

Biographies for the PEN: Practice-based Evidence in Nutrition® Team

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PEN Global Governance

British Dietetic Association

Andy Burman

Andy has been the Chief Executive of the British Dietetic Association (BDA) since 2003. He started his management career in the civil service and with the local government Ombudsman service before moving into health care regulatory and professional bodies. He has worked with a wide range of health care professions including medics, psychologists, counsellors and many allied health care professions in the United Kingdom (UK). He represents the BDA at the UK government level, working with other allied health care professions to promote evidence-based practice at a national level.

Andy also leads on the Project Management Group aiming to provide dietetics with enhanced prescribing rights in the UK, as well as sitting on national advisory groups developing Nutrition and Hydration policy for the National Health Service.

Andy is a Chartered Manager and has a broad range of expertise and roles working with other professions. He regularly sits as a lay member on the disciplinary panels for other professions, is a visiting lecturer on sports nutrition courses and is one of the first lay members on the National Formulary Committee of the British National Formulary.

Andy is a Director of Nutrition and Diet Resources UK, which produces evidence-based, patient-focussed information for dietitians and other health care professionals. He speaks at national and international conferences on governance for professional associations, ethics and organisational change.

Sue Kellie BSc, MSc

Sue Kellie, trained as a dietitian in the UK, graduating in 1983 from Queens College, Glasgow. She has held various posts within the National Health Service including general dietetic services and paediatric specialist dietitian. Sue obtained an MSc in 1994 from the University of Loughborough where her research was around parents' perceptions of healthy eating and feeding problems in toddlers. Moving into nutrition and dietetic service management in a combined acute and community service her interest in professional issues, service quality, education and health informatics was developed. In 2005 Sue joined the British Dietetic Association as head of education and professional development leading a team providing evidence-based practice, research, education and professional and health policy advice to the profession in the UK. Sue particularly leads on workforce, informatics and the PEN System.

Dietitians Association of Australia

Claire Hewat AdvAPD BSc (Hons 1), Dip Nutr & Diet (Syd)

Claire was the first Accredited Practising Dietitian to be appointed to the position of Chief Executive Officer of the Dietitians Association of Australia (DAA) in 2004. Prior to this appointment she had been a Director on the DAA Board for four years and a member of the NSW Branch Executive for seven years, as well as undertaking a number of other voluntary roles in DAA.

Claire's role is leadership and management of the association's four divisions of Administration, Professional Services, Accreditation, Recognition and Journal Services and Communications and Marketing, as well as policy development, advocacy, representation and media spokesperson.

Claire has had many years of experience as a practising dietitian in the areas of clinical, food service, community and public health nutrition, diabetes education and private practice and in health service management.

Her previous position was as the director of the Division of Community and Allied Health at Wingecarribee Health Service, which consisted of 17 different departments. Prior to that, Claire was in rural practice and managed the nutrition and dietetic departments at Bowral, Shoalhaven Hospitals Group, Macarthur Area Health Service and the New South Wales Central Western Region.

Claire is currently the Australian representative on the council of the Asian Federation of Dietetic Associations, a Director on the Board of Allied Health Professions Australia, a founding member of the National Alliance of Self Regulating Health Professions and a member of the Primary Care Committee of the Australian Commission for Quality and Safety in Health Care.

Dietitians of Canada

Marsha Sharp RD, BHEc, MSc

Marsha Sharp is Chief Executive Officer of Dietitians of Canada (DC), where she provides strategic leadership and representation for the professional association nationally and internationally, in collaboration with her senior management team.

Dietitians of Canada is the voice of the dietetics profession in Canada. It has a mission to promote ethical, evidence-based best practice in dietetics supported by the profession's unique body of knowledge that is the application of the science of nutrition to solving problems related to human health and by supporting its members to be prepared for diverse and rewarding roles as leaders in promoting health and wellness, as lifelong learners, and as mentors.



Marsha is a Founding Director (2000) of the International Confederation of Dietetic Associations (ICDA) and continues to serve as a Director and Officer for ICDA. ICDA is the largest worldwide network for dietitian-nutritionists made up of more than 40 national dietetic association members representing about 200,000 dietitians. It serves to support national dietetics associations and their members, beyond national and regional boundaries.

Marsha is a Founding Director (1991), and has continuously served as a Director of the Canadian Foundation for Dietetic Research (CFDR) and in many other roles since CFDR was first established. CFDR has an important role in raising funds and providing grants for applied nutrition and dietetics practice research, and this has enhanced the scientific basis that informs the body of knowledge that guides evidence-based practice and decision-making in all the sectors and settings where dietitians provide services, in Canada and beyond.

