



2021 Annual Conference & Expo | Virtual Innovations in Practice Working Together

Speaker Bios

Toby Amidor, MS, RD, CDN, FAND

Session: Helping Clients Wade Through A Fad Crazy World



With over 18 years experience in the food and nutrition industry, Toby Amidor, MS, RD, CDN is a Wall Street Journal best-selling cookbook author, leading dietitian and recipe developer who believes that healthy and wholesome can also be appetizing and delicious.

Toby is the founder of Toby Amidor Nutrition, where she provides nutrition and food safety consulting services for individuals, restaurants and food brands. For 10 years she has been the nutrition expert for FoodNetwork.com, writing for their Healthy Eats Blog, and is a regular contributor to U.S. News and World Report Eat + Run blog, and MensFitness.com and has her own “Ask the Expert” column in Today’s Dietitian Magazine. She also freelances for Furthermore by Equinox and Sparkpeople.com, has been quoted in publications like FoxNews.com, Self.com, Oxygen Magazine, Dr. Oz The Good Life, Mic.com, Reader’s Digest, Shape.com, Women’s Health, Redbook, Men’s Journal, Huffington Post, Everyday Health, and more. Toby has also appears on television including shows like The Dr. Oz Show, AMHQ with Sam Champion, Good Day Street Talk Fox5 NY, and San Antonio Live. For the past 8 years she has been an adjunct professor at Teachers College, Columbia University and beginning in the fall 2017 she will also begin teaching as an adjunct at Hunter College in New York City.

Toby trained as a clinical dietitian at New York University. Previously, Toby was a consultant on Bobby Deen’s cooking show, “Not My Mama’s Meals.” Through ongoing consulting and faculty positions, she has established herself as one of the top experts in culinary nutrition, food safety, and media. In 2018, Toby was awarded by the Academy of Nutrition & Dietetics the coveted Media Excellence Award.

Over the past 6 years, Toby has been an ambassador of the National Dairy Council, a member of Dannon’s Yogurt Board, and a member of The Beef Checkoff’s Expert Bureau. She also teams up with food companies and organizations as their media spokesperson.

Kellie Blake, RDN, LD, IFNCP

Session: Case Studies Through the Functional Nutrition Lens



Kellie Blake RDN, LD, IFNCP is a registered dietitian specializing in functional nutrition. She graduated from the University of Kentucky with a Bachelor of Science in 2001 and is licensed to practice dietetics in West Virginia, Ohio, and Kentucky. In addition to her work as a full-time psychiatric dietitian at River Park Hospital and her work with Hospice of Huntington, Kellie co-owns a private practice, NutriSense Nutrition Consulting, LLC. In her private practice, Kellie assists her clients in determining the root causes of disease symptoms and uses a functional nutrition approach to help clients regain their health and quality of life. Kellie is also a health and nutrition writer and currently serves on the Editorial Board of Integrative Practitioner where she contributes monthly articles featuring her client case studies. Kellie has used functional nutrition to reverse her own autoimmune disease and she is passionate about sharing the food as medicine message. Kellie maintains a healthy living blog at www.nutrisensenutrition.com and shares her favorite recipes on Instagram @nutrisensenutrition. Kellie is also a mentor in the Dietitians in Integrative and Functional Medicine practice group and was named a Top Ten Dietitian by Today's Dietitian magazine in 2015.

Sylvia Escott-Stump, MA, RDN, LDN, FAND

Session: FoodMASTER: Reach to Teach



Sylvia Escott-Stump currently teaches at University of Wisconsin-Madison. She has authored 9 editions of Nutrition and Diagnosis-Related Care; 5 editions of Krause's Food and the Nutrition Care Process; and 2 editions of Nutritional Foundations and Clinical Applications: A Nursing Approach. Sylvia served on the Board of the International Confederation of Dietetic Associations. At the Academy of Nutrition and Dietetics, she served as President; Speaker of the House; Chair of the Standardized Language task force, Nutrition Educators and Preceptors Council, and the Clinical Nutrition Management practice group. Her honors include the Academy's Medallion Award, Fellow of the Academy, Lenna Frances Cooper Lecturer, Outstanding Dietitian from North Carolina and Pennsylvania, Distinguished Alumni Award from Indiana University of Pennsylvania, and an honorary doctorate.

