

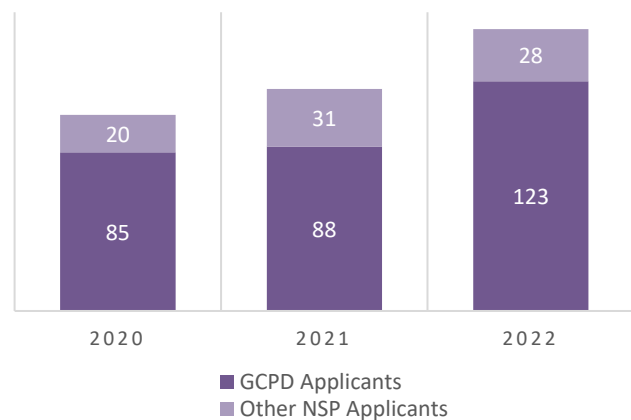
## GRADUATE COORDINATED PROGRAM IN DIETETICS

2022 REPORT

### PROGRAM DESCRIPTION & TRENDS IN APPLICATION NUMBERS

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 Nutritionist (RD/RDN). We offer two concentrations, Public Health (PH) and Medical Nutrition Therapy (MNT). These align with our degree offerings, Master of Public Health (MPH) and Master of Sciences (MS), respectively. After degree completion, students are eligible to sit for the RD exam. Degrees are offered through the Nutritional Sciences Program within the UW School of Public Health. During the 2022 admissions cycle, we received 123 applications for our 14 slots, which is a 40% increase from the previous year.

#### GCPD Remains in High Demand



2022 graduates celebrating at UW Intellectual House

In this report, we highlight our graduating cohort's achievements, list the 2023 and 2024 cohorts' undergraduate degrees, announce the 2022 Outstanding Preceptor awardees, share recipients of the GCPD preceptor scholarship funds, highlight seminar events from the previous year, provide program news, and share ACEND updates.

# 2022 INTERN ACHIEVEMENTS

Our MPH-nutrition students completed fieldwork projects on assessing food corporations' commitment to racial justice, expanding the scope of nutrition recommendations to be inclusive of a variety of cultural dietary patterns, developing nutrition education materials, supporting a breast-feeding coalition, and assessing characteristics of grocery stores in less advantaged neighborhoods. For their practicum projects they worked with the WA Department of Health, WSU Extension, PATH, Highline School District, the Weight Inclusive Toolkit Initiative, and Seattle Children's Adolescents Health Team.

Our MS students completed projects on clinical multivitamin protocols, charting processes that better align with insurance expectations, constipation following bariatric surgery, histamine intolerance, CT scans for malnutrition assessment, and helping families with children going home on tube feeding by improving the discharge process. Additional details about our 2022 MPH and MS student projects are provided below.

## MPH RDN Graduates

### Kaitlin Benjamin

**Thesis:** Eating Competence and Gender Identity are significantly associated with Weight-and-Body Shame-and-Guilt, Eating Concerns, and Weight Satisfaction in Undergraduate Students  
**Public Health Concentration:** Development of a Weight-Inclusive Nutrition Education Toolkit

### Amy Ervin

**Capstone:** SNAP and Emergency Food System Use and Users: A Report for UWKC  
**Public Health Concentration:** Improving Produce Prescription Processes

### Beth Faw

**Capstone:** Federal Emergency Food Responses to COVID-19  
**Public Health Concentration:** Team Nutrition Grant & Scratch Cooked Receipt Development for Highline School District

### Anna Fogel

**Thesis:** Farm System Resilience During the COVID-19 Pandemic: A Survey Analysis of Farmers in Washington State  
**Public Health Concentration:** Cultural Adaptations for Washington SNAP-Ed Curriculum

### Evelyn Morris

**Thesis:** Insights from Washington's COVID-19 response: A mixed-methods evaluation of WIC remote services and expanded food options using the RE-AIM framework  
**Public Health Concentration:** Strengthening Lactation Support for Small and Sick Newborns

