

GRADUATE COORDINATED PROGRAM IN DIETETICS

2023 REPORT

In this report, we share how our curriculum has adapted to include clinical skills training, highlight our 2023 graduating cohort's achievements, share the 2024 and 2025 cohorts' undergraduate degrees, announce the 2023 Outstanding Preceptor awardees, share recipients of the GCPD preceptor scholarship funds, highlight seminar events from the previous year, provide program news, and share a few updates from Accreditation Council for Education in Nutrition and Dietetics (ACEND).

2024 INTERNS PRACTICE DIABETES MANAGEMENT SKILLS



This fall, our 2024 intern class participated in an Interprofessional Education (IPE) session with pharmacy students to learn how to check their blood glucose levels and self-inject saline (insulin). Michelle Averill, the GCPD Associate Director, designed this session with the UW Pharmacy School. This was the second year our students participated. The lab began with Dr. Averill providing instruction on using the plate method and body positive concepts in counseling a patient newly diagnosed with diabetes. The dietetic students paired with pharmacy students to model using the plate method to estimate carbohydrate intake. Pharmacy faculty then demonstrated how to test blood glucose levels and provided students with glucometers and test strips to practice on themselves. Pharmacy faculty then demonstrated drawing a syringe of medication (saline) from a vial and administering an injection to their own abdomen, as a patient would do with insulin. Most dietetic students chose to practice this step, although it was not required. They commented that they felt the finger prick for the glucose check more than the subcutaneous injection. The session concluded with completion of a case study in interdisciplinary groups followed by a reflection on the benefits of learning alongside another profession.

In addition to this lab, we anticipate welcoming **Jamie Kowatch, MS, RD, CDCES** (UW GCPD Alumni, 2012) back to the classroom this spring to explain diabetes medication management and how she supports patients learning to self-monitor their blood glucose levels. Our interns will practice using a glucometer again and provide instruction on self-monitoring blood glucose. During the internship, January- August 2024, the students will gain an understanding of the various ways RDNs provide this instruction in clinical practice settings.

We have incorporated instruction on these clinical skills to the GCPD curriculum to meet the current [Accreditation Standards](#). The Standards require dietetic programs train future RDNs to perform health screening assessments and provide instruction on self-monitoring blood glucose. The full text of the requirements are:

CRDN 3.3 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 3.4 Provide instruction to clients/patients for self-monitoring blood glucose considering diabetes medication and medical nutrition therapy plan

2023 INTERN ACHIEVEMENTS

Our 2023 graduating MPH-nutrition students completed fieldwork projects which resulted in the development of resources for cycling coaches on eating disorder identification, a farmers market scavenger hunt for families, a snack list of item's meeting USDA's Child and Adult Care Food Program (CACFP) guidelines, an enhanced Celiac Program resource guide for Washington families, nutrition education resources for the Hunger Intervention Program, summary report on the We Feed WA Pilot Food Program, and an analysis of the WSU global health promotion grocery voucher program. For their practicum projects they worked with the WA Department of Health, Sound Generations, Anti-Hunger & Nutrition Coalition, UW Pediatric Pulmonary Center (UW PPC), Leadership Education in Neurodevelopmental and Related Disabilities (UW LEND), WSU Extension, Uncommon Solutions Inc, and Seattle Children's Leadership Education in Adolescents Health (UW LEAH).



Our MS students completed projects on the dietary inflammatory index, personalized nutrition for type-2 diabetes in the era of continuous glucose monitors, and nutrition interventions in pediatric intestinal failure. Additional details about our 2023 MPH and MS student achievements are provided below.

