

Alison M. St. Germain

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CURRENT POSITION: Clinical Assistant Professor Department of Food Science Human Nutrition
Iowa State University

EDUCATION:

Year 1999 M.S. Nutritional Sciences Iowa State University
Year 1995 B.S. Dietetics Iowa State University
Year 1990 A.A. Business University of Minnesota, Crookston

CERTIFICATION, LICENSURE & Training:

Registered Dietitian #832842

Licensed Dietitian #01199

Quality Matters (QM) Teaching Online Certification—in progress

Craving Change™ cognitive behavioral therapy certification Oct 2019 - Present

Certified Health for Every Body™ Facilitator Dec 2017 - Present

Adviser Training Workshop: Responding to Student Issues Aug 28, 2017

Respond Mental Health Training July 11 & 13, 2017

The Body Project Faculty Facilitator Training Jan 21, 22, 2017

Certified Intuitive Eating® Counselor 2015 - Present

Certificate of Completion: Iowa Department of Elder Affairs Dependent Adult Abuse Training for
Mandatory Reporters; 2004 and 2010.

THESIS TITLE: Isoflavone-rich soy protein isolate exerts significant bone-sparing effects in the lumbar spine
but not symptom relief in perimenopausal women 1999

POSITIONS HELD:

11/13 – present Assistant Clinical Professor
Department of Food Science and Human Nutrition
Iowa State University, Ames IA

- Plan, implement, evaluate supervised practice experiences for dietetic interns
- Develop, coordinate, and assess distance education courses in dietetics
- Provision of continuing education for preceptors
- Engagement in the transition of the Dietetic Internship into a demonstration program as defined by the Future Education Model
- Created and taught a new online course *Dysfunctional Eating Behaviors* for new Master of Professional Practice-Dietetics degree in accordance with new competence based learning standards as defined by the Accreditation Council for Education in Nutrition and Dietetics
- Academic advisor to undergraduate dietetic and nutritional science majors
- Lecturer in advanced practice areas in the undergraduate dietetic courses

08/12 – 12/13 Adjunct Faculty
Des Moines Area Community College, Ames/Boone IA

- Planned and implemented classroom cooperative learning via lecture and online education models

- 09/99 - 11/12
Clinical Dietitian Long-term Care Consultant
ABCM, Corporation, Nevada & Webster City IA
- Clinical nutrition assessment, intervention, and evaluation of residents
 - In-service Training for dietary and nursing staff
 - Menu evaluation and recommendations
 - Kitchen safety and sanitation audits
- 04/09 – 05/12
Sports Dietitian Consultant
Advanced Fitness & Performance, Ames IA
- Individual consultations
 - Group presentations
 - Wellness program development
- 12/05 – 05/07
Clinical Dietitian Long-term Care Consultant
Eldora Nursing and Rehab, Eldora IA
- Clinical nutrition assessment, intervention, and evaluation of residents
 - In-service Training for dietary and nursing staff
 - Menu evaluation and recommendations
 - Kitchen safety and sanitation Audits
- 08/01 – 05/04
Clinical Dietitian Long-term Care Consultant
Green Hills Retirement Community, Ames IA
- Clinical nutrition assessment, intervention, and evaluation of residents
 - In-service Training for dietary and nursing staff
 - Menu evaluation and recommendations
 - Kitchen safety and sanitation Audits
- 02/98 – 05/01
Community Dietitian
Hamilton County & Webster County Public Health, Webster City IA
- Clinical nutrition assessment, intervention, and evaluation of WIC clients
- 08/98 – 05/99
Clinical Dietitian, prn status
Mary Greeley Medical Center, Ames IA
- Nutrition Screening
 - Clinical nutrition assessment, intervention, and evaluation of patients
- 08/97 – 05/98
Teaching Assistant
Department of Food Science and Human Nutrition
Iowa State University, Ames IA
FSHN 167 Introduction to Human Nutrition
FSHN 461/464 Medical Nutrition Therapy and Disease
- 07/96 – 05/99
Project Coordinator and Research Assistant (Dr. Lee Alekel-PI)
Department of Food Science and Human Nutrition
Iowa State University, Ames IA
- Coordinated an extensive, longitudinal human research study:
 - The Effects of Soy Isoflavones on Menopausal Symptoms and Bone
 - Supervised several undergraduate students
 - Screened approximately 300 subjects via clinical and nutritional history
 - Planned, prepared, presented menopausal educational seminars
 - Performed laboratory analyses (urinalysis, biochemical bone marker assays, bone mineral density via DXA, menopausal symptom analysis).

