

Jamy Ard, MD



Dr. Jamy Ard is an Associate Professor in the Departments of Nutrition Sciences and Medicine at the University of Alabama at Birmingham. He received his M.D. degree and completed internal medicine residency training at Duke University Medical Center. Dr. Ard has been conducting research on lifestyle modification since 1995. He has worked on several NIH funded multi-center trials including Dietary Approaches to Stop Hypertension (DASH), DASH-sodium, PREMIER, and Weight Loss Maintenance Trial. He joined the UAB Department of Nutrition Sciences in 2003, where he continues to conduct research in obesity and behavior modification. Dr. Ard has received funding from NIH and the Robert Wood Johnson Foundation to develop and test culturally appropriate dietary interventions for cardiovascular disease risk reduction in African American populations. He is also actively studying the impact of weight reduction on cardiometabolic risk factors, physical functioning, and quality of life in older, obese African American and Caucasian adults. In addition to ongoing research, he is medical director of UAB's EatRight Weight Management Services. Administratively, he serves as Vice Chair for Clinical Care in the Department of Nutrition Sciences. In 2009, Dr. Ard was named medical director for the OPTIFAST Program, a division of Nestlé HealthCare Nutrition (NHN). Currently, he is also serving as a member of the Expert Panel on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. This group, sponsored by the National Heart, Lung, and Blood Institute of NIH, is revising the 1998 guidelines for the clinical management of overweight and obesity.

Heidi Blanck, PhD

Commander Heidi Blanck is the Team Lead for Nutrition Research and Surveillance at the CDC in the Division of Nutrition, Physical Activity, and Obesity in Atlanta. Dr. Blanck is a Senior Epidemiologist who oversees the CDC's national and state monitoring of nutrition behavior, as well as environmental and policy support for the fruits and vegetables and breastfeeding target areas. Her research interests include the effects of the food environment on diet and obesity and policies intended to improve access to healthy foods in schools and communities. She coordinates the CDC's Healthy People 2020 Goal Setting for Nutrition and has served on the planning committee for the 2009 Food Systems and Public Health Meeting and the 2009 Weight of the Nation Inaugural CDC Conference. She is a member of the National Collaborative on Childhood Obesity Research (NCCOR) between the CDC, National Institutes of Health, and the Robert Wood Johnson Foundation. Dr. Blanck received her Ph.D. from Emory University and has been at the CDC for 10 years. She has published over 50 peer-reviewed articles, focusing on nutrition and obesity.

Katie Brown, EdD, RD, LD



Katie Brown is the National Education Director for the RD Coach project for the American Dietetic Association Foundation (ADAF) and leads the new joint initiative of the ADA and the ADAF, Kids Eat Right. Katie is a Registered Dietitian with Bachelor's and Master's degrees in Dietetics and a doctorate degree in Education. Dr. Brown has extensive experience developing, delivering, and publishing nutrition education materials and programs for children and adults, including leading the development of the curriculum for the Energy Balance 4 Kids (EB4K) evidenced-based program used by the RD Nutrition Coaches for the ADAF. She has given many presentations on the EB4K program and the role of the Registered Dietitian as Nutrition Coach as an effective tool in preventing childhood obesity, including Congressional briefings and a meeting at the White House last summer. An active member in her community, Katie current serves as the Secretary of the Missouri Dietetic Association, and is a member of Building a Healthier Heartland Coalition and the Kansas City Food Policy Coalition. She also serves as a reviewer for USDA's Food & Nutrition Services Core Nutrition Messages Initiative.

