

UNIVERSITY of WASHINGTON

# NUTRITIONAL SCIENCES PROGRAM

SCHOOL OF PUBLIC HEALTH



## GRADUATE COORDINATED PROGRAM IN DIETETICS

### 2021 REPORT

The 2021 cohort showed strength, resilience, & compassion as we experienced another unprecedented year disrupted by the pandemic. As clinical interns within the UW Medicine system, this cohort was eligible for the COVID-19 vaccine before rotations began in January. We are thankful for the sites that allowed for in-person rotations in addition to sites that navigated offering remote rotations. Our preceptors continued to be creative and supportive in helping the interns meet program requirements. We are very proud of our 2021 interns!

In this report, we share some of our graduating cohort's achievements, list the previous degrees held by future cohorts, announce the 2021 Outstanding Preceptors, share recipients of the GCPD preceptor scholarship funds, highlight some of the speakers and events from the previous year, provide program news, and share ACEND updates.



2021 graduates celebrating at Raitt Hall (not all students present)

# 2021 INTERN ACHIEVEMENTS

## MPH RDN Graduates

### Jessa Engelken

**Public Health Project:** Supporting Early Learning Provider Wellness & Healthy Relationships with Food

**Capstone:** Examination of Early Learning Mealtime Best Practices: Opportunities and Challenges for Specialized Responsive Feeding Practices

**Awards & Training Grants:** Ruth E. Ostrander Endowed Scholarship Fund Recipient, School of Public Health Endowed Fellowship Recipient, Western Maternal and Child Health Nutrition Partners Trainee

**Supporting Early Learning Provider Wellness and Healthy Relationships with Food**  
Jessa Engelken, UW Nutritional Sciences Program, MPH Nutrition Student and Dietetic Intern

**Background**  
The Healthy Eating and Active Living team (HEAL) at the Washington State Department of Health aims to develop effective ways to support early learning provider wellness and relationships with food. Providers' perception of their energy, health, and relationships with food play a role in how they feed and talk with children about eating. The purpose of this project was to identify best practices and successful resources through research and discussion with key stakeholders.

**Stakeholder Involvement**  
• Early Learning Center  
• Washington State Health Dept  
• Federal Reserve Early Learning (FREL)  
• University of California  
• Infant and Young Child Feeding Institute  
• Center for Disease Control and Prevention

**Methods**  
• Reviewed provider wellness initiatives, resources, and publications  
• Facilitated discussions with stakeholders about best practices  
• Wrote a summary of best practices from discussions and resource review  
• Developed recommendations  
• Presented to key stakeholders

**Key Takeaways**  
• Lack of resources related to:  
- Relationships with food  
- Cultural influence

**Recommendations**  
1. Explore opportunities to work with food resource partners (e.g. WIC and South-Cap) to increase awareness  
2. Host focus groups with providers prior to resource development  
3. Emphasize provider wellness  
4. Place resources and request feedback from providers and key partners  
5. Establish additional supports for providers  
6. Foster safe, non-judgmental environment to positive relationships with food

**Acknowledgements**  
Special thanks to Drs. Monica, MPH, RD for her support in media health system and marketing programs, and Dr. Christine, PhD, RD for her support in the development of the Healthy Provider Wellness Initiative and relationships with food. Thank you to all staff and providers who participated in the focus groups and provided their time and expertise. Thank you to the University of California, San Diego for supporting this project, and to the providers who provided their time and expertise in providing their feedback.

### Emhalea Jackson

**Public Health Project:** Virtual health assessment for athletes with intellectual disabilities

**Thesis:** The association between household food security and disordered eating behaviors among youth and young adults with diabetes: the SEARCH for Diabetes in Youth Study

**Awards & Scholarships:** Cancer Prevention Training: Epidemiology, Nutrition, Genetics & Survivorship Training

**Developing Culturally Relevant Asian Meals for Sound Generations' Meals on Wheels**  
Dorothy Nguyen, MPH Nutrition Student and Dietetic Intern

**INTRODUCTION**  
Sound Generations' Meals on Wheels (SGM) currently serves over 4,000 older adults living in King County. The current SGM menu offers an array of ingredients, origin, seasonality, texture, and flavor profiles. Clients have reported that they are generally satisfied with the meal options, but several clients have recently voiced the need for more culturally relevant meals. Specifically, clients have commented on the lack of appropriate Asian meal options. Clients that request this of Sound Generations' clients identify as Asian, Asian American, or Pacific Islander. There is a need for more culturally relevant meal options on the SGM menu.

