

LISA CHRISTINE OFFRINGA, PH.D.

Scientist with 15+ years' progressive experience in medical and nutritional ethnobotany, deep background in psychology, botany, chemistry, nutrition. Passionate about preserving global biocultural diversity, championing plants in food and medicine, raising awareness of the connection between food systems, personal health, the environment. **Postdoctoral Research Fellow, Nutrition, Stanford Prevention Research Center; PhD, Biology (Focus: Plant Sciences), The NY Botanical Garden & The Graduate Center, CUNY.**

Highlights: Managed 5-year international research in field, academic, lab settings in Thailand; studied effect of dietary plant and fiber intake on physiology, weight loss in 600-person clinical trial; led 100-person study on effect of diet on health and diversity of human intestinal microbiota. Adept at leading projects, cultivating partnerships & conducting outreach, statistical analysis, data interpretation.

Signature Strengths:

Research Development ♦ Global Project Management ♦ Publications / Presentations ♦ Plan Research / Laboratory / Field Studies Architecture ♦ Coordinating Legal Review ♦ Developing Research Guidelines / Tools ♦ Study Execution / Coordination Translating Science to Diverse Audiences ♦ Spreadsheets / Statistical Tools

PROFESSIONAL EXPERIENCE

Research Fellow / Clinical Trial Project Manager, Stanford Prevention Research Center 2016 – present
Managed project gauging impact of MealEnders® on food intake in adults; 40-participant, industry-sponsored clinical trial.

- Created, managed budget; designed, executed questionnaires / assessments, managed database tracking participant compliance; recruited, supervised participants; provided post-intervention data analysis, data presentation.

Founder, Principal Ethnobotanist, BotaniCulture International, Inc.; San Francisco, CA 2011 – present
Provide ongoing advice on botanical, phytochemical, and nutritional aspects of product development on consultant basis to select clientele.

- Formulate potential ingredients for product development via interpretation, evaluation of published literature.
- Identify botanicals in products using taxonomic identification, macroscopic traits.
- Apply knowledge of plants' traditional use / scientific data to product development, for educational presentations.
- Advise and report on specific botanicals, and their nutrient and bioactive compounds.
- Implement *in vitro* and *in vivo* biological assessments; interpret chemical and biological laboratory test results.

Postdoctoral Research Fellow, Stanford University, Stanford Prevention Research Center 2013 – 2016
Supported by an NIH Institutional Research and Academic Career Development Award (IRACDA), conducted research in nutrition at Stanford School of Medicine, taught at San Jose State University.

- Researched impact of dietary plant and fiber intake on physiology, weight loss in DIETFITS 600-person clinical trial.
- Managed 100-person research study: effect of diet on health and diversity of human intestinal microbiota.
- Served on team working towards shifting dietary trends on university campuses and hospitals via education, choice architecture, behavioral design.
- Researched global nutrition policies to combat non-communicable disease. Evaluated health benefits of traditional dietary patterns in Asian countries.
- Researched vegetable and fruit intake in Santa Clara and San Mateo Counties for Second Harvest Food Bank.
- Led seminar series on Food and Health, *Harnessing the Power of Food*, Stanford Hospital. Educated healthcare teams about nutritional options during cancer treatment.
- Planned, directed panel discussions and speakers at Stanford Food Summit as Advisory Board Member.
- Served as Visiting Professor at San Jose State University. Taught both "Functional Morphology & Physiological Ecology," one-semester upper-division undergraduate course.

Doctoral Scholar, The New York Botanical Garden 2006 – 2013
Investigated medicinal plants and foods used by traditional Northern Thailand healers to treat memory disorders in the elderly. Employed anthropological, botanical, phytochemical and pharmacological methods in research focusing on plant species enhancing memory in rats.

- Conducted five (5) years of international research in field, academic and laboratory settings in Thailand.
- Leveraged statistical software SPSS, laboratory chemical extractions and separations, TLC, HPLC and biological colorimetric and enzymatic activity assays, *in vivo* rat behavioral models testing memory, anxiety.

(CONTINUED ON PG.2)

LISA CHRISTINE OFFRINGA, PH.D. – PG. 2

(The New York Botanical Garden - cont'd.)

- Managed and implemented PhD dissertation: multiyear, global doctoral project. Established legal documentation of research. Coordinated with U.S. and Thai governmental, academic institutions. Formulated and conducted four (4) studies in US, Thailand. Reported to expert committee twice yearly; completed 250-page dissertation adapted to a published book, in-progress academic publications.

Greenhouse Technician, Lehman College, Bronx NY 2007 – 2009

Research Assistant, The New York Botanical Garden 2007 – 2008
Micronesia Ethnomedicine Project, Institute of Economic Botany; under Dr. Michael J. Balick.

TEACHING EXPERIENCE

Lecturer, Integrative Biology, University of California at Berkeley 2016 – present

Lecturer, Department of Biology, San Francisco State University 2016

BeWell and Health Improvement Program Instructor, Stanford School of Medicine 2014 – present
Conducted BeWell, Health Improvement Program seminars and webinars. Advised Stanford staff, public-at-large on health and wellness.

Stanford Science Circle Instructor, Stanford University, CA 2014 – 2015

Adjunct Professor: Human Biology & Anatomy and Physiology, Lehman College; Bronx, NY 2006 – 2012
Taught, developed curriculum for diverse population of adult learners.

Program Development Coordinator, GardenWorks Program, The New York Botanical Garden 2008 - 2009
Curriculum development and primary program instructor for local program engaging Bronx middle school students.

Curriculum Development: Human Biology, Lehman College, Bronx, NY 2008

EDUCATION

PhD, Biology (Focus: Plant Sciences), The NY Botanical Garden & The Graduate Center, CUNY 2013

M.Phil., The Graduate Center of The City University of New York 2008

BS Psychology, High Honors (Minor: Sociology), George Mason University; Fairfax, VA

VOLUNTEER WORK

Archive Committee, Society for Economic Botany; 2015 – present.

Food Summit Advisory Board Member, Stanford University; 2013 – 2016.

Nominations Committee, Society for Economic Botany; 2013 – 2016.

Ethics Committee Member, Society for Economic Botany; 2012 – 2015.

Writer & Committee Member, "Plants and People" Newsletter, Society for Economic Botany; 2010 – 2016.

Advisory Committee Member, NSF-funded "Women Writing Science" Project, Feminist Press; NY; 2011 – 2013.

Member, Society for Economic Botany Student Committee; 2009 – 2013.

Cofounder, CUNY Women in Science, Engineering and Math; 2007 – 2013.

Student Representative, CUNY Plant Sciences Advisory Committee; 2007 – 2008.

Doctoral Student Council Representative, Biology PhD program, CUNY; 2007 – 2008.

Student Coordinator, Plant Sciences Journal Club; 2006 – 2008.

VP, The Friends of the Greenhouse, San Francisco State University; 2004 – 2006.

PROFESSIONAL ASSOCIATIONS

- American Women in Science, Palo Alto Chapter
- Stanford Integrative Medicine Society
- Society for Economic Botany
- Botanical Society of America
- American Society for Pharmacognosy
- International Society of Ethnobiology
- California Native Plant Society