MPH RDN Graduates

Megan Fisher

MPH Practicum and Public Health Concentration: An

Exploration of a WIC Staffing Model Allowing Intermediate Nutrition Risk Appointments to Be Completed by Bachelor-Level Nutrition Consultants

Western MCH Nutrition Partners Traineeship: Feeding Competency Toolkit for Foster Parents and Grandparents Capstone: Teen Feed: Ensuring Physical and Emotional Safety at Mealtimes

Awards and Scholarships: Western MCH Nutrition Partners Traineeship, Newton W. and Kathryn Adair Galley Scholarship, Ruth E. Ostrander Endowed Scholarship

NUTRITIONAL SCIENCES PROGRAM
SCHOOL OF PUBLIC HEALTH

Feeding Competency Toolkit for Foster Parents and Grandparents

Megan Fisher, MPH Student
Faculty Advisor: Dr. Kristen Harris, PhD, RDN

The feeding relationship between a child and caregiver impacts the nutritional status, growth, and wellbeing of the child. This relationship is especially important in children who are predisposed to risk factors for chronic disease, such as children in foster care. Within the US, 407,493 children are currently in foster care, with the mean age of a child being 8.4 years. [1] In comparison to children living with their parents, children in foster care face a higher risk for physical and mental illnesses. In addition, the complex experiences of children in foster care may impact the child's relationship with food. As 64% of children in foster care have experienced neglect, it is especially vital to support foster parents and grandparents to facilitate nurturing, trusting feeding relationships. [2]

Goals:

- Provide foster parents and grandparents of elementary-aged children with resources to enhance feeding competency
- Support nurturing feeding relationships for children in foster care to reduce the incidence of diet-related illness

COMMON EATING PATTERNS IN RESPONSE TO TRAUMA

TRAUMA-INFORMED FEEDING

Methods:

This toolkit has been created, by integrating Oregon State University's Nutrition and Thriving Children Course, the Substance Abuse and Mental Health Services Administration's Guiding Principles to a Trauma Informed Approach, and Elynn Satter's Division of Responsibility.

Summary:

The toolkit offers evidence-based best practices for feeding elementary-aged children, through a trauma-informed approach. This resource will be distributed to local agencies supporting foster parents and grandparents.

This toolkit aims to address the gap in resources available for foster parents and grandparents. To provide strong, nurturing foundations for youth in foster care, additional resources are needed to address physical and mental illnesses that disproportionately impact this population.

References:

This toolkit was created as a component of the Maternal Child Health traineeship. The webpage toolkit will be distributed to local community organizations that serve youth in foster care.

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Mayra Gutierrez

MPH Practicum and Public Health Concentration: Assessing SNAP-Ed MATERIALS Through Equity and Empowerment Rubric Capstone: Teen Feed: Population and Impact Awards and Scholarships: SPH Master's Fellowship, Ruth E. Ostrander Endowed Scholarship

Victoria Jansen

MPH Practicum and Public Health Concentration: Exploring the Role of High School Athletic Trainers in Relative Energy Deficiency in Sport and Eating Disorder Early Detection, Prevention, and Return to Play Capstone: Teen Feed: Population and Impact Awards and Scholarships: NSP Top Scholar, Leadership Education in Adolescent Health Traineeship, Marian Marshall Thompson Alumni Endowed Scholarship

Andrea Litzow

MPH Practicum and Public Health Concentration: Policies to End Hunger in Washington State: Campaign Development for the Anti-Hunger & Nutrition Coalition 2023 Legislative Priorities Capstone: Trauma-Informed Nutrition: A Critical Resource for Houseless Youth Awards and Scholarships: SPH Outstanding Graduate Student Award

Joanne Lum

MPH Practicum and Public Health Concentration: Providing Medically Tailored Meals to Older Adults at Sound Generations' Meals on Wheels Capstone: Teen Feed: Build Your Own Healthy Meal Challenge Awards and Scholarships: Beverly Winter-Eben Student Service Award, Mortar Board Scholarship, Dora Agee Waller Endowed Scholarship

Policies to End Hunger in Washington State: Campaign Development for the Anti-Hunger & Nutrition Coalition 2023 Legislative Priorities
 Andrea Litzow, UW Nutritional Sciences Program, MPH Nutrition Student & Dietetic Intern
 Preceptors: Claire Lamb, Director, and Christina Wong, Chef, Anti-Hunger & Nutrition Coalition

BACKGROUND
 WASHINGTON STATE FACES EXTRAORDINARY HUNGER IN WASHINGTON IS A FOOD INSECURE IN THE WAKE OF THE COVID-19 PANDEMIC.
 More than 1.7 million households in Washington state are food insecure, and more than 1.2 million people are hungry. The COVID-19 pandemic has exacerbated these issues, with food insecurity and hunger increasing significantly since 2019.

