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Academic Background

M.S. Auburn University, *Auburn, AL.*

Dietetic Internship, National HealthCorp L.P., *Murfreesboro, TN.*

B.S. Lipscomb University, *Nashville, TN.*

Certifications

Certified ServSafe® Instructor & Registered ServSafe® Examination Proctor since 2013

TN Board of Dietitians/Nutritionist Examiners License, 2022

AllerTrain: Managing Food Allergens & Gluten in a Cafeteria Setting, 2021

CITI Program: Human Subjects Research, 2021

ANSI ServSafe Manager Certification, 2019

The National Institutes of Health (NIH) Office of Extramural Research

Registration for Dietitians, 1992, National, Commission on Dietetics (CDR).

Memberships

Tennessee Healthy Meals Consortium, 2016-2018

Tennessee Obesity Task Force, 2011-2014

Nashville Academy of Nutrition and Dietetics, 2010-present

Tennessee Academy of Nutrition and Dietetics, 2010-present

Academy of Nutrition and Dietetics, 1992- present

Computer Skills

E*Value, Excel, Powerpoint, Zoom, Panopto, Canvas

WORK EXPERIENCE:

Academic Experience

- Associate Professor, Lipscomb University (2015 - Present), *Nashville, TN.*
- Dietetic Internship Director, Lipscomb University (June, 2010 - Present), *Nashville, TN.* Leadership and administrative responsibilities for the design, implementation, and administration of the ACEND accredited Dietetic Internship to provide didactic and experiential curriculum that promotes learning and excellence in clinical practice, patient care, practice management, health care policy, and research. Manages fiscal resources to operate within budget.
- Assistant Professor, Lipscomb University (June, 2010 - 2015), *Nashville, TN.* As assistant professor, develop and teach courses as assigned for undergraduate Didactic Program in Dietetics (DPD) and the dietetic internship, as well as other assignments from the University.
- Assistant Director of Dietetic Internship, Lipscomb University (January, 2009 - May, 2010), *Nashville, TN.*

Non-Academic Experience

- Field Specialist/ Consultant/ Trainer, EcoSure (December, 2004 - December, 2011), *Northbrook, IL.* Delivering industry-leading Quality Assurance Solutions through onsite evaluations and training with restaurants across the country as an

independent contractor focused on food safety and brand protection; Trained new specialists and corporate personnel on specific brand standards and audit procedures such as Starbucks, Burger King and O' Charley's.

- Consulting Dietitian, Providence Place of Mount Juliet Assisted Living, TN (September, 2000 - October, 2004), *Mount Juliet, TN*. Contract Dietitian; Assisted in the initial opening of the facility by developing written manuals for employee safety, dietary standards for food safety and sanitation, and weekly menus; Performed quarterly foodservice related in-services for the dietary staff and inspected for cleanliness; Evaluated written menus and provided suggestions to improve nutritional value as well as overall appearance of each meal.
- Foodservice Director, Dietitian, Richland Place (October, 1992 - June, 1998), *Nashville, TN*. Dietitian and Foodservice Director for a facility offering skilled, intermediate, and assisted living care as well as independent living for the aged; Served as the clinical dietitian initially and was promoted to Foodservice within 6 months of facility opening; Managed both the clinical and foodservice areas of the Dietary Department.
- Coordinator's Assistant, Registered Dietitian, National HealthCorp L.P. (June, 1992 - October, 1992), *Murfreesboro, TN*. Assistant to the Coordinator of Dietary Services for NHC, providing support to NHC facilities in other areas of the U.S. as well as assist the Coordinator with developing company manuals.

Consulting

- Lipscomb University D1 Athletics, Nutrition Presentation, Thirty-minute presentation on September 3, 2014 to Lipscomb University Athletics Department, Coaches, Assistant Coaches, Trainers and Athletic Director regarding importance of proper nutrition and hydration for performance and recovery.
- Lipscomb University Cross Country Teams, Nutrition Presentation for the Cross country Men and Women's Teams/ Coaches, One hour presentation on August 12, 2014 to the Cross Country Teams regarding fueling for performance, recovery and hydration for endurance athletes.
- Lipscomb Academy Golf, High School Golf Teams, Presentation on August 27, 2014 to the boys and girls high school golf teams on proper fueling, hydrating and recovery for the sport of golf.
- Lipscomb Academy Basketball, Nutrition Presentation for Men's High School Basketball Team/ Coaches, 45 minute presentation on January 2, 2014 regarding proper nutrition for the sport of basketball.
- Lipscomb University Cross Country Teams, Nutrition Presentation for Cross Country Men and Women's Teams/ Coaches, One-hour presentation on August 16, 2013 to the Cross Country Teams regarding fueling for performance, recovery and hydration for endurance athletes.
- Lipscomb Academy Cross Country, Nutrition Presentation for the High School Boys' and Girls' Cross country Teams/ Coaches, One-hour presentation on August 29, 2011 to the high school boys' and girls' teams regarding proper fueling, recovery foods and hydration for this sport.