### Olivia Ramoino

**Capstone:** Food Bank Delivery Programs: Best Practices Across the U.S.  
**Public Health Concentration:** Family Feeding Dynamics: Using Ellyn Satter's Models to Address Adolescent Weight-Based Concerns  
**Traineeship:** UW Leadership Education in Adolescent Health (LEAH)



**INTRO & BACKGROUND**

**HOW CAN A PRODUCE PRESCRIPTION PROGRAM CENTER HEALTH EQUITY AS IT GROWS?**

Produce prescription programs are a proven intervention to help address the burden and progression of chronic disease in underserved and vulnerable populations. Improving the quality and accessibility of these programs is a priority for public health.

The Produce Rx Program at UW currently utilizes paper vouchers. Transitioning to electronic benefits can increase stigma and increase participation.

An annual application process will facilitate compliance with regulatory rules and equitable access.

**MECHANISM TARGETED BY PRODUCE PRESCRIPTION PROGRAMS**

- Increased staff and reduced DOR requirements for electronic benefits
- Improved staff and reduced DOR requirements for electronic benefits
- Improved staff and reduced DOR requirements for electronic benefits

**OBJECTIVES**

- Review existing benefit mechanisms and create an overview of existing options, including qualitative and cost
- Create implementation, monitoring & evaluation plans for transition from vouchers to electronic benefits
- Develop an annual healthcare organization application process and supporting materials that align with legislative language and health equity goals

**METHODS**

**ELECTRONIC BENEFIT MECHANISMS**

- Interviewed staff and reviewed DOR requirements for electronic benefits
- Conducted user stories and prototyping for program for lessons learned and next steps for implementation
- Applied user stories and prototyping for program for lessons learned and next steps for implementation

**AGRICULTURAL OPERATIONS APPLICATIONS**

- Used SNAP, Washington Tracking System, and WA Aggregator Health Center data to build an evidence-based program plan for equitable language and measures of social determinants of health

**ACKNOWLEDGEMENTS**

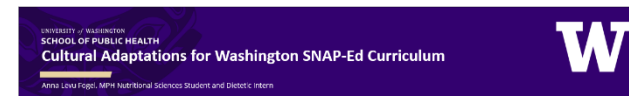
Work gratitude to my supervisors at the DCDC, Alyssa Anderson, Fruit & Vegetable Incentives Program Manager, and Lauren Sabatelli, Retail & Health Care Services, and the Fruit and Vegetable Incentives Program team.

**FUNDING**

Funding for this project came from the University of Washington School of Public Health and the Washington State Department of Health.

**REFERENCES**

- Center for Disease Control and Prevention. (2021). *Produce Prescription Programs: A Guide for Health Care Providers*. Retrieved from <https://www.cdc.gov/od/oc/ohrt/produce-prescription-programs-a-guide-for-health-care-providers.pdf>
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**Introduction**

The Washington State Department of Health (DOH) is currently reviewing the Washington SNAP-Ed Curriculum to ensure it is culturally adapted for all Washingtonians. The current curriculum was developed in 2014 and is being updated to reflect the needs of the current population.

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**Outcomes**

- Developed a list of cultural adaptation strategies for SNAP-Ed curriculum
- Conducted a survey of Washingtonians to assess their needs for cultural adaptation
- Developed a list of cultural adaptation strategies for SNAP-Ed curriculum

**Future Recommendations**

- Conduct a survey of Washingtonians to assess their needs for cultural adaptation
- Develop a list of cultural adaptation strategies for SNAP-Ed curriculum
- Conduct a survey of Washingtonians to assess their needs for cultural adaptation

**ACKNOWLEDGEMENTS**

This project was supported by the Department of Health (DOH) and the Washington State Department of Health (DOH). The project was supported by the Department of Health (DOH) and the Washington State Department of Health (DOH).

