

UNIVERSITY of WASHINGTON

# NUTRITIONAL SCIENCES PROGRAM

SCHOOL OF PUBLIC HEALTH



## GRADUATE COORDINATED PROGRAM IN DIETETICS

### 2019 REPORT

The Graduate Coordinated Program in Dietetics (GCPD) combines graduate studies (MS, MPH, or PhD) with an Academy of Nutrition and Dietetics (via ACEND) accredited internship that is required to become a Registered Dietitian / Registered Dietitian Nutritionist (RD/RDN). This accelerated program can be completed in two years and offers students two concentrations, Public Health (PH) or Medical Nutrition Therapy (MNT). Housed within the School of Public Health's Nutritional Sciences Program, UW's GCPD fills an important public health nutrition training need as one of only a few dual-accredited (CEPH/ACEND) MPH RDN training programs in the country.

For more information on the GCPD, see: <http://nutr.uw.edu/rd-training/graduate-coordinated-program-in-dietetics/>

In this report, we share some of our 2019 cohort's achievements, list the previous degrees held by our 2020 and 2021 internship cohorts, announce the 2019 Outstanding Preceptor Award recipients, share the preceptors who received GCPD scholarship funds, highlight some of the amazing speakers and events our 2019 interns participated in, provide Nutritional Sciences Program (NSP) and GCPD updates, and share about our upcoming ACEND site visit and progress on meeting ACEND required competencies.



2019 Interns celebrating at graduation

# 2019 INTERN ACHIEVEMENTS

## MPH RDN Graduates

### ***Rochelle Adriano***

**PH Practicum:** WA State Feeding Teams: A Needs Assessment Identifying Strengths and Barriers to Utilizing the Registered Dietitian

**Thesis:** Physical Activity Levels, Physical Health, and Mental Health in Early Childcare Education (ECE) Providers and their relationships to Physical Activity Policy and Practices within ECE Centers

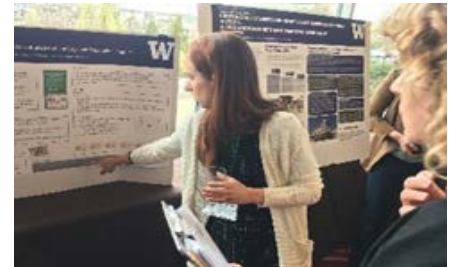
**Awards & Training Grants:** Mortar Board Runstad Scholarship 2018-2019, Ruth E. Ostrander Endowed Scholarship 2018, Leadership Education in Neurodevelopmental Disorders (LEND) Fellowship at the Center on Human Development and Disability

### ***Lindsay Beck***

**PH Practicum:** Planning a Photovoice Project to Evaluate a Fruit and Vegetable Prescription Program

**Thesis:** Low-Income Workers' Perceptions of Wages, Food Acquisition, and Wellbeing

**Awards & Training Grants:** School of Public Health Outstanding Graduate Student Award 2019 Recipient



### ***Casey McCoy***

**PH Practicum:** Starting the Conversation: Exploring Dietitians' Attitudes and Perspectives of Weight-Related Interventions in a Pediatric Health Care System

**Thesis:** A systematic review characterizing farm direct marketing challenges, strategies, and opportunities

**Awards & Training Grants:** Leadership Education in Adolescent Health Fellow through Seattle Children's Hospital 2018-2019, Newton W. and Kathryn Adair Galley Scholarship 2018

### ***Caity Robinson***

**PH Practicum:** Helping Without Harming: Exploring the Current State of Child and Adolescent Wellness Programs

**Capstone:** Challenges and Opportunities of School Meal Programs in Five South King County School Districts

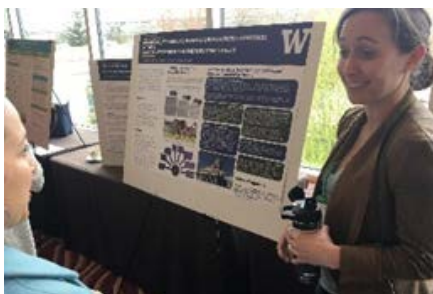
**Awards & Training Grants:** Leadership Education in Adolescent Health Fellow through Seattle Children's Hospital 2018-2019, Nutritional Sciences Carrie Cheney Student Leadership award 2019 Recipient, Ruth E. Ostrander Endowed Scholarship 2018

### ***Sam Vinci***

**PH Practicum:** Identifying Feeding Practices and Nutritional Requirements for Low Birth Weight Infants in Low- and Middle-Income Countries

**Thesis:** Associations Between Neighborhood Characteristics and Presence of Food Store Beverage Marketing in Seattle, WA