OBJECTIVES
 1. Conduct campaign research through literature, focus groups, and surveys of existing policy and programs for legislative priorities.
 2. Develop content, messaging, and creative materials to support various legislative priorities.

CAMPAIGN MATERIALS
 Hunger-Free College Campaign & Early Action Budget for Change Detail

CONCLUSION
 The 2023 legislative session concluded with unprecedented focus on food insecurity, a result of the COVID-19 pandemic and the economic & food supply chain challenges. It is hoped that the legislative session will result in policies that improve food access and reduce chronic food insecurity across the state.

UNIVERSITY OF WASHINGTON SCHOOL OF PUBLIC HEALTH
Farm to Early Care and Education in Washington - A Statewide Survey & Report
 Completed by: Kater McConaughy, UW Nutritional Sciences Program, MPH Nutrition Student & Dietetic Intern
 Preceptor: Noelle Gibson, JD, Government Operations, Asia Herman, MPH, WA Department of Health

BACKGROUND
 Farm to Early Childhood and Education (Farm to ECE) initiatives incorporate local food, agriculture, and nutrition through experiential learning opportunities in early childhood settings.

PROJECT OBJECTIVES
 1. Perform analysis of 2022 WA Farm to ECE survey results and determine findings.
 2. Develop a final report and several additional useful documents.
 3. Present survey findings to WA Farm to ECE Alliance and Community of Practice.

MATERIALS & METHODS
 A national descriptive database to understand who was reached in the survey, what ECE programs are already doing, and what challenges are faced.

RESULTS
 Exchange final report of survey findings with key stakeholders.
 Demographics reached: 90% general engagement and specific activities within the 3 core elements of Farm to ECE: barriers faced, supports needed, and recommendations for future work.

CONCLUSIONS
 Farm to ECE is already reaching a variety of ECE programs throughout Washington. While initiatives are high, to serve participants face several barriers to Farm to ECE participation, including limited funding and provider knowledge.

Kathryn McConaughy

MPH Practicum and Public Health Concentration: Farm to Early Care and Education in Washington: A Statewide Survey and Report Capstone: Teen Feed Meal Evaluation Tool

Kunal Patel

MPH Practicum and Public Health Concentration: Integrating Software to Innovate Public Health Outcomes Capstone: Teen Feed: The Hidden Value of Design in Food Presentation Awards and Scholarships: NSP Top Scholar, Edith A. Moulton Scholarship

Anastasia Powell

MPH Practicum and Public Health Concentration: Fruit and Vegetable Incentives Accessibility Pilot Project: Supporting Farm Vendors Capstone: Teen Feed: A Visual Adaptation of the HER Guidelines Table Awards and Scholarships: Lydia J. Roberts Memorial Scholarship in Public Health Nutrition, Katsumi Higuchi Memorial Scholarship, Marian Marshall Thompson Alumni Endowed Scholarship

UNIVERSITY OF WASHINGTON SCHOOL OF PUBLIC HEALTH
Fruit and Vegetable Incentives Accessibility Pilot Project: Supporting Farm Vendors
 Completed by: Anastasia Powell, UW Nutritional Sciences Program, MPH Student and Dietetic Intern
 Preceptor: Alyssa Anderson, MPH, Fruit and Vegetable Incentives Program Manager, Washington State Dept. of Health

Introduction
 Washington State Department of Health (DOH) and the Washington State Department of Social and Human Services (DSHS) have partnered to pilot a program called Produce Rewards.