Paid Service

- Centers for Medicare and Medicaid and Lipscomb's School of Transform-aging, Dietary Consultant to Health Services Management Group for Willows of Winchester, a healthcare facility identified by CMS as in jeopardy of closure; Completed site visit, performed an audit, conducted the National ServSafe Examination and provided training with a final report back to CMS.

TEACHING:

Courses Taught

Advanced Food Systems Management I, Advanced Food Systems Management II, Basic Foods, Dietetic Internship Experience I, Dietetic Internship Experience II, Food Science & Production, Food Systems Management I, Food Systems Management II, Nutrition Research, Quantity Food Production| Safety| and Sanitation, Special Topics in Exercise & Nutrition, Special Topics in Medical Nutrition Therapy

Teaching-Other

Assurance of Learning - Teaching

2021-2023 - *Intern Check-ins.*

Course Creation/Delivery: Conventional

2022-2023 - *Course creation for transitioned MS DI. Course (New)*

Program Assessment Projects

2021-2022 - *ACEND Accreditation Report and Planning for Fall Site Visit.*

2020-2021 - ACEND Accreditation Substantive Change Report for MS DI.

2018-2019 - ACEND Substantive Change Accreditation Report for DI Certificate.

2016-2017 - ACEND Substantive Change Accreditation Report for new concentrations.

INTELLECTUAL CONTRIBUTIONS:

Refereed Articles

Pouliot, J., Givens, G., Morley, S., Worley, K., & Lowery, A. (2021). The Use of Motivational Interviewing Skills for Patient Counseling in an Interprofessional Education Learning Simulation. *Pharmacy Education, 21 (1)*, 582-590.

Luedtke, C., & Lowery, A. M. (2016). Implementing a Sports Nutrition Program at a Non-Football Division I University: A Case Report of Lipscomb University. *SCAN's Pulse Newsletter, 35 (3)*, 1-5.

Refereed Proceedings - Abstract

Pouliot, J., Campbell, T. M., Marshall, A., Lowery, A., & Watson, K. (in press, 2018). The Use of Motivational Interviewing Skills for Patient Counseling in an Interprofessional Education Learning Simulation. *AACP Annual Meeting*.

Intellectual Contributions

Basic or Discovery Scholarship

2014-2015: Lowery, A. M., & Luedtke, C., *The Effect of Nutrition Education by Registered Dietitians on Sport-Specific Nutrition Knowledge and Attitudes of Division I Collegiate Athletes at a Small, Private University*.

Teaching and Learning Scholarship

2016-2017: Morley, S. M., "Assessment of Motivational Interviewing Skills for Interprofessional Education in the Health Sciences". The purpose of this study is to demonstrate motivational interviewing is an effective subject to promote interprofessional education, positively impacts student attitudes towards interprofessional learning, and supports collaborative interprofessional practice. By measuring how well individual students vs. interprofessional student teams use motivational interviewing skills, we hope to show motivational interviewing can be an essential part of any interprofessional education program and may have the potential to improve patient outcomes in interprofessional practice settings.

Other

2008-2009: Lowery, A. M., *Language Barriers Between Restaurant Supervisors and Subordinates and Job Satisfaction Levels*. The graduate degree was a non-thesis option, but a research proposal and study was conducted and presented to the research committee at Auburn University. The paper was not published. It was accepted into a "Research in Progress" category poster session for a conference that was not able to be attended.

SERVICE:

Department Assignments

Faculty Advisor:

2010-2011 – 2020-2021: Dietetic Intern Research Projects

Mentoring Activities:

2021-2022: Host Senior Dietetics Brunch

Student placements:

2013-2014: Dietetic Internship Experience I and II

Writing Student Recommendations:

2011-2012 – 2022-2023: Licensure and Job recommendations for intern graduates

2015-2016 – 2021-2022: Dietetic Internship Recommendations

2015-2016 – 2016-2017: Job recommendations for intern graduates

2010-2011 – 2015-2016: Dietetic Internship Recommendations

College Assignments

Faculty Advisor:

2018-2019: Student Scholar Symposium

Member:

2021-2022: Rank, Tenure, and Promotion Committee

Mentoring Activities:

2019-2020 – 2022-2023: Alumni Mentoring

Member:

2018-2019 – 2022-2023: Interprofessional Grand Rounds

2016-2017: Search Committee for the Executive Associate Dean of Nursing

University Assignments

Committee Chair:

2012-2013: Lipscomb Campus School Leadership Council, Academic Committee

Committee Member:

2019-2020 – 2020-2021: RTP Committee

2016-2017: Lipscomb Academy Wellness Planning Committee

2016-2017: Trustee Scholarship Interview Committee

2013-2014: Wellness Advisory Council

2011-2012 – 2012-2013: Lipscomb Campus School Leadership Council

2004-2005 – 2005-2006: LPAC Member for the Academy

Faculty Advisor:

2017-2018 – 2020-2021: Share our Supper

2014-2015 – 2018-2019: IGNITE Healthcare

2012-2013 – 2018-2019: Lipscomb's National Food Day

2015-2016: Lipscomb's First Annual Hunger Banquet

Faculty Sponsor:

2016-2017: Share our Supper's Appreciation Dinner for Operations Employees

2015-2016 – 2016-2017: Share our Supper

Mentoring Activities:

2021-2022: LMN Mentoring Network

Other Institutional Service Activities:

2021-2022: Provost Breakfast 2022

2006-2007 – 2015-2016: Lipscomb Move-in Day

2014-2015: HealthyU Expo

2013-2014: Connect 2014

Service to the Profession

Academic Conference: Panelist

2022-2023: TIPEC Conference (Virtual), Nashville, TN. Presented Conference Session with Tracy Noerper PhD, RDN, LDN, Geoffrey Wright MS, MPAS, PA-C, and Abbie Burka Pharm.D., BCPS, BCCCP on 6/29/22 titled: **Expanding Nutrition Knowledge and Culinary Skills in Health Professions Students**

2021-2022: Nutrition and Dietetics Educators and Preceptors Practice Group of AND, Nashville, TN. Presented Conference Session on 4/27/2022 titled: **More than a Match: Creating Strategic Partnerships between Dietetic Interns and Preceptors**

Advisor

2014-2015: Academy of Nutrition and Dietetics Accreditation Council for Education in Nutrition and Dietetics (ACEND), Tallahassee, FL. Program Reviewer / Site visitor for accredited dietetic internship programs as assigned by ACEND.

2013-2014: Academy of Nutrition and Dietetics Accreditation Council for Education in Nutrition and Dietetics (ACEND), San Antonio, TX. Reviewed a program's Progress Assessment Report.

Board Member: Advisory Board

2016-2017 – 2018-2019: Perkins Diabetes Education Program, Nashville, TN.

Member: Committee/Task Force

2016-2017: Nashville Academy of Nutrition and Dietetics, Nashville, TN. Collaboration between NAND and internship programs to discuss ways to increase student/ intern involvement in the Nashville Academy of Nutrition and Dietetics.

2016-2017: TN Healthy Meals Consortium, Nashville, TN. Recently formed consortium with the following goals:

Other Professional Service Activities

2019-2020: Tennessee Academy of Nutrition and Dietetics Hill Day, Nashville, TN. Attended the TAND Hill Day and visited with legislators regarding issues related to community nutrition.

Presentation

2011-2012: Tennessee Obesity Task Force Meeting, Nashville, TN. Attended this community meeting and participated in discussions/ prioritization of legislation and initiatives for school nutrition. Presented to TOT, with Dianne Killebrew, the Dietetic Internship Collaborative Initiative to increase involvement with Coordinated School Health and interns as Nutrition Coaches in schools.

Service to the Community

Chair of a Committee

2006-2010: Hillsboro Church of Christ Ladies' Retreat Planning Committee, Nashville, TN.

Member of a Committee

2003-2007: Otter Creek Preschool Board Member, Nashville, TN.

Other Community Service Activities

2014-2022: Hillsboro Church of Christ 4:12 Ministry, Co-coordinate College Ministry events and host students in our home monthly for devotionals, meals, and mentoring.

2012-2022: Teach Infant Sunday School Class at Hillsboro Church of Christ

2013-2018: Honduras Mission Trip, Help lead the Hillsboro Church of Christ 4:12 College Ministry made up of Lipscomb University college students to Honduras to build houses and support the Church of Christ at Mateo.

2014-2022: Cystic Fibrosis Foundation Fundraiser/Walk

2006-2012: Hillsboro Church of Christ Camp Craft Coordinator

2001-2006: Hillsboro Church of Christ Youth Camp Cook, Leader

Speech / Presentation at a Community Meeting

2016-2017: ServSafe Course and Exam for The Well; National Restaurant Association's ServSafe Course and proctored the ServSafe exam for 4 managers of The Well Coffee House.

2013-2014: Music City Chapter Chevron Retirees Association, Provided presentation on Nutrition and Aging.

2011-2012: Tennessee Obesity Task Force Meeting, Presented with Dianne Killebrew of Vanderbilt Dietetic Internship a report on the Tennessee Dietetic Internship Collaborative.

Faculty Development

Assurance of Learning - Professional Development

2016-2017: Insights: A community learning experience.

2011-2012: National Restaurant Association SERVSAFE course for Instructor Proctor. Became a certified instructor/proctor for the ServSafe Exams and incorporated this into a new course for the Lipscomb Dietetic students.

DS: Research-Related Conference/Seminar

2018-2019: A World Well-Nourished: Dairy's Role in Health and Sustainable Food Systems. This activity provided information that can be shared with students and interns, providing evidenced based data to support dairy as part of a healthy diet and how dairy farmers can incorporate sustainable practices to minimize environmental impact.

2011-2019: Food and Nutrition Conference and Expo (FNCE).

2015-2016: Nashville Academy of Nutrition and Dietetics. Seminar on Exocrine Pancreatic Insufficiency.

