

Alison M. St. Germain
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CURRENT POSITIONS: **Student Health and Wellness Nutrition Registered Dietitian & Certified Eating Disorder Specialist**

Iowa State University, Ames Iowa (9/2021- current)

- Nutrition Counseling with students (95% eating disorder assessment/consult)
 - Chair of ISU's Eating Disorder Treatment Team
 - Collaboration with campus eating disorder treatment team on each case (Doctors, Therapist, Movement Specialist, RD)
- Student Outreach and Program Development
 - Multiple lectures each year in Dietetics' classes; Kinesiology department; and other classes and events across campus
 - Development of online nutrition programs for students (ie Intuitive Eating; Body Respect & HAES®; Nutrition Myths and Facts; IBS; Skill building on meal planning and prep; Sport's Nutrition; PreDiabetes; Hyperlipidemia)
- Management/Supervision
 - **Basic Needs Strategy Manager (2021-2024)**
 - Supervise Basic Needs Specialist (Professional Staff) who oversees ISU's The SHOP (food pantry)
 - Supervise multiple student leaders of The SHOP
 - Supervise and mentor undergraduate Joyful Eating Intern
 - Preceptor for Graduate Dietetic Interns

Founder/Owner

StGermain Consulting: Health Redefined—Nutrition For ALL Bodies, LLC

www.alisonstgermain.com

- Training of healthcare professionals (Physicians, Nurses, Nurse Practitioners, Physician Assistants (PAs), Physical Therapists (PT), PA and PT students)
 - Diversity, Equity, Inclusion, Accessibility Focus
 - Weight inclusive Care and Health at Every Size®
 - Trauma informed care
 - Gender Affirming
 - Eating Disorder Assessment, Treatment, Awareness, Prevention
- 1:1 Nutrition Counseling

EDUCATION:

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|-----------|------|---|
| 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

Iowa Licensed Dietitian #01199

Certified Eating Disorder Specialist 2025

3500+ hours

1:1 Supervision with Tammy Beasley and Group Supervision with Beth Harrell

Comprehensive Exam

Majority of CPEs the last 13 years related to eating disorders

Trauma Informed Care Workshop (Brown and Sutherland) Nov/Dec 2020

Commission on Dietetic Registration Test Writing Mar 2020

Quality Matters (QM) Teaching Online Certification Jan 2020

Craving Change™ cognitive behavioral therapy certification Oct 2019

Certified Health for Every Body™ Facilitator Dec 2017

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

Respond Mental Health Training July 11 & 13, 2017

CERTIFICATION, LICENSURE & TRAINING continued

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

Certified Intuitive Eating Counselor 2015

Certificate of Completion: Iowa Department of Elder Affairs Dependent Adult Abuse Training for Mandatory Reporters; 2004, 2010, 2025

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 – 09/2021 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
 - Mapping competencies and performance indicators to course curriculum as defined by the Accreditation Council for Education in Nutrition and Dietetics
 - 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
 - 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 (DMACC), 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

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|---------------|---|
| 02/98 – 05/01 | <p>Community Dietitian Hamilton County & Webster County Public Health, Webster City IA</p> <ul style="list-style-type: none"> • Clinical nutrition assessment, intervention, and evaluation of WIC clients |
| 08/98 – 05/99 | <p>Clinical Dietitian, prn status Mary Greeley Medical Center, Ames IA</p> <ul style="list-style-type: none"> • Nutrition Screening • Clinical nutrition assessment, intervention, and evaluation of patients |
| 08/97 – 05/98 | <p>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</p> |
| 07/96 – 05/99 | <p>Project Coordinator and Research Assistant (Dr. Lee Alekel-PI) Department of Food Science and Human Nutrition Iowa State University, Ames IA</p> <ul style="list-style-type: none"> • Coordinated an extensive, longitudinal human research study: <ul style="list-style-type: none"> ◦ 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 | <p>Nutrition Educator/Counselor Women Infants Children, Child & Maternal Health, Head Start, Senior Health Programs Mid-Iowa Community Action, Ames IA</p> <ul style="list-style-type: none"> • Clinical nutrition assessment, intervention, and evaluation of clients |
| 01/94 – 01/95 | <p>Undergraduate Research Assistant (Dr. Murry Kaplan-PI) Department of Food Science and Human Nutrition Iowa State University, Ames IA</p> <ul style="list-style-type: none"> • Homogenization of various diet meal samples to analyze nutrient composition |
| 08/93 – 01/95 | <p>Research Apprenticeship (Dr. Dale Terry-PI) Department of Food Science and Human Nutrition Iowa State University, Ames IA</p> <ul style="list-style-type: none"> • 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 | <p>Dietary Aide/Wait staff/Trainer/Volunteer Assistant to Registered Dietitian Green Hills Retirement Community, Ames IA</p> |
| 08/92 – 05/92 | <p>Undergraduate Wellness Center Volunteer Iowa State University, Ames IA</p> |
| 06/90 – 06/91 | <p>Legal Secretary Conmy, Feste, Bossart, Hubbard LTD, Fargo ND</p> |