Project Objectives
 1. Develop and evaluate a Survey of Farm Vendor Needs.
 2. Develop and evaluate a Survey of SNAP User Needs.
 3. Develop and evaluate a Survey of SNAP User Needs.

Materials
 SNAP Produce Rewards Program: A program that allows SNAP users to use their card to purchase fresh produce at participating farm vendors.

Methods
 A national survey of farm vendors and SNAP users was conducted to understand their needs and preferences for the program.

Conclusions
 The pilot program was successful in increasing SNAP user access to fresh produce at farm vendors.

Acknowledgments
 The authors would like to thank the following individuals and organizations for their support and assistance in the completion of this project.

Kristina Tribley

MPH Practicum and Public Health Concentration: Nutrition Training Outreach to RDNs in Under-Resourced WA Counties
Capstone: Teen Feed Balanced Meal Checklist
Awards and Scholarships: Pediatric Pulmonary Center Traineeship, Ruth E. Ostrander Endowed Scholarship

Emilee Vann

MPH Practicum and Public Health Concentration: A Survey of Pediatricians to Provide Insight into Their Current Practices of Assessing and Referring Patients for Feeding Difficulties
Capstone: Nutritious & Tasty: Teen Feed Volunteer Guide to Feeding Adolescents
Awards and Scholarships: Leadership Education for Neurodevelopmental Disorders Traineeship, ACEND Foundation Scholarship, Ruth E. Ostrander Endowed Scholarship

MS RDN Graduates

Daniel Beery

Medical Nutrition Therapy Concentration: Dietary Inflammatory Index Scores of the 3-Week Menu at a State Hospital
Thesis: Effect of Cocoa Extract Supplementation on Mental Health and Risk of Incident Late-Life Depression: A Secondary Analysis of the COSMOS Trial
Awards and Scholarships: WSAND Outstanding Student in a Coordinated Program in Dietetics

Jordyn Fantuzzi

Medical Nutrition Therapy Concentration: Personalized Nutrition for Type 2 Diabetes in the Era of Continuous Glucose Monitors
Capstone: Teen Feed: Trauma and Food, Notes for Meals
Awards and Scholarships: NSP Top Scholar, WSAND Graduate Student Conference Presentation Award, Ruth E. Ostrander Endowed Scholarship

Savannah Stelzer

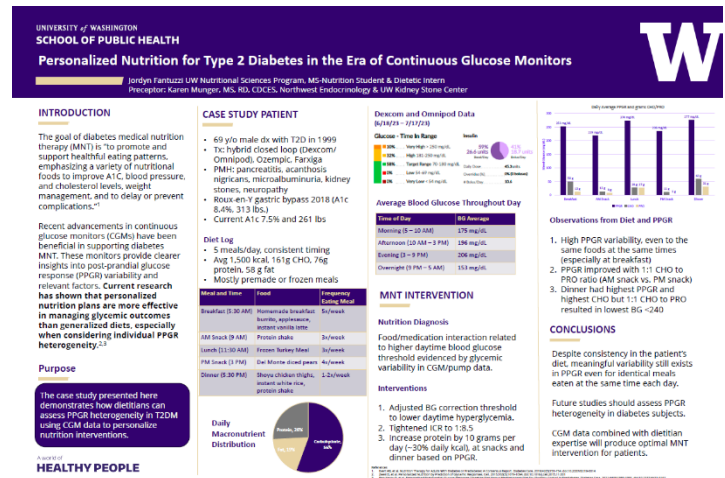
Medical Nutrition Therapy Concentration: Nutrition Interventions in Pediatric Intestinal Failure from Short Bowel Syndrome: A Case Report
Capstone: How to Talk About Food: A Guide for Teen Feed Volunteers
Awards and Scholarships: Katherine F. Jensen Endowed Fellowship, Ruth E. Ostrander Endowed Scholarship

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 five 2023 intern [student profiles](#) and three 2024 intern profiles. 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 the [alumni profiles](#).