**PROJECT GOALS**  
• Identify and list the most commonly requested Asian meal options in King County.  
• Identify and list the most commonly requested ingredients in Asian, Asian American, or Pacific Islander meals.  
• Identify and list the most commonly requested textures and flavors in Asian, Asian American, or Pacific Islander meals.

**Methods**  
• Conducted a survey of 100 clients to identify their most commonly requested Asian meal options.  
• Conducted a survey of 100 clients to identify their most commonly requested ingredients, textures, and flavors.  
• Analyzed the survey data to identify the most commonly requested Asian meal options, ingredients, textures, and flavors.

**RESULTS**  
• The top 10 most commonly requested Asian meal options were:  
1. Chicken and vegetable stir-fry  
2. Beef and vegetable stir-fry  
3. Pork and vegetable stir-fry  
4. Beef and vegetable soup  
5. Pork and vegetable soup  
6. Chicken and vegetable soup  
7. Beef and vegetable soup  
8. Pork and vegetable soup  
9. Chicken and vegetable soup  
10. Beef and vegetable soup

**LESSONS LEARNED**  
• The top 10 most commonly requested Asian meal options were:  
1. Chicken and vegetable stir-fry  
2. Beef and vegetable stir-fry  
3. Pork and vegetable stir-fry  
4. Beef and vegetable soup  
5. Pork and vegetable soup  
6. Chicken and vegetable soup  
7. Beef and vegetable soup  
8. Pork and vegetable soup  
9. Chicken and vegetable soup  
10. Beef and vegetable soup

### Dorothy Nguyen

**Public Health Project:** Developing Culturally Relevant Asian Meals for Sound Generations' Meals on Wheels

**Capstone:** Developing a culturally relevant Nutrition Education curriculum for Low-Income, Community-Swelling Older Adults

**Awards & Scholarships:** Newton W. and Kathryn Adair Galley Scholarship Recipient

### Sarah Perlin

**Public Health Project:** Culturally Relevant Breastfeeding Support Among Childcare Providers in the Child & Adult Care Food Program

**Capstone:** Developing a Culturally Relevant Nutrition Education Curriculum for Low-Income, Community-Dwelling Older Adults

**Awards & Scholarships:** Katherine F. Jensen Endowed Fellowship Recipient

**Promoting and Supporting NW Tribal Food Sovereignty Through Policy**  
Lauren Sawyer, UW Nutritional Sciences Program, MPH Nutrition Student & Dietetic Intern

**BACKGROUND**  
NORTHWEST TRIBES WORK TO PROMOTE FOOD SOVEREIGNTY POLICIES CAN SUPPORT THIS EFFORT  
The Northwest Tribal Epidemiology Center (NWTSEC) aims to promote health in tribal communities. One project - Wellness for Every American Indian to Advance and Waa Health Study (WEAHS)-supported the development of the Northwest Tribal Food Sovereignty Coalition (NTFSC), which coordinates food sovereignty knowledge and actions across NW tribal communities. The NTFSC policy workgroup identified the need for a policy platform centered on addressing intertribal food systems. The Model Tribal Food and Agriculture Code is a versatile tool for policy development in tribal settings.

**Project Goal**  
• To bring model code examples to NTFSC policy workgroup members for the development of a new policy platform.