Beth Casey Gold, MS, RD



Beth Casey Gold, MS, RD is the Director of Corporate Programming for Vtrim Online at the University of Vermont. Prior to this role, she coordinated all research studies conducted at the University of Vermont's Behavioral Weight Management Program, including research on the Vtrim Program. This work included facilitating many online and in-person behavioral weight loss classes. She worked as Director of Education and Research for eDiets.com before joining the Vtrim team. Her research at UVM compared Vtrim online to a commercial website. Her paper, (Obesity Vol. 15 No. 1 January 2007), won "Best eHealth Research Paper Award" at the 2005 eHealth Institute's annual meeting. As a Registered Dietitian, she has counseled people extensively on weight management in both a group and individual setting. She has been featured in USA Today, The Wall Street Journal, Self, Fitness, BabyTalk, Cooking Light, Parents, EatingWell and DOC News.

Jill Castle, MS, RD, LDN



Jill Castle is the owner of Pediatric Nutrition of Green Hills LLC, a private practice specializing in the nutritional needs of infants, children, and teens. She has over 20 years of experience in the field of pediatric nutrition with expertise in medical nutrition therapy, feeding, disordered eating, and obesity. Jill is a pediatric nutrition blogger (JustTheRightByte.com), produces newsletters for pediatricians and families, and speaks to schools, sports organizations, businesses and organizations. Jill also acts as a nutrition consultant for private schools, business organizations, and provides pediatric nutrition content for other websites and magazines. She is active in her local, state, and national dietetic organizations.

Sue Cummings, MS, RD, LDN



Sue Cummings is the Clinical Programs Coordinator for the Massachusetts General Hospital Weight Center in Boston, MA. Since its inception in 1998, Ms. Cummings has been responsible for creating, developing and coordinating all clinical programs at the MGH Weight Center, including the medical, behavioral and the surgical programs. Sue has written all of the patient education materials and manuals used both in the medical and the surgical programs. She has published articles in *JADA* and *Obesity Research* on the nutritional care of bariatric surgery patients as well as a review article on the impact of bariatric surgery on diabetes. Sue is an author and has contributed book chapters in numerous publications including most recently a chapter on Bariatric Surgery in *Managing Obesity A Clinical Guide*, Nonas K, Foster G eds., 2009. and chapters 1-5 in *Handbook for Dietitians on the Nutritional Care of the Bariatric Patient*, Beisemeir C and Garland J eds.

Sue is a public speaker at national and international conferences. She is a member of the Massachusetts Department of Public Health, Betsy Lehman Foundation for Patient Safety Expert Panel in bariatric surgery and co-authored the evidence based-paper titled, "Criteria for Patient Selection and Multidisciplinary Evaluation and treatment of the Weight Loss Surgery Patient" in *Obesity*. Sue is the Chair of the American Dietetic Association's evidence-based analysis work group on bariatric surgery and is the Nominating Director of the American Dietetic Association's Weight Management Practice Group. Sue is also on the bariatric Advisory Board for Blue Cross Blue Shield of Massachusetts. Sue was the 2009 recipient of the Weight Management Dietetic Practice Group Award for Clinical Excellence. Sue received her BS in nutrition and food science from the University of Hawaii and her Masters of Science from Boston University's Sargeant College. Sue is a licensed dietitian with the state of Massachusetts.

Elizabeth Frasca, MS, ACMS-HFS

Beth has been working as a Fitness Health Educator for McKinley Health Center at the University Of Illinois for the last 3 years. She currently works one-on-one with students to create exercise programs for general fitness, weight loss, to help improve cholesterol levels, etc. She also works with students who are compulsive exercisers and sits on two eating disorder treatment teams. Beth started her career working as an Exercise Physiologist in the suburbs of Chicago. In this position, she created programs for many special populations including a preventative/post-rehabilitative cardiac rehab program and a cancer wellness program. She was also a part-time personal trainer working with stroke victims, and other special populations which included multiple sclerosis, Parkinson's disease, etc. From there she spent some time at home starting a family and realized that she missed helping others reach their health/fitness goals. She started personal training at a local fitness center in Eau Claire, Wisconsin. Soon after she started, she was asked to become the personal training manager of the facility. She spent almost two years developing the personal training staff and working with them on improving their basic skills and knowledge about exercise and exercise testing.