Rachel Ross

Capstone: College Students' Perception of SNAP and Strategies to Increase Participation

Public Health Concentration: Promoting Equity Within WA SNAP-Ed Curricula

UNIVERSITY OF WASHINGTON SCHOOL OF PUBLIC HEALTH Increasing Gardening in Early Care and Education in Washington State. Completed by Chelsea Whealdon, UW Nutritional Sciences Program, MPH-Nutrition Student & Dietetic Intern.

Chelsea Whealdon

Capstone: SNAP Policy Changes During COVID-19

Public Health Concentration: Increasing Gardening in Early Care and Education in Washington State

Traineeship: Western Maternal and Child Health Nutrition Partners

MS RDN Graduates

Jennifer Dearden

Thesis: Changes in Eating Habits Among Eating Competent and Non-Eating Competent College Students during the COVID-19 Pandemic

MNT Concentration: Nutrition and Glycemic Management in Type 2 Diabetes

Kate Evans

Thesis: Disordered Eating and Eating Competence in Adults with Irritable Bowel Syndrome Based on Symptom Severity

MNT Concentration: Histamine Intolerance and the Low Histamine Diet

Sarah Haack

Capstone: Assessing Demographics of United Way King County DoorDash Clients vs. Low-income King County Residents

MNT Concentration: Advancing Nutrition Assessments in the ICU

Trey Lee Hill

Thesis: Effect of Low vs High Eating Frequency on Perceived Appetite, Plasma Appetite Hormones, and Appetite Relationships: A Component of the Frequency of Eating and Satiety Hormones (FRESH) Study

MNT Concentration: Patient with COVID Leading to Multisystem Organ Failure Including ESRD with CRRT

UNIVERSITY OF WASHINGTON SCHOOL OF PUBLIC HEALTH Going Home with a Feeding Tube: A Needs Assessment. Ana Portilla-UW Nutritional Sciences Program, MS Nutrition Student & Dietetic Intern, PPC Nutrition Trainee.

Ana Portilla

Capstone: Strategies for the Provision of Culturally Relevant Foods

MNT Concentration: Going Home with a Feeding Tube: A Needs Assessment

Traineeship: University of WA Pediatric Pulmonary Center

Kaitlin Sandberg

Thesis: A Thematic Analysis of the Most Liked #healthyrecipes on TikTok

MNT Concentration: Updated Protocol: Outpatient Follow-Up Chart Note Template

UNIVERSITY OF WASHINGTON SCHOOL OF PUBLIC HEALTH NUTRITION AND GLYCEMIC MANAGEMENT IN TYPE 2 DIABETES. Jenn Dearden, UW Nutritional Sciences Program, MS Student and Dietetic Intern, with Karen Mungler, RD, CDCES, BC-ADM.

## Concentration Posters

All MPH-Nutrition students' [Public Health Concentration Project posters](#) are posted on the program's website. 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").

## Student & Alumni Profiles

Interviews with many of our current and past students are featured on the Nutritional Sciences Program website. There are six 2022 intern [student profiles](#) and two 2023 intern profiles (more to come!). Read the full profiles to learn why they chose UW, their areas of interest, their future goals and what they like to do in their free time. Several of our amazing program graduates are featured in [alumni profiles](#).

## FUTURE COHORTS' PREVIOUS DEGREES & INSTITUTIONS

The UW SPH dietetics program actively seeks students from varied fields ranging from more traditional science and nutrition backgrounds to public health, accounting, radio & film, and behavioral neuroscience. 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.

