

## Level 2 Weight Management Certificate Committee

**A distinguished committee has overseen development of this certificate program. Its members include:**

Christina W. Bieseemeier, MS, RD, LDN, FADA

Ruth Ann Carpenter, MS, RDN

Sue M. Cummings, MS, RD, LDN

Nancy M. Copperman, MS, RD, CDN

Robert Ferraro, MD

John P. Foreyt, PhD

Molly Gee, MEd, RD, LD

Bonnie S. Tamis Jortberg, PhD, RD, CDE

John M. Jakicic, PhD

Delia Smith West, PhD

Anne Wolf, MS, RD

Molly Kellogg, RD, LCSW

Robert F. Kushner, MD, MS

Idamarie Laquatra, PhD, RD, LDN

Laurie C. Maimonis, RD

Richard D. Mattes, PhD, MPH, RD

Aida C G Miles MMSc, RD, LD

Cathy A. Nonas, MS, RD, CDE

Diane L. Rigassio Radler, PhD, RD

## Onsite Program Faculty:

### **Obesity as Disease – Implications for Dietetics Practice and Pharmacotherapy, Appetite Regulation – Implications for Dietetic Practice**

#### **Objectives**

#### **Robert Kushner, MD, MS**

Dr. Robert Kushner is Professor of Medicine at Northwestern University Feinberg School of Medicine, Clinical Director of the Northwestern Comprehensive Center on Obesity, and Director



for the Center for Lifestyle Medicine in Chicago. After finishing a residency in Internal Medicine at Northwestern University, he went on to complete a post-graduate fellowship in Clinical Nutrition and earned a Masters degree in Clinical Nutrition and Nutritional Biology from the University of Chicago. Dr. Kushner is past president of The Obesity Society (TOS), the American Society for Parenteral and Enteral Nutrition (ASPEN), the American Board of Physician Nutrition Specialists (ABPNS), Chair of the American Board of Obesity Medicine (ABOM), board member on the Obesity Action Coalition (OAC), and Co-Editor of Current Obesity Reports.

Dr. Kushner has authored over 190 original articles, reviews, books and book chapters covering medical nutrition, medical nutrition education, and obesity, and is an internationally recognized expert on the care of the overweight and obese patient. He is author/editor of multiple books including Dr. Kushner's Personality Type Diet (St. Martin's Griffin Press, 2003; iuniverse, 2008), Fitness Unleashed (Three Rivers Press, 2006), Counseling Overweight Adults: The Lifestyle Patterns Approach and Tool Kit, (Academy of Nutrition and Dietetics, 2009) and editor of the American Medical Association's (AMA) Assessment and Management of Adult Obesity: A Primer for Physicians (2003). Current books include Practical Manual of Clinical Obesity (Wiley-Blackwell, 2013), Treatment of the Obese Patient, 2nd Edition (Springer, 2014), and Nutrition and Bariatric Surgery (CRC Press, 2015).

## **Future Shock: Mobilizing Dietitians for a Bright Future**

### **Objectives**

#### **Christina Bieseemeier, MS, RD, LDN, FADA**



Chris Bieseemeier is Director of Clinical Nutrition Services at Vanderbilt University Medical Center (VUMC) in Nashville, Tennessee, where she has worked since December 1999. In this position, she provides oversight to clinical nutrition programs and the members of the Clinical Nutrition Department at VUMC, including the Vanderbilt University Hospital, the Monroe Carell Jr., Children's Hospital at Vanderbilt, the Vanderbilt Nutrition Clinic and other VUMC outpatient clinics. Prior to coming to Vanderbilt, she was the clinical nutrition manager at Saint Luke's Hospital in Kansas City, Missouri.

During her career, Chris has worked in management positions in a variety of health care settings including hospitals (Assistant Director of Nutrition Services, Ochsner Foundation Hospital, New Orleans, LA, and Director of Nutrition Services, Ephraim McDowell Memorial Hospital, Danville, KY), a wellness-cardiac rehab facility (Director of Nutrition Services, The Lifestyle Center, NKC, Inc., Louisville, KY), and WIC (WIC Program Coordinator, Louisville-Jefferson County Health Department, Louisville, KY).