**Methods**  
• Model Tribal Food and Agriculture Code review  
• Stakeholder interviews for policy development  
• Stakeholder interviews for policy development  
• Stakeholder interviews for policy development

**FINDINGS**  
• Model code examples reviewed:  
- Health and wellness  
- Agriculture and food security  
- Nutrition, health, and food education  
- Food and nutrition assistance programs  
- Food and nutrition assistance programs  
- Food and nutrition assistance programs

**CONCLUSIONS**  
• Model code examples reviewed:  
- Health and wellness  
- Agriculture and food security  
- Nutrition, health, and food education  
- Food and nutrition assistance programs  
- Food and nutrition assistance programs  
- Food and nutrition assistance programs

### Lauren Sawyer

**Public Health Project:** Promoting & Supporting NW Tribal Food Sovereignty Through Policy

**Thesis:** Impacts of the Seattle sweetened beverage tax on perceived healthfulness of sweetened beverages

**Awards & Scholarships:** NSP Top Scholar, Ruth E. Ostrander Endowed Scholarship Fund, SPH Grayston-Day Fellowship Recipient, SPH Outstanding Graduate Student

**Allie Seroussi**

**Public Health Project:** Advocating for Farm to Early Care & Education  
**Capstone:** United Way of King Country's DoorDash Home Food Delivery Program

**Awards & Scholarships:** Katherine F. Jensen Endowed Fellowship Recipient, Marian Marshall Thompson Alumni Endowment in Nutritional Sciences, NSP Top Scholar

**Stephanie Winterbauer**

**Public health Project:** Maximizing the Reach and Impact of WA SNAP-Ed Resources

**Capstone:** Screen Time in Early Learning Settings: Current Practices, Challenges, and Opportunities

**Awards & Scholarships:** Marian Marshall Thompson Alumni Endowment in Nutritional Sciences

**MS RDN Graduates**

**Diana Aguilera**

**MNT Project:** Eating Disorders Among LGBTQ Individuals & Case Report

**Thesis:** Assessment of a Weight Bias Session

**Awards:** Edith A. Moulton Scholarship Fund, Katsumi Higuchi Memorial Scholarship, Marian Marshall Thompson Alumni Endowment in Nutritional Sciences, NSP Top Scholar, SPH Office of the Dean Master's Fellowship

**Cairo Archer**

**MNT Project:** Proposed Protein Supplementation Protocol for Critically-Ill Surgical Patients Receiving Enteral Nutrition Support

**Thesis:** The role of adiposity in the association of branched chain amino acids and metabolic biomarkers in the context of a controlled feeding study

**Awards:** 2021 Beverly Winter-Eben Student Service Award

**Josh Floberg**

**MNT Project:** The Value of Outpatient Dietitian Contact Time for Adolescents with Restrictive Eating Disorders

**Thesis:** Stress & Eating Behaviors of Dietitians During the COVID-19 Pandemic

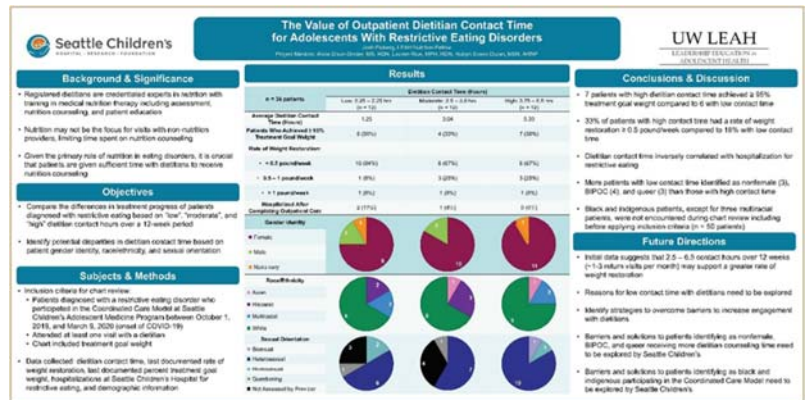
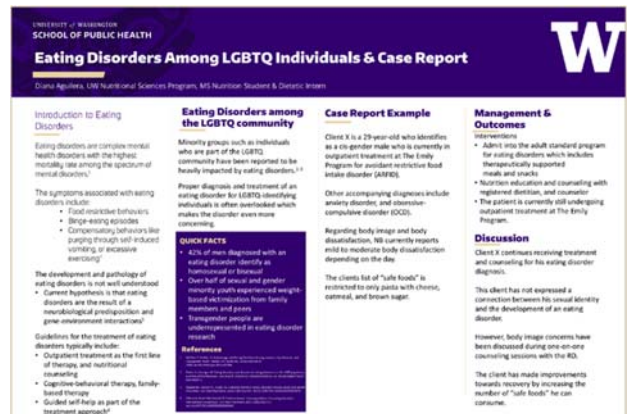
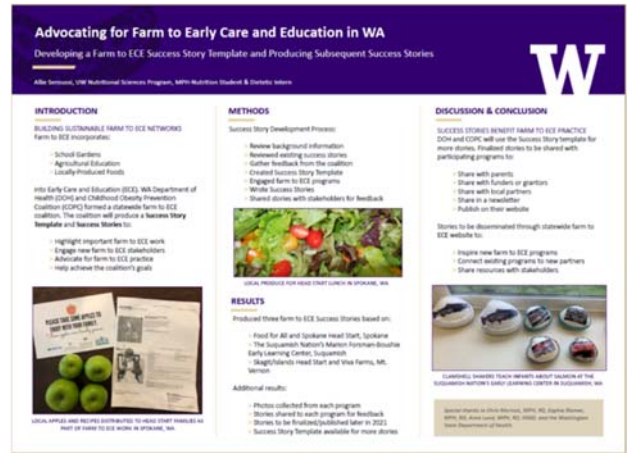
**Awards & Training Grants:** UW Leadership Education in Adolescent Health (LEAH) Trainee

