

Christina M. Riccardo, EdD, RD, LDN

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RDN 942849

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EDUCATION

- **Columbia University, Teachers College**, New York, New York
EdD Nutrition Education, May 2018
- **Boston University**, Boston, Massachusetts
MS in Clinical Nutrition, May 2004
- **Rutgers University**, New Brunswick, New Jersey
BS in Nutrition and Dietetics, October 2002

HONORS

- Recipient of the R.Z Habas Endowed Scholarship, 2015
- Recipient of the Teachers College General Scholarship, 2012
- Recipient of the R.Z. Habas Endowed Scholarship, 2010
- Kappa Omicron Nu- National Nutrition Honor Society

ACADEMIC EXPERIENCE

California Polytechnic State University, Part time lecturer (March 2021-)

- Develop and teach online synchronous graduate nutrition epidemiology course.

West Chester University, Adjunct Faculty (January 2021-present)

- Teach Intro to Nutrition online

St. Joseph's University, Adjunct Faculty (October 2020-present)

- Develop online graduate course, Concepts of Nutrition and Health
 - Course began spring 2021 with both synchronous and asynchronous components.

Immaculata University, Adjunct Faculty (August 2020-present)

- Develop and teach online graduate course: Special Topics in Nutrition: Geriatric nutrition
- Teach Intro to Nutrition Online

KBDI, Assistant Dietetic Internship Director (January 2020-present)

- Develop curriculum for new distance DI
- Mentor dietetic interns
- Form relationships with preceptors and provide support
- Ensure ACEND competencies are met
- Prepare students for the RD exam
- Lecture/lead class day sessions for interns
- Aid interns in finding preceptors/supervised practice sites

Rowan University, Clinical Nutrition Coordinator/Previous Interim Director of CPD, Lecturer (January 2018-January 2020)

- Develop courses and curriculum
 - Courses developed: nutritional epidemiology (online graduate course), macronutrients, micronutrients, nutrition for fitness, introduction to nutrition professions, community nutrition, contemporary issues in nutrition, nutrition and public health, advanced topics in public health nutrition (online graduate course)
- Mentor and advise undergraduate and graduate students
- Manage graduate level CPD students, preceptors and adjuncts
- Assist in data collection and self-study for ACEND site visit
- Assisted in interviews and selection process for dietetic students applying to the CPD
- Secure supervised practice sites and develop schedules for interns
- Plan supervised practice experiences to meet competencies
- Monitor student performance during supervised practice experiences
- Connect underclassman nutrition students to community nutrition experiences (Vetri Foundation, Kroc Center in Camden, South Jersey Food Bank)
- Courses taught at undergraduate: Nutrition and public health, macronutrients, micronutrients, nutrition education for diverse populations (community nutrition), introduction to nutrition professions, nutrition for fitness, contemporary issues in nutrition, lifecycle nutrition
- Courses taught at graduate level: Nutritional epidemiology, advanced topics in public health nutrition
- Advisor of Nutrition Care Club
- Participated in Academic Dismissal Committee
- Assisted in grant applications and research for community nutrition/public health

Art Institute of Pittsburgh, Adjunct Instructor (March 2016- August 2018)

- Taught online section of basic nutrition
- Responsible for class management, grading, course discussions, etc

The Restaurant School at Walnut Hill College, Adjunct Instructor (April 2015-January 2018)

- Developed and taught basic nutrition classes to culinary/management students
- Responsible for all administrative duties related to teaching such as grading, attendance records, etc.

Temple University, Adjunct Instructor (August 2007-May 2011)

- Taught Nutrition and Health
- Developed lessons and assignments
- Graded student work

Community College of Philadelphia, Adjunct Instructor (Sept. 2007-May 2008); (Sept. 2010-May 2012)

- Developed and taught Nutrition classes and assignments
- Grade student work

Quincy College, Adjunct Instructor (March 2005-April 2005)

- Planned, developed, and taught lectures
- Planned and developed assignments
- Graded student activities

Northern Essex Community College, Adjunct Instructor (September 2004- December 2004)

- Planned, developed, and taught lectures and labs
- Planned and developed assignments

- Graded student activities

CLINICAL & COMMUNITY EXPERIENCE

Dietitian Private Practice- Owner

Applied Dietetics, May 2020-present

- Older adult focus
- <https://applieddietetics.com/>

Consultant Dietitian

Morrison Senior Dining, April 2015-December 2016

- Conduct initial assessments, follow-up assessments, and consults
- Provide nutrition education on various health issues, such as obesity, diabetes, renal disease, and heart disease for both independent residents as well as those on skilled and assisted living units
- Monitor residents' weights and implement interventions for significant weight changes
- Follow and implement interventions for residents with wounds
- Initiate and maintain nutrition support for tube-fed patients

