

**West Virginia Academy of Nutrition & Dietetics Annual Conference & Expo 2022  
Speakers Biographies**

**Janine Faber, Med,RDN,LD**



As a registered dietitian and retail expert, Janine focuses on retail and product marketing, health professional outreach and community education. With an extensive background in retail nutrition, Janie provides sound nutrition solutions via engaging media segments, cooking demonstrations and presentations leading to improved health outcomes, increased store and product loyalty and positive sales results.

**Ellen R. Shanley, MBA, RD, CDN, FAND**  
**2021-2022 Academy of Nutrition and Dietetics President-elect**



Shanley is the dietetics director in the department of allied health sciences at the University of Connecticut's College of Agriculture, Health and Natural Resources. The department has both a Coordinated Program and Dietetic Internship. Shanley received the Academy's 2012 Medallion Award for outstanding service to the organization and profession and the Academy Foundation's 2005 Award for Excellence in Dietetic Education.

Her extensive involvement in the Academy includes serving as speaker of the House of Delegates; member of the Ethics Task Force Committee, National Appeals Committee, Alternative Supervised Pathways Workgroup and Futures Summit Planning Committee; and chair of the Professional Development and Education Committee, Nominating Committee, Education Committee and Member Value Committee. Shanley also served as a House of Delegates Finance Committee member and table facilitator, state

delegate and chair of many committees of the Connecticut Dietetic Association and was named CDA's 2005 Outstanding Dietitian.

Shanley earned an undergraduate degree from Syracuse University and an MBA from Babson College.

**Kathrin Eliot, PhD,RDN/LD,FAND**



Kathrin A. Eliot, Ph.D., R.D.N., is an Associate Professor in the Department of Nutritional Sciences at the University of Oklahoma Health Sciences Center. Dr. Eliot's primary focus of teaching and research is in the area of interprofessional education and collaborative practice. She has published and presented nationally on interprofessional education topics ranging from course development to student learning assessment. Her current research projects include the development of interprofessional competencies for the management and prevention of obesity and an exploration of imposter phenomenon in health professions students.

As an advocate for the profession of nutrition and dietetics, Dr. Eliot is highly involved in leadership at the national level. She currently serves as the Academy of Nutrition and Dietetics representative to both the National Academy of Medicine Global Forum on Health Professions Education and the Interprofessional Education Collaborative. She is also Chair of the Nutrition and Dietetics Educators and Preceptors Council. Her most recent honor includes receiving the Interprofessional Education Leader of the Year Award from the University of Oklahoma Health Sciences Center in 2021.

**Jackie Buell, PhD,LDN,CSSD,LAT**



Jackie Buell is a Clinical Assistant Professor and sports dietitian at Ohio State University. She is a Certified Specialist in Sports Dietetics layered on top of her RDN and Certified Athletic Trainer credentials. Her research program is focused on bone density and body composition in athletes as well as many of the other aspects of RED-s or Relative Energy Deficiency in Sports. The concern for the impact of RED-s on bone spans concern for stress fractures in athletes to the prevention of low bone mass as we age.

**Kellie Blake, RDN,LD,IFNCP**



Kellie Blake RDN, LD, IFNCP is a registered dietitian specializing in functional nutrition. She graduated from the University of Kentucky in 2001 and is licensed to practice dietetics in West Virginia, Ohio, and Kentucky. Kellie was named a Top Ten Dietitian by Today's Dietitian magazine in 2015. In addition to her work as both a psychiatric and enteral nutrition dietitian, Kellie co-owns a private practice, NutriSense Nutrition Consulting, LLC, where she uses a functional nutrition approach to help her clients regain their health and quality of life. Kellie is a functional medicine writer and is the social media coordinator for the Integrative and Functional Nutrition Academy.

After a life-long battle with autoimmune disease, Kellie was introduced to functional medicine and nutrition and has been able to successfully reverse her own autoimmune disease symptoms. She has published two cookbooks: *The Psoriasis Diet Cookbook* and *Psoriasis Cookbook + Meal Plan*.

**Nettie Freshour, MS,RD,LD, CSSD**



Nettie Puglisi Freshour, a licensed and registered dietitian, currently serves as Teaching Associate Professor and Director of the Dietetic Internship. Freshour earned her bachelor's (2003) and master's (2005) degrees in Human Nutrition and Foods at West Virginia University. She is currently a PhD candidate in Higher Education Administration and will complete her degree in May of 2023.

Prior to joining the Davis College, Freshour was the Director of Sports Nutrition for West Virginia University Department of Intercollegiate Athletics from August 2013 until June of 2018. In addition to serving as the sports dietitian for the athletic department, Freshour had continuously been an adjunct professor for the Human Nutrition and Foods Department since 2006. She taught an introduction to nutrition course, a sports nutrition course that she developed, and hosted a professional field experience where nutrition students got first hand experience fueling Division 1 athletes.