- 06/95 – 05/96 Nutrition Educator/Counselor
Women Infants Children, Child & Maternal Health, Head Start, Senior Health Programs
Mid-Iowa Community Action, Ames IA
- Clinical nutrition assessment, intervention, and evaluation of clients
- 01/94 – 01/95 Undergraduate Research Assistant (Dr. Murry Kaplan-PI)
Department of Food Science and Human Nutrition
Iowa State University, Ames IA
- Homogenization of various diet meal samples to analyze nutrient composition
- 08/93 – 01/95 Research Apprenticeship (Dr. Dale Terry-PI)
Department of Food Science and Human Nutrition
Iowa State University, Ames IA
- Investigated and statistically analyzed the interrelationships regarding body image perception, teasing history, and restrained eating behaviors of 16-18 year old males and females
- 05/92 – 05/95 Dietary Aide/Wait staff/Trainer/Volunteer Assistant to Registered Dietitian
Green Hills Retirement Community, Ames IA
- 08/92 – 05/92 Undergraduate Wellness Center Volunteer
Iowa State University, Ames IA
- 06/90 – 06/91 Legal Secretary
Conmy, Feste, Bossart, Hubbard LTD, Fargo ND

PROFESSIONAL RESPONSIBILITIES (%)

Year	Teaching	Research	Extension/Outreach/Service
2013-Present	95%	0%	5%

UNDERGRADUATE COURSES TAUGHT

Course Title	Catalog#	Credit Hours	Average Number of Students per Class	Number of Semesters Taught	Years Taught
Introduction to Nutrition	FSHN 167	3	200	Guest Lecturer 1-2 classes each semester	2017 - PRESENT
Medical Nutrition Therapy I	FSHN 461	4	85	Guest Lecturer 1-2 classes each semester	2016 - PRESENT
Medical Nutrition Therapy II	FSHN 464	3	85	Guest Lecturer 1-2 classes each semester	2016 - PRESENT
Nutrition Counseling & Education Methods	FSHN 466	3	40	Guest Lecturer 2 - 3 classes each semester	2016 – PRESENT

Course Title	Catalog#	Credit Hours	Average Number of Students per Class	Number of Semesters Taught	Years Taught
Human Nutrition	DMACC 240	3	25	3	2012 - 2013
Sport's Nutrition	DMACC 190	3	20	1	2012 - 2013
Assessment and Curriculum: Ages Birth-2yrs	HDFS 340	4	25	Guest Lecturer	2001
Introduction to Nutrition	FSHN 167	3	350	Team taught 1 semester	2000

GRADUATE COURSES TAUGHT

Course Title	Catalog#	Credit Hours	Average Number of Students per Class	Number of Semesters Taught	Years Taught
Dysfunctional Eating Behaviors, Treatment & Therapies	FSHN 590A	1	30	1	FALL 2018
<u>Dietetics Internship I</u> Medical Nutrition Therapy	FSHN 554	5	25	19	2013 - PRESENT
<u>Dietetics Internship II</u> Community Nutrition	FSHN 555	5	25	19	2013 - PRESENT
<u>Dietetics Internship III</u> Management	FSHN 556	5	25	19	2013 - PRESENT
Medical Nutrition Therapy	FSHN 461/561XW	3	15	9	2007 - 2010