### 2023 Interns (Enrolled Autumn 2021)

#### Previous Degrees & Institutions

Physiology, BS *University of Washington*  
Biology, BA *New York University*  
Education, BFA *Western Washington University*  
Social Work, BA *Humboldt State University*  
Agriculture, BS *Oregon State University*  
Journalism & Comm Arts, BA *University of Wisconsin*  
Public Health, BA *Boston College*  
Accounting, BS *Central Washington University*  
Behavioral Neuroscience, BA *University of San Diego*  
Nutritional & Exercise Science, BS *Bastyr University*  
Dietetics BS, *Central Washington University*  
Communication, BA *University of Arizona*  
Biology, BS *Western Washington University*

### 2024 Interns (Enrolled Autumn 2022)

#### Previous Degrees & Institutions

Radio-Television-Film, BS *University of TX at Austin*  
Spanish Language & Literature, BA *Western Washington University*  
Nutrition, BS *University of TX at Austin*  
Clinical Nutrition, BS *Universidad Francisco Marroquin*  
Clinical Nutrition, BS *University of CA-Davis*  
Public Health, BS *University of Washington*  
Public Health, BA *University of Washington*  
English & Global Studies, BA *University of CA-Santa Barbara*  
Political Science & Sociology, BA *Keio University*  
Clinical Nutrition, BS *University of CA-Davis*  
Psychology (BS) & Advertising (BA), *University of Georgia*  
International Studies & Spanish, BA *Willamette University*  
Psychology & Social Behavior, BA *University of CA-Irvine*

Our admissions team starts reviewing applications in December for students who will matriculate the following autumn. As a Coordinated Program, the GCPD combines the course work and supervised practice hours into a single program. In December 2022, we will be selecting our internship class for 2025!

## 2022 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 2022 Interns selected the following individuals: **Sarah Bell** (Seattle Children's Hospital), **Debra Clancy** (UW Medicine), **Lindsay Irion** (PHSKC WIC), **Diane Javelli** (UWMC), **Lauren Rice** (UW LEAH Faculty), and **Sophia Wang** (HMC).

## PRECEPTOR SCHOLARSHIPS

The GCPD awarded 9 preceptor scholarships during the 2021-22 academic year. The recipients included: Andrea Lillie (HMC), Katy Lane (HMC), Laura Tobias (HMC), Megan Nordlund (HMC), Julia Marnadi (UWMC), Rachel Aldridge (HMC), Kelly Heshelman (HMC), Susan McBride (HMC), Natalie Groat (HMC). 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.

## GCPD SEMINAR HIGHLIGHTS

- Interns read & discussed *Inflamed - Deep Medicine and the Anatomy of Injustice* for the GCPD Book Club
- Along with Medical, Dental, MedEx (Physician Assistant), Pharmacy, and Nursing students, our dietetic interns once again completed Interprofessional Education sessions on ethics, outpatient simulations and interprofessional partnerships to promote population health
- We appreciate the **Seminar speakers** that joined us in class and in the Zoom-Room:
  - **Susan McBride** (Harborview) presented on dietetic management strategies
  - **Ashley Besecker** (Crave Health) shared about nutrigenetics
  - **Rebecca Finkel** spoke about adding an antiracism lens to dietetic careers
  - **Marie Spiker** (UW) gave a lesson on sustainable food systems for RDs
  - **Mary Jones Verbovski** (Seattle Children's) presented on Nutrition Focused Physical Assessment
  - **Alison Evert** (UW Neighborhood Clinics) taught on diabetes education & POC glucose testing monitors
  - **Carolyn Baylor** (UW) gave an overview of SLP basics, swallow screens, and SLP case study
  - **Aurore Victor** facilitated an anti-racism workshop

## NUTRITIONAL SCIENCES PROGRAM & GCPD UPDATES

### Faculty & Administrator Changes and Achievements

- Alissa Bilfield, Teaching Assistant Professor, joined core faculty in Sept 2021
- Shannon Delaney, Administrator, departed program in March 2022
- Michelle Trudeau, Administrator, joined program in March 2022
- Adam Drewnowski stepped down as Director in July 2022
- Anne-Marie Gloster was promoted to Associate Teaching Professor in July 2022
- Liz Kirk was promoted to Teaching Professor in July 2022, and was named SPH Interim Associate Dean for Education in September 2022
- Anne Lund, MPH, RDN, FAND participated in the 2022 Academy of Nutrition and Dietetics' Leadership Institute. Since March she has been studying transformational leadership, change management, and appreciative inquiry. As a Leadership Institute participant, she had the opportunity to put leadership theory into practice by developing an individual project that she presented in Orlando this October.

