



GRADUATE COORDINATED PROGRAM IN DIETETICS

2020 REPORT

The 2020 cohort showed strength, resilience, & compassion as we experienced an unprecedented year. Though the beginning of the supervised practice experience had a typical start in January 2020, students showed they could be agile in response to the rapidly changing environment that shifted in March. The COVID-19 pandemic pulled them from sites less than 3-months into their 9-month internship. Clinical sites remained closed to interns for much of the spring and reopened looking much different. The interns attested daily, learned telehealth, worked remotely, and supported their families and each other. Our preceptors were so creative and supportive in helping this class finish on time. Many in this cohort were deeply involved in the fight for racial justice that is long overdue in the United States. There were countless schedule changes and modifications to assignments as the world turned upside down over the last 5 months of the internship. But we all pressed on. This group of graduates has a different set of skills than RNDs who trained before them during more controlled times. We are very proud of our 2020 interns, who all finished on time.

In this report, we share some of our 2020 cohort's achievements, list the previous degrees held by future cohorts, announce the 2020 Outstanding Preceptors, share recipients of the GCPD preceptor scholarship funds, highlight some of the speakers and events our 2020 interns participated in, provide program updates, and share ACEND updates.



2020 graduates celebrating at our Zoom graduation

2020 INTERN ACHIEVEMENTS

MPH RDN Graduates

Laura Blasi

Public Health Project: Supporting the Local Food System During the COVID-19 Pandemic

Capstone: "An Intervention to Promote Exclusive Breastfeeding through Continuing Medical Education for Healthcare Providers at Naivasha County Referral Hospital in Naivasha, Kenya"

Awards & Training Grants: Dora Agee Waller Scholarship

Nicole Cramer

Public Health Project: Promoting LGBTQ+ Student-Athlete Well-Being at the University of Washington

Thesis: Impact of Walking School Bus Programs: Changes in Self-Efficacy and Outcome Expectations

Awards & Training Grants: Katherine F. Jensen Endowed Fellowship

Kelsey Kinderknecht

Public Health Project: Social & Emotional Learning in the School Cafeteria

Thesis: Impact of the Healthy, Hunger-Free Kids Act of 2010 on Child Dietary Quality Among Participants in the National School Lunch Program

Awards & Training Grants: Ruth E. Ostrander Endowed Scholarship, 2020 Beverly Winter-Eben Student Service Award, Western Maternal and Child Health Nutrition Partners

Ivory Loh

Public Health Project: Developing a Graduate Level Introductory Food Systems Course

Thesis: Food Insecurity is Associated with Depression among a Vulnerable Workforce: Early Care and Education Workers

Anna Mowell

Public Health Project: Nourished & Active in Early Learning: Planning Focus Groups to Inform a Professional Development Training Curriculum

Thesis: Interprofessional Perceptions of Dental Conversations on Weight, Nutrition & Health in Pediatric Populations

Awards & Training Grants: Ruth E. Ostrander Endowed Scholarship, NSP Outstanding Graduate Student for 2020

Divya Pahwa

Public Health Project: Strategies for Healthier & Culturally Relevant Food at King County Food Banks

Thesis: Defining Food Systems Diplomacy

Awards & Training Grants: Newton W. and Kathryn Adair Galley Scholarship, 2020 Carrie Cheney Student Leadership award

Sophia Riemer

Public Health Project: Reducing Food Waste in Emergency Food Organizations

Thesis: This Program is a Make or Break Scenario for Me: A Qualitative Study on Participant Perceptions of a Supermarket Fruit and Vegetable Incentive Program

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

Shira Stern

Public Health Project: A Unified, Trusting Force: Recommendations for the Food Access & Aggregation Community Team

Thesis: Exploring Barriers and Facilitators of Food Insecurity Nutrition Incentive (FINI) Program Adoption in Washington State Farmers Markets: A Mixed-Methods Analysis

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

SUMMER MEALS BACKGROUND

METHODS

PARTICIPANTS

FINDINGS - Suggestions

RECOMMENDATIONS

FINDINGS - Barriers

FINDINGS - Motivations

Laura Tripp

Public Health Project: Auburn School District Summer Meals Evaluation

Capstone: Farm to Table Needs Assessment

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

Kelly Wolfe

Public Health Project: Development of a Culturally Relevant Diabetes Nutrition Resource