SCHOLARLY TEACHING ACTIVITIES

Teaching Mentor

- 2015 - Present Academic Faculty Advisor
Body Image Eating Disorder Awareness Student Organization (BIEDA)
- 2017-2018 Faculty Facilitator & Advisor
The Body Project Cognitive Dissonance Eating Disorder Prevention Program

Workshops/Seminars Taught

- 2017 (10 sessions) Co-Facilitator & Presenter
Iowa State University Employees
Health for Every Body™, Ames IA
- 2017 Webinar Facilitator and Presenter
Iowa State University Dietetic Interns
Intuitive Eating & Health at Every Size for Dietetic Interns, Ames IA
- 2016 Workshop Facilitator and Presenter
Iowa State University Student Wellness
Intuitive Eating While a Student on a Dining Hall Food Plan, Ames IA

- 2014 Webinar Facilitator
Iowa State University Dietetic Interns
Match Day Webinar, Ames IA
- 2011 Program Developer, Weekly Presentations/Activities
Advanced Fitness Performance
Chose, Lose, Live: Nutrition & Exercise Program, Ames IA
- 2009 Program Developer, Weekly Presentations/Activities
Advanced Fitness Performance
Girl Power Body Movement and Joyful Eating: A Body Respect Program, Ames IA
- 2006 Program Developer, Weekly Presentations/Activities
St. Cecilia Elementary Kindergarten
Eating the Alphabet Program, Ames IA
- 1997 - 1999 Workshop Facilitator and Presenter
Iowa State University Research Subjects
Health Effects, Long-term Consequences, Therapies, Ames IA

Materials developed

- 2018 **White paper created for Iowa Academy of Nutrition and Dietetics**
[10 Reasons to Consult a Registered Dietitian Nutritionist White Paper](#) Oct 2018
- 2019 **Blogs created for Iowa Academy of Nutrition and Dietetics**
[Don't Lose Your Mind over Holiday Eating](#), Nov 2019
[Can Too Much Exercise Be Harmful?](#) An RDs Journey with Disordered Exercise
And Eating, Sept 2019
[Celebrating the Mom Bod!](#) July 2019
[April's Showers Bring May flowers and Apparently Salad?!](#) May 2019
[Spicy Yet Sweet. Sweet Potato Nutritional Value and Recipe Ideas](#) Feb 2019
- 2018 [National Pear Month](#) Dec 2018
What if Weight Loss Were a Side Effect Instead of the Goal? Nov 2018
Summer Snacks July 2018
[Sweet Potatoes are not Just for Holiday Dinners](#) Jan 2018
ISU Extension Blog [Honor Your Health](#) Jan 2018
- 2017 Keeping it Real Oct 2017
From New Year's Resolutions to YOU Year Resolutions Jan 2017
- 2016 Parenting Can Be Tricky on Halloween Oct 2016
The Harm Associated with BMI Testing and BMI Report Cards in Schools May 2016
Does Healthy equal Weight Loss? Feb 2016
- 2015 Eating For Taste and Health Over the Holidays Oct 2015
Intuitive Eating Aug 2015

PUBLICATIONS/CREATIVE EXHIBITS:

Peer-reviewed Journal Papers – Published

- 2015 Houston C, Bassler E, **St. Germain A.** Ethical considerations when students experience an active eating disorder during their dietetics training. J Acad Nutr Diet. Volume 115, Issue 10, 1715-1717, October 2015.

- 2001 **St. Germain A**, Peterson CT, Alekel DL: Effect of isoflavone-rich or isoflavone-poor soy protein does not reduce menopausal symptoms during 24 weeks of treatment. *Menopause*, 8(1), 2001.
- 2000 Alekel DL, **St. Germain A**, Peterson CT, Hanson KB, Stewart JW, Toshiya T: Isoflavone-rich soy protein isolate exerts significant bone sparing in the lumbar spine of perimenopausal women. *Am Clin Nutr*, 72:844-52, 2000.