**Molly Knowling**

**MNT Project:** Proposal for New Parenteral Nutrition Protocols at UWMC

**Capstone:** Case review of nutrition diagnosis & surgical outcomes

**Awards:** Katherine F. Jensen Endowed Fellowship



**UNIVERSITY OF WASHINGTON SCHOOL OF PUBLIC HEALTH**  
**Inpatient Nutrition Management Of Faltering Growth For A Medically Complex Child**  
 Dani Ladyka, Nutritional Sciences Program, MS-Nutrition Student & Dietetic Intern; Preceptor: Dana Tupper MSPH, RD, CD

**BACKGROUND**  
 Faltering growth, also known as failure to thrive, is a term used to describe infants or children who are not achieving adequate growth patterns. There are many possible etiologies for faltering growth (FG) and nutrition is an important intervention in all presentations.

**Nutrition Requirements**  
 Nutrition intervention is indicated when a child's weight is less than 5th percentile for age and sex, or when the child's weight gain is less than 10g/kg per week for 2 weeks.

**GROWTH CHARTS**  
 Growth charts showing weight and height percentiles over time.

**Summary of Nutrition Goals for FG Nutrition Interventions:**  
 - Treat underlying disease process  
 - Gain weight gain of 15-20g/kg per week for age (10g/kg per week for 20g/kg per week)  
 - Preserve at least 5% of macronutrient energy intake (20% of total kcal to be consumed)

**CASE DISCUSSION**  
 A 23-month-old male child with a history of chronic illness and malnutrition. The child's weight gain was significantly below the 5th percentile for age and sex.

**SCH FG PATHWAY**  
 - **Inclusion Criteria:** Weight gain < 10g/kg per week for 2 weeks; Weight < 5th percentile for age and sex; Failure to thrive for 2 weeks.

**Exclusion Criteria:** Acute illness; Chronic illness; Failure to thrive for > 2 weeks.

**Assessment:**  
 - Inadequate oral food/liquid intake related to limited food acceptance and tolerance of foods and fluid as evidenced by oral refusal, constipation, feeding difficulties, and/or vomiting.

**Nutrition Diagnosis:**  
 - Inadequate oral food/liquid intake related to limited food acceptance and tolerance of foods and fluid as evidenced by oral refusal, constipation, feeding difficulties, and/or vomiting.

**Outcome:**  
 - Child's moderate malnutrition related to poor FG state as evidenced by weight gain velocity of 2.85g/day since July 2020, +50% of norm.