Ellen Glovsky, PhD, RD, LDN



Ellen Glovsky, Ph.D, RD, LDN is a Registered Dietitian and a member of the teaching faculty of Northeastern University in Boston, MA. Dr. Glovsky conducts workshops and consultations for a variety of organizations around the country on Motivational Interviewing. She is a member of the Motivational Interviewing Network of Trainers (MINT), a professional group of MI practitioners. Dr. Glovsky maintains a private practice in which she offers treatment for eating disorders and chronic weight management issues.

Dayle Hayes, MS, RD

Dayle Hayes is an award-winning author and educator. Her creativity and common-sense have made her a sought-after speaker for professional and consumer groups across the country. From her home base in Billings, Montana, Dayle writes the monthly **Healthy Families newsletter for Eat Right Montana**, a regular newspaper column, and appears frequently on TV and radio as a child nutrition expert. As a parent and member of the School Nutrition Association, Dayle is dedicated to improving school environments. She collected dozens of school success stories for **Making It Happen**, a joint CDC-USDA project; wrote a chapter on communicating with students in **Managing Child Nutrition Programs: Leadership for Excellence**, and developed popular kits (**School Wellness: A Golden Opportunity and Enriching Family Mealtimes**) for school health leaders and educators. In recognition of professional dedication, she has received numerous honors, including **Montana Dietitian of the Year** and an **ADA Excellence in Consultation and Business Practice Award**. From 1994-98, Hayes served on the **ADA Board of Directors** where she chaired the **Public Initiative Team and Technology Task Force**. She also is a past president of the **Montana Dietetic Association** and currently Chair of the **School Nutrition Services DPG**. Dayle was also co-author of on the Position of the American Dietetic Association: **Nutrition Guidance for Healthy Children Ages 2 to 11 Years**, published in June 2008. She currently serves as a member of the **ADA HOD Childhood Obesity Prevention Coalition** and has recently been appointed ADA Mega Issues Member Champion for the Prevention of Childhood Obesity.

Chef Linton Hopkins



Linton Hopkins is a widely celebrated chef with deep Atlanta roots. After graduating from Emory University and the Culinary Institute of America at Hyde Park, NY, Hopkins worked in restaurants in New Orleans and Washington D.C.. It was in DC that Hopkins met his wife Gina. The pair moved back to Hopkins' hometown to open Restaurant Eugene on Peachtree Road in 2004, and quickly caught the attention of media and food lovers throughout the country. In 2005, Hopkins beat out other accomplished Atlanta chefs to gain a spot in The Food Network's "Iron Chef" competition. He is a 3-time James Beard Award Nominee for Best Chef – Southeast, including this year, and was crowned one of *Food and Wine Magazine's* Best New Chefs in 2009.

Hopkins opened Restaurant Eugene's sister operations Holeman & Finch Public House and H&F Bread Co in 2008. In July, 2011, he will open H&F Bottle Shop, a retail liquor beer & wine shop. Hopkins is committed to celebrating the rich bounty of Georgia farms through his meticulous and loving house-made preparations of natural meats and fresh, local produce. He is a founder of the Peachtree Road Farmer's Market, a member of Georgia Organics chef's advisory committee, the Atlanta Local Foods Initiative, and *Food & Wine Magazine's* Grow for Good campaign. Hopkins also serves as the Vice President of the Board of Directors for the Southern Foodways Alliance. He most recently had the honor of harvesting vegetables out of the White House Garden with Michelle Obama, DC School children and the White House Chef to celebrate the First Lady's Chef's Move to Schools Initiative.

Marsha Hudnall, MS, RD, CD



Marsha Hudnall, MS, RD, CD, is program director and owner of Green Mountain at Fox Run, a women's residential healthy weight loss retreat now in its 38th year. Green Mountain pioneered the mindful eating/living approach to health and healthy weights and offers the country's oldest non-diet program to help women establish healthy relationships with food, eating and physical fitness behaviors, and their bodies. Marsha can be reached at marsha@fitwoman.com or (800) 448 8106. Learn more at www.fitwoman.com.