Marsha completed an Honours BHEc in Nutrition and Dietetics at the University of Manitoba, a dietetic internship at the Royal Alexandra Hospital in Alberta, and an MSc in Nutrition at the University of Manitoba. She began her career as a clinical nutritionist at McMaster University Medical Centre where service provision included roles in health professional education, practice research, clinical nutrition service management and direct in-patient and ambulatory-patient care.

Jayne Thirsk RD, PhD, FDC

Jayne Thirsk is the Director for PEN: Practice-based Evidence in Nutrition®. Jayne completed her undergraduate degree at the University of British Columbia and her internship at the Calgary General Hospital the following year. She received her doctorate from the University of Calgary's Department of Medical Science and is a Fellow of Dietitians of Canada (DC).

Jayne has worked as a dietitian for nearly 30 years in positions spanning clinician, food service manager, health care manager, policy developer, and researcher. In 1984, while working on her doctoral degree she responded to a call for proposals from the Canadian Space Agency, the result of which was her experiment flying aboard the Space Shuttle Discovery in 1992 as one of five Canadian experiments in the first International Microgravity Laboratory.

Since joining DC in 1997, Jayne has been involved in profiling the role and leadership of dietitians, policy development, and the design and delivery of a broad scope of professional development initiatives to support the dietetic profession. Since 2003 her primary role within DC has focused on knowledge translation and fostering evidence-based practice. She and colleague Debbie MacLellan co-chaired an international working group to develop a definition of evidence-based dietetic practice, which was endorsed by the Board of the International Confederation of Dietetic Associations in 2010.



Mark Wilson BMath

As a proven technology implementer, director, and consultant for more than 20 years, Mark has earned a reputation as creative thinker with an ability to drive ideas forward into reality. Mark earned his education at the University of Waterloo with his major in Mathematics and followed that up with further studies in European History.

Following his formal schooling, Mark joined a multinational professional service firm in their Toronto location, building and implementing financial management systems on sophisticated mainframe computer systems. Following that he designed and implemented one of the first client-server systems used in the professional services industry.

With the growing trend towards globalization, Mark relocated to the New York City area working as part of an international team designing the next generation of financial management systems. Travelling to different parts of the world and working with globally-diverse groups of technology teams, Mark built a working knowledge of exactly how technology should be used in real-life work environments.

In 2005 Mark founded his own technology company to build software for the emerging mobile sector in technology. Mark worked closely with companies like Research in Motion and was a speaker at several wireless conferences. Selling this business in 2010, Mark joined the PEN Team to help expand the system into the global resource it is today.

PEN Global Management

Content Development

Jayne Thirsk RD, PhD, FDC

Marketing

Sara Grafenauer AdvAPD, PhD

Dr Sara Grafenauer is an Advanced Accredited Practising Dietitian and the Executive Manager of Communications and Marketing at the Dietitians Association of Australia (DAA). As part of this role she also leads the global marketing of the PEN System.

Sara has worked across dietetic settings including health, private consulting, food industry and more recently, tertiary education and research. Her PhD focused on dietary patterns and dietary change in weight loss and was awarded in 2014. She is an Honorary Fellow at the University of Wollongong and continues to provide lectures in her areas of interest. Sara has published her research and she has authored chapters in a nutrition text book, Food, Nutrition and Health, edited by Professor Linda Tapsell.

Sara has qualifications in Communications and Public Relations, in addition to her experiences working with food industry clients. At DAA, Sara has led the introduction of



social media and is closely monitoring its impact. Sara is continually innovating with these platforms to more effectively advocate for the dietetic profession and to further the impact of evidence-based practice on key public health issues.

Operations

Mark Wilson BMath

PEN Global Content Development Team

Director

Jayne Thirsk RD, PhD, FDC

Content Managers

Beth Armour P.Dt. MEd

Beth lives in Montreal, Quebec and is the PEN Content Manager. Beth received her degree from the University of Western Ontario and completed her dietetic internship at the Royal Victoria Hospital (RVH) in Montreal. She holds a Master of Education – Educational Psychology degree from McGill University.

The majority of Beth's dietetics career has been in Montreal at the Royal Victoria Hospital working as a Clinical Coordinator for the McGill University Dietetics Stage Program, manager in charge of Quality Assurance for Food and Clinical Nutrition Services and finally, as manager of Clinical Nutrition on three sites of the McGill University Health Center.

In September 2004 Beth began a contract with Dietitians of Canada, as the PEN Content Manager involved in the development of the PEN System and content planning for the September 2005 launch.

Beth's main responsibility as the PEN Content Manager is planning for content additions and updating and working with dietetic students, interns and practitioners who use the evidence-based practice cycle to develop content for the PEN System. She is also involved in the planning and delivery of the PEN social media plan, including PEN® eNews.