Julie Hess, PhD

Session: The Dairy Matrix: More Than the Sum of Nutrients



Julie Hess, Ph.D., is director of scientific affairs at National Dairy Council. In this role, she is responsible for translating and communicating important research for the academic community, health professionals and the public. Hess holds a doctoral degree in nutrition from the University of Minnesota. Her dissertation focused on the role of dairy foods in healthy eating patterns, the impact of mushroom consumption on the gut microbiota, and snacking. Julie also holds Bachelor of Arts degrees in French and English from the University of Texas at Austin. She is an active member and volunteer with several nutrition and scientific organizations, including the American Society for Nutrition and the Institute of Food Technologists.

Meghan Jardine, MS, MBA, RD, LD, CDE

Session: A Plant-Based Eating Pattern for the Prevention and Treatment of Diabetes



Meghan is the associate director of diabetes nutrition education for the Physicians Committee for Responsible Medicine, a Washington, D.C. –based nonprofit organization dedicated to promoting preventative medicine, especially better nutrition, and higher standards in research.

As a diabetes educator and nutritionist, Mrs. Jardine works to develop programs to educate physicians, health care professionals, and the public about nutrition as preventive medicine and the health benefits of plant-based diets. One of her favorite topics to research and discuss is the link between diet and a healthy microbiome.

Prior to working at the Physicians Committee, Mrs. Jardine coordinated a large multi-site diabetes education program serving Dallas County in Texas. After seeing firsthand how the complications of diabetes can negatively affect quality of life and long-term health outcomes, Mrs. Jardine has been committed to helping people prevent and manage this devastating disease.

Mrs. Jardine is also the leader of the Plant-Based Nutrition for Diabetes with the American Association of Diabetes Educators where she teaches other diabetes educators about plant-based nutrition through blogs and online discussions.

Mrs. Jardine earned her bachelor's degree in Food and Nutrition from the University of Maine and a master's degree in Nutrition and Food Science from Texas Woman's University. She also has a master's in business administration from the University of Dallas.

Julie Jones, RDN

Session: Are You Ready for Future Dietetics Practice? Use Design Thinking to Evolve Your Career at Any Stage



Julie is the Director of Performance Learning for Ruck Shockey Associates and has more than thirty years of healthcare foodservice leadership experience. She spent fourteen years as Director of Nutrition Services at Ohio State's Wexner Medical Center before retiring in 2018. Currently, Julie directs leadership development activities for Ruck Shockey Associates and teaches management and leadership courses at OSU's College of Health and Rehabilitation Sciences. Julie is a Past President of OAND and the Association for Healthcare

Foodservice (AHF).

Aida Miles, EdD, MMSc, RDN, LD, FAND

Session: Inclusion, Diversity, Equity and Access in our Profession: Join the Journey!



Aida joined the University of Tennessee, Knoxville, in September 2019 as Clinical Assistant Professor of Nutrition. In addition to teaching, Aida is a member of the University's Council on Diversity and Interculturalism and a member of the College of Education, Health and Human Service's Diversity Action Plan Task Force.

Prior to arriving at UT, Aida was at the University of Minnesota for 11 years in roles that included being the Co-Director of the Leadership, Education and Training Program in Maternal and Child

Health, the Director of the Coordinated MPH-RD program in the School of Public Health, and a member of the University's Disability's Issues Committee.

Aida has worked as a pediatric dietitian with children with special needs for over two decades in various settings, including Children's Healthcare of Atlanta, the Marcus Autism Center, and Hospital Roosevelt (in Guatemala). In addition to her work in academia, Aida has served as a consultant for Clinic 4 Kidz and the Munroe-Meyer Feeding Disorders program. Aida is currently the Editor in Chief of the Academy's Pediatric Nutrition Care Manual.