**Dani Ladyka**  
**MNT Project:** Inpatient Management of Faltering Growth for a Medically Complex Child  
**Thesis:** Impacts of COVID-19 on the revenue and market channels of Washington State small, direct marketing farms  
**Awards & Scholarships:** Dora Agee Waller Scholarship Endowment Recipient, 2021 Carrie Cheney Student Leadership Award Recipient

**Maryann Ruiz**  
**MNT Project:** Disorders of Fluid Balance in a Patient with a Resected Pituitary Tumor  
**Capstone:** Nutritional Complications and Interventions in Substance Use Disorders  
**Awards & Training Grants:** Katherine F. Jensen Endowed Fellowship Recipient, UW Leadership Education for Neurodevelopmental Disorders (LEND) Trainee

**UNIVERSITY OF WASHINGTON SCHOOL OF PUBLIC HEALTH**  
**DISORDERS OF FLUID BALANCE IN A PATIENT WITH A RESECTED PITUITARY TUMOR**  
 Maryann Ruiz, Natalia Grant RD

**Introduction**  
 Pituitary gland and hypothalamus play a central role in the regulation of fluid balance. The hypothalamus contains osmoreceptors that sense changes in plasma osmolality and release antidiuretic hormone (ADH) from the posterior pituitary gland.

**Case Presentation**  
 A 47-year-old female with a history of a pituitary tumor and subsequent resection. She presented with symptoms of fluid balance disorders, including hyponatremia and weight gain.

**Course and Management**  
 After the recent surgery, the patient developed hyponatremia, which was managed with fluid restriction and sodium supplementation. The patient also experienced weight gain, which was managed with dietary modifications and exercise.

**Diagnosis: Criteria and Management**

CONDITION	DIAGNOSTIC CRITERIA	MANAGEMENT
Hyponatremia	Serum sodium < 135 mEq/L	Fluid restriction, sodium supplementation
Weight gain	Weight gain > 5 lbs in 2 weeks	Dietary modifications, exercise

**Definitions: DI and SIADH**  
 SIADH is a condition characterized by hyponatremia, inappropriately elevated ADH secretion, and increased total body water.

**References**  
 - American Diabetes Association. (2020). Standards of Medical Care in Diabetes—2020. *Diabetes Care*, 43(1), 1-26.  
 - National Kidney Foundation. (2020). KDIGO Clinical Practice Guideline for the Management of Acute Kidney Injury. *Kidney International*, 180(4), 586-628.

**Kazuo Yoshida**  
**MNT Project:** Laying the Groundwork for Glycemic Index Education for Type 2 Diabetic & Insulin Resistant Patients at SCH  
**Thesis:** Macrophage Accumulation and Lipid Loading in Diabetic Kidney Disease  
**Award & Scholarships:** Ruth E. Ostrander Endowed Scholarship Fund

**UNIVERSITY OF WASHINGTON SCHOOL OF PUBLIC HEALTH**  
**Laying the Groundwork for Glycemic Index Education for Type 2 Diabetic and Insulin Resistant Patients at Seattle Children's Hospital**  
 Kazuo Yoshida, UW Nutritional Sciences Program, MS Nutrition Student and Dietetic Intern

**BACKGROUND**  
 Glycemic index (GI) and glycemic load (GL) are measures of carbohydrate quality that can help individuals with type 2 diabetes and insulin resistance manage their blood sugar levels.

**DELIVERABLE MATERIAL**  
 The main deliverable for this project was a PowerPoint presentation that included:  
 - Definitions of GI and GL  
 - Examples of high and low GI/GL foods  
 - Strategies for choosing low GI/GL foods  
 - Importance of fiber and healthy fats