Invited Papers, Book Chapters, and Book Reviews

- 2019 Chapter Contributor (in progress)
Simplified Diet Manual 13th Edition Chapter 5 Weight Management

Other Publications

- 2016 Krueger T, Anderson J, Bergquist E, Johnson J, Kruzich L, **St. Germain A**, Shelley M. Predicting success in a dietetic internship. Academy of Nutrition and Dietetics NDEPLine Fall 2016.

Bergquist E, Anderson J, Johnson J, Krueger T, Kruzich L, St. Germain A. Malnutrition assessment: in-depth training improves dietetic interns' confidence and use of nutrition-focused physical examination. Clinical Nutrition Week Austin TX, January 17, 2016.

JURIED SCHOLARLY PRESENTATIONS AT PROFESSIONAL MEETINGS:

Regional, National or International

- 2017 Bergquist E, Krueger T, Kruzich L, Johnson J, **St. Germain A**, Anderson J. Team based learning activities improve application of the nutrition care process in dietetic internship. *J Acad Nutr Diet*. Volume 117, Issue 9, Suppl: A69, 2017.
- Krueger T, Anderson J, Bergquist E, , Johnson J, Kruzich L, **St. Germain A**. Debriefing influences interns' confidence in performing nutrition focused physical exams. *J Acad Nutr Diet*. Volume 117, Issue 9, Suppl: A71, 2017.
- 2016 Krueger T, Anderson J, Bergquist E, Johnson J, Kruzich L, **St. Germain A**. Integrating the evidence analysis library in dietetic internship projects to promote evidence-based practice. *J Acad Nutr Diet*. Volume 116, Issue 9, Suppl: 65, 2016.
- 2015 Bergquist E, Anderson J, Johnson J, Krueger T, Kruzich L, **St. Germain A**. Malnutrition assessment: in-depth training improves dietetic Interns' confidence and use of nutrition-focused physical examination. *J Acad Nutr Diet*. Volume 115, Issue 9, Suppl 2: A-25, 2015.
- Krueger T, Anderson J, Bergquist E, Johnson J, Kruzich L, **St. Germain A**. Choose your food lunch workshop: using mobile technology to practice food intake assessment. *J Acad Nutr Diet*. Volume 115, Issue 9, Suppl 2: A-65, 2015.
- Innovation in Education. Choose Your Foods Lunch Workshop: Using Mobile Technology to Practice Food Intake Assessment. Krueger T, Bergquist E, Johnson J, Kruzich L, Anderson J, **St. Germain A**. Poster presentation FNCE 2015.
- 2001 Petersen HL, Peterson CT, **St. Germain A**, Hanson KB, Sharp RL, Alekel DL: Bone mineral density increases with 16 weeks of training in collegiate swimmers. *J Bone Miner Res* 16 (Suppl 1) S 484, Abstract No. M205, 2001.

- 2000 **St. Germain A**, Hanson KB, Peterson C, Alekel DL: Soy protein isolate with isoflavones prevents bone loss in the lumbar spine of perimenopausal women: *Bone* 23(5):S292, Abstract No. T2385, 1998.
- 1998 **St. Germain A**, Alekel, DL Peterson CT, Hanson KB, Stewart JW, Toshiya T: The effects of soy isoflavones on menopausal bone loss and symptoms. Bone and Mineral Research Conference. Poster presentation at The American Society for Bone and Mineral Research and the International Bone and Mineral Society San Francisco CA.
- State and Local
- 2017 Johnson J, Bergquist E, Kruzich L, **St. Germain A**, Kruger T, Bender H, Anderson J. Practice makes perfect: using a dress rehearsal to apply team based learning practices in a dietetic internship. Abstract for invited poster presentation 16th Annual Team Based Learning Collaborative, Orlando FL, March 2017.
- 2014 **St. Germain A**, Bergquist, E, Johnson J, Kruzich L, Krueger T, Anderson J, Cox M, Packard A. ISU DI Becoming a Preceptor. Iowa Consulting Meeting, April 25, 2014.
- 1998 **St. Germain A**, Alekel, DL Peterson CT, Hanson KB, Stewart JW, Toshiya T: The effects of soy isoflavones on menopausal bone loss and symptoms. Poster presentation at Iowa Academy of Nutrition and Dietetics, Ames IA, 1998.
- 1995 **St. Germain A**, Terry D. The interrelationships regarding body image perception, teasing history, and restrained eating behaviors of teenage (16-18 year old) males/females. Poster presentation Iowa Dietetic Association Conference.