### Application Process Changes

- Multiple changes in the application process are being adopted by our school and nationally by schools providing dietetic education.
- UW's School of Public Health rejoined SOPHAS, the centralized application service for schools of public health. Future applicants to the MPH GCPD program will submit materials through both the SOPHAS system and the UW Graduate School system.
- MS GCPD applicants will submit materials only through the UW Graduate School system.
- The Dietetic Internship Centralized Application Services (DICAS) has expanded to optionally include Coordinated Programs. Previously DICAS was only used by graduates of Didactic Programs in Dietetics (DPD) to apply for Dietetic Internships (DI), which were announced on Match Day.
- Since our school made admissions systems changes this year and the UW GCPD program's average applicant has not completed a DPD, and is likely new to dietetic education, we have not joined DICAS.

- Nationally application numbers went down, while ours increased. As noted previously, during our most recent application cycle we received 123 applications for our 14 slots. We are curious to see how our school rejoining SOPHAS, and DICAS expanding to include some programs like ours, will affect our application numbers.

## ACEND UPDATES

**New Standards:** The [ACEND 2022 Accreditation Standards](#) for nutrition and dietetic education programs were released last year. While the new standards are effective for students matriculating after June 2022, the GCPD program has started to incorporate them into our coursework and internship activities. We will adopt them further during the 2023 internship year.

### Highlights of New ACEND Standards (*repeat from last year's report but still relevant*)

- The required internship hours were reduced from a minimum of 1200 hours to 1000 hours
- Equity, Diversity and Inclusion content was strengthened, including:
  - Show cultural humility in interactions with colleagues, staff, clients, patients and the public (CRDN 2.11)
  - Implement culturally sensitive strategies to address cultural biases and differences (CRDN 2.12)
- No new business entities can apply to become a Dietetic Internship (DIs)
- Dietetic Internships (DIs) can only admit students who have completed a graduate degree or must be part of a graduate degree by December 31, 2023.
- The specifications for programs' mission statement have been broadened and program specific objectives are no longer required
- New clinical skills include:
  - Perform routine health screening assessments including measuring blood pressure, conducting waived point-of-care laboratory testing (such as blood glucose or cholesterol), recommending and/or initiating nutrition-related pharmacotherapy plans (such as modifications to bowel regimens, carbohydrate to insulin ratio, B<sub>12</sub> or iron supplementation) (CRDN 3.3)
  - Provide instruction to clients/patients for self-monitoring blood glucose considering diabetes medication and medical nutrition therapy plan (CRDN 3.4)
  - Explain the steps involved and observe the placement of nasogastric or nasoenteric feeding tubes; if available, assist in the process of placing nasogastric or nasoenteric feeding tubes (CDRN 3.5)
  - Conduct a swallow screen and refer to the appropriate health care professional for full swallow evaluation when needed (CDRN 3.6)
- A new domain on leadership and career management was added with multiple knowledge and competency areas including:
  - Perform self-assessment that includes awareness in terms of learning and leadership styles and cultural orientation and develop goals for self-improvement (CRDN 5.1)
  - Identify and articulate one's skills, strengths, knowledge and experiences relevant to the position desired and career goals (CRDN 5.2)
  - Advocate for opportunities in professional settings (such as asking for additional responsibility, practicing negotiating a salary or wage or asking for a promotion) (CRDN 5.4)
  - Demonstrate the ability to resolve conflict (CRDN 5.5)
  - Promote team involvement and recognize the skills of each member (CRDN 5.6)

## PROGRAM CONTACT INFORMATION

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