As an educator, Aida attempts to utilize teaching and training modalities that are accessible and inclusive. She is particularly interested in mentoring first generation college students, individuals from under-represented communities, and students with disabilities.

Professionally, Aida has held many leadership roles at the local, state and national levels. She was a member of the Academy of Nutrition and Dietetics' Board of Directors, and Speaker of their House of Delegates between 2014 and 2017. Currently Aida is the Past Chair of the Academy's Diversity and Inclusion Committee, a board member of the Academy's Political Action Committee, and Awards Co-chair for the Weight Management Practice Group.

Christina Nelson, MS, RDN, LD, WVAND President

Session: WVAND Business Meeting



Christina is a former Assistant Director of Food and Nutrition Services at CAMC Memorial and a former Director of Nutrition Services at CAMC Women and Children's Hospital. Currently she works as Area Manager of Nutrition Services for Fresenius Kidney Care where she provides direct oversight for clinic dietitians and is a tactical care team member for quality improvement processes in 23 clinics.

Prior to attending Marshall University for her undergraduate and graduate degrees, Christina received her A.A.S. in Dental Assisting from Huntington Junior College and worked for an Oral & Maxillofacial Surgeon at University Physicians and Surgeons. Christina is a committed volunteer and actively attends state and board meetings that involve discussion and interaction with others that foster the growth of the dietetic profession. Having served in many capacities on the WVAND board for the past 9 years, she is proud to serve as current president. Above all else, Christina is a firm believer in Christ, wife (Steven) and mom to 2 beautiful boys, (Henry and Daren).

Katie Robinson, PhD, MPH, RD, LD, CNSC

Session: Detecting Adult Malnutrition through Nutrition Focused Physical Assessment: Short Course



Katie Robinson is a Medical Science Liaison in Scientific and Medical Affairs at Abbott Nutrition specializing in Adult Therapeutics. Prior to joining Abbott, she conducted research on the impact of nutrition and genetics on outcomes of behavioral and surgical weight loss interventions.

Dr. Robinson completed her bachelor's degree in Dietetics at Iowa State University and her dietetic internship at the University of Illinois in Urbana-Champaign (UIUC). She earned her Master of Public Health and PhD in Nutritional Sciences in the Illinois Transdisciplinary Obesity Prevention Program at UIUC. Her graduate research sought to understand how preoperative dietary interventions and individual genetic variation contribute to improved insulin sensitivity following

bariatric surgery. During her time at UIUC, she taught multiple undergraduate and graduate courses and assisted with coordinating the undergraduate didactic program in dietetics.

Following graduate school, she completed postdoctoral training at the University of Iowa in the Fraternal Order of the Eagles Diabetes Research Center. Dr. Robinson has numerous publications in peer-reviewed journals and has presented her research at national and international conferences.

Kevin L. Sauer, PhD, RDN, LD, FAND

Session: Your Academy in Action



Sauer is a professor in the department of food, nutrition, dietetics and health at Kansas State University and co-director of the national Center for Food Safety Research in Child Nutrition Programs. He specializes in administrative dietetics and has previous experience in health care food and nutrition services, school nutrition and university dining.

Sauer is an accomplished educator and researcher, receiving the K-State Presidential Award for Excellence in Teaching; the Dawley-Scholer Award for Excellence in Student Development; the Mary Ruth Bedford Distinguished Faculty Award; the Commerce Bank Award for Outstanding Teaching; and the University's Excellence in Engagement Award. He received the Kansas Academy of Nutrition and Dietetics' 2015 Distinguished Dietitian of the Year Award, the 2019 Mentoring Award and the Outstanding Educator Award.