Lower Bucks Hospital, November 2015-May 2016

- Conduct initial assessments/screens/consults for patients with heart disease, diabetes, various GI diseases, cancer, patients undergoing gender change operations, other surgical patients, patients with various wounds including pressure ulcers
- Provide nutrition education to patients and families
- Calculate tube feedings
- Implement interventions and follow-up on effectiveness
- Collaborate with doctors and nursing staff on patient plan of care
- Aid in precepting of students

Nutrition Management Services, January 2012- November 2013

- Girard Medical Center: nutrition assessments and education for patients with mental health and/or addiction issues
- St. Joseph's Hospital: conduct nutrition assessments and follow-ups; Implement nutrition interventions for various diseases
- Oakwood Nursing and Rehab: conduct nutrition assessments and follow-ups, implements nutrition interventions for various disease states and conditions such as weight loss and wounds; complete MDS'; monitor wts; monitor patients on tube feedings and adjust accordingly

Medford Leas Continuing Care Retirement Community (December 2006-March 2011); Cherry Hill Convalescent Center (Oct 2009-July 2010)

- Conducted initial assessments, follow-up assessments, and consults in a long-term care facility as well as for residents living independently
- Provided nutrition education on various health issues, such as obesity, diabetes, renal disease, and heart disease for both independent residents as well as those on skilled and assisted living units
- Monitored residents' weights and implement interventions for significant weight changes
- Attended care conferences with interdisciplinary team, residents, and families and provided nutrition information and support at such meetings
- Followed and implemented interventions for residents with wounds

- Assisted with menu planning
- Various projects as assigned (ie: designating foods on menus as “brain foods”; find more cost effective supplements and educate nursing staff as well as the doctors on such supplements)
- Developed and executed in-services for staff on a variety of topics
- Deficiency free surveys at both facilities
- Developed and executed weight monitoring policy/program
- Initiated and maintained nutrition support for tube-fed patients

Nutrition Counselor (private practice)

Diamond Nutrition April 2015-September 2015

- Counsel patients on various topics such as weight loss, diabetes, high cholesterol, hypertension, as well as other medical conditions in a private practice within an internal medicine group
- Develop nutrition education handouts
- Schedule follow-up appointments

Dietitian (1 floor subacute, 1 floor long-term care):

Morrison Senior Dining: August 2013- April 2015

- Conduct initial assessments, follow-up assessments, and consults
- Provide nutrition education on various health issues, such as obesity, diabetes, renal disease, and heart disease for both independent residents as well as those on skilled and assisted living units
- Monitor residents’ weights and implement interventions for significant weight changes
- Follow and implement interventions for residents with wounds
- Initiate and maintain nutrition support for tube-fed patients
- Participate in interdisciplinary morning meeting
- Lead interdisciplinary Nutrition Alert meetings
- Complete MDS’ online as per MDS schedule

Dietitian

Linton’s Managed Services, East Norriton, PA (Oct 2011-June 2012; July 2012- July 2014)

- Conducted nutrition risk assessments for inpatient MR residents in order to make appropriate recommendations for patient and resident care.
- Conducted nutrition risk assessments for MR patients attending day program.
- Assisted with menu and nutrient analysis for resident & student menus.
- Provided medical nutrition therapy for a various medical conditions.
- Developed and provided nutrition education lectures for seniors attending congregate meals at various senior centers throughout Philadelphia
- Participated in new staff orientation by delivering nutrition and food safety training

Dietitian (Interim)

Golden Living, Doylestown, PA (Feb 2012-Aug 2012)

- Conduct initial assessments, follow-up assessments, and consults in a long-term care facility
- Provide nutrition education on various health issues, such as obesity, diabetes, renal disease, and heart disease for both independent residents as well as those on skilled and assisted living units
- Monitor residents’ weights and implement interventions for significant weight changes
- Follow and implement interventions for residents with wounds
- Initiate and maintain nutrition support for tube-fed patients
- Complete MDS’ online as per MDS schedule

Renal Dietitian

Davita Abington, Willow Grove, PA (February 2007-August 2007)

- Assessed new patients
- Provided nutrition education regarding a renal diet to all patients initially, monthly, and as needed
- Provided diabetes education as indicated
- Monitored labs and educated patients on these values and ways to improve labs
- Functioned as a bone metabolism specialist
- Contacted long term care facility dietitians with recommendations and/or updates monthly

Clinical Nutrition Manager

Aramark Senior Dining, Medford Leas, Medford NJ (March 2006-October 2006)

- Conducted initial assessments, follow-up assessments, and consults in a long-term care facility
- Educated residents on various diets
- Educated residents regarding drug-nutrient interactions
- Monitored residents' weights and implemented interventions for significant weight changes
- Attended care conferences
- Attended medical rounds
- Attended wound rounds and implemented nutrition interventions to aid in wound healing
- Conducted meal rounds
- Checked temperature, taste, and portion size on test trays weekly
- Wrote schedule for trayline staff
- Managed trayline staff
- Hired and trained trayline staff
- Managed staff in various dining rooms
- Oversaw kitchen staff on weekend rotations
- Checked walk-in refrigerators to ensure that all food was labeled, dated, and stored properly

