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.

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)
Rachel Ross  
**Capstone:** College Students' Perception of SNAP and Strategies to Increase Participation  
**Public Health Concentration:** Promoting Equity Within WA SNAP-Ed Curricula

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

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
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
Biography, 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).

Thank You!
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:
  o Susan McBride (Harborview) presented on dietetic management strategies
  o Ashley Besecker (Crave Health) shared about nutrigenetics
  o Rebecca Finkel spoke about adding an antiracism lens to dietetic careers
  o Marie Spiker (UW) gave a lesson on sustainable food systems for RDs
  o Mary Jones Verbovski (Seattle Children’s) presented on Nutrition Focused Physical Assessment
  o Alison Evert (UW Neighborhood Clinics) taught on diabetes education & POC glucose testing monitors
  o Carolyn Baylor (UW) gave an overview of SLP basics, swallow screens, and SLP case study
  o 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 changed 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:
  o Show cultural humility in interactions with colleagues, staff, clients, patients and the public (CRDN 2.11)
  o 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:
  o 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, B12 or iron supplementation) (CRDN 3.3)
  o Provide instruction to clients/patients for self-monitoring blood glucose considering diabetes medication and medical nutrition therapy plan (CRDN 3.4)
  o 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)
  o 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:
  o 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)
  o Identify and articulate one’s skills, strengths, knowledge and experiences relevant to the position desired and career goals (CRDN 5.2)
  o 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)
  o Demonstrate the ability to resolve conflict (CRDN 5.5)
  o Promote team involvement and recognize the skills of each member (CRDN 5.6)

PROGRAM CONTACT INFORMATION

Anne Lund, MPH, RDN, FAND
Director, Graduate Coordinated Program in Dietetics
Nutritional Sciences Program, School of Public Health
University of Washington
324 Raitt Hall, Box 353410
Seattle, WA 98195-3410
Email: gcpd@uw.edu

See the GCPD online for more information: https://nutr.uw.edu/rdn/