A Fellow of the Academy of Nutrition and Dietetics, Sauer's extensive service to the Academy includes past chair of the Commission on Dietetic Registration; past chair of CDR's Examination Panel; and chair of the 2020 CDR RDN/NDTR Entry-Level Practice Audit. He was a director at-large on the Board of Directors in 2017-2020 and served on the Council on Future Practice; House of Delegates Evolution Design Team; Council on Research; Nutrition and Dietetics Educators and Preceptors Council; Research Priorities and Development Task Force; Code of Ethics Revision Task Force; and the Academy Foundation's Healthy and Sustainable Food Systems collaborative. Sauer will serve as the Academy's president in 2021-2022.

He attended Dodge City Community College and received undergraduate, master's and doctoral degrees from Kansas State University.

Cathy Shaw, RDN, CSOWM, LD

Session: Telehealth and Licensure Panel



Cathy Shaw serves as the current West Virginia affiliate representative to the Academy of Nutrition and Dietetics House of Delegates. She is a registered and licensed dietitian and a certified specialist in obesity and weight management. She has over 27 years of experience and an RD and is currently the registered dietitian for the Medical Weight Management Program at WVU Medicine. She has been a member of the Academy since she was a student and is a firm believer that her membership provides her with

resources and opportunities she would not otherwise have. She has found a true home in the company of so many incredible dietitians throughout the state of West Virginia and beyond, each bringing their own knowledge and expertise to the table to help make West Virginia, and the world, a healthier place for all.

Nate Stritzinger, MPH, RDN

Session: Telehealth and Licensure Panel



Nate Stritzinger is a grassroots advocacy professional at the Academy of Nutrition and Dietetics dedicated to advancing the profession and improving our nation's health through policy and advocacy efforts. His experience spans federal and state levels of advocacy, from organizing congressional visits and fly-in days to working with state affiliates to push their policy agendas forward. Before joining the Academy in 2017, Mr. Stritzinger served as a Nutrition Policy Fellow at the Food Research and Action Center and a WIC Policy Researcher at the Carolina Population Center. He holds a Master's Degree in Public Health Nutrition from the University of North Carolina – Chapel Hill. In his free time, you'll find Nate in the kitchen cooking up food from around the world, in Rock Creek Park running or hiking the trails or at home sharing s'mores and laughs around the fire pit.

Pepin Tuma, JD

Session: Telehealth and Licensure Panel



Pepin Andrew Tuma has been with the Academy of Nutrition and Dietetics since 2011, working to advance the Academy's public policy priorities through regulations and legislation, and serves as the Senior Director for Government and Regulatory Affairs. Recent strategic initiatives include food and nutrition labeling, the Dietary Guidelines for Americans, obesity care, expanding Medical Nutrition Therapy reimbursement, implementation of the Affordable Care Act and other health care reform measures, consumer protection campaigns, and various community health initiatives. Mr. Tuma has significant experience in government affairs and grassroots political campaigns and is a graduate of the College of William and Mary (History and Government) and the University of Virginia School of Law. He frequently speaks about issues at the intersection of law and health policy, with a recent focus on the impact of the First Amendment on government initiatives that empower or enable consumers to make knowledgeable, healthy choices about their health.

Melissa Ventura-Marra, PhD, RDN

Session: Telehealth and Licensure Panel



Melissa Ventura Marra was born and raised in North Central West Virginia. She earned her bachelor's degree at WVU in Human Nutrition and Foods. She then completed WVU's Graduate Dietetic Internship earning her master's degree and gaining the experience required for dietetic registration. After practicing as a Registered Dietitian Nutritionist for several years in Maryland and Florida, she went on to earn her doctoral degree at Florida International University, in Miami. She subsequently worked as a post-doctoral associate at the National Center on Nutrition, Physical Activity and Aging at FIU. Dr. Marra then served as the Director of Nutrition Services for a large physicians' group in South Florida until she returned to her home state and alma mater to take a position as Assistant Professor of Nutrition in 2013.

Dr. Marra teaches Medical Nutrition Therapy in the undergraduate Didactic Program in Dietetics and contributes to the graduate curriculum. Research in her applied nutrition laboratory focuses on understanding how dietary patterns and food components affect biological markers of health and aging.