PROFESSIONAL RESPONSIBILITIES (%)

| Year | Teaching | Research | Extension/Outreach/Service |
|-----------|----------|----------|----------------------------|
| 2013-2021 | 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 | Iowa State University ISU FSHN 167 | 3 | 200 | Guest Lecturer 1-2 classes each semester | 2017 - PRESENT |
| Medical Nutrition Therapy I | ISU FSHN 461 | 4 | 85 | Guest Lecturer 1-2 classes each semester | 2016 - PRESENT |
| Medical Nutrition Therapy II | ISU FSHN 464 | 3 | 85 | Guest Lecturer 1-2 classes each semester | 2016 - PRESENT |
| Nutrition Counseling & Education Methods | ISU 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 | Des Moines Area Community College DMACC 240 | 3 | 25 | 3 | 2012 - 2013 |
| Sport's Nutrition (online) | DMACC 190 | 3 | 20 | 1 | 2012 - 2013 |
| Assessment and Curriculum: Ages Birth-2yrs | ISU HDFS 340 | 4 | 25 | Guest Lecturer | 2001 |
| Introduction to Nutrition | ISU 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 |
|--|-------------------------------------|--------------|--------------------------------------|------------------------------|----------------------------|
| Nutrition for Master of Science Physician Assistant Students | DES MOINES UNIVERSITY DMU MSPA 1364 | 1 | 50 | Guest Lecturer 2 lectures | FALL 2020 TO PRESENT |
| PM Health Promotion for Doctorate of Physical Therapy Students | DES MOINES UNIVERSITY DPT 1660 | 2 | 53 | Guest Lecturer 6 lectures | FALL 2020 TO PRESENT |
| Health Promotion Practicum for Doctorate of Physical Therapy Students | DES MOINES UNIVERSITY DPT 1680 | 2 | 4 | Guest Lecturer 8 lectures | SPRING 2020 |
| Cathedrals, Castles, Culture & Cuisine: Production & Processing of Sustainable, Safe & Nutritious Food in France | ISU FSHN 496/596 | 1-4 | 10 | Co-facilitated 2 | SPRING 2020 SPRING 2021 |
| Dysfunctional Eating Behaviors, Treatment & Therapies | ISU FSHN 590A | 1 | 30 | 1 | FALL 2018 |
| <u>Dietetics Internship I</u> Medical Nutrition Therapy | ISU FSHN 554 | 5 | 25 | 19 | 2013 - 2021 |
| <u>Dietetics Internship II</u> Community Nutrition | ISU FSHN 555 | 5 | 25 | 19 | 2013 - 2021 |
| <u>Dietetics Internship III</u> Management | ISU FSHN 556 | 5 | 25 | 19 | 2013 - 2021 |
| Medical Nutrition Therapy | ISU FSHN 461/561XW | 3 | 15 | 9 | 2007 - 2010 |

SCHOLARLY TEACHING ACTIVITIES

Teaching Mentor

2020 –2022

Weight Inclusive Anti-Diet Mentor to a dietetic student.
Meet weekly with student to discuss frameworks
Student participates in Nutrition For All Bodies, LLC client sessions
Student creates content for the business and feedback provided by me

