



Meredith Chapman MS, RD, LD is the Registered Dietitian for West Virginia University – Physicians of Charleston, Department of Pediatrics (WVUPC) in Charleston, WV. As a native of the state, Meredith is committed to improving the health and well-being of West Virginians. Through her position with WVUPC, she provides Medical Nutrition Therapy and Diabetes Education to children and adolescents from across the state.

Ms. Chapman understands the reality of the increasing prevalence of overweight and obesity as well as weight-related chronic diseases such as diabetes and hypertension not only across the state but also in WV youth. In fact, 1 in 3 WV adolescents are overweight or obese¹. Additionally, she understands that most communities throughout our state lack an environment supportive of a healthy diet and regular physical activity. Therefore, she is working with other healthcare providers at WVUPC to create and implement “Mountaineer Fit,” a six-month comprehensive weight management program for children and adolescents that aims to teach the value of a healthy lifestyle and provide participants with the knowledge and tools necessary for success. WVUPC supports Meredith in recognizing the value of Medical Nutrition Therapy as the most cost-effective method of prevention and treatment of obesity and weight-related chronic diseases as well as the importance of intervening at an early age.

Meredith is an alumna of both West Virginia University and Marshall University. She is a member of the Public Policy Committee of the West Virginia Academy of Nutrition and Dietetics (WVAND), and is active in advocating for increased WV Medicaid reimbursement for Medical Nutrition Therapy services. She will be speaking at the WVAND 75th Conference Expo and Gala May 11th-12th in Huntington, WV on current reimbursement rates for dietitians working within the state.

Meredith can be contacted at meredith.chapman@hsc.wvu.edu or at (304) 388-1505.

1. Nutrition, Physical Activity and Obesity Data, Trends and Maps. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity and Obesity, Atlanta, GA, 2015. Available at <http://www.cdc.gov/nccdphp/DNPAO/index.html>.