Jill Jayne, MS, RD



Jill Jayne, MS, RD, is the country's only Rockstar Nutritionist. Jill is the leading expert at creating and delivering interactive media about health for kids and families. She is an agent for social change around childhood obesity prevention and treatment, creating acclaimed live performances, original music and tools for educators that make nutrition rock. Jill is president and creative director of Note to Health, a New York City-based company specializing in age-appropriate, interactive multimedia productions designed to teach kids about health. Jill's work has been performed for over 100,000 kids across the United States and has been featured in national media outlets including NPR, PBS, The Washington Post, and industry trade publications. Jill's knack for rock 'n roll nutrition is the result of being her experience as a musician and training in nutrition. Jill's rock band Sunset West has toured and recorded extensively in the mainstream music scene including The Vans Warped Tour and The Next Great American Band on FOX. Jill stage credits also include off-Broadway actress, Radio Disney DJ, sketch comedy music writer and performer, and jazz pianist. Jill is a registered dietitian with a master's degree in nutrition education from Columbia University and a bachelor's in nutrition and theater from Penn State University. Before becoming a professional Rockstar Nutritionist, Jill was writer, producer and host of the nationally-syndicated, nationally-acclaimed children's nutrition news program *What's in the News* for PBS and a New York City public school teacher. Jill is from Pittsburgh and now resides in New York City.

Bonnie Johnson, MS, RD

Bonnie believes that nutrition messages should be available to consumers and influencers 'where they are' and 'when they want them'. Working with a variety of clients as a partner in Teaspoon Communications, she concentrated on presenting science-based, well-referenced and above all, user-friendly messages. As a Registered Dietitian with a love for education, Bonnie has extended her expertise beyond the classroom to include "edutainment": a combination of educational theories and entertainment value. Early in her career Bonnie was involved in developing, implementing and evaluating a series of successful consumer health education programs for Nevada's largest managed care organization, including the first Childhood Weight Management program in the state: Camp LEAN, started in 1998 and now a part of the United Health Care health education and wellness program package. As a Program Director with the Dairy Council of Utah/Nevada for more than eight years, Bonnie worked in a satellite office to execute regional and national initiatives directed at students, teachers, health professionals and the public. In this role, Bonnie worked as a spokesperson for the dairy industry as well as the state dietetic association completing more than 100 media interviews on a variety of nutrition topics often using food and cooking demonstrations to deliver messages in terms of food.

Justine Karduck, MS, RD, LDN, CDE



Justine is the Sportwell Coordinator for the McKinley Health Center at the University of Illinois Champaign-Urbana. She has eight years of experience as a Registered Dietitian and her main areas of expertise are Weight Management and Diabetes Education. Her career roles have included Inpatient Clinical Dietitian, Coordinator of a Community Diabetes Education Program, College Health Dietitian, and Adjunct Clinical Lecturer at the University Of Illinois. Justine is a Certified Diabetes Educator and holds a Certificate in Adult Weight Management. She currently serves as the President of the Eastern Illinois Dietetic Association and a Faculty Board Member for the Dietetic Technician Program at Parkland College.

Heather Leonard, RD

Heather Leonard has worked as part of the behavioral weight management research team at the University of Vermont (UVM) for the past 10 years. During this time, she was the lead facilitator on a 5-year multi-million dollar NIH-funded grant examining the effectiveness of an online weight management program. Heather has overseen more than 30 facilitators in their work on both the research grants and the community application of the research program through the University of Vermont (UVM). In the past 3 years, Heather has been an instrumental leader in the expansion of UVM's Vtrim Weight Management Program from a program only available to research participants to an evidence-based program available to the community and general public nationwide. During this time, Heather has worked as the Director of Online Instruction for Vtrim, creating a 45-hour online training program for new facilitators. She is responsible for assuring quality control in all weight management programming offered through the Vtrim Online Program.