2015 - 2019

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

2019 - 2021

Webinar Facilitator and Presenter
Iowa State University Dietetic Interns
Weight Stigma, Anti-diet, Trauma Informed Care Approaches, Ames IA

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|--------------------|---|
| 2016 – 2021 | Webinar Facilitator and Presenter Iowa State University Dietetic Interns <i>Motivational Interviewing</i> , Ames IA |
| 2017 (10 sessions) | Co-Facilitator & Presenter Iowa State University Employees <i>Health for Every Body™</i> , Ames IA |
| 2017 - 2018 | Webinar Facilitator and Presenter Iowa State University Dietetic Interns <i>Intuitive Eating & Health at Every Size for Dietetic Interns</i> , Ames IA |
| 2016 | Workshop Facilitator and Presenter Iowa State University Student Wellness <i>Intuitive Eating While a Student on a Dining Hall Food Plan</i> , Ames IA |
| 2014 | Webinar Facilitator Iowa State University Dietetic Interns <i>Match Day Webinar</i> , Ames IA |
| 2014 – 2021 | Webinar Facilitator and Presenter Iowa State University Dietetic Interns <i>Malnutrition Assessment and Nutrition Focused Physical Exam</i> , Ames IA |
| 2011 | Program Developer, Weekly Presentations/Activities Advanced Fitness Performance <i>Choose, Lose, Live: Nutrition & Exercise Program</i> , Ames IA |
| 2009 | Program Developer, Weekly Presentations/Activities Advanced Fitness Performance <i>Girl Power Body Movement and Joyful Eating: A Body Respect Program</i> , Ames IA |
| 2006 | Program Developer, Weekly Presentations/Activities St. Cecilia Elementary Kindergarten <i>Eating the Alphabet Program</i> , Ames IA |
| 1997 - 1999 | Workshop Facilitator and Presenter Iowa State University Research Subjects <i>Health Effects, Long-term Consequences, Therapies</i> , 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 |
| 2020 | Blogs created for Iowa Academy of Nutrition and Dietetics Registered Dietitians Leading the Way on Malnutrition Diagnosis & Nutrition Focused Physical Exams September 2020 |
| 2019 | 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
 Simplified Diet Manual 13th Edition Chapter 5 Weight Management
 Re-wrote and updated the chapter to take out weight stigmatizing information and update with weight inclusive approaches to well-being.

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

- 2020 Datta M, Bergquist E, Tramp N, **St. Germain A**. Preceptor Knowledge and Buy-in of Future Graduate Requirements: Training Matters. JAND, September 2020.

- 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

- 2021 North Central College Health Association Virtual Presentation December 10, 2021
Weight Inclusive & Trauma Informed Care: Healthcare without Harmful Stigma
- Nutrition and Dietetic Educators and Preceptors Spring Virtual Meeting April 2021
Building Dietetic Intern Engagement in an Online Program during a Pandemic
- 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

- 2023 Iowa Hospital Association Webinar for Healthcare Professional Across Iowa September 14, 2023
Weight Inclusive & Trauma Informed Care: Healthcare without Harmful Stigma
- Iowa Lakes Nursing Conference, June 21, 2023
Keynote Speaker: *Weight Inclusive & Trauma Informed Care: Healthcare without Harmful Stigma*
- Allen College, Iowa Virtual Conference for Nurse Practitioners
Healthcare without Harmful Stigma: Your role to provide inclusive, diverse, equitable and accessible care.
- Northeast Iowa Regional Academy Conference March 25, 2023
Keynote Speaker: *Healthcare without Harmful Stigma: Your role to provide inclusive, diverse, equitable and accessible care.*
- Des Moines University Virtual Implicit Bias Series January 31st, 2023
Weight Inclusive, Trauma Informed Care: Healthcare Without Harmful Stigma.
- 2022 Minnesota Academy of Nutrition and Dietetics Annual Conference April 12, 2022
Keynote Speaker: *Are Pediatric "Obesity" Programs & Curriculum Harming Children?*
- Professional & Scientific Council (ISU); Jan 11, 2022
Non-Diet, Weight Inclusive Approaches to Well-Being: Learn How to Establish Food Freedom and Body Liberation.
- 2021 North Central College Health Association; Virtual Dec 10, 2021
Weight Inclusive & Trauma Informed Care: Healthcare without Harmful Stigma,
- ISU National Alliance on Mental Illness Student Organization; Nov 30, 2021
Mental Health and Nutrition
- Diversity Equity Inclusion Campus Life (ISU); Nov 17, 2021
Inclusive Care—Healthcare without Harmful Stigma
- Student Dietetic Association; Sep 14th, 2021
Want to Become an Eating Disorder Registered Dietitian? How Do I Prepare Now.
- Mary Greeley Medical Center Employee Presentation, Ames IA April 2, 2021
Myths, Truths & Harm around Nutrition & Health
- Iowa Cardiopulmonary Respiratory Therapy Specialist Virtual Annual Conference Mar 25, 2021
Make a Greater Impact Using Non-Diet Weight Neutral Approaches to Well-being.