Nutrition Educator

Drexel University Nutrition Center, Philadelphia, PA (October 2005- March 2006)

- Provided nutrition education to four high schools in the School District of Philadelphia
- Developed nutrition lessons that could be used across various school subjects
- Assisted schools in developing walking clubs and farmers markets
- Helped organize and attended health fairs at assigned schools
- Developed and executed parent and/or teacher workshops
- Provided nutrition resources to parents, teachers, nurses, and students

Clinical Dietitian Consultant

Morrison Senior Dining Services, Wayne, PA (July 2005- February 2008)

- Assess patients, readmissions, and new admissions in long-term care settings throughout the Philadelphia and New Jersey areas on a per diem basis
- Educate residents on various diets
- Plan, document, and implement nutrition care plans
- Attend and participate in care plan meetings with residents and family members
- Initiate, continue, and alter enteral feedings based on estimated needs of residents
- Make nutritional recommendations to doctors
- Initiate, continue, and remove nutrition interventions and supplements as appropriate

RESEARCH EXPERIENCE

Research Bionutritionist

Beth Israel Deaconess Medical Center General Clinical Research Center, Boston, MA (June 2004-February 2005)

- Performed and calculated anthropometrics such as skinfold measurements, waist/hip circumference, height, and weight
- Performed and analyzed body composition measurements via bio-electrical impedance machine (BIA)
- Determined resting metabolic rate via Delta Trac
- Calculated basal energy expenditure via Harris-Benedict equation
- Planned, calculated, and implemented the diets of research participants consistent with research protocol constraints, general nutrition principles, and the individual needs of the participant
- Directed and monitored the production and service of all research diets
- Planned, conducted, and evaluated in-service training programs for metabolic kitchen staff responsible for measuring, weighing, and preparation of food items for research diets

Training Development Coordinator, NRCNA

Meals on Wheels America, Washington, DC (January 2019-October 2019)

- Develop and execute needs assessment
- Develop and deploy survey tool
- Prepare a senior nutrition program training needs assessment report
- Coordinate and manage development of e-learning training resources
- Support development of multiple e-learning training tools and resources targeted at senior nutrition programs

Design and implement an evaluation plan to assess effectiveness of newly developed NRCNA e-learning training tools

PRESENTATIONS/SCHOLARLY ACTIVITY

- Submitted 2 articles for publication, April 2021
- Developed and delivered (December, 2018) a 2-part webinar for Administration for Community living on Nutrition Education and Evaluation at Congregate Meal Sites for Older Adults
- Presented two abstracts on research involving nutrition education at congregate and home delivered meal sites at the Society for Nutrition Education and Behavior in Orlando, July 2019
 - Nutrition Education in Congregate and Home-Delivered Meal Sites: What do we Know?
 - Current State of Utilization of Theory Based, Behaviorally Focused Nutrition Education in Congregate and Home Delivered Meal Sites and Factors Contributing to its Use
- Participated in Grand Rounds expert panel discussion at Rowan School of Osteopathic Medicine; Topic: Diabetes and the Interdisciplinary Team
- Coordinated and secured speakers for Nutrition Symposium at Rowan University
- Editor for Cardiovascular textbook chapter
- Developed Learning Objectives for all chapters in a Nutrition Pathophysiology textbook
- Reviewer for Dietetics Professions textbook
- SNAP-Ed Toolkit reviewer: reviewed 4 interventions for consideration into the toolkit

PROFESSIONAL APPOINTMENTS

- Abstract Chair, New Jersey Academy of Nutrition and Dietetics (2021)

- Nominating committee chair for NJ Academy of Nutrition and Dietetics, Region 1 (2019-2020)
- Nominating committee member for NJ Academy of Nutrition and Dietetics, Region 1 (2018-2019)
- Co-Chair Abstract Reviewer for Society of Nutrition Education and Behavior (SNEB) (September 2019- present)
- Nominating committee member for Nutrition Education for the Public (NEP) practice group (June 2020-June 2022)
- ACEND program reviewer (June 2020-)

PROFESSIONAL AFFILIATIONS

- Academy of Nutrition and Dietetics Member (AND)
- Society of Nutrition Education and Behavior Member (SNEB)

VOLUNTEER/OTHER EXPERIENCE

- Presented cooking demonstrations related to healthy eating and provide lectures on healthy eating for Wellness Concepts Inc. on an as needed basis
- Developed and presented nutrition lecture on healthy eating and health lunches for parents of preschool students, March 2012
- Developed and presented nutrition lesson for 60 kindergarteners, March 2013
- Developed and presented a nutrition lesson for approximately 50 girl scout troops, March 2014

ACTIVITIES/INTERESTS

- Boston Marathon 2009 with the Dana-Farber Cancer Institute. Personally raised over \$20,000 for cancer research in honor of my Dad.
- Boston Marathon 2010 for cancer research in memory of my Dad.
- Multiple half marathons and races including the Broad Street Run, Philadelphia Distance Run, and the Rock 'n Roll half marathon, Phoenix AZ