2023 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 2023 Interns selected the following individuals:

- Holly Anderson MS, RDN, CD**, *Experience Momentum*
- Sarah Bailey Harsh, MS, RDN, CD**, *UW Institute on Human Development and Disability*
- Eileen Chikamura RDN, CD**, *PHSKC - WIC*
- Natalia Groat MS, RD, CD**, *Harborview Medical Center*
- Claire Lane MPA**, *Anti-Hunger & Nutrition Coalition*
- Amanda Li RDN, CD, CNSC**, *UWMC - Montlake*
- Mari Mazon MS, RDN, CD**, *UW Institute on Human Development and Disability*
- Casey McCoy MPH, RDN, CD**, *Seattle Children's Hospital - LEAH*
- Karen Munger MS, RD, CDCES**, *Northwest Endocrinology & UW Kidney Stone Center*
- Tiffany Payton RD, CNSC**, *UWMC – Northwest*
- Beth Shanaman RD, CD, FNKF** – *Northwest Kidney Centers*



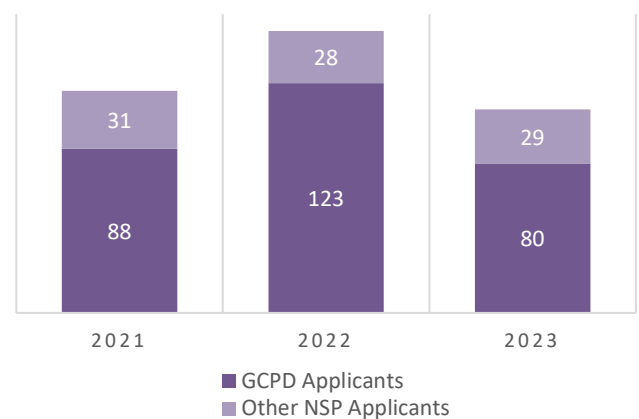
PRECEPTOR SCHOLARSHIPS

The GCPD awarded 6 preceptor scholarships during the 2022-23 academic year. The recipients included: **Iwona Steplewska Owen** (HMC), **Megan Nordlund** (HMC), **Amanda Li** (UWMC-Montlake), **Anne Sears** (HMC), **Tiffany Payton** (UWMC-Northwest), and **Karen Munger** (NW Endocrinology). Scholarship recipients were able to use funds to attend Today's Dietitian Symposium, Endocrinology & Diabetes Update for Primary Care conference and Diabetes Educator's online conference, purchase ASPEN books and completed a Certified Intuitive Eating course. 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 three years.

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 2023 admissions cycle, we received 80 eligible applications for our 14 slots.

GCPD Remains in High Demand



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, anthropology, finance, and psychology. 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 cohorts are listed below.

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*
Journalism, BA *University of North Carolina – Chapel Hill*

2025 Interns (Enrolled Autumn 2023)

Previous Degrees & Institutions

Public Health-Global Health, BS *University of Washington*
Nutrition, BS *University of Minnesota*
Biology, BA *Austin College*
Biology, BS *Cal State University-Fresno*
Nutrition & Dietetics, BS *Cal State University-Long Beach*
Interdisciplinary Studies, BA *Wheaton College*
Finance & Management, BS *Virginia Tech*
Nutrition & Dietetics, BS *New York University*
Psychology, BA *Univ. of Missouri-Columbia*
Public Health, BS *Brigham Young University-Idaho*
Anthropology, BA *University of Oklahoma*
Nutritional Sciences, BS *University of CA-Berkeley*
Health Promotion & Disease Prevention, BS *Univ. of Southern CA*
Biology, BA *Scripps College*

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 2023, we will be selecting our internship class for 2026!

