society for Nutrition Education and Behavior. Washington, D.C., July 2026.

Seals, K., Mottey, E., Holston, D. (2026, July). "Every Dollar Counts!": *Rurality and household characteristics shape utilization of a produce prescription program in Louisiana* [Poster presentation]. NUTRITION 2026, American Society for Nutrition, National Harbor, MD. (Late-Breaking Abstract LB03-15-26)

Seals, Katherine. Food Shopping Discrimination and Food Insecurity in Rural Louisiana. Rural Sociology Society, Madison, WI. July 2024.

Seals, Katherine. Building Healthy Communities through Cooperative Extension. Louisiana Rural Health Summit. Baton Rouge, LA. August 2024.

Fergus L, **Seals K,** & Holston, D. (2020). Effectiveness of Nutrition Interventions in Low-income Rural and Urban Retail Environments: A Systematic Literature Review. Presentation for the Society for Nutrition Education and Behavior, San Diego, CA (virtually). July 2020.

Extension and Outreach Publications:

Seals, K., Miller, M., Freightman, J., Temple, A., & Denise Holston (2025). Louisiana Fruit and Vegetable Voucher Incentive and Produce Prescriptions (FVP) Landscape Review.
<https://www.lsuagcenter.com/~media/system/3/f/5/a/3f5a0f1dc1cfaef11587761949a61b3a/lsu%20agcenter%20fvp%20landscape%20review%20final%20draftpdf.pdf>

Losavio, R., **Seals, K.,** Holston, D., & Randazzo, J. (2025). Improving lives through education. Louisiana Agriculture, Winter 2025. LSU AgCenter. <https://www.lsuagcenter.com/articles/page1741196736599>

Seals, K., Freightman, J., Holston, D., & Losavio, R. (2024). Healthy Communities improves health in rural Louisiana through community-driven initiatives. *Louisiana Agriculture*, Summer 2024. LSU AgCenter. <https://www.lsuagcenter.com/articles/page1724168561692>

Losavio, R., Freightman, J., **Seals, K.,** & Holston, D. (2024). Strengthening communities: Empowering food pantries in rural Louisiana. *Louisiana Agriculture*, Winter 2024. LSU AgCenter. <https://www.lsuagcenter.com/articles/page1710184426675>

Seals, K., Freightman, J., & Holston, D. (2022). From hallways to refrigerators: Healthy Communities addresses barriers to distributing healthy foods in the charitable food system. *Louisiana Agriculture*, Spring 2022. LSU AgCenter. <https://www.lsuagcenter.com/articles/page1655755836398>

Holston DM, Greene M, **Seals K.** FCS Healthy Communities Logic Model. 2019