**Awards & Training Grants:** Mortar Board Ayers Scholarship 2018-2019 Recipient, Marian Marshall Thompson Alumni Endowment in Nutritional Science Scholarship 2018, Katherine F. Jensen Endowed Fellowship 2018



### ***Jess Wolf***

**PH Practicum:** Creating Policy Briefs for Infant & Child Nutrition & Physical Activity: A Case Study for Dietitians' Participation in Policy

**Thesis:** Dietary Quality of Providers and Children in Early Childhood Education: A Cross-Sectional Analysis

**Awards & Training Grants:** Nutritional Sciences Program Beverly Winter-Eben Memorial Student Services Award 2019, Marian Marshall Thompson Alumni Endowment in Nutritional Sciences 2018

## MS RDN Graduates

### ***Madison Delmendo***

**MNT Project:** Feeding in the Setting of Therapeutic Hypothermia for Neonates with Hypoxic Ischemic Encephalopathy

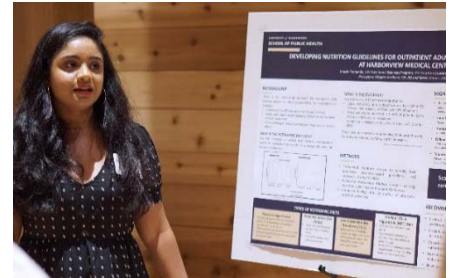
**Thesis:** Exploring the State of U.S. Soil Health Legislation: A Qualitative Policy Analysis

**Awards & Training Grants:** Marian Marshall Thompson Alumni Endowment in Nutritional Sciences Scholarship 2018

### ***Imashi Fernando***

**MNT Project:** Developing Nutrition Guidelines for Outpatient Adults on Oral Ketogenic Diets at Harborview Medical Center

**Thesis:** Impact of Dairy Consumption on Symptoms of Gastroesophageal Reflux Disease: A Randomized Controlled Trial



### ***Jenny Goodyear***

**MNT Project:** Nutrition Requirements for Patients on Extracorporeal Membrane Oxygenation (ECMO)

**Capstone:** Methods for Updating and Major Changes to the *First Steps* Education Modules

### ***Mary Heid***

**MNT Project:** Guideline for Frequency of MNT/DSME at Endocrine & Diabetes Care Center

**Capstone:** Prenatal Hand Expression of Breast Milk for Women with Low Risk of Pregnancy Complications

**Awards & Training Grants:** Marian Marshall Thompson Alumni Endowment in Nutritional Sciences 2018

### ***Jeani Hunt-Gibbon***

**MNT Project:** Endocrine Disrupting Chemicals in Food Products & Fertility

**Capstone:** The Nutrition Care Process for Infertility

**Awards & Training Grants:** Marian Marshall Thompson Alumni Endowment in Nutritional Sciences Scholarship 2018 & Recipient of the Women's Health Dietetic Practice Group's Outstanding Student award.

### ***Tucker Reiley***

**MNT Project:** Probiotic Supplementation and NCAA Student Athlete Care

**Thesis:** An Examination of Healthy Eating Index Scores and Sleep Pattern Characteristics Among Students in a Circadian Biology Class

**Awards & Training Grants:** Edith A. Moulton Scholarship 2018



### ***Samantha Tengs***

**MNT Project:** Promoting Positive Body Image on College Campuses: Body Positive Week at Seattle Pacific University

**Thesis:** Body Mass Index and Breast Cancer Risk Among Pre- and Postmenopausal BRCA1/2 Mutation Carriers

**Awards & Training Grants:** Katsumi Higuchi Memorial Scholarship 2018, Dora Agee Waller Scholarship 2018

## PhD RDN Graduates

### ***Kelsey Schmidt***

**Dissertation:** The Impact of Low-Fat and Full-Fat Dairy Consumption on Glucose Homeostasis

**Awards & Training Grants:** Marian Marshall Thompson Alumni Endowment in Nutritional Sciences Scholarship 2018



## FUTURE COHORTS DEGREE TRACKS & PREVIOUS SCHOOLING

The UW SPH dietetics program actively seeks students from varied fields ranging from more traditional science and nutrition backgrounds to public health, international relations, journalism, marketing, and economics. These multidisciplinary perspectives lead to rich discussions in class and produce practitioners who can approach complex individual and population health challenges. The previous degrees held by our next two rounds of interns are listed below.

Fun note: Our admissions team starts reviewing applications in December for students who will start the following autumn. As a Coordinated Program, the GCPD combines the course work and supervised practice hours into a single program. The bulk of the internship hours are completed in the second year of the program. This means that in December 2019, we will be selecting our internship class for 2022!