GCPD SEMINAR HIGHLIGHTS

- We appreciate the **Seminar speakers** that shared their expertise in our weekly internship course:
 - **Alyson Deckert** (UWMC) provided two sessions on fiscal management
 - **Della Norton** (Special Olympics Washington) spoke on why inclusive health is needed and why it takes a collective effort to make it happen
 - **Charlotte Sanders** (UW School of Social Work) facilitated a session on trauma informed care
 - **Susan McBride** (Harborview) presented on dietetic management strategies
 - **Rebecca Finkel** led a session on adding an antiracism lens to dietetic career planning
 - **Yvette Fierce** (PHSKC WIC) gave an orientation about the WIC program
 - **Mary Jones Verbovski** (Seattle Children's) presented on Nutrition Focused Physical Assessment
 - **Jamie Kowatch** (Salute Nutrition) taught on diabetes education & POC glucose testing monitors
 - **Carolyn Baylor** (UW) returned and gave an overview of SLP basics, swallow screens, and SLP case study
 - **Johanna Lampe** (UW) presented on the microbiome
 - **Ruth Foster Koth** (UW Medicine) shared about skill building for challenging interactions and working through emotionally charged situations while maintaining personal safety
- Interns read & discussed *What We Don't Talk About When We Talk About Fat* by Aubrey Gordon for the GCPD Book Club
- Once again, along with Medical, Dental, MedEx (Physician Assistant), Pharmacy, and Nursing students, our dietetic interns completed Interprofessional Education (IPE) sessions on ethics, outpatient care, and interprofessional partnerships to promote population health

NUTRITIONAL SCIENCES PROGRAM & GCPD UPDATES

Faculty Changes and Achievements

- **Michelle Averill** was named interim program director for the Nutritional Sciences Program following **Adam Drewnowski** stepping down after 20+ years leading the program. The program plans to launch an international search for a new program director in 2024.
- **Anne Lund** received the 2023 Commission on Dietetic Registration Leadership Award which she is using to participate in Leadership Tomorrow's Flagship Program. This 10-month program brings together 80 leaders from the Seattle area private, nonprofit, and public sectors. The cohort works together to cultivate a deeper understanding of interconnected regional issues, practice strategies to become more effective leaders, and expand their professional networks by working collaboratively. The program offers participants opportunities to analyze the history and current impacts of racism within Puget Sound and engage in projects that advance racial equity and thriving communities.
- **Pia Chapparo** joined NSP core faculty as an assistant professor.
- **Alissa Bilfield** will be departing UW and moving to Tulane University on December 31, 2023. Dr. Bilfield joined the Nutritional Sciences Program core faculty in 2021 and taught within the Food Systems, Nutrition, and Health major.
- The Nutritional Sciences Program (NSP) will be changing their name to the Food Systems, Nutrition and Health Program (FSNH) in 2024. The new name reflects our faculty's growing expertise in food systems.

ACEND UPDATES

- ACEND released an updated Preceptor Training in August. Preceptors who complete this free course earn 8 CPEUs.
 - The course covers required student experiences to meet ACEND Accreditation Standards, role delineation, preparation for orientation and learning activities, supporting various learning styles, creating safe spaces to learn, providing constructive feedback, and communicating effectively. The modules include reflection and self-assessment.
 - Objectives of the course include:
 - Describe the characteristics of effective preceptors
 - Identify three key responsibilities of students and three expectations preceptors should have of students
 - Describe four methods to monitor and assess student development of the ACEND competencies and learning outcomes
 - Identify three sources of information for keeping current in dietetics education, credentialing and practice
 - To register for this free course, see: <https://acend-s-school.thinkific.com/courses/preceptor-training-course>
- Starting January 2024, CDR will require completion of a graduate degree to be eligible to sit for the the RDN exam.
- ACEND is collecting comments on their proposed doctoral standards. To review and comment on the standards, see: <https://www.eatrightpro.org/acend/accreditation-standards-fees-and-policies/advanced-practice-standards-for-doctoral-programs>

PROGRAM CONTACT INFORMATION

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

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