

MEGAN A. KNISKERN MS, RD, LD/N, CEDRD-S

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ACADEMIC TRAINING:

Arizona State University; Mesa, AZ	Master of Science in Human Nutrition	8/2009
Teaching Assistantship	Boys and Girls Club and Headstart Nutrition Education	
Northern Arizona University; Flagstaff, AZ	B.S. – Criminal Justice, Minor – Psychology	12/2001

CREDENTIALS:

Commission on Dietetic Registration (CDR) – RD/RDN	Active
Licensed Dietitian in the State of Florida	2016 – Present
Approved CEDRD IAEDP Supervisor	February 2014
Certified Eating Disorder RD (CEDRD) Certification Completed	March 2014

PROFESSIONAL EXPERIENCE:

Arizona State University	Lecturer – School of Nutrition and Health Promotions	8/2015 – Present
MAK Nutrition Services, LLC	Owner/RD	10/2017 – Present
ViaMar Health	Director of Dietary Services	5/2016 – Present
Sol Recovery Center (Addictions)	Contract Registered Dietitian	11/2015 – 10/2016
Rosewood Centers for Eating Disorders	Nutrition and Culinary Services Director	10/2011 – 6/2015
Rosewood Centers for Eating Disorders	Lead Dietitian Tempe IOP	8/08 – 10/11

PROFESSIONAL MEMBERSHIPS AND OFFICES HELD:

Academy of Nutrition and Dietetics Member	Active
Behavioral Health Nutrition (BHN) DPG Member	Active
BHN Public Relations Chair (appointed)	2014 – 2017
BHN President/Chair (National Election)	2017 – Present
<ul style="list-style-type: none">Created and organized first BHN Conference event; Online Interactive Retreat; 100% online 7 CEU professional event with Case Study review and 4 professional topics (100+ attendees!)	2/9/18
International Federation of Eating Disorder Dietitians (IFEDD) Member	2015 – Present
Phoenix Ambassador for IFEDD	2015 – Present
IFEDD Chapter Coordinator	2017 – Present
International Association of Eating Disorder Professionals (IAEDP) Member	2008 – Present
IAEDP Symposium Speaker Selection Committee	2018
IAEDP Marketing Chair (Phoenix Chapter)	2008 – 2011
Instruction of: Yin, Restorative, Basics, Flow, Power classes; Workshops include Intro to Yoga and Intro to Flow	
<i>At One Yoga Studios</i> 200-hour Teacher Training Completed	Fall 2004
<i>At One Yoga</i> Instructor	8/05 – 6/11
<i>Life Power Yoga</i> Instructor	6/11 – 12/14

CLASSES TAUGHT AT UNIVERSITY LEVEL:

Found Health and Well-Being, CHS 100
Human Nutrition, NTR 241
Nutrition Management and Leadership, NTR 344
The Western Diet, NTR 353
Pre-professional Preparation in Nutrition, NTR 401
Nutrition Therapy for Eating Disorders and Addictions, NTR 598

PROFESSIONAL PRESENTATIONS AT NATIONAL CONFERENCES:

National Eating Disorder Association (NEDA)	<i>The Doctor/Dietitian Alliance</i> Los Angeles, CA	10/2011
Lifestyle Intervention Conference	<i>What's Eating You: The Doctor/Dietitian Alliance</i> Las Vegas, NV	10/2012
West Coast Symposium of Addictive Disorders	<i>Eating Disorder Boot Camp: Nutrition 101</i> <i>Binge Eating and Bariatrics: A Dietitian's Perspective</i> Palm Springs, CA	6/2013
East Coast Symposium of Addictive Disorders	<i>Eating Disorder Boot Camp: Nutrition 101</i> <i>Binge Eating and Bariatrics: A Dietitian's Perspective</i> Cape Cod, MA	9/2013
Anorexia Nervosa and Associated Disorders (ANAD)	<i>Moving Away from the Mirror: Working with Mother's with ED</i> Chicago, IL	9/2013
Lifestyle Intervention Conference	<i>Deadly Diets: Intervention with Eating Disorders</i> Las Vegas, NV	10/2013
National Eating Disorder Association (NEDA)	<i>Not Just a Girl's Disease: Treating Boys with ED</i> Washington, DC	10/2013
West Coast Symposium on Addictive Disorders	<i>The Role of Nutrition in Addiction and Detoxification</i> <i>Not Just a Girl's Disease: Treating Boys with Eating Disorders</i> <i>form a Psychological and Dietary Perspective</i> Palm Springs, CA	5/2014 5/2014
laedp Symposium	<i>Trends, Truths and Travesties: the real scoop on food allergies</i> <i>and intolerances</i> Phoenix, AZ	3/2015
West Coast Symposium of Addictive Disorders	<i>Trends, Truths and Travesties: the real scoop on food allergies</i> <i>and intolerances</i> <i>Deadly Competition: Eating Disorders and Athletes</i> Palm Springs, CA	6/2015
Food and Nutrition Conference & Expo (FNCE)	<i>Food for Recovery: Resolving Malnutrition and Disordered</i> <i>Eating Patterns in Addiction and Substance Abuse Populations</i> Nashville, TN	10/2015
Anorexia Nervosa and Associated Disorders (ANAD)	<i>Breaking Down the Trifecta: Binge Eating, Obesity and Bariatrics</i> Chicago, IL	10/2017
Food and Nutrition Conference & Expo (FNCE)	<i>Intolerance vs. Avoidance: Identifying True Food Allergies</i> Chicago, IL	10/2017
Alliance for Eating Disorders Treatment	<i>I AM Mindful! Mindful Eating, Intuitive Eating and Other</i> <i>Nutrition Support Approaches in Eating Disorder Treatment</i> West Palm Beach, FL	2/2018
Multi-Service Eating Disorder Association Conference	<i>Breaking Through the Trifecta: Obesity, Binge Eating Disorder</i> <i>and Bariatrics</i> Boston, MA	3/2018
SCAN Dietetic Symposium	<i>Breaking Through the Trifecta: Obesity, Binge Eating Disorder</i> <i>and Bariatrics</i> Keystone, CO	5/2018

PROFESSIONAL PRESENTATIONS TO LOCAL PROFESSIONALS:

South Carolina Academy of Nutrition and Dietetics Conference	<i>What's Eating You: The Doctor/Dietitian Alliance</i> Columbia, SC	4/2013
Houston Eating Disorder Specialists (HEDS)	<i>Not Just a Girl's Disease: Treating Boys with ED</i> Houston, TX	10/2014
Los Angeles iaedp Chapter	<i>Not Just a Girl's Disease: Treating Boys with ED</i> Los Angeles, CA	2/2015

South Florida iaedp Chapter	<i>The Weight Dilemma: Obesity, Binge Eating Disorder and Bariatrics</i> Boca Raton, FL	5/2015
Arizona Academy of Nutrition and Dietetics Conference	<i>The Weight Dilemma: Obesity, Binge Eating Disorder and Food Addiction</i> Phoenix, AZ	6/2015
JFK Hospital System Presentation	<i>The Importance of Proper In-Patient Care for Eating Disorder Patients</i> West Palm Beach, FL	2/2016
Florida Atlantic University	<i>Eating Disorders and Nutrition Overview</i> West Palm Beach, FL	2/2016
Massachusetts AND Conference	<i>Breaking Down the Trifecta: Binge Eating, Obesity and Food Addiction</i> Norwood, MA	4/2016
California AND Conference	<i>Breaking Down the Trifecta: Binge Eating, Obesity and Food Addiction</i> Sacramento, CA	4/2017
Florida AND Conference	<i>Breaking Down the Trifecta: Binge Eating, Obesity and Food Addiction</i> Ft Lauderdale, FL	7/2017
Central Coast iaedp Chapter	<i>Through the Stages: Nutrition Interventions from Inpatient to Out Patient Treatment</i> Westlake, CA	2/2018
Rosewood Tempe – Professionals Lunch and Learn	<i>Breaking Through the Trifecta: Obesity, Binge Eating Disorder and Bariatrics</i> Tempe, AZ	3/2018
Central Florida IAEDP Chapter	<i>Playing it Safe: Incorporating Movement and Exercise into Eating Disorder Recovery</i> Orlando, FL	8/2018

ONLINE/WEBINAR PRESENTATIONS:

Rosewood Institute	<i>When it Really is About the Food</i>	1/2012
Rosewood Institute	<i>Eating Disorders, Gastric Bypass and Binge Eating</i>	5/2012
Rosewood Institute	<i>The Role of Nutrition in Addiction and Detoxification</i>	7/2013
Rosewood Institute	<i>Deadly Diets: A Dietitian's Perspective</i>	2/2014
Rosewood Institute	<i>Not Just a Girl's Disease: Treating Boys with Eating Disorders, a Dietitian's Perspective</i>	6/2014
Behavioral Health Nutrition DPG	<i>Addiction! Bringing the RD into the Field of Substance Abuse</i>	4/2015
Rosewood Institute	<i>Deadly Competition: Eating Disorders and Athletes</i>	5/2015
EDRD Pro	<i>Deciphering Food Allergies, Intolerances and Sensitivities in ED</i>	5/2018
iaedp Foundation	<i>Breaking Through the Trifecta: Obesity, Binge Eating Disorder and Bariatrics</i>	6/2018
EDRD Pro	<i>Through the Stages: Nutrition Interventions from Inpatient to Out Patient Treatment</i>	11/2018

PROFESSIONAL CONFERENCES AND WORKSHOPS ATTENDED:

Academy of Nutrition and Dietetics FNCE Conference, Washington, DC, 2018 (4 days)
Academy of Nutrition and Dietetic Sports and Wellness Conference (SCAN), Keystone, CO, 2018 (3 days)
Multi-Service Eating Disorder Association Conference, Boston, MA, 2018 (2 days)
International Association of Eating Disorder Professionals Symposium, Orlando, FL, 2018 (4 days)
Academy of Nutrition and Dietetics FNCE Conference, Chicago, IL, 2017 (4 days)
National Association of Anorexia Nervosa and Associated Disorders, Chicago, IL, 2017 (2 days)
International Association of Eating Disorder Professionals Symposium, Henderson, NV, 2017 (3 days)
Florida Academy of Nutrition and Dietetics Conference, Ft. Lauderdale, FL, 2017 (2 days)
California Academy of Nutrition and Dietetics Conference, Sacramento, CA, 2016 (2 days)
International Association of Eating Disorder Professionals Symposium, Amelia Island, FL, 2016 (3 days)

Academy of Nutrition and Dietetics FNCE Conference, Boston, MA, 2016 (4 days)
 Massachusetts Academy of Nutrition and Dietetics Conference, Norwood, MA, 2015 (2 days)
 Academy of Nutrition and Dietetics FNCE Conference, Nashville, TN, 2015 (4 days)
 West Coast Symposium of Addictive Disorders, La Quinta, CA, 2015 (3 days)
 International Association of Eating Disorder Professionals Symposium, Phoenix, AZ, 2015 (3 days)

PROFESSIONAL DEVELOPMENT:

Nutrition Entrepreneurs Online Symposium (13 hours)	Fall 2018
Master Class for Teaching Online (Canvas training)	Fall 2018
Turning Point lunch and learn (1 hour)	Fall 2017
“Effective and Efficient Virtual Office Hours” webinar for online teaching (1 hour)	Fall 2017
Blackboard Advanced Training for Nutrition staff (2 hours)	Fall 2017
Training on Digitation platform and training regarding the CHS Core Advantage Program	Spring 2017
“Collaboration: Connect with Me” Webinar/Training for online teach success (1 hour)	Spring 2017
“What’s new in Blackboard Upgrade” Training (1 hour)	Spring 2016

M.S. THESIS AND APPLIED PROJECT COMMITTEE INVOLVEMENT:

Heather Solfelt, Chair, MS in Nutrition Applied Project	2016
Ashely Sanchez, Chair	2017 – 2018

HONORS CONTRACTS AND APPLIED PROJECTS:

Ritika Gupta	Fall 2018
Haley Mattingly	Fall 2018
Reganne Shepard	Fall 2018
Carly Thunburg	Spring 2018
Meghan Briggs	Spring 2018
Anita Daryanani	Spring 2018
Alysia Shields-Haywood, Chair, Applied Project	2017 – 2018
Jasmine Bosnino, NTR 241	Spring 2017
Lillianne McCreery, NTR 241	Spring 2017
Emily Powell, NTR 353	Fall 2016
Nikita Bhuyan, NTR 344	Fall 2016
Madison Dehaven, Applied Project Committee Member	Fall 2017
Healthier Doern, NTR 344	Spring 2016
Allie Benn, NTR 241	Spring 2016

DEPARTMENT AND COLLEGE SERVICES:

Guest Speaker Herberger Freshman Dance Course (DCE 170): Eating Disorders and Diets	Fall 2018
Guest Speaker OBS 501: Binge Eating and a Health at Every Size Approach to “Obesity”	Fall 2018
Introduction to Yellowdig training	Fall 2018
Annual Evaluation Committee	Spring 2018
Marketing Visionary Committee	Spring 2018
Staff/Faculty Visioning Committee	Spring 2018
Guest Speaker in 2 sections of NTR 241: Overview of Eating Disorders	Spring/Fall 2018
Guest Speaker for NTR 150: Careers in Eating Disorders, Addictions and Mental Health	Spring/Fall 2018
Annual Evaluation Committee	Spring 2018
Marketing Visioning Committee	Spring 2018
Staff/Faculty Visioning Committee	Spring 2018
Eating Disorders Graduate Certificate Program Development Committee	Spring 2017
Guest Speaker Herberger Freshman Dance Course (DCE 170), Topic: Eating Disorders	Spring 2017
MS-DI Selection Committee Member	Spring 2017
Student Nutrition Council Meeting, Topic: Eating Disorders in Dietetics	Fall 2017

Guest Speaker for PSY 294/NTR 294/HCR 294, Topic: Eating Disorders	Fall 2017
Guest Speaker for NTR 150: Careers in Eating Disorders, Addictions and Mental Health	Spring/Fall 2017
Guest Speaker in 3 sections of NTR 241: Overview of Eating Disorders	Spring/Fall 2017
Social Media Committee Member	Spring 2017
Social Media Committee Member	Fall 2016
Guest Speaker for NTR 150: Careers in Eating Disorders, Addictions and Mental Health	Spring/Fall 2016
Eating Disorder Graduate Certificate Program Development Committee	Spring/Fall 2016
Guest Speaker in 3 sections of NTR 241: Overview of Eating Disorders	Spring/Fall 2016
Student Nutrition Council Meeting, Topic: Interviewing	Spring 2016

COMMUNITY SERVICE:

Buckeye School District (Middle School girls)	<i>Body Image Awareness</i>	Fall 2010
Arizona State University Athletic Dept	<i>Eating Disorders and Disordered Eating Amongst Athletes</i>	4/2013
Phoenix Children's Hospital	<i>Eating Disorders Intervention Approaches with Families and Patients</i>	1/2014
University of Houston Guest Speaker; Intro to Nutrition Counseling, Adolescents & Obesity, and Dietetic Intern Students	<i>The Role of the Dietitian in the Treatment of Eating Disorders</i>	Spring 2014
Arcadia Montessori Preschool; Nutrition fun for kids ages 3-5 for 4 different group activities		Spring 2016
Arcadia Montessori Preschool; Develop snack menu for Toddler and Preschool classes monthly		2017 – present
Living A-Z publication interview for article, "Food Addiction"		March 17, 2017
Arizona Republic Mom Blog interview, "Diet Talk in the Home"		Aug 24, 2017
USA Today, All the Moms section, interview, "Diets and Food Restriction"		Dec 28, 2017
WIC staff training (3-hour training): West Palm Beach, FL	<i>Eating Disorders and Proper Nutrition Support for Pregnancy and Post-Partum</i>	4/2018

PROFESSIONAL SERVICE:

Expert Reviewer: Disordered Eating, Nutrition Care Process Terminology review (4 hours)	Fall 2018
Arizona Health at Every Size Think Tank Collaborator	Fall 2018 – Present

HONORS AND AWARDS:

Sun Award 2016
Sun Award 2018

PROFESSIONAL PUBLICATIONS:

Kniskern, MA. Food for Recovery: Resolving Malnutrition and Disordered Eating Patterns in Addiction and Substance Abuse Populations. BHNNewsletter, Spring 2017; Volume 34 No. 4.

Kniskern, MA. Protein dietary reference intakes may be inadequate for vegetarians if low amounts of animal protein are consumed. Nutrition. 2011; 27(6):727-30.

PHARMACEUTICAL RESEARCH CONSULTING:

A Multicenter, Double-blind, Randomized, Parallel-group, Pilot Study of 12-week Duration to Assess the Short-term Safety and Tolerability of Lorcaserin Plus Two Doses of Immediate-Release Phentermine-HCl Compared With Lorcaserin Alone in Overweight and Obese Adults. November 2013.