Michelle May, MD, FAAFP



Michelle May, M.D. is a recovered yoyo dieter and the founder of the Am I Hungry?® Mindful Eating Workshops and Facilitator Training Program (www.AmIHungry.com). She shares her compelling message and constructive approach with audiences around the country and has trained over 200 health professionals to facilitate Am I Hungry?® Workshops worldwide.

Michelle is the award-winning author of *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle* that guides readers to eat fearlessly and mindfully. TIME.com selected *Eat What You Love* as one of its Top 10 Notable New Diet Books of 2010 – though Michelle insists that it is a how-not-to-diet-book. It has also received seven publishing awards, including Best Health Book, Best Nutrition Book, Best Body-Mind-Spirit Book, and Best Self-Help Book.

Paul Moore, MS, RD, CSSD, LDN



Paul is currently the Assistant Director at Appalachian Regional Healthcare System's Wellness Center in Boone, NC and an adjunct instructor at Appalachian State University in the College of Health Sciences Department of Health, Leisure and Exercise Science and the Department of Nutrition and Healthcare Management. Paul is certified by the National Strength and Conditioning Association as a CSCS*D and NSCA-CPT*D in addition to being a Registered and Licensed Dietitian and Nutritionist. Paul holds certification as a Board Certified Specialist in Sports Dietetics (CSSD) through the American Dietetic Association's Commission on Dietetic Registration. He is currently the Associate Editor of the American Dietetic Association's Weight Management DPG newsletter and the President Elect of the Foothills District Dietetic Association in North Carolina. Paul completed his Bachelor in Science in Exercise Science at Appalachian State University and his Masters in Human Nutrition from the University of Alabama at Tuscaloosa.

Carolyn O'Neil, MS, RD, LD



Noted nutrition expert and television personality CAROLYN O'NEIL, MS, RD shares her refreshing food philosophy- "The More You Know, The More You Can Eat!" She is a registered dietitian and award-winning author and journalist who reported on food and health at **CNN** for nearly 20 years. Carolyn is the co-author of *The Dish on Eating Healthy and Being Fabulous!* (Simon & Schuster, Atria Books) – Winner "Best Health and Nutrition Book" at the World Food Media awards. Carolyn is an **AOL Diet & Fitness Coach** with online weight control workshops, writes a weekly column for the **Atlanta Journal-Constitution**, "Healthy Eating Out" and appears on the Food Network as "The Lady of the Refrigerator" a recurring nutrition expert on Alton Brown's Food Network program *Good Eats*.

Carolyn's CNN television reporting on food, nutrition and cuisine earned three James Beard Foundation Awards and she was the first dietitian to be inducted into the James Beard Who's Who in Food and Beverage. The American Heart Association, The American Dietetic Association and the National Restaurant Association have presented O'Neil with awards for food and nutrition education. Carolyn O'Neil has a master's degree in Nutrition and Communication from Boston University (1980) and an undergraduate degree in Foods and Nutrition from Florida State University (1976.) She completed her Dietetic Internship at the Veteran's Administration Hospital, San Diego and has been a registered dietitian for 30 years. Carolyn lives in Atlanta and has two children, Jack 22 and Katie 19.

Judith Rodriguez, PhD, RD, LDN, FADA



Rodriguez is professor of nutrition in the department of nutrition and dietetics at the University of North Florida, where she has also served as chairperson of the department of public health and director of the undergraduate program in dietetics and the Master of Science in health nutrition and dietetic internship programs. Rodriguez is the author of the *Latino Food Lover's Glossary* (Florida Dietetic Association 2009), *The Diet Selector* (Running Press 2007) and *Contemporary Nutrition for Latinos* (iUniverse Star 2004). She has a variety of community and other practice experiences in nutrition and dietetics including teaching food and nutrition and health courses at a number of colleges and universities. She received the 2008 Women of Color Cultural Foundation Award (Education) and the 2003 Hispanics Achieving Community Excellence Award (Education) and was named Distinguished Dietitian in 2001 by the Florida Dietetic Association.