In addition to employment responsibilities, Chris is very active in professional activities, in recognition of which, she received the Academy of Nutrition and Dietetic's Medallion Award in 2006. She is Editor-in-Chief of the Academy's Nutrition Care Manual and served as Director-at-Large on the Board of Directors. She is active in the Academy's evidence analysis work, as a member of the Adult Weight Management Work Group. Past evidence analysis work includes membership on the Pediatric Weight Management (chair), Oncology (co-chair), and Bariatric Surgery Work Groups. Chris is a member of the CDR Weight Management Committee and is a member of the faculty for the level 1 and 2 Adult Weight Management Certificate Courses. She is a member of the Peer Network for Nutrition Diagnoses (PNND) and has been active in Academy reimbursement activities. In 2005, Chris was selected by the Centers for Medicare and Medicaid Services to serve as a guest panelist for the Medicare Coverage Advisory Committee, brought together to evaluate the evidence on the effectiveness of comprehensive, interdisciplinary treatment programs for coronary heart disease. Chris is a member of a Quality Measures Expert Work Group that developed a pay-for-performance BMI indicator for the Medicare population. Chris is Past Chair of the WM DPG (2006-2007) and was a WM DPG Founding Member. She served as a member of the Commission on the Accreditation of Dietetics Education Standards Task Force (2005-2007). Other volunteer roles include membership on the Standardized Language Task Force (2003-2005), the Dietetics Practice-Based Research Network, and the ANDHII Advisory Committee. Chris is past chair of the Clinical Nutrition Management (CNM) Dietetic Practice Group, elected to this position for two separate terms. She served on the Academy's Quality Management Committee from 1996-2001 and was the Chair of the Quality Management Committee from 1997-2001. Chris is a past member of the Health Services Research Task Force and was co-project director for the national multi-site Lipid Management Nutrition Outcomes Project, a project designed to measure the impact of use of the MNT Hyperlipidemia Protocol on clinical, behavioral, and quality of life outcomes.

Chris obtained her undergraduate degree from the Ohio State University in Columbus, Ohio. She completed a dietetic internship at the University of Kentucky Medical Center in Lexington and received a Master's degree in clinical nutrition from the University of Kentucky. Chris is a Fellow

of The American Dietetic Association and is a past recipient of the Outstanding Dietitian of the Year Award from the Missouri Dietetic Association.

Chris has published articles and book chapters and has given numerous presentations and workshops on the Nutrition Care Process, evidence-based nutrition practice and ADA's Evidence Analysis Library, the development and implementation of evidence-based protocols and nutrition practice guidelines, outcomes management and research, reimbursement for nutrition services, clinical nutrition management, and clinical staffing requirements. She was the managing editor for the ADA publication, *Connective Leadership . . . Linking Vision with Action* (2000), and authored two chapters in the book. She is the author of the ADA publication, *Achieving Excellence . . . Clinical Staffing for Today and Tomorrow* (2004) and the managing editor and a contributor to the ADA Pocket Guide to Bariatric Surgery (2009).

Chris can be reached at [chris.biesemeier@vanderbilt.edu](mailto:chris.biesemeier@vanderbilt.edu)

## **Bariatric Surgery Implications and Complications**

### **Objectives**

#### **Sue Cummings, MS, RD, LDN**



Sue Cummings is the Clinical Programs Coordinator of the Massachusetts General Hospital Weight Center. In this capacity, Sue is a member of the Weight Center leadership and responsible for developing and administering all clinical programs as well as preceptor for Medical Residents, Medical Doctors who train in Obesity Medicine at the MGH, dietetic interns and graduate students.

Sue is editor of the 2nd Edition of the Academy's Handbook on Bariatric Nutrition, is on faculty of the Harvard Medical School Blackburn Course on Treating Obesity, and is a national and international speaker on nutrition and bariatric surgery. Sue is also a reviewer for *Obesity*, the journal of the Obesity Society, *Menopause - The Journal of The North American Menopause Society* and author of many peer review journal articles and book chapters on obesity and bariatric surgery.

Sue is on the American Society of Metabolic and Bariatric Surgery (ASMBS), Integrated Health Education Committee; is on the Massachusetts General Hospital Women in Midlife Women's Health Center Board of Directors and on the Advisory Board for the Comparative Effectiveness of Metabolic and Bariatric Surgery using Patient Reported Outcome Measures (PROMs) study. Sue is past WM DPG Bariatric Subunit Chair, WM DPG Network Chair and has received both the WM DPG Excellence in Practice and Shining Star Awards.