2014-2015: Sports, Cardiovascular, and Wellness Nutrition (SCAN) Symposium. Attended the May1-3, 2015 Research Symposium: Nutritional Dogma vs Data at Cheyenne Mountain Resort in Colorado Springs, CO. Networked with individuals and exhibitors to learn how to bring sports nutrition to Lipscomb Athletics/ Internship. Sessions included the following:

2014-2015: National Dairy Council Webinar: Aging and Muscle Loss. Participated in a webinar conducted by the National Dairy Council regarding pre-sarcopenia and sarcopenia prevention. Decreased protein synthesis occurs beginning as early as the age of 30 and intervention of increased protein intake, possibly as whey, is integral to reduce these conditions.

2011-2012: Sports Nutrition Workshop with Nancy Clark and William Evans. Title: Nutrition & Exercise: From Science to Practice

Instructional-Related Conference

2021-2022: CTL workshop: Improve teaching/ student assessment (9.22.21 Rubrics and Grading in Canvas & 11.3.21 Student Engagement- Question Formulation Technique)

2021-2022: NDEP Town Hall. Nutrition and Dietetics Educators and Preceptor Town Hall Q&A related to new 2022 standards and competencies.

2020-2021: Nutrition and Dietetics Educators and Preceptors Practice Group of AND. April 13 & 14, 2021 Virtual NDEP Meeting

2020-2021: CTL Training- Canvas New Quizzes.

2020-2021: NDEP Roundtable - RDN programs under the 2017 and FEM Standards. Introduction of the 2022 new standards and differences among programs, including FEMs and MS/DIs. 2022 standards up for adoption in July 2022- now out for comment. There is a new Program Director Portal (accreditation portal). Spring NDEPs will all be together virtually April 13-15, 2021. Currently there are 263 DIs accepting DPD verified students and 33 FEMs approved with more in the pipeline. We have until 12/31/23 to move to a graduate degree but these individuals will still have to complete full masters before eligible to sit for RD exam because their program would finish after the 1/1/24 requirement.

2020-2021: ACEND Webinar- Help All Students to Thrive: An Introduction to Culturally Responsive Teaching. Tamara Melton, MS RDN with Diversity Dietetics, Inc held a very informative webinar on Culturally Responsive Teaching as a Pedagogy. 8 competencies an educator needs to consider with a resource asset-based approach instead of using the deficit or difference approach to cultural differences.

2020-2021: Incorporating Experiential Learning in the Classroom with Simulation. NDEP sponsored webinar by Sandra Mayol-Kreiser about her experiences at Arizona State with simulations for undergraduate, dietetic internship and IPE events.

2019-2020: CTL Training -Utilizing Technology Tools Effectively in the Online Environment. Takeaways: Important to explain and utilize tech tools to help reach course outcomes rather than use just to be using the tool. Some of the explained tech tools to explore and integrate as appropriate in my courses:

2019-2020: CTL Training: Engaging Students in Your Online Courses. Faculty collaboration and tips for online platforms to better engage Learner to Instructor, Learner to Content, Learner to Learner.

2019-2020: CTL Training: Designing & Organizing Your Online Courses. Reminded to use Backward Design, especially with online platform.

2019-2020: CTL workshops. Small Changes: Big Results; Leveling Up Your Course with Assessments & Rubrics by Dr. Hope Nordstrom; Interactive Lecturing Techniques by Dr. Hope Nordstrom; Strategies workshop conducted by the CTL faculty, Dr. Hope Nordstrom.

2018-2019: Cultural considerations and strategies for the classroom. Todd Beard M.Ed. presented important cultural considerations and strategies that can be used in the classroom to assist English as a second language (ESL) students in the learning process and appropriate adjustments that can be made for assessment without negatively impacting the integrity of the course.

2016-2017: Teaching Naked with Dr. Jose Bowen. Learned that as professors we need to model "change," which means as smart people we should also change our minds with new information and perspective. With this philosophy, we should engage our students and allow them to help shape what we believe. Being able to consider a different perspective allows them to trust us. We should consider classroom for discernment, analysis, critical thinking and reflection. Their job as students should be to prepare before class in order to accomplish the above. We should be doing things in class that they cannot do at home or on their own.

2015-2016: Title 9 Training.

2013-2014: Academy of Nutrition and Dietetics Accreditation Council for Education in Nutrition and Dietetics (ACEND). Participated in this 2-day instructional conference in preparation for accreditation self-study writing and site visitors planned for November 2014.

Other Professional Development

2020-2021: Lipscomb LEADS. Lipscomb LEADS Virtual Conversation: The Future of Health Care
Lipscomb LEADS Virtual Conversation: The Future of Racial Reconciliation

2019-2020: COPHS Faculty Development.

Campus Nexus Transition
Diversity Perspectives for Student/ Faculty/ Staff
Retention is Everyone's Opportunity
Can You Describe the University Where You Work?
What Does CTL Do for Me?
What Library Resources are Available to Me?

2019-2020: Mental Health First Aid USA. Trained for Mental Health First Aid to better serve our students and community in recognition of symptoms and how to address different scenarios.

2018-2019: CTL workshop. Respect Leads: Difficult Conversations about Sexual Abuse by Kathy Hargis and Frank Scott

2017-2018: Canvas Training.