### 2020 Interns (Enrolled Autumn 2018)

#### Previous Degrees & Institutions

Sociology, BA *McGill University*  
Neuroscience & Behavioral Biology, BS *Emory University*  
Anthropology, BA *Franklin & Marshall College*  
Public Health Studies, BA *Johns Hopkins University*  
International Development, BA *St. Mary's University*  
Health Sciences, BS *Furman University*  
Chemistry, BA *St. Olaf College*  
Biology, BA *UC- Santa Barbara*  
Journalism & Mass Communication, BA, *UNC Chapel Hill*  
Physiology & Metabolism, BS *UC-Berkley*  
Economics, BA *University of Washington*  
Psychology, BS *University of Washington*  
Biology, BA *University of Washington*  
Psychology, BA *Whitman College*

### 2021 Interns (Enrolling Autumn 2019)

#### Previous Degrees & Institutions

Dietetics, BS *Arizona State University*  
Nutritional Science and Plant Science, BS *Cornell University*  
Health & Human Physiology, BA *University of Iowa*  
Nutritional Sciences, BS *University of Wisconsin-Madison*  
Nutrition & Dietetics, BS *University of Westminster*  
Economics, BA *University of Washington*  
Human Biology and Society, BS *UC-Los Angeles*  
Nutrition, BS *Case Western Reserve University*  
Microbiology, BS *University of Idaho*  
Psychology - Behavioral Neuroscience, BS *UC-San Diego*  
Kinesiology, BS *Western Washington University*  
Psychology, BA *University of Washington*  
Biochemistry, BS *University of Washington*  
Food & Nutrition, BS *Seattle Pacific University*

## 2019 OUTSTANDING PRECEPTOR AWARD RECIPIENTS

Each year our graduating interns are invited to honor one of their preceptors who contributed to their development as a future professional. The 2019 Interns selected the following individuals:

Cheryl Davis RD, CD, CNSC, Seattle Children's Hospital  
Hailey Wilson MS, RD, CS, CNSC, UW Medical Center  
HMC Inpatient Clinical Nutrition Team, Harborview Medical Center  
Kiersten Israel-Ballard DrPH, PATH  
Kimberly Mansen MSPH, RDN, PATH  
Kris Marsh MS, RDN, CD, SNS, Highline Public Schools  
Lauren Rice MPH, RDN, CD, Seattle Children's Hospital  
Leah Isaacson MS, RD, University of Washington Medical Center  
Lisa Johnson MS, RD, SNS, Highline Public Schools  
Tena Bonilla RD, Eating Recovery Center



## PRECEPTOR SCHOLARSHIPS

The GCPD awarded six \$250 preceptor scholarships during the 2018-19 academic year. The recipients included: Susan McBride, HMC (FNCE), Jen-Wei Lui, UWMC (Weekend Warrior), Kristine Carlson, UWMC (Weekend Warrior), Rebecca Finkel, Odessa Brown Children's Clinic (Critical Dietetics), Alysun Deckert, UWMC (Clinical Nutrition Management), Xenia Averkiou, and UWMC (FODMAPs and IBS: Beyond the Basics).

All preceptors having served as a primary preceptor at least twice for UW GCPD interns within the previous two years are eligible to apply. Due to limited funds, recipients may only receive this funding once every 3 years. Thank you, Susan, Jen-Wei, Kristine, Rebecca, Alysun and Xenia for being consistent supporters of the UW dietetics program!

## GCPD SEMINAR HIGHLIGHTS

The 2019 interns spent one day a week away from their rotation sites. In addition to presenting clinical case studies we also hosted a variety of practicing Registered Dietitian Nutritionists as guest speakers and attended events throughout the Puget Sound. Session topics are selected based on the current requirements for dietetic education and student interest areas. Highlights from the 2019 Seminar schedule are listed below:

- The **Northwest Kidney Center** staff hosted an all-day **Renal Nutrition Workshop**
- Interns participated in two sessions on **Cultural Humility**
  - During the first session interns worked in small groups to discuss what health educators from the dominate culture (or educated within the dominate culture) can do to meet the needs of clients from non-dominate cultures. Interns used the article, *Beyond the Melting Pot and Salad Bowl Views of Cultural Diversity: Advancing Cultural Diversity Education of Nutrition Educators (Setiloane, 2016)* as a reference.
  - **Rebecca Finkel, MA, MS, RDN, CD** and **Nicole Czubin** hosted us at the [Odessa Brown Children's Clinic \(OBCC\)](#) for an afternoon of learning about the history of this African American community clinic, how the neighborhood has changed, and the impact of gentrification. The goal of this session was to provide historical context and a place-based understanding of race in Seattle. Rebecca Finkle then lead us through completing personal and social identity wheels, followed by presenting on practicing cultural humility in dietetics.
- We attended **WSAND Legislative Day** in Olympia, WA and the **WSAND Educational Conference** in SeaTac, WA. Many of our students **presented Posters** at WSAND on their dietetic concentration rotation work.
- Three times in the year, interns participated in the **Foundations for Interprofessional Practice** series to prepare them to work in interprofessional teams. The Foundations series involves over 500 UW students from dentistry, dietetics, health administration, medicine, nursing, pharmacy, social work, and the MEDEX physician assistant program. Students work on cases together and develop a foundational understanding of other professionals' education, roles, and skills.
- We partnered with **UW Social Work** to discuss the **ethics of weight bias** in acute care.
- **Joyce Bumgarner, MS, RDN, CD**, the Wellness Specialist from UW Dining, provided the **AllerTrain training** on food allergies, intolerances, and celiac disease in the university cafeteria.
- In late July, **Martha Marino, MA, RDN, CD**, the Director of Education at **Carnation Farms**, hosted the **2019 interns** for a day of learning and farm work. We learned about the farm's history and Martha's role as a dietitian and educator.
- Seattle Children's Oncology Dietitian **Mary Jones Verbovski, MS, RDN, CD, CSO** lead a hands-on session on Nutrition Focused Physical Assessment.
- Harborview Medical Center's Patient Food Service Manager **Susan McBride MS, RD, CD** presented on **dietetic management theories**.
- UWMC's Outpatient Dietitian **Judy Simon MS, RN, CD, CHES** presented on coding, billing and reimbursement.
- **Ashley A Besecker, RDN, CD**, owner of Functional Performance Nutrition, presenting on **Nutrigenetics and Nutrigenomics**
- MultiCare Regional Cancer Center's Oncology Dietitian **Kelay Trentham MS, RDN, CSO, FAND** presented on **Ethics & Medical Cannabis**



## NUTRITIONAL SCIENCES PROGRAM & GCPD UPDATES

We are thrilled to announce that **Cristen Harris, PhD, RDN, CSSD, CD, ACSM-CEP, FAND** joined the **Nutritional Sciences Program's Core Faculty** in September 2019. Dr. Harris is a registered dietitian nutritionist, certified sports dietitian and exercise physiologist with over 26 years of experience in a wide variety of settings including: clinical care, fitness and rehabilitation, community health, private practice, higher education, and research. Most recently, she was the Didactic Program Director and an Associate Professor at Bastyr University. As a lifelong learner, her special areas of interest include disordered eating behaviors, sports/performance nutrition, inclusive and holistic healthcare delivery, food acquisition strategies and nutritional needs of homeless youth, and maternal and family nutrition. Dr. Harris is passionate about health and wellness and strives to ignite this passion within her students. She will be teaching a variety of graduate and undergraduate courses including NUTR 536: Nutrition Education, NUTR 562: Nutrition and Chronic Disease, NUTR 511: Survey of Advanced Nutrition, NUTR 405: Physical Activity in Health and Disease, and NUTR 200: Nutrition for Today.

In 2016, the accrediting body for schools of public health (Council on Education for Public Health, CEPH) adopted an **educational competency** for public health students on **understanding how racism and bias undermine health**. The CEPH competency reads, "Discuss the means by which structural bias, social inequities and racism undermine health and create challenges to achieving health equity at organizational, community and societal levels." UW's School of Public Health (SPH) was ahead of the requirement in adopting a similar competency at the school level. The UW competency reads, "Recognize the means by which social inequities and racism, generated by power and privilege, undermine health." As a program housed within the SPH, GCPD faculty and students were required to meet these competencies. Inspired by that process, GCPD Director Anne Lund, is pursuing **developing similar competency requirements for dietetic education and continuing education requirements**. This work has included:

- Anne Lund lead a workshop at the **Critical Dietetics Conference** (Nov 2018) in Montgomery, Alabama on Developing an Anti-bias and Anti-racism Competency for Dietetics. She provided a similar webinar for educators in December 2018.
- The 2019 interns **discussed culture competency (current ACEND requirement) vs. cultural humility** and agreed that cultural humility is a more appropriate term.
- 2019 Intern **Lindsay Beck** (MPH) develop a 1-pager on how cultural humility and understanding structural racism is different from cultural competency for nutrition professionals.
- Anne Lund attended a conference on [Structural Racism and Supporting Black Lives: The Role of Healthcare Professionals](#) by Drs. Rachel Hardeman, PhD, MPH and Eduardo Medina, MD, MPH from the University of Minnesota.
- 2020 Interns **Evelina Miropolsky** (MS) and **Divya Pahwa** (MPH) compiled a **resource list for educators** on how to teach dietetic students about race bias and racial inequity in dietetics. This resource should be available on the [Diversity Dietetics](#) site this autumn.