Natalie Stapleton APD, BSc, MSc (Nutr, Diet & Ex Rehab), AEP

Natalie is the Practice and Credentialing Dietitian at the Dietitians Association of Australia (DAA). She completed a Bachelor of Science in Nutrition and Exercise Science in 2011 and a Master of Science in Nutrition, Dietetics and Exercise Rehabilitation in 2013 at the University of Wollongong. Natalie joined the team at DAA in June 2015 and prior to this role was working as a dietitian and exercise physiologist in mental health. As part of her duties at DAA Natalie provides support in the management of the PEN System.



Samantha Gill BSc, RD, PhD

Samantha is a Policy Officer (Evidence-based Practice) at the British Dietetic Association. After completing her Bachelor of Science in Health and Lifestyle Management and postgraduate certificate in Weight Management from Coventry University, she went on to complete her PhD in exercise and nutritional immunology and qualified as a dietitian from the University of Chester in 2015. She also has a keen interest in sports nutrition and is a SENr graduate registrant.

Carolyn Jamieson

Carolyn has been working at the Dietitians Association of Australia (DAA) since 2007. Carolyn undertakes many roles at DAA including operations support, national conference organisation and complaints administration. Carolyn provides administrative support for the PEN System. She is involved with coordinating PEN reviews from Australia, New Zealand and South African members.

Judy Bauer FDA, BSc, Grad Dip NutritiDiet, MHLthSc, PhD

Judy Bauer is the Dietitians Association of Australia (DAA) PEN® Translational Research Leader. She completed a Bachelor of Science at the University of Queensland and postgraduate studies from Queensland University of Technology. Judy received her PhD in the field of nutrition and cancer cachexia in 2003 and was awarded the Fellow credential from the DAA in 2012.

Judy has worked as a dietitian for more than 30 years as a clinician, clinical manager and research and teaching academic. She is an Associate Professor in Nutrition & Dietetics and Chairperson of the Centre for Dietetics Studies at the University of Queensland. Judy is recognized internationally for translational research in nutrition screening and assessment, innovative dietetic intervention programs particularly in oncology and development of evidence-based practice guidelines in oncology and malnutrition.

She is a past member of the Australian Dietetics Council and a past DAA Board member, and is a current member of the Clinical Oncology Society Council.

Editor

Heather Alaverdy RD, MA

Heather obtained her BSc (Nut) from St. Francis Xavier University and completed a dietetic internship at the Victoria General in Halifax and a Masters of Arts in Human Ecology from Mt. St. Vincent University. Heather has worked in a variety of settings including institution, community, government and private practice with a focus on chronic disease, Aboriginal health, and strategic planning and evaluation.

PEN Database Coordinator

Lindsay Kole BComm

Lindsay received her Bachelor of Commerce from Ryerson University in Toronto and a



Diploma in Hospitality and Tourism Administration from Georgian College in Barrie, Ontario. Lindsay also manages customer services for the PEN System.

Evidence Analysts

Tanis Fenton RD, PhD, FDC

After graduating with a Bachelor degree in nutrition from the University of Alberta and a Masters degree in nutrition from the University Toronto, Tanis worked as a clinical dietitian. Wishing to learn more about research and critical appraisal, she completed a Doctorate degree in Epidemiology at the University of Calgary. Tanis is now working as a Research Lead for Alberta Nutrition Services, and an Adjunct Assistant Professor at the University of Calgary.

Susan Firus RD, BHEc

Susan is a Registered Dietitian who is a PEN contractor. She has a Bachelor of Home Economics degree (dietetics major) from the University of British Columbia. Susan's most recent previous work experience was as Manager of Resource Coordination at Dietitian Services (previously known as Dial-A-Dietitian), HealthLinkBC. She also worked there for many years as a contact centre dietitian.

Catherine Freeze RD, MEd

Catherine is a registered dietitian and certified diabetes educator living in Charlottetown, Prince Edward Island. She holds a Bachelor of Science in Home Economics from Acadia University and a Master of Education degree from University of Prince Edward Island. Catherine has worked in a variety of clinical dietetic settings.

Judy Lawrence RD, PhD, FHEA

Judy Lawrence is a PEN Evidence Analyst and Research Officer at the British Dietetic Association (BDA). She worked for the National Health Service (NHS) in community and public health roles and as a research dietitian, before obtaining a PhD, for her work examining factors affecting women's food choices.

Research grants from the World Cancer Research Fund, Food Standards Agency and the European Union and time spent as a member of a Research Ethics Committee have given Judy extensive experience in writing, reviewing and managing research projects.