2017-2018: Engage Leadership Series--Change Leadership. Participated in discussion of change leadership and the role a leader plays when tasked with moving a group from "Here to There." We should start with the plot of the story and not the "how the change will occur," while understanding the costs of change and why change initiatives don't always work. Spending more time on the "WHAT" of where we will end up after all the change is more important than the "how," although understanding your "cast" and their needs in being involved is a part of change leadership.

2017-2018: Veterans Services Training. Participated in the Lunch and Learn offered by Veterans Services on December 7th in Shamblin Theater from 11-1:30. It was very informative and quite helpful to ask questions of the veteran panel. I do wonder if there should be some indication on our class rosters for veterans so that we can be more cognizant of situations/conversations which might impact them differently than the rest of our students.

2017-2018: Faculty Meetings. Participate in regular Faculty Meetings held by President Lowry and Academic Leadership Team.

2017-2018: Engage Leadership- Defining Moments. Participated in the Engage Leadership - "Defining Moments" session by bestselling author and Stanford professor Chip Heath. He shared the power of "defining moments" — and how organizations can shift their thinking, processes, and structure to create meaningful and memorable moments that drive financial performance.

2017-2018: Centering Core Conversation Part 1 and 2. Participated in 2 one-hour sessions on the Centering Core for Lipscomb and how to bring it to life in the courses we teach.

2016-2017: Don R Elliott Distinguished Presidential Lecture Series- Captain Chesley Sullenberger.

2016-2017: Tennessee Academy of Nutrition and Dietetics Hill Day. Led the 15 dietetic interns at Hill Day, heard from Glen Casada and conducted visits with Speaker Beth Harwell's office, as well as Sheila Butt from Columbia, TN. We led discussions with legislators regarding coverage for nutrition services as well as goals to limit unhealthy foods on SNAP.

2015-2016: Strategic Planning Meeting. Participated in College of Pharmacy and Health Sciences Strategic Planning Meeting

2015-2016: Tennessee Academy of Nutrition and Dietetics Hill Day. Participated in TAND Hill Day Program with visit to Speaker of the House Beth Harwell. Chaperoned 15 dietetic intern for the presentation and visit to legislative plaza for Nutrition and Agriculture Day on the Hill. Prior to legislative visits the topics included: Making the Most of Your Legislator Visits, There are 364 Days in a Year that are NOT Hill Day, TennCare and Tennessee Healthcare Payment Reform.

2015-2016: Insights: A community learning experience. Participated in three conversations with non-traditional learners at Lipscomb.

2014-2015: Tennessee Academy of Nutrition and Dietetics Hill Day. Participated in TAND Hill Day Program with visit to Speaker of the House Beth Harwell. Sessions included: How the TN Primary Care Association Supports FQHC's Improvement Initiatives. Discussion with Speaker Beth Harwell included how RDs can cut healthcare costs and concern over the fact that Medicaid/ TennCare does not cover reimbursement for services of dietitians when studies have verified the inclusion of RDs in the healthcare team reduce costs of medications, time with doctors and hospital admissions.

2013-2014: Tennessee Academy of Nutrition and Dietetics Hill Day. Participated in TAND Hill Day sessions and visited with Senator Steve Dickerson and Speaker of the House Beth Harwell. Sessions included the following:

2013-2014: Tennessee Academy of Nutrition and Dietetics Hill Day. Participated in TAND Hill Day Program with visits to Senator Steve Dickerson and Speaker of the House Beth Harwell. Sessions included: Legislation 101 for the New Advocate and Tennessee Obesity Taskforce Update.

Professional Seminars / Workshops

2022-2023: Reimagining DEI: Building a Stronger and More Resilient Workforce. LaSalle Network Workshop included several organizations and individuals within each expressing challenges and successes in the space of DEI. Some of the main take aways were that organizations should be intentional in creating a safe place of belonging, one where mistakes can be made that allow for individual and organizational growth, for employees to be comfortable being themselves, and encouraging individuals recognizing with minority groups to share their experiences and feel comfortable correcting perceptions of others. Recording <https://bit.ly/39EDbjj>

2021-2022: NDEP Annual Meeting. 1. Blueprint for Developing a Clinical Cohort Model in Response to Preceptor Shortages in Dietetics: Implementation and Considerations for Success, 2. It's Easy Being Green: Cultivating Sustainability in Dietetics Education

2021-2022: Unpacking Preconceptions about Packaged Foods. 1. Describe how personal biases impact nutrition recommendations, specifically processed foods. 2. Understand how food/beverage ingredients are regulated in the U.S. 3. Identify common ingredients used during food & beverage processing and their function, benefits, and safety.

2021-2022: NEDA Panel Discussion on Lipscomb's Campus. Nashville chapter of iaedp (eating disorder) hosted a panel discussion on campus with a multi-disciplinary approach to removing biases and making services more accessible/affordable. Former Lipscomb interns/ now RDs, current preceptors and current interns were in attendance.