The UW School of Public Health has developed a **new common core curriculum for all MPH students**, including MPH nutrition and dietetics students. This curriculum aims to integrate research and practice skills while preparing students to solve our most complex public health problems. Beginning autumn 2020, MPH nutrition students will take the 23-credit series in place of courses previously offered. All GCPD students will continue to complete the NSP core courses and GCPD curriculum together.

The Nutritional Sciences Program has established expertise in public health, clinical nutrition & research and is excited to add an additional focus area: **Food Systems**. The **Food Systems, Nutrition and Health undergraduate major** launched in autumn 2018. Currently 125 students are enrolled. Many of the GCPD graduate students serve as Teaching Assistants for courses required by this new major and plans are underway to develop a *Food Systems course at the graduate level* for academic year 2020-21.

Three NSP faculty members (**Michelle Averill, Anne Lund, Yona Sipos**) attended the 2019 joint conferences of the **Association for the Study of Food & Society** and the **Agriculture Food & Human Values Society** in Anchorage, Alaska (June 2019). The theme of *Finding Home in the "Wilderness": Explorations in Belonging in Circumpolar Food Systems* was discussed through paper presentations, panel discussions, tours, and other activities organized around this salient food-related theme.

## ACEND UPDATES

### ACEND Accreditation; Self Study Time!

In early 2020, the GCPD will host an **ACEND review team** for a three-day, onsite evaluation to determine if the program is achieving our educational objectives and meeting the Accreditation Standards. Since our last onsite evaluation, ACEND moved this process from every 10 years to every 7 years. GCPD advisory group members, preceptors, faculty, students, alumni and other stakeholders will be invited to meet with the review team while they are on campus. The GCPD leadership team has spent the last few months preparing the self-study report. Stay tuned for opportunities to be involved in the re-accreditation process.

### CRDN Student Learning Outcomes (SLO) Assessment Plan

(Required Elements 6.1 and 6.2)

In the Student Learning Outcomes (SLO) Assessment Plan, programs are required to report on students' attainment of ACEND's competencies. Programs are expected to assess at least one SLO from each domain annually. The table below lists the ACEND competency (Column 1), the student learning objective for a GCPD designed activity (Column 2) and the 2019 cohort student data on achievement of the learning objective (Column 3). If a student's work does 'not meet expectations', feedback is provided on what part of the assignment must be redone and the student is given a timeframe for resubmitting the assignment. Students redo the activity until the entire portfolio is assessed as meeting expectations. The data below reflects that 100% of our students demonstrate attainment of each learning objective before graduating.

6.1 ACEND-Required Core Competency	Learning Objectives	Data on Achievement of Learning Outcomes
Domain 1 CRDN 1.3: Justify programs, products, services and care using appropriate evidence or data.	100% of students will satisfactorily justify breastfeeding support services.	2019: 14/14, 100%
Domain 2 CRDN 2.4: Function as a member of interprofessional teams.	100% of students will satisfactorily participate in the IPE Foundations Series.	2019: 14/14, 100%
Domain 3 CRDN 3.3: Demonstrate effective communication skills for clinical and customer services in a variety of formats and settings.	100% of students will satisfactorily demonstrate effective communications skills.	2019: 14/14, 100%
Domain 4 CRDN 4.2: Perform management functions related to safety, security and sanitation that affect employees, customers, patients, facilities and food.	100% of students will satisfactorily complete a safety inspection of the food service setting	2019: 14/14, 100%
Public Health Concentration PH 3: Develop, implement, evaluate and present to internal and external stakeholders a program/project for an organization working to improve the health of the public	100% of students will satisfactorily present a poster on the PH project they planned for the development, implementation and evaluation of.	2019: 6/6, 100%
Medical Nutrition Therapy Concentration MNT 3: Revise and evaluate nutrition care facility guidelines or protocols for adherence to national standards/guidelines	100% of students will satisfactorily propose an adaptation of current nutrition protocol, standard operating procedures or guidelines to improve patient care.	2019: 8/8, 100%

Table: Extracted from the GCPD Student Learning Outcomes (SLO) Assessment Plan