#### Contact information:

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## **Bias**

### **Objectives**

#### **Molly Gee, MEd, RD, RD**



Molly is a Registered Dietitian and communications consultant with more than 25 years experience in health/nutrition communications and the clinical management of obesity. She is frequently asked to serve as a media spokesperson, expert reviewer or speaker by corporations, food companies, trade associations, government agencies and pharmaceutical companies. She has been widely quoted in the media, including USA Today, the New York Times, Chicago Tribune, Los Angeles Times, Shape, Health, Weight Watchers and Self.

From 1992 to 2001, Molly reported on nutrition and health on KTRK-TV, the ABC network affiliate in Houston. Prior to health reporting, she was the nutrition expert on “Good Morning Houston.” Currently, Molly is the Program Coordinator at Baylor College of Medicine for LOOK AHEAD, a NIH multi-center clinical trial examining the cardiovascular benefits of sustained weight loss in people with Type 2 diabetes.

Molly is a dynamic leader in the American Dietetic Association. In recognition of her dedication and contributions to dietetics, Molly received the ADA’s Medallion award in 2004. In addition to being on the ADA board of directors from 1995 to 2001, she was its treasurer in 2000-2001. Molly was one of the first spokespersons for ADA and still makes herself available to the group as a resource. She is the co-founder and past chair of the ADA’s Weight Management Dietetics Practice Group (DPG) and is on the Executive Committee of the Diabetes Care and Education DPG. She serves as Chair of Commission on Dietetic Registration’s (CDR) Weight Management Certificate Committee and as faculty for the Weight Management Certificate Workshop. Molly has been a member of many other professional associations and served on the Board of Directors of the American Heart Association in Houston.

Molly holds a MEd in Allied Health Education from Baylor College of Medicine/University of Houston. She completed her dietetic internship at Oklahoma State University and received a BS in dietetics from the University of Houston.

Molly can be reached at [mgee@bcm.edu](mailto:mgee@bcm.edu)

## **Nutrition Technology: Practicing on the Cutting Edge**

### **New Practice Models and the RD**

#### **Objectives**

#### **Bonnie S. Tamis Jortberg, PhD, RD, CDE**



Dr. Tamis Jortberg is an Assistant Professor in the Department of Family Medicine at the University of Colorado School of Medicine (CU-SOM). She holds a PhD in Human Nutrition, is a Registered Dietitian and a Certified Diabetes Educator. Dr. Tamis Jortberg has been at CU-SOM since 1995, starting in the Department of Preventive Medicine as one of the study coordinators for the Diabetes Prevention Program. She then moved to the Center for Human Nutrition where she was the Program Director

for the Colorado Weigh, a community-based weight management program. Dr. Tamis Jortberg currently teaches nutrition and preventive health courses in the CU-SOM Medical School, provides project management and develops curriculum for the Colorado Family Medicine Patient Centered Medical Home (PCMH) Project, and is the Principle Investigator for a pediatric obesity grant. She is the lead author for the Academy of Nutrition and Dietetic' s Level 2 Certificate of Weight Management program, and has lectured around the country about obesity prevention and treatment. She was a member of the Academy's Nutrition Counseling Workgroup that developed and published the Academy position paper, is the past chair of the Academy's Telenutrition workgroup, and a current member of the Academy's Adult Obesity Evidence Analysis Library workgroup. Dr. Tamis Jortberg is also the editor for the Nutrition Counseling section of the Academy Weight Management Dietetic Practice Group Newsletter. As Chair of the Society of Teachers of Family Medicine's Patient Centered Medical Home Workgroup and member of the Patient-Centered Primary Care Collaborative Education and Training Task Force Leadership group, Dr. Jortberg is also very involved with PCMH efforts on a national level.

Bonnie can be reached at [bonnie.jortberg@ucdenver.edu](mailto:bonnie.jortberg@ucdenver.edu).

**Weight Maintenance**  
**Physical Activity**  
**Objectives**  
**Corby Martin, PhD**



Dr. Martin is a clinician researcher who specializes in the measurement of energy intake and expenditure and the use of this information in interventions to improve diet and exercise habits and to help patients manage body weight. He has extensive experience developing and delivering novel lifestyle interventions for weight management, and he is a leader in the creation of e-Health or telehealth interventions, which rely on the remote collection of patient data and the delivery of services via multimedia communication technology. Dr. Martin and colleagues also create mathematical algorithms that accurately predict weight loss during dieting, and they have successfully applied these algorithms to clinical weight loss interventions.