2021-2022: Food and Nutrition Conference and Expo (FNCE). 2021 Virtual Conference: Sessions Attended

- Intermittent Fasting and Chrononutrition for Health
- Food Allergy Therapy in 2021: Oral Immunotherapy, Transition to Real Foods, and the Role of the RDN
- Building Bridges, Overcoming Biases, Communicating Effectively
- Averting Alzheimers: Nutrition Implications for Women
- From Awareness to Action:Leveraging Critical Thinking for Cultural Humility Development
- Food Policy Councils: Dietitians Take a Seat at the Table

- THE RAM CHEF PROGRAM: Building Skills and Self-efficacy of Nutrition Professionals through Culinary Instruction for Persons with IDD
- The Global Table: A Conversation on Health and Nutrition
- Foundation Symposium: The Critical Role of Nutrition and its Impact on Stress
- Crafting Compelling Communication in a Complex World
- Addressing the Obesity Cycle Through Preconception and Prenatal Health
- Opening Session: The Infinite Mindset: A Fireside Chat with Simon Sinek
- LEVERAGING NUTRITION EVERY STEP OF THE WAY: Addressing Nutrition Equity and Early Intervention Strategies during the COVID-19 Pandemic
- Diagnosis, Treatment and Dietary Interventions for Small Intestinal Bacterial Overgrowth: An Up-To-Date Practical Review
- Foundation Symposium: Food as Medicine- Practical Applications for Registered Dietitians Across Practice Settings

2021-2022: Recipe Writing for Dietitians. Learned: 1. What makes a recipe original/how to avoid plagiarism, 2. How to develop and test original recipe, 3. What the components of a user-friendly recipe are and what they include, 4. How to properly format and phrase ingredients lists and directions.

2021-2022: The Honey Effect: Honey Bees Impact on Our Food Supply & Honey in the Mediterranean Diet. Learned: 1. The connection between eating honey and bee health, 2. The impact and importance of honey bees on agriculture, 3. How the current American diet aligns with a Mediterranean style diet; honey as a helper to move towards Mediterranean Diet. Additional Take-aways: MedD tool to measure diet score with Mediterranean Diet & Foods that pair with honey to help more Americans follow a Mediterranean style diet

2021-2022: Navigating FODMAPs in the Real World: Tips for Practice. 1. Learned the three phases of the Low FODMAP Diet, 2. Reviewed common pitfalls of the diet and ways for troubleshooting with patients/followers, 3. Reviewed case studies to illustrate real-world challenges and solutions

2021-2022: ANHII Nutrition Focused Physical Exam course for RDNs. Completed online NFPE training to conduct comprehensive assessments on adults to assess fat and muscle status as well as identify potential vitamin, mineral deficiencies. This will allow me to better train and assess efficacy of dietetic interns performing NFPEs before going on clinical rotations.

2020-2021: Unlocking the Cardiovascular Benefits of Tea. Unsweet tea consumption seems to decrease the incidence of CVD-related mortality and events, but the biological mechanisms are likely multifactorial and still under investigation. Unsweetened tea (green or black, hot or cold) may be considered a primary beverage option as noted in the USDA 2020-2025 Dietary Guidelines for Americans

- Scientific evidence illustrates an inverse linear dose- response relationship between consumption of flavonoids and all-cause and CVD mortality
- Tea is a great option for hydration & can help support a healthy heart

2020-2021: A Primer on Sustainable Food Systems for RDNs. This primer was created to answer the question, "What should a practitioner of nutrition and dietetics know about sustainable food systems?" This resource was not designed to provide a definitive answer to questions at the intersection of nutrition and sustainability; it was designed to provide foundational knowledge, vocabulary, and critical thinking skills so that learners are equipped to bring their nutrition expertise to the evolving dialogue on sustainable, resilient, and healthy food and water systems. This resource is suitable for both credentialed nutrition and dietetics practitioners (RDNs and NDTRs) and for students and interns.

2020-2021: Current Trends in Food Allergies and the Critical Role of Health Care Professionals- November 23, 2020. FREE self-study module, offering 1.0 CPEU, funded by Food Allergy Research & Education (FARE): presented by Ruchi Gupta, MD, MPH. In this module, you will learn to:

- Explain what a food allergy is and prevalence in children and adults
- Discuss how registered dietitian nutritionists can support patients with food allergies
- Identify what a reaction looks like and how it's managed
- Learn about prevention strategies and emerging treatments

2020-2021: Defining Strength: Exploring the Evidence for Strength as a Measure of Health Across the Lifespan- November 19, 2020. After this session, attendees will be able to:

- Describe the evidence-based markers of strength and the scientific research on their utility
- Evaluate and select appropriate strength assessments to measure health status throughout the lifespan
- Develop nutrition recommendations to optimize markers of strength, including specific foods and nutrients to include or increase in one's dietary pattern

2020-2021: "Food and Sustainability: What we can learn from Earth's planetary boundaries"- Oct 29, 2020. Our food system has a larger environmental impact than perhaps any other human activity. In this one-hour webinar, Dr. Isaac Emery presented a close look at the ways food and agriculture affect planet Earth, the differences in environmental burdens between foods, and the effects of food production on global and local health. While the primary role of the food

system is to provide a nutritious diet to the world's population, different complete or healthy diets can have dramatically different impacts on the environment and unintended consequences for public health. Dr. Emery highlighted the scientific basis for the agriculture-environment connections and provide space for conversation and questions about the role of food and nutrition in global sustainability.