INVITED SCHOLARLY PRESENTATIONS:

Regional, National or International

- 2016 Nutrition and Dietetic Educators and Preceptors Annual Conference Memphis TN April 2016
Malnutrition and Teaching Interns How to Perform Nutrition Focused Physical Exams

State and Local

- 2020 Minnesota Academy of Nutrition and Dietetics Annual Conference April 23, 2020
Keynote Speaker: *Make a Greater Impact Using Non-Diet Weight Neutral Approaches to Well-Being*
- 2019 Iowa Diabetes + Wellness Summit Nov 14, 2019
Legalizing Eating With Diabetes. An Intuitive Approach.
- Iowa Academy of Nutrition and Dietetics Annual Conference Nov 12, 2019
Make a Greater Impact Using Non-Diet Weight Neutral Approaches to Well-Being
- Annual Nurse Practitioner Conference October 10, 2019
The Dangers of Weight Focused Interventions with Children and the War on "Combating Obesity"
- Des Moines University Physical Therapy Class October 2019
How Physical Therapists and Registered Dietitians Can Collaborate
- University of Iowa Hospital Preceptor Training Sept 2019
Malnutrition and Nutrition Focused Physical Exam
- Methodist Health System Preceptor Training Sept 30, 2019
Malnutrition and Nutrition Focused Physical Exam

- 2019 Unity Point Methodist Hospital Registered Dietitian Continuing Education July 25 & August 1, 2019
Weight Stigma in Healthcare & Practical Guidelines on How to Teach Weight Neutral Non- Diet Approaches in Lifestyle and Diabetes classes
- Science, Technology, Engineering and Math Career Conference for Girls April 4, 2019
What is a Registered Dietitian & the Startling Facts on Dieting
- Family, Career and Community Leaders of America National Leadership Conference April 2, 2019
What is a Registered Dietitian & the Startling Facts on Dieting
- Grundy County Hospital Continuing Education for Registered Dietitians and Nursing March 1, 2019
Weight Stigma in Healthcare & Practical Guidelines on How to Teach Weight Neutral Non- Diet Approaches in Lifestyle and Diabetes Classes
- 2018 Iowa Nurse Practitioner Society Annual Conference Nov 9, 2018
Weight Stigma in Healthcare & Change Talk
- University of Iowa Hospital Preceptor Training: Nov 2018
Malnutrition and Nutrition Focused Physical Exam
- Unity Point Health St. Luke's Hospital Preceptor Training Nov 2018, Nov 2016
Malnutrition and Nutrition Focused Physical Exam
- VA Central Iowa Health Care Preceptor Training Nov 2018
Malnutrition and Nutrition Focused Physical Exam
- 2017 Des Moines University Physical Therapy Class Oct 10 2017
How Physical Therapists and Registered Dietitians Can Collaborate
- 2016 Unity Point Health St. Luke's Hospital Preceptor Training Nov 2016
Malnutrition and Nutrition Focused Physical Exam
- University of Iowa Hospital Preceptor Training Nov 2016
Malnutrition and Nutrition Focused Physical Exam
- Iowa Academy of Nutrition and Dietetics Annual Conference Ames IA Nov 2016
Malnutrition and Teaching Interns How to Perform Nutrition Focused Physical Exams
- Des Moines University Physical Therapy Class Oct 13 2016
How Physical Therapists and Registered Dietitians Can Collaborate
- Eating Disorder Coalition of IA Annual Conference Feb 26, 2016
How to Start a Student Organization on Body Image Eating Disorder Awareness
- 2015 Iowa Athletic Trainers Ames IA March 2015
Fueling Your Body as an Athlete. How to Help Without Harm
- 2014 Northwest Iowa Nutrition Conference LeMar IA Sept 2014
Nutrition Assessment: Malnutrition and Nutrition Focused Physical Assessment
- 1999 Iowa Dietary Managers Association Conference Ames IA 1999
Elderly Nutrition Assessment and Interventions