Before becoming a full time member of the WVU athletic staff, Freshour served as the department's nutrition consultant for over eight years. During that time she was also the Program Director for WVU's Dining Services. In her role there, Freshour earned two national awards for the Healthy "U" program, which encouraged a healthy lifestyle for university students. Freshour was a member of the National Association of College and University Food Services (NACUFS) Mid-Atlantic Regional counsel, serving as the Nutrition Chair for six years, as well as being apart of the National counsel.

During her time in WVU's Dining Services she also worked with staff members and helped the department become a Gold Well Workplace by WELCOA (Well Councils of America) in the fall of 2006.

She is a registered dietitian with the Academy of Nutrition and Dietetics and is a Board Certified Specialist in Sports Dietetics (CSSD) - the first in the state of West Virginia. Freshour is also a member of the College and Professional Sports Dietetic

Association (CPSDA), Sports and Cardiovascular Nutritionists (SCAN), USOC Sports Dietitian Registry (United States Olympic Committee) and the West Virginia Academy of Nutrition and Dietetics. Freshour, a Wheeling native, resides in Morgantown with her husband Gary, daughter Ryleigh and son Brayden.

**Jillian Pate, MS,RD,CSR**



As a native to the area, Jillian has enjoyed giving back to the community with emphasis on nutrition. There is a need for preventive nutrition and her vision is to educate, encourage and empower others to walk in the confidence they need to meet their nutritional needs.

**Helenia Sedoski, MS,RD,LD**



Helenia received her bachelor's and master's degrees and completed her dietetic internship at WVU. She has been a Registered Dietitian since 2011. She has worked in long term care, in-patient, community programs, education and out-patient care. She currently works as an out-patient dietitian for WVU Medicine in Pediatrics and Adolescent Medicine and OB/GYN and owns a private practice. Over the last 10 years she has worked to fine tune her knowledge and skills in the treatment of eating disorders.

She has served on WV Academy of Nutrition and Dietetics Board as treasurer, State Policy Representative and currently the Public Policy Committee Chair. Helenia has a passion for helping others develop a good relationship with food and looks forward to helping the field of Dietetics grow.

**Amy Gannon, EdD,RDN,LD**



Dr. Amy Gannon is a Registered Dietitian Nutritionist, Associate Professor, and Undergraduate Program Director in the Department of Dietetics at Marshall University. As an educator, Amy has collaborated with Dietetics faculty for many years to evaluate pedagogical methods in education to inform and guide both dietetics curricula and teaching methods. As a clinician, she has worked extensively with pediatric weight management, to provide medical nutrition therapy for obesity treatment and deliver community-based services for obesity prevention.

Amy's primary teaching and research interests include dietetics and nutrition education, food science and food preparation, childhood obesity, and nutrition across the lifespan. As a faculty member in Dietetics, Amy is very involved in the collaboration and outreach of Marshall Dietetics and Huntington's Kitchen—members of the Teaching Kitchen Collaborative. In this role she precepts graduate-level dietetic interns to deliver Culinary Medicine and nutrition demonstrations virtually to other

	<p>healthcare practitioners through Huntington's Kitchen.</p>
<p><b>Mallory Mount, EdD,RDN,LD,CDCES,FAND</b></p> 	<p>Mallory Mount, EdD, RDN, LD, CDCES, FAND is an Associate Professor of Dietetics and Director of the Dietetic Internship program at Marshall University. She completed her bachelor's degree, master's degree, dietetic internship, and Doctor of Education Degree in Curriculum and Instruction at Marshall University. Before her career as an educator, she worked as a dietitian in the community, acute care, and outpatient settings. Her primary interests are in nutrition education, clinical nutrition, and diabetes management. Mallory has provided nutrition education in various settings in Ohio and West Virginia, and continues to provide education in different community settings throughout her tri-state area.</p>
<p><b>Amanda Mellowspring, MS,RD/N,CEDS-S</b></p> 	<p>Amanda is a Certified Eating Disorder Specialist and approved-Supervisor through the International Association of Eating Disorder Professionals (IAEDP) with close to two decades of experience leading the treatment of eating disorders at various levels of care. Amanda currently serves on the Certification Committee and Supervisors Sub-committee for IAEDP. Amanda co-authored the initial publication defining the Standards of Practice and Standards of Professional Performance for dietitians working with eating disorders in the Journal of the Academy of Nutrition and Dietetics and is a noted speaker regarding eating disorder recovery and nutrition.</p> <p>Amanda provides professional supervision to dietitians and providers seeking certification as eating disorder specialists and currently serves as Vice President of Nutrition Services for Monte Nido &amp; Affiliates, overseeing nutrition programming and services for Monte Nido</p>

programs, Oliver-Pyatt Centers, and Clementine programs across the country.

She is passionate about helping individuals truly heal from all forms of disordered eating through a compassionate, non-diet, non-shaming approach. Supporting dietitians in their own growth through these concepts is one of Amanda's greatest passions in her work.