2019-2020: Engage: Participated in the Active Listening Workshop led by Dr. Kam Nola.

2019-2020: Tennessee Academy of Nutrition and Dietetics Hill Day. On Feb 12, 2020, I participated in the Tennessee Academy of Nutrition and Dietetics Day on the Hill and visited with Senator Brenda Gilmore. Topics included why policy matters, review from our TAND lobbyist, taking action with AND's Action Alerts and National Child Nutrition Advocacy.

2018-2019: Alkaline, Paleo, Ketogenic, Macrobiotic, or Vegan: Are Any Really Anti-cancer?

2018-2019: Faith and Learning Seminar. Discovering Our Roots~ group discussions led by Leonard Allen and Richard Hughes related to understanding the The Ancestry of Churches of Christ and how our own personal histories impact our work at Lipscomb University.

2016-2017: Tennessee Academy of Nutrition and Dietetics. Attended and led the DIP at the TN Academy of Nutrition and Dietetics annual meeting/ conference/ poster sessions. This is both a learning experience and an opportunity to network. Lipscomb provided 13 of the research posters for the professional poster session with one being awarded an honor.

2016-2017: Molly Kellogg's Motivational Interviewing Workshop. Participated in an interactive motivational interviewing workshop conducted on Lipscomb's campus by nationally known therapist Molly Kellogg <http://www.mollykellogg.com/>. This offering was made available to our faculty, dietetic interns and preceptors because we bartered for her to use our space in Ezell for her own 2-day workshop the following days.

2015-2016: Conagra webinar: Vitamin D and Calcium's New Research and Recommendations. November 5, 2015

2015-2016: Tennessee Academy of Nutrition and Dietetics. Participated in TAND Annual Meeting and Poster Session. Meeting Sessions included:

- Get Your Clients Moving: Practical Tips for RDN's,
- ACEND update: Educational Standards,
- How to Write Your Own Food and Nutrition Story,
- Are You Making a Difference? Prove it with ANDHII, and
- Applying the 2016 ASPEN/SCCM Critical Care Guidelines to Your Practice.

2014-2015: Tennessee Academy of Nutrition and Dietetics. Participated in the TAND Annual Meeting at St. Thomas Midtown for networking and the following sessions:

- Engaging the Leader Within- by Nancy Burzminski, EdD, RDN, LD
- Poster Session and Exhibits
- Culinary Demonstrations: Translating Nutrition into Recipes by Allison Stevens, MS, RDN, LD
- Changing the Way we Look at Agriculture by Jennifer Schmidt, MS, RDN
- When what's on your plate makes you ill: Food Allergy and Intolerances deciphered by Ellen Karlin, MMSc, RDN, LDN, FADA
- Binge Eating Disorder: Are we harming or helping? by Leslie Schilling, MA, RDN, CSSD, LDN, CSCS

2014-2015: Fueling Fitness & Peak Performance: Nutritional Strategies for Unleashing the Athlete. Participated in a workshop for sports nutrition.

2014-2015: Academy of Nutrition and Dietetics Webinar. Participated in a webinar on Food Production and our Environmental Responsibility.

2013-2014: Tennessee Academy of Nutrition and Dietetics. Participated in TAND Annual Meeting for networking and the following sessions:

- Poster Session
- Leadership During Challenging Times
- Building Success Through Media and Social Networking
- KidsEatRight: Your Toolbox for Promoting Community Health & Wellness
- Fueling Athletes for Peak Performance (Sports Nutrition)
- The Flexitarian Diet

2013-2014: Tennessee Academy of Nutrition and Dietetics. Participated in the TAND Annual Meeting at St. Thomas Midtown for networking and the following sessions:

- Preventing Obesity from Day 1
- Poster Session
- Using Social Media to Advance Your Career
- Ethics and End of Life Care

- Why Policy Should be Your Passion in Dietetics
- Perfect Pairings: The Art & Science of Food & Wine Pairing

2012-2013: Nutrition and Dietetics Educators and Preceptors Practice Group of AND. Participated in sessions with other nutrition educators to learn about the new standards and ISPP options.

2012-2013: Tennessee Academy of Nutrition and Dietetics. Participated in the following sessions:

- Customer Service in Healthcare
- School Nutrition and the RD
- Stand up and Stick Out- Selling ourselves to others
- Pediatric DM: A Logical Approach

2012-2013: Academy of Nutrition and Dietetics Accreditation Council for Education in Nutrition and Dietetics (ACEND). Trained to become a program reviewer for ACEND dietetic internship programs. A three-year commitment.

2011-2012: American Dietetic Association Weight Management Practice Group. Participated in a webinar conducted by AND regarding Low and Reduced Calorie Sweeteners: Hot Topics from A to Z.

Technology-Related Training

2020-2021: Evalue- Managing Student Requirements During COVID-19 - June 4, 2020. Was introduced to processes within Evalue/Medhub system to manage required documents per site through use of coursework, evaluations, and user profiles.