- 2021 Iowa State University Black Faculty & Staff Association Jan 6, 2021
Anti-diet Weight Inclusive Approaches for Well-being: The intersections of racism and sexism in diet culture.
- 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 “Combatting 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
- 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

- 2016 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
- 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
- 2021- Iowa State University Student Dietetic Association
present *Making a Greater Impact with Clients Using Weight Inclusive Anti-Diet, Trauma Informed Care Approaches*
- 2020 Des Moines University
Health Partners Physical Therapy Lab
Role of a Registered Dietitian and Collaboration with other Healthcare Professionals October 2020
- 2019 Des Moines University
Health Partners Physical Therapy Lab
Role of a Registered Dietitian and Collaboration with other Healthcare Professionals October 2020
- 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

- 2018 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
- Des Moines University
Health Partners Physical Therapy Lab
Role of a Registered Dietitian and Collaboration with other Healthcare Professionals October 2020
- 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 Des Moines University
Health Partners Physical Therapy Lab
Role of a Registered Dietitian and Collaboration with other Healthcare Professionals October 2020
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

Podcast

- 2022- Host of Iowa Academy of Nutrition in Dietetics
2023
- 2022 Interview: The SeasonED RD with Beth Harrell [You Will Never Know All the Things Episode](#)
- 2021 Video/Podcast Grundy Center Hospital Dec 28, 2021
Mini-medical Four Part Series on: *The Truth About Diets*
- 2017 [Interview Episode 39](#) Conversations with Anne Elizabeth

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
- 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

ISU College of Human Sciences Distinguished Term Faculty Award for Service 2020-2021

To recognize exemplary service to students in the form of teaching and/or supervision

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 - 2021 | Nutrition and Dietetic Educators and Preceptors (NDEP) |
| 1995 - 2023 | Academy of Nutrition and Dietetics (Registered Dietitian) #832842 |
| 1995 - 2023 | 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: |
| 2021 | President |
| 2020 | President Elect |
| 2019 | Co-chair of Catering for Annual Meeting |
| 2018 – 2020 | Liaison for Allied Healthcare Professionals |
| 2017 – 2020 | Chair of Establishing Relationships with Healthcare Professionals Taskforce |
| 2016 | Council on Professional Issues Chair |
| 2015 | Council on Professional Issues Chair Elect |
| 2015 – 2021 | Media Spokesperson |

UNIVERSITY, COLLEGE, DEPARTMENTAL, AND PUBLIC SERVICE:

UNIVERSITY SERVICE

May 2019 – 2021 Iowa State University Faculty Senator

Standing and Ad Hoc Committees

May 2019 - 2021 Iowa State University Faculty Senate Appeals Committee

COLLEGE SERVICE

Standing and Ad Hoc Committees

2015 – 2021 Nutrition Initiatives

DEPARTMENTAL SERVICE

Standing and Ad Hoc Committees

| | |
|----------------|---|
| 2021 – present | Student Affairs Diversity, Equity, Inclusion, Accessibility for entire University |
| 2021 | Facility Review |
| 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 - 2021 | Omicron Psi Service Sorority Treasurer, Vice President, Fundraising Chair, Social Chair, Service Chair |
| Jan 24, 2017 | Facilitated a screening and discussion of <i>The Student Body</i> 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 |