Capstone: The School Breakfast Participation Project

BACKGROUND

OBJECTIVES

QUICK FACTS

METHODS

IMPACT

REFLECTIONS

ACKNOWLEDGEMENTS

MS RDN Graduates

Meredith Blumenthal

MNT Project: Eating Disorder Screening Across Disciplines in the SCH Adolescent Medicine Clinic

Thesis: Patient perspectives on nutrition providers' phenotypes and attitudes about weight during treatment for atypical anorexia nervosa

Awards & Training Grants: Katherine F. Jensen Endowed Fellowship, Leadership Education in Adolescent Health (LEAH) trainee program.

Erin McDonnell

MNT Project: Feeding in the Setting of Serosal Tear Repair & Small Bowel Obstruction

Thesis: Evaluation of Food Additive Exposures in Children with and without Celiac Disease

Awards & Training Grants: Katsumi Higuchi Memorial Scholarship, Edith A. Moulton Scholarship, Marian Marshall Thompson Alumni Endowment in Nutritional Sciences

Evelina Miropolsky

MNT Project: Creating Culturally Appropriate Educational Content: Coping with an Eating Disorder During Ramadan

Thesis: Participant Perceptions on a Fitbit and Facebook Intervention for Young Adult Cancer Survivors: A Qualitative Study

Awards & Training Grants: Leadership Education in Adolescent Health (LEAH) trainee program

Merideth Murray

MNT Project: Post-discharge Lactation Support for Mothers of Infants Who Discharge from a NICU: Recommendations for Seattle Children's Hospital's NICU Guidelines

Thesis: The Effect of Diets Rich in Low-Fat or Full-Fat Dairy Foods on Insulin Sensitivity: Influence of Other Dietary Factors

Awards & Training Grants: Dora Agee Waller Scholarship, University of Washington Pediatric Pulmonary Center Traineeship

All Concentration Posters

All MPH students' **Public Health Concentration Project posters** are available at https://nutr.uw.edu/project_type/mph-practicum/. MS students' **Medical Nutrition Therapy (MNT) Project posters** are available by selecting the Project Type: MNT Concentration Clinical Poster (lower right drop-down, then hit "Search") at <https://nutr.uw.edu/research/student-projects/>

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, management, and economics. These multidisciplinary perspectives lead to rich discussions in class and produce practitioners who can approach the complex individual and population health challenges. The previous degrees held by our next two rounds of interns are listed below.

2021 Interns (Enrolled 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*

2022 Interns (Enrolling Autumn 2020)

Previous Degrees & Institutions

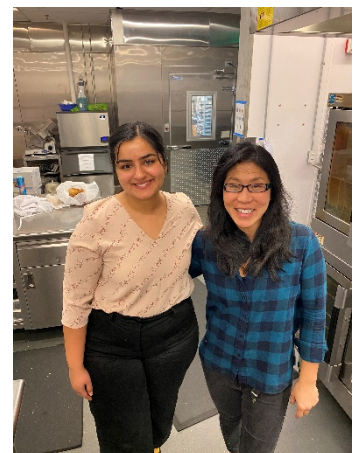
Nutrition, BS *Bastyr University*
Education & English, BA *University of Maryland*
Management, BA *Seattle University*
Business Economics, BA *UC – Los Angeles*
Law, Societies & Justice, BA *University of Washington*
Environmental Studies, BA *American University*
Food Science & Nutr. Dietetics, BS *Central Washington Univ.*
Psychology, BS *Davidson College*
Nutritional Science, BS *Universidad Iberoamericana*
Community & Environmental Sociology, BS *Univ. of Wisconsin*
Public Health, BS *Univ. of Massachusetts-Amherst*
Int'l Relations Global Business, BA *University of Southern CA*
Nutrition & Conservation & Resource Studies, BS *UC Berkeley*
Human Rights, BA *Bard College*

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. In December 2020, we will be selecting our internship class for 2023!