- 1999 Iowa Bed and Breakfast Association Ames IA 1999
Health Benefits of Soy
- Iowa Department of Transportation Annual Conference Ames IA/Des Moines IA 1999, 1997, 1996
Intuitive Eating as a Sustainable Way of Eating

OTHER SCHOLARLY ACTIVITIES

- 2014 - Dietetic Internship Site Reviewer
2018 Accreditation Council for Education in Nutrition and Dietetics ACEND

Outreach Activities

- 2019 Vertex Software, LLC Lunch and Learn Presentation July 24, 2019
Balanced Living. Intuitive Eating and Health at Every Size®
- Gilbert High School MOC-Career Class Presentation April 8, 2019
What is a Registered Dietitian & the Startling Facts on Dieting
- 2018 Iowa State University BIEDA Meeting Presentation Sept 2018
Intuitive Eating and Health at Every Size® & Weight Stigma
- Ames High School Mental Health Club Meeting Presentation Feb 5, 2018
Eating Disorder Awareness and Prevention
- Gilbert High School Career Day Presentation
How to Become a Registered Dietitian
- Gilbert Middle School Health Class Guest Lecturer
Healthy Eating and Positive Body Image Development
- 2017 Iowa State University Student Dietetic Association Meeting Presentation Oct 17, 2017
Intuitive Eating & Health at Every Size® Principles
- Iowa State University Peer Health Educators Student Wellness Training Aug 14, 2017
Intuitive Eating/Health at Every Size® Principles
- NDEP House of Delegates collaboration on Advanced Practice Innovative Ideas in Wellness/Prevention
- Gilbert Middle School Health Class Guest Lecturer
Healthy Eating and Positive Body Image Development
- 2016 Iowa State University BIEDA Lunch and Learn for Human Nutritional Sciences Week Sep 29, 2016
Mindful Eating
- Iowa State University Presentation to Kappa Kappa Gamma Mar 21, 2016
Intuitive Eating and Healthy Body Image
- 2015 Gilbert High School Career Day Presentation
How to Become a Registered Dietitian
- 2014 Iowa State University Food Science & Human Nutrition Day Presenter Oct 2014; Feb 2014
Finding Your Passion

- 2014 Iowa State University Presentation to Delta Zeta Oct 2014
Intuitive Eating
- 2013 Gilbert Middle School Health Class Guest Lecturer
Healthy Eating and Positive Body Image Development
- 2012 Gilbert Middle School Health Class Guest Lecturer
Healthy Eating and Positive Body Image Development
- Gilbert High School Culinary Arts Guest Lecturer
Sport's Nutrition
- 2011 Gilbert Middle School Health Class Guest Lecturer
Healthy Eating and Positive Body Image Development
- 2010 Gilbert Middle School Health Class Guest Lecturer
Healthy Eating and Positive Body Image Development
- 2008 Gilbert Middle School Health Class Guest Lecturer
Healthy Eating and Positive Body Image Development
- Extension Activities
- 2017 ISU Extension Program—*The Adventure Comes to You* May 15-19, 2017
Traveled across IA presenting ‘Health is not always in the BM”EYE” of the beholder’

MEDIA INTERVIEWS

Television

- 2017 WHO Channel 13 Interview Feb 27, 2017
Eating Disorder Awareness & Prevention
- WHO Channel 13 Interview Jan 3, 2017
BMI & Weighing in Schools
- 2016 WHO Channel 13 Interview June 2016
Body Image and Photo-altering
- 2015 KCCI Channel 8 Interview June 2015
Nutrition Facts and Myths
- 2014 WHO Channel 13 Interview Nov 2014
Intuitive Eating
- WHO Channel 13 Interview April 2014
Healthy Weight Management Approaches