**EXAMPLE: SLIDES FROM POWERPOINT**

Low Glycemic Index Foods and Vegetables	Low Glycemic Load Foods and Vegetables
<ul style="list-style-type: none"> <li>Apples</li> <li>Avocados</li> <li>Beans</li> <li>Broccoli</li> <li>Cauliflower</li> <li>Chickpeas</li> <li>Corn</li> <li>Cucumbers</li> <li>Eggs</li> <li>Fermented foods</li> <li>Feta cheese</li> <li>Garlic</li> <li>Green beans</li> <li>Green peas</li> <li>Guava</li> <li>Kale</li> <li>Lentils</li> <li>Low-fat dairy</li> <li>Mango</li> <li>Mint</li> <li>Mushrooms</li> <li>Nuts</li> <li>Onions</li> <li>Peanut butter</li> <li>Pears</li> <li>Pineapple</li> <li>Pumpkin seeds</li> <li>Quinoa</li> <li>Raspberries</li> <li>Shrimp</li> <li>Soybeans</li> <li>Soylent</li> <li>Sprouts</li> <li>Sweet potatoes</li> <li>Tomatoes</li> <li>Turkey</li> <li>Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>Apples</li> <li>Avocados</li> <li>Beans</li> <li>Broccoli</li> <li>Cauliflower</li> <li>Chickpeas</li> <li>Corn</li> <li>Cucumbers</li> <li>Eggs</li> <li>Fermented foods</li> <li>Feta cheese</li> <li>Garlic</li> <li>Green beans</li> <li>Green peas</li> <li>Guava</li> <li>Kale</li> <li>Lentils</li> <li>Low-fat dairy</li> <li>Mango</li> <li>Mint</li> <li>Mushrooms</li> <li>Nuts</li> <li>Onions</li> <li>Peanut butter</li> <li>Pears</li> <li>Pineapple</li> <li>Pumpkin seeds</li> <li>Quinoa</li> <li>Raspberries</li> <li>Shrimp</li> <li>Soybeans</li> <li>Soylent</li> <li>Sprouts</li> <li>Sweet potatoes</li> <li>Tomatoes</li> <li>Turkey</li> <li>Yogurt</li> </ul>

**CONCLUSION & FUTURE DIRECTIONS**  
 This project was successful in providing education on GI and GL to patients and staff at Seattle Children's Hospital. Future directions include developing a website and conducting further research on the impact of GI and GL on blood sugar control.

**ACKNOWLEDGMENTS**  
 Thank you to Seattle Children's Hospital, Endocrinology Department for allowing me to learn the GI and GL. Thank you to my preceptor, Dr. [Name], for her support and guidance.

**REFERENCES**  
 - American Diabetes Association. (2020). Standards of Medical Care in Diabetes—2020. *Diabetes Care*, 43(1), 1-26.  
 - National Kidney Foundation. (2020). KDIGO Clinical Practice Guideline for the Management of Acute Kidney Injury. *Kidney International*, 180(4), 586-628.

## Concentration Posters

All MPH-Nutrition students' [Public Health Concentration Project posters](#) are posted on the programs 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 seven 2021 intern [student profiles](#). Read more 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' 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, human rights, journalism, management, and agriculture. 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.

### 2022 Interns (Enrolled 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*  
Health & Human Development, MS *Montana State*  
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*  
Human Rights, BA *Bard College*  
Literature, BA *American University*

### 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*

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 2021, we will be selecting our internship class for 2024!



## 2021 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 2021 Interns selected the following individuals:

Maureen Chomko, RDN, CDE *Neighborcare Heath at Rainier Beach*  
Johanna Dibble RDN, CD *UWMC, Medical Specialties Clinic*  
Bethany Fong, RDN *Northwest School*  
Amanda Li, RDN, CD, CNSC *UWMC, Montlake*  
Andrea Lillie, RDN, CDE *Harborview Medical Center*  
Marta Mazzanti, MS, RDN, CD *Seattle Children's Hospital*  
Casey McCoy, MPH, RDN *Country Doctor Community Clinic*  
Chris Mornick, MPH, RDN *Washington State Department of Health*  
Anna Mowell, MPH, RDN *Harborview Medical Center*  
Karen Munger, MS, RDN, CD, CDE, BC-ADM *Kidney Stone Center & Endocrinology Clinic at UWMC, Northwest*  
Della Norton, Director of Health Programs *Special Olympics Washington*  
Erin Phelps, MS, RDN, CD *Seattle Children's Hospital*  
Stefanie Seismaet, MS, RDN, CD *Sound Generations*

## PRECEPTOR SCHOLARSHIPS

The GCPD awarded **11 preceptor scholarships** during the 2020-21 academic year. The recipients included: Jean Westerlund-Rice (WIC PHSKC), Mary Law (WIC PHSKC), Julianne Becker (WIC PHSKC), Jen Arpin (WIC PHSKC), Laura Tobias (HMC), Kellie Farias (HMC), Andrea Lillie (HMC), Rebecca Finkel (EDI Preceptor), Toni Law (UWMC), Leah Egbers (UMWC) & Hailey Wilson (UWMC).