2020 OUTSTANDING PRECEPTOR AWARD RECIPIENTS

Each year our graduating interns are invited to honor a preceptor who contributed to their development as a future professional. The 2020 Interns selected the following individuals:

Karen Conger, MS RD CD CDE; *Harborview Medical Center*
Dori Emmons, RD CD; *WIC PHSKC*
Bethany Fong, RDN; *The Northwest School*
Kellie Farias, MPH RD; *Harborview Medical Center*
Annika Garman, RDN CD; *Harborview Medical Center*
Mari Mazon, MS RDN CD; *UW Pediatric Pulmonary Center*
Lisa Messerli, MS RD CDE; *Harborview Medical Center*
Erin Phillips, MPH RD, CDCES; *UW Medicine - UW Neighborhood Clinic Family*
Marie Spiker, PhD MSPH RDN; *Academy of Nutrition and Dietetics Foundation*
Laura Titzer, MA; *Northwest Harvest*



Intern Divya Pahwa with preceptor, Bethany Fong, in the kitchen of The Northwest School.

PRECEPTOR SCHOLARSHIPS

The GCPD awarded four \$250 preceptor scholarships during the 2019-20 academic year. The recipients included: Kelay Trentham, Multicare (FNCE), Karen Conger, HMC (DM for primary care), Lisa Messerli, HMC (DM UPDATE), and Sophia Wang, HMC (National Kidney Foundation Spring Clinical Meeting).

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, Kelay, Karen, Lisa & Sophia, for supporting our program!

GCPD SEMINAR HIGHLIGHTS

- Students chose to read & discuss *White Fragility* by Robin DiAngelo for the GCPD Book Club.
- Students participated in WSAND Legislative Day in Olympia (January 2020).
- Along with Medical, Dental, MedEx (Physician Assistant), Pharmacy, and Nursing students, our dietetic interns completed multiple Interprofessional Education sessions.
- To learn about death within the health care system, interns attended *Untold: A play about grief and loss experienced by health care professionals*.
- Interns completed their last week of Winter quarter remotely and stayed mostly remote through Spring quarter. Summer quarter allowed for some in-person clinical and ambulatory rotations, with the other rotations remote.
- Some of the projects students completed while working virtually included: joining King County's efforts in supporting farmers during COVID, developing a COVID-specific breast pump sterilization process for WIC, outlining how to process semi-acceptable produce into value-added products at the food bank, and virtually presenting a multi-session series on nutrition for Special Olympic athletes.
- A few less traditional in-person opportunities arose too! Students volunteered at the UW Farm (read more: [Farm Newsletter](#)), and another student completed an extended staff -relief rotation during dietitian furloughs.
- We appreciate the **Seminar speakers** that adapted to our virtual class setting:
 - **Susan McBride** (Harborview) presented on dietetic management strategies
 - **Mary Jones Verbovski** (Seattle Children's) presented on Nutrition Focused Physical Assessment
 - **Whitney Thomas & Ana Edjlali** (UW Neighborhood Clinics) spoke on outpatient dietetics during COVID
 - **Ginger Hultin** (ChampagneNutrition) spoke on the utilization of social media for nutrition education
 - **Ashley Besecker** (Crave Health) shared about ways to find your niche & nutrigenetics
 - **Rebecca Finkel** spoke about ethics of corporate sponsorships in dietetics
 - **Leah Isaacson** (UWMC) offered her thoughts on finding your voice as an RD
 - **Amanda Diede** (GCPD Alumni) outlined how to set up a private practice.
- In August, Anne & Michelle delivered graduation gift boxes to students via bike, and we celebrated graduates virtually via Zoom!



NUTRITIONAL SCIENCES PROGRAM & GCPD UPDATES

New Faculty: We are excited to welcome [Marie Spiker PhD, MSPH, RDN](#) as a new core faculty member in the Nutritional Science Program. Spiker approaches public health nutrition through a food systems lens with a solid understanding of dietetics. Her research focuses on equitably nourishing a growing global population – which inputs have more leverage within complex systems, and what evidence do food systems stakeholders need to support public health?