Judy worked in higher education at the University of Surrey and King's College London where she taught dietitians and other health professionals, subjects including nutrition, research and professionalism.

Heather Petrie RD, MSc

Heather is a registered dietitian and PEN Evidence Analyst living in Toronto. She holds a Bachelor of Arts in Psychology and a Bachelor of Science in Nutrition with Honours, both from Acadia University and a Master of Science degree, with a specialization in nutrition



and exercise metabolism from the University of Guelph. She worked in the food industry and in academia before joining the PEN Team.

Dawna Royall RD, MSc

In addition to being a PEN Evidence Analyst, Dawna is also the Editor of the Canadian Journal of Dietetic Practice and Research and is a nutrition research consultant at the University of Guelph. She completed an undergraduate degree at the University of Manitoba, a Dietetic Internship at Kingston General Hospital and a MSc (Nutritional Sciences) at the University of Toronto.

Dawna worked as a clinical dietitian in Ontario prior to obtaining her graduate degree, followed by a position as a clinical research associate at the University of Toronto. Recent research interests have focused on improving the effectiveness of nutrition services in primary care for obesity and chronic metabolic diseases.

Gail Scarlett APD, B.Pharm, Gr Dip Nutr & Diet, Gr Dip Health Promotion, MPH

Gail is a PEN Evidence Analyst who lives in Brisbane, Australia. She completed her Dietetic qualification in 1981 and has worked in the United Kingdom (UK) and Australia for more than 30 years in many aspects of the profession, including adult and pediatric clinical dietetics, private practice, community nutrition, dietetic education and public health nutrition.

Her Master of Public Health degree by research and thesis (A Nutrition Education Needs Assessment of Primary Schools in Central Sydney) was awarded in 1995 from the University of Sydney. The work involved anthropometric measurements of 1,700 children aged four to 13 years. Gail learned to appreciate the parents who had taught their youngsters how to tie their own shoelaces!

Gail is now the principal of Scientifically Said Communications. She is enjoying exploring and acquiring skills in writing and editing in line with her goal to conquer public misinformation about science.

Resource Managers

Jane Bellman RD, MEd

Jane currently shares the PEN Resource Manager position. Jane completed her Honours Bachelor of Science in Foods & Nutrition at the University of Western Ontario, followed by a Dietetic Internship from Kitchener-Waterloo Hospital and a Master of Education degree from Brock University.

Previous employment positions include Clinical Nutritionist, Dietetic Internship Coordinator and Patient Education Specialist at Hamilton Health Sciences; Manager of the Nutrition Resource Centre at the Ontario Public Health Association and Public Health Nutritionist at Wellington-Dufferin-Guelph Public Health. Jane is also a project



consultant for a variety of dietetic-related contracts and a sessional instructor at the University of Guelph.

Kerri Staden RD, BComm, BSc (Home Ec)

Kerri is the PEN Resource Manager, a position she shares with Jane Bellman. Before joining the PEN Team, Kerri worked in a wide variety of positions including Food Service Administrator, Outpatient Counsellor, Dietetic Internship Coordinator and in private practice, however most of her career was spent as a Public Health and Community Nutritionist in various locations in Alberta, and as the Manager of the Nutrition and Active Living Department for the Calgary Health Region. She has a Bachelor of Commerce degree with Honours and a Bachelor of Science (Home Ec) with Honours from the University of Alberta.

Communications

Kristyn Hall RD, MSc

Kristyn is the editor of PEN® eNews, an internationally read newsletter about evidence-based dietetic practice. She is also PEN's social media lead where she plans, implements and manages PEN's Facebook, Twitter and LinkedIn accounts.

Kristyn is an experienced writer, publishing evidence analyses in the PEN System on diverse topics including infant, toddler and preschooler nutrition and physical activity, infant colic, pediatric obesity intervention, safety of soy across the lifespan, safety of soy in preventing, treating and after a breast cancer diagnosis, and lactose intolerance.

Since 2000, Kristyn has worked in community nutrition and in public health, helping people across the life span – pregnant women, children, youth, men, women and parents. Her degrees in nutrition and psychology, her culinary education and experience, along with training in Solution-Focused Counseling and motivational interviewing, have helped Kristyn coach people about food and eating to help them feel better.

Kristyn is currently a consulting dietitian and nutritionist with Nutrition and Culinary Solutions. Kristyn leads culinary nutrition cooking classes and food demonstrations for the public and professionals, helping people discover the pleasure of eating great-tasting food that nourishes their health and wellness. Kristyn has worked with diverse media, including CTV news, BT Calgary, Global Calgary, various newspapers and radio stations. With her first word being “apple”, Kristyn was destined to be a Registered Dietitian & Nutritionist.

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