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

- Students chose to read & discuss *Fearing the Black Body* for the GCPD Book Club
- Along with Medical, Dental, MedEx (Physician Assistant), Pharmacy, and Nursing students, our dietetic interns completed Interprofessional Education sessions on ethics, outpatient simulations and interprofessional partnerships to promote population health.
- WSAND's annual conference was online this year and students heard from Deanna Bellany MPH, RD whose session was titled *The Road to Diversity, Equality, Inclusion and Belonging*
- We appreciate the **Seminar speakers** that joined us in the Zoom-Room:
  - **Rosie Mensah** (The Rosie Nutritionist) facilitated a group discussion on culture, equity, diversity & race in dietetics
  - **Meghann Lyle** (Fred Hutchison RD & WSAND policy volunteer) talked about the importance of advocacy work and legislation
  - **Marie Spiker** (NSP Faculty) taught on sustainable food systems for RDs
  - **Susan McBride** (Harborview) presented on dietetic management strategies
  - **Della Norton** (Special Olympics, Director of Health Programs) and Briana (Special Olympics Athlete), spoke about intellectual disabilities
  - **Mary Jones Verbovski** (Seattle Children's) presented on Nutrition Focused Physical Assessment
  - **Ashley Besecker** (Crave Health) shared about nutrigenetics
  - **Rebecca Finkel** spoke about adding an antiracism lens to dietetic careers

## NUTRITIONAL SCIENCES PROGRAM & GCPD UPDATES



The Nutritional Sciences Program recently welcomed [Dr. Alissa Bilfield](#) as a new member of our core faculty and growing team of food systems faculty. Bilfield began her appointment as an assistant teaching professor in the [Department of Environmental and Occupational Health Sciences](#) in the [UW School of Public Health](#) September 1, 2021. Bilfield will teach in the Food Systems, Nutrition, and Health major. Her interdisciplinary background in food systems includes work and research in the government, nonprofit and academic sectors that has spanned the United States and 14 different countries, ranging from Guatemala to Sri Lanka.

Bilfield earned her PhD in Public Health Nutrition from Tulane University, graduating from the Department of Global Community Health and Behavioral Sciences in 2018. In 2005, she earned a Master of Science in Environment and Development with Honors from The London School of Economics, and a BA in Political Science at Vanderbilt University in 2003.

In Spring 2021, Dr. Michelle Averill and Dr. Cristen Harris developed an **eating competence and weight stigma workgroup** to bring together graduate students completing related thesis projects. The group meets weekly to discuss the eating competence model, its theoretical underpinnings, and approaches to quantitative and mixed method data collection in relation to students' research projects. We are pleased to have multiple faculty and 2022 interns contributing to the eating competence and weight stigma evidence base.

## ACEND UPDATES

**Accreditation:** Due to travel restrictions caused by the pandemic, we officially wrapped up a 2+ year accreditation review process the first week in October. A representative from Accreditation Council for Education in Nutrition and Dietetics (ACEND) visited for a half day to tour campus and meet with GCPD Program Director and Student Services Coordinator. This was a formality as the ACEND Board granted us continued full accreditation in April of 2021. Thank you again to those that contributed to the success of our Self Study.

**New Standards:** The [ACEND 2022 Accreditation Standards](#) for nutrition and dietetic education programs have been released. The US Department of Education requires all accrediting bodies to revise their educational standards at least every five years to ensure that students are being taught the skills needed for the current and future workplace. While the new standards are effective for students matriculating after June 2022, the GCPD program is working to incorporate them into our coursework and internship activities sooner. See below for highlights of the new standards and curriculum requirements.

### Highlight of New ACEND Standards

- 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

### [Anne Lund, MPH, RDN, FAND](#)

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