Spiker has been appointed to the [Academy of Nutrition and Dietetics Council on Future Practice](#), which uses a visioning process to project the future practice needs of the profession. The council recently published a brief, [Navigating Future Practice: VUCA](#),

highlighting strategies for practitioners to adapt and remain agile amidst volatile, uncertain, complex, and ambiguous environments. Spiker also recently served as a co-author on the revision of the [Standards of Professional Performance for registered dietitian nutritionists in sustainable, resilient, and healthy food and water systems](#),

which guides practitioners in their professional development in this area. This year Spiker will support the development of instructional activities within the Food Systems, Nutrition, and Health Major, and will teach NUTR 514 Sustainable Food Systems for Population Health for graduate students.



New Faculty: In April, we welcomed [Sarah Collier, PhD](#) into the Nutritional Sciences program. Collier brings expertise in the sustainability and resilience of food and agricultural systems with an emphasis on soil quality. The breadth Collier contributes will offer new food systems research and mentorship opportunities for graduate and undergraduate students and expand pathways for research collaboration. Most recently, Collier served as Director of Programs at [Tilth Alliance](#), a nonprofit in the Pacific Northwest, where she led community education and outreach on food system topics. The broad theme of Dr. Collier's work has been the resilience of agricultural systems in the face of climate change and other stresses, with emphasis on environmental outcomes and implications for farmers. In Winter quarter Collier taught NUTR 402 Food Systems Modeling and Analysis, and lectured on the [topic of climate impacts of an on our soils](#) as part of our winter seminar, Food Systems in the Age of Climate Change. She will be designing additional coursework to further build out the new [Food Systems, Nutrition, and Health undergraduate major](#), and is currently developing research related to COVID-19 and food system resilience.

New MPH Common Core Curriculum: In fall 2020, the School of Public Health will begin teaching a new [MPH Common Core Curriculum](#). This curriculum includes six courses that will be completed by our MPH dietetic students over their first year.

Undergraduate Education: [Food Systems, Nutrition and Health](#) undergraduate degree was launched in 2018. The fall 2020 projected enrollment is 220 students. This means there will be nearly 30 TA positions to support our graduate-level dietetic students.

Fall 2020: UW will (virtually) welcome students back to classes starting September 30, 2020. Mask up, Washington!

ACEND UPDATES

Accreditation: In August 2020, the program virtually hosted an **ACEND review team** for a three-day evaluation to determine if the program is meeting ACEND's Accreditation Standards. GCPD advisory group members, preceptors, faculty, students, alumni, and other stakeholders virtually met with the review team. Thank you to everyone who participated in this process. We are pleased to share that we passed with flying colors!

New Standards: ACEND just released their draft 2022 accreditation educational standards. Copies of the draft standards documents can be found on the ACEND website: www.eatrightpro.org/ACEND/Standards. Feedback is encouraged and can be provided at the Survey Monkey® link: <https://www.surveymonkey.com/r/2022Standards> (available until Nov 18, 2020).

CRDN Student Learning Outcomes (SLO) Assessment Outcomes

(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 2020 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 1.4: Evaluate emerging research for application in nutrition and dietetics practice.	100% of students will satisfactorily address application of emerging research to nutrition and dietetic practice	2020: 14/14, 100%
Domain 2 CRDN 2.11: Show cultural competence/sensitivity in interactions with clients, colleagues and staff.	100% of students will satisfactorily demonstrate cultural competence /sensitivity in interactions with clients, colleagues and staff	2020: 14/14, 100%
Domain 3 CRDN 3.5: Develop nutrition education materials that are culturally and age appropriate and designed for the educational level of the audience.	100% of students will satisfactorily develop nutrition education materials that are culturally, age and education-level appropriate.	2020: 14/14, 100%
Domain 4 CRDN 4.6: Propose and use procedures as appropriate to the practice setting to promote sustainability, reduce waste and protect the environment	100% of students will satisfactorily propose procedures to promote sustainability	2020: 14/14, 100%
Public Health Concentration PH 1: Understand the political, economic, social and organizational contexts within which public health activities are conducted	100% of students will satisfactorily explain the political, economic, social and organizational contexts within which public health activities are conducted.	2020: 11/11, 100%
Medical Nutrition Therapy Concentration MNT 1: Demonstrate advanced depth of knowledge of evidenced based medical nutrition therapy in one practice area	100% of students will satisfactorily lead a journal club that demonstrate advanced depth of knowledge of evidenced based medical nutrition therapy in one practice area	2020: 3/3, 100%

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