Rodriguez has served as chair of the Commission on Dietetic Registration's Fellow Program Evaluation Task Force; as a Florida and Commission on Dietetic Registration Delegate in ADA's House of Delegates; on ADA's Phase II Dietetics Practice and Education Task Force; and as a reviewer for the *Journal of the American Dietetic Association*. Rodriguez also served on ADA's Board of Directors representing the House of Delegates and chaired the nominating committee of ADA's Latinos and Hispanics in Dietetics and Nutrition member interest group. Rodriguez is a graduate of New York University, where she earned bachelor's and master's degrees in nutrition and higher education. She holds a doctorate in cultural anthropology from Rutgers University.

Joanne Spahn, MS, RD, FADA



Joanne Spahn is the first director of the new USDA Nutrition Evidence Analysis Library and joined the Center for Nutrition Policy and Promotion in March 2009. She is responsible for developing, directing and administrating the Nutrition Evidence Library in conducting systematic reviews to support development of the 2010 Dietary Guidelines for Americans and other Federal nutrition policy and programs. Prior to joining the center, she served as project manager and lead analyst for numerous American Dietetic Association (ADA) Evidence Analysis Library projects, and assisted in the development of the ADA Standardized Language.

Brooks Wingo, PhD



Dr. Brooks Wingo is a postdoctoral fellow with the Health Services & Outcomes Research Training Program and the Department of Nutrition Sciences at the University of Alabama at Birmingham. She received her PhD from the UAB Department of Health Behavior. Dr. Wingo has been using behavior modification strategies to help adults increase their physical activity levels since 2003, and she has served as the fitness director for the UAB EatRight Weight Management services since 2006. In addition to her clinical roles with EatRight, she also conducts research in the areas of obesity and lifestyle modifications for nutrition and exercise. Her current research includes exploring the role of pain as a barrier to exercise among overweight adults. She is currently developing new methods of assessing and treating pain-related fear in populations.

Kathleen Zelman, MPH, RD, LD



Kathleen Zelman, MPH, RD, LD is director of nutrition for WebMD, overseeing diet, nutrition and food content on the website. Among other duties, she serves as senior nutrition correspondent, writes features and expert reviews, and provides expert editorial review of diet and nutrition articles. Zelman has extensive media experience, including co-hosting a weekly radio program, serving 12 years as a national spokesperson for the American Dietetic Association (ADA) and hundreds of print and television appearances including *CNN*, *Good Morning America*, *NBC Nightly News*, *The Wall St. Journal* and *New York Times*. In 2007, Zelman was awarded the prestigious ADA “Media Excellence Award” for her contribution and commitment to educating consumers about food and nutrition. The American Society for Nutrition (ASN) named Kathleen the 2011 recipient of their “Nutrition Science Media Award” for outstanding journalism.

Zelman shares her media experience as a media trainer for dietitians across the country for ADA and clients. Additionally, Zelman is frequently an invited speaker at professional meetings worldwide on a variety of topical nutrition issues. She has contributed to books including *Paul Prudhomme’s A Fork in the Road*, *Healthy Eating for Babies and Toddlers* and *A Harvest of Healthy Foods*. Zelman has been a dietetic internship director at Ochsner Medical Institutions and assistant professor at St. Mary’s Dominican College, both in New Orleans.

Zelman is active in local, state and national dietetic associations and was elected to serve as director at large on the ADA board of directors. She has served as a trustee on the Georgia Dietetic Foundation and two terms as a delegate to the ADA House of Delegates. She received her master’s degree in public health from Tulane University and her bachelor of science from Montclair State University.