Dr. Martin is an Associate Professor of Health Psychology and the Director of the Ingestive Behavior Laboratory at the Pennington Biomedical Research Center (PBRC). He is also the Director of the PBRC's Human Phenotyping Core of the Nutrition Obesity Research Center (NORC).

Dr. Martin can be reached at [Corby.Martin@pbrc.edu](mailto:Corby.Martin@pbrc.edu).



## **Appetite and Energy Balance**

### **Objectives**

**Richard D. Mattes, MPH, PhD, RD**



Dr. Mattes is a Distinguished Professor of Foods and Nutrition at Purdue University, Adjunct Associate Professor of Medicine at the Indiana University School of Medicine and Affiliated Scientist at the Monell Chemical Senses Center. His research focuses on the areas of hunger and satiety, regulation of food intake in humans, food preferences, human cephalic phase responses and taste and smell.

At Purdue University, Dr. Mattes is the Director of the Public Health Graduate Program and the Ingestive Behavior Research Center. He also holds numerous external responsibilities including: Associate editor of American Journal of Clinical Nutrition; editorial board of Chemosensory Perception, Ear, Nose and Throat Journal and Flavour. He is also Secretary of the Rose Marie Pangborn Sensory Science

Scholarship Fund. He has received multiple awards, most recently the Babcock-Hart Award from the Institute of Food Technologists. He has authored over 250 publications.

Dr. Mattes earned an undergraduate degree in biology and a Masters degree in Public Health from the University of Michigan as well as a doctorate degree in Human Nutrition from Cornell University. He conducted post-doctoral studies at the Memorial Sloan-Kettering Cancer Center and the Monell Chemical Senses Center.

## **Counseling Strategies to Encourage Behavior Change in Weight Loss**

### **Objectives**

**Delia Smith West, PhD**



Dr. West is a South Carolina SmartState Endowed Chair and Professor in the Department of Exercise Science at the Arnold School of Public Health at the University of South Carolina in Columbia, SC. She also directs the Technology Center to Promote Healthful Behaviors. She is a fellow in the Society of Behavioral Medicine and serves on the National Institute of Diabetes and Digestive and Kidney Disorders (NIDDK) Clinical Obesity Research Panel.

Dr. West is a licensed psychologist and received her doctorate in clinical psychology from Rutgers University – The State University of New Jersey. She has contributed to more than 125 peer-reviewed publications and has served as principal investigator or investigator on more than 32 federally-funded and foundation-sponsored research projects, including publications and research projects that have focused on the use of motivational interviewing in weight control.

## **Nutrition Technology: Practicing on the Cutting Edge**

### **Objectives**

**Anne Wolf, MS, RD**

Anne M. Wolf, RD, MS, is President of Anne Wolf & Associates, a company that engages with individual clients, groups and companies to advance obesity and weight management lifestyle

treatment. Within this capacity, Anne has been a founding developer of BMIQ. She has also translated the ICAN project and successfully partnered with employers, health insurance companies and employees to provide affordable, accessible and effective lifestyle treatment at the workplace. Anne has a private practice in Charlottesville, Virginia.

Anne has been actively involved in public policy and committee work in the area of obesity, lifestyle medicine, and the economic impact of obesity. She was the chair of the North American Association for the Study of Obesity (NAASO) TOOLS Task Force, a member of a World Health Organization panel on cost effectiveness of physical activity, and a member of 2 Centers of Disease Control and Prevention panels on the economic impact of obesity and physical inactivity. She was a member of the Academy's Evidence Analysis Panels on telehealth and effectiveness and cost effectiveness of MNT. She has authored over 60 peer-reviewed articles and abstracts. Anne was the 2011 recipient of The Academy's Excellence in Research Award as well as the recipient for Excellence in Research from the Weight Management Practice Group in 2012. She served as the Chair of the Weight Management Dietetic Practice Group (WM DPG) in 2014-15 and is currently working on developing a pre-course for the Certified Specialist in Obesity and Weight Management with the WM DPG and other professional groups.