Radio

- 2017 Conversations with Anne Elizabeth Podcast July 26, 2017
Career Path and Passion as an RD
- 2016 Iowa Public Radio Talk of Iowa June 30 2016
Body Image and the Impact of Altered Images in Advertising

2016 KHOI Radio Nov 11, 2016
Sustaining Health throughout the Holidays—an Intuitive Approach

Print

2019 Iowa Farm Bureau Newsletter Feb 2019
[Give up Diets for Good](#)

2018 Visions: The Wellness Issue Fall 2018
Making Peace with Your Body

HONORS AND AWARDS

National/International

Outstanding Dietetic Educator 2018

Nutrition and Dietetic Educators and Preceptors (West Central Region).
Recognition for teaching, mentoring, and leadership activities. One award per region given annually among over 200 educators.

State/Community

Medallion Award 2019

Iowa Academy of Nutrition and Dietetics
Recognition for exceptional leadership and outstanding contributions to the field of dietetics. One award annually among 800 Registered Dietitians.

MEMBERSHIP IN PROFESSIONAL AND HONOR SOCIETIES:

2014 - Present Eating Disorder Coalition of IA (EDCI)
2013 - Present Nutrition and Dietetic Educators and Preceptors (NDEP)
1995 - Present Academy of Nutrition and Dietetics (Registered Dietitian) #832842
1995 - Present Iowa Academy of Nutrition and Dietetics (IAND) (Licensed Dietitian) #001199
1993 - 1998 Undergraduate and Graduate Kappa Omicron Nu Honor Society
1993 - 1995 Undergraduate and Graduate Golden Key National Honor Society

OFFICES HELD AND COMMITTEE MEMBERSHIPS

1995 – Present Academy of Nutrition and Dietetics (Registered Dietitian) #832842
Practice groups: Iowa Consulting Dietitian
Sports Cardiovascular and Wellness Nutrition
Vegetarian Nutrition
Dietetics in Health Care Communities
Nutrition Entrepreneurs
School Nutrition Services
Medical Nutrition Practice Group
Nutrition Education for the Public

1995- Present Iowa Academy of Nutrition and Dietetics IAND (Licensed Dietitian) #001199
Offices:
2019 Co-chair of Catering for Annual Meeting
2018 – Present Liaison for Allied Healthcare Professionals
2017 – Present Chair of Establishing Relationships with Healthcare Professionals Taskforce

2016 Council on Professional Issues Chair
 2015 Council on Professional Issues Chair Elect
 2015 – Present Media Spokesperson

UNIVERSITY, COLLEGE, DEPARTMENTAL, AND PUBLIC SERVICE:

University Service

May 2019 – Present Iowa State University Faculty Senator

Standing and Ad Hoc Committees

May 2019 - Present Iowa State University Faculty Senate Appeals Committee

College Service

Standing and Ad Hoc Committees

2015 - Present Nutrition Initiatives

Departmental Service

Standing and Ad Hoc Committees

2019 Food Science and Human Nutrition Equity Diversity Inclusion Taskforce
 2017 - 2018 Food Science and Human Nutrition Awards Committee
 2013 - 2016 Food Science and Human Nutrition Current Issues in Nutrition

Public Service

1997 - Present Omicron Psi Service Sorority
 Treasurer, Vice President, Fundraising Chair, Social Chair, Service Chair

Jan 24, 2017 Facilitated a screening and discussion of *The Student Body* documentary in Des Moines IA to spread awareness of the harm of weighing children in school

2006 - 2011 Girl Scout Leader

2007 Silent Auction Chair for St. Cecilia Gala

2006 - 2007 Team Nutrition Coordinator for St. Cecilia School

2003 – 2004 Children’s Liturgical Leader

2003 St. Cecilia School Expansion Committee Representative

1997 – 1999 Family Life Committee Representative

1998 – 2000 Religious Education Instructor/Committee Chairperson

1998 Confirmation Team Leader

1997-1998 Pre-marriage Sponsor