2018-2019: COPHS Library and Resources Training. Kayce Gill presented Library Resources and Technology pathways to improve student/intern writing and assistance with research.

2017-2018: APA Central Training by Beaman Library. Learned of the new APA Central Writing Tool to be used with dietetic interns for their research design and for undergraduate dietetic students to write papers for our department.

2015-2016: Acalog Training for updating catalogs. Updated the Acalog electronic version of the catalog for the dietetic internship and associated NUGR courses.

2014-2015: Sedona Training.

2013-2014: E*Value User Conference: Healthcare Education Solutions. The dietetic internship began using E*Value as an education and evaluation tool. The 3-day conference improved usability of the system for better communication, scheduling, evaluation, competency logging and time tracking across multiple rotation sites. This opportunity also allowed for networking with other healthcare education programs for ideas.

Honors & Awards

Award

2021-2022: Outstanding Teacher Award, Lipscomb University. Honored to be one of three selected from a slate of 26 nominations for Outstanding Teacher during the 2021-2022 academic year.

2017-2018: Outstanding Educator of the Year, Nashville Academy of Nutrition and Dietetics. Received the Nashville Academy of Nutrition and Dietetics OUTSTANDING DIETETICS EDUCATOR Award for 2017-18.

2014-2015: Graduate Student Research Award, Tennessee Academy of Nutrition and Dietetics. I served as an advisor for this graduate level research poster presentation for the Tennessee Academy of Nutrition and Dietetics Annual Meeting.

This award was presented to one of the 14 Lipscomb interns at the meeting, Ella McCurry for her presentation on EXAMINING THE USAGE AND ATTITUDES REGARDING NUTRITION FACT LABELS.

2011-2015: Student and Professional Research Award, Tennessee Academy of Nutrition and Dietetics. Co-researcher and/ or advisor for student research posters presented at the Annual Tennessee Academy of Nutrition and Dietetics meeting in Nashville, TN.

2012-2013: Outstanding Educator of the Year, Nashville Academy of Nutrition and Dietetics.

Honor

2012-2013 – 2015-2016: Program Reviewer, Accreditation Council for Education in Nutrition and Dietetics (ACEND).

2013-2014: Outstanding Preceptor Award, Academy of Nutrition and Dietetics (AND).

Scholarship

2011-2012: Innovative Course Grant, Lipscomb University. Received \$1000 grant for creation of wintermester travel course to Honduras.

2008-2009: Wine and Cuisine Tour of Napa and Sonoma Valley, Auburn University Hotel & Restaurant Program. Chosen to participate in the May 2008 fully funded Wine and Cuisine Tour of Napa and Sonoma Valley (14 students chosen) with Auburn University Hotel & Restaurant program.

Other Activities

2010-2023 - Program Handbook Updates: Update the Dietetic Internship Handbook and Preceptor Handbooks each year.

2010-2023 - Site Affiliation Agreements: Secure, maintain and renew site affiliation agreements with partnering organizations by working through Lipscomb's General Counsel office and organization representatives.

2016-2023 - University Catalog Acalog Updates: Update program course list, descriptions and associated fees for the corresponding courses in the dietetic internship.

2021-2022 - Master of Science in Nutrition and Dietetic Internship Program: Developed, with collaboration of Nutrition faculty, a new Master of Science in Nutrition and Dietetic Internship Program. Created and justified the pro forma for the transitioned program, writing the full substantive change document for accreditation, marketing the new program and reviewing all applications, conducting interviews and accepting the new cohort (SLATE process, registration, etc.), as well as continue the previous model of DI for 2 current Lipscomb graduate level DPD students.

2010-2022 - Maintain and update Lipscomb DI webpages

2010-2022 - Student Placements for 1000+ experiential hours per student: Complete experiential student placements for each cohort of dietetic interns over 10-month program length, coordinating with up to 200 preceptors.

2010-2022 - Program Handbook Updates: Update the Dietetic Internship Handbook and Preceptor Handbooks each year.

2010-2022 - Advisory Meetings with Preceptors at Experiential Sites: At a minimum, make yearly visits to review past year and receive suggestions/ feedback on improving preceptor preparation, student preparation, and adjustments to communication and feedback mechanisms.

2010-2022 - CDR/ REPS process for internship graduates: Complete final review of all competencies for each intern, experiential time verified and documentation submitted to verify successful completion and registration eligibility to take the registration examination for dietitians.

2010-2022 - Marketing, Open Houses (internal and external) and 1:1 campus visits: Participate in external Internship Events and lead Lipscomb Open Houses to market our program to prospective applicants. Schedule and host 1:1 meetings with prospective interns (on-campus, zoom or phone). Create/ update printed marketing materials.

2010-2022 - Internship Program Interviews: Plan DI program interviews and communicate effectively before, during and following the process.

2016-2022 - University Catalog Acalog Updates: Update program course list, descriptions and associated fees for the corresponding courses in the dietetic internship.

2015-2016 - Dietetics Alumni Breakfast: Organized and hosted a Lipscomb alumni breakfast/ event at Kitchen Notes at the Omni during the 2016 Food and Nutrition Conference and Expo.

References

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