

Kailey Cunningham, MS, RDN, LD

Roseville, CA

Email: kailey@kaileycunninghamnutrition.com

Education:

Master of Science in Dietetics Administration

University of Kentucky

August 2014

Lexington, KY

Bachelor of Science in Dietetics

University of Kentucky

May 2011

Lexington, KY

Current Professional Credentials:

Registered Dietitian Nutritionist

Commission on Dietetic Registration

#1064309

February 2013

Licensed Dietitian

The Commonwealth of Massachusetts Department of Public Health

#LDN6766

April 2023

Appointments:

- ◆ Adjunct Lecturer: California State University, Sacramento; Department of Family & Consumer Sciences; January 2024-Present
- ◆ Adjunct Lecturer: University of Kentucky; Department of Dietetics & Human Nutrition; January 2014-May 2015

Notable Presentations:

- Exploring HAES® Principles & Evidence for a Weight-Inclusive Paradigm, *School of Social Work, University of Reno* (April 2022, Reno, NV)
- ARFID: Avoidant Restrictive Food Intake Disorder, Basic Diagnostic Criteria & Current Treatment Approaches, *Tacoma Eating Disorder Network, University of Puget Sound* (December 2019, Tacoma, WA)
- Nutrition Therapy in the Treatment of Eating Disorders: The Basics of the Dietitian's Role in Assessing, Counseling, Coordinating Care & Referring Out, *Tri-Cities Academy of Nutrition and Dietetics* (October 2019, Chattanooga, TN)
- Teenage Athletes: Nutrition and Eating Concerns, *Washington State Track & Field Coaches Association Convention* (January 2017, Tacoma, WA)

Professional Experience:

Health Services Dietitian & Consultant

April 2023-Present

Tufts University Health Services
Medford, MA

- Provide individual nutrition support to students with general nutrition needs and eating disorders following referral from therapist, primary care provider, psychiatrist or other University Health Services clinician.
- Complete detailed nutrition assessment with focus on current overall nutrition status, engagement in eating disorder behaviors and body image challenges. Recommend and conduct follow up sessions as clinically appropriate. Refer to nutrition providers in community when needed.
- Coordinate care via weekly case management meetings with members of treatment team including mental healthcare provider, medical provider and others as indicated.
- Consultation and guidance provided to other members of health services team focused on supporting people with eating disorders and providing weight-inclusive care.

Outpatient Dietitian & Owner

November 2022-Present

KC Nutrition Counseling
Roseville, CA

- Conduct nutrition assessments, develop nutrition plans of care and provide follow up support via nutrition Tele-health counseling sessions. Primarily support folks with eating disorders, disordered eating concerns and body image challenges including body dysmorphia. Specific focus on supporting and affirming LGBTQIA+ population.
- Provide weight-inclusive guidance and consultation to dietitians, other healthcare professionals, and businesses from a HAES®, intuitive eating informed lens.
- Present at conferences, symposiums, etc. on weight inclusive and fat positive care, nutrition support for the eating disorder population and compassion centered healing.
- Clinical practice and consultation focused on body autonomy, food freedom and intersectional social justice principles.
- Complete all administrative tasks required for successful business practice.

Research Dietitian

March 2023-November 2023

Clinical Trials Research
Lincoln, CA

- As member of clinical research team, fulfilled role of nutrition specialist by following study protocol guidelines.
- Followed good clinical practice for trials with investigational drugs as laid out in Collaborative Institutional Training and Initiative (CITI) program training.
- Provided nutrition counseling, education, and support as indicated by study protocol.
- Incorporated motivational interviewing techniques and used best clinical judgment to inform nutrition counseling sessions
- Complied with all data collection and documentation methods to meet study standards.

National Director of Nutrition Services**June 2021-October 2022**

Thrive Wellness-Eating Disorder and Perinatal Mood & Anxiety Disorder Treatment
Sacramento, CA

- Began as regional nutrition director for intensive outpatient program supporting clients with eating disorders at higher levels of care. Promoted to national director; then managed all nutrition aspects of eating disorder and perinatal mood & anxiety disorder programs.
- Oversaw nutrition operations at three Thrive locations: Sacramento, CA; Waco, TX; Reno, NV. Wrote nutrition philosophy for company. Developed nutrition procedures and protocols including both clinical and managerial.
- Directly supervised eight dietitians including weekly to biweekly individual meetings and eating disorder population training. Continued to carry client caseload with multiple individual counseling sessions per week.
- Led weekly multidisciplinary treatment team case coordination meeting for Sacramento location. Virtually attended and oversaw treatment team meeting at other sites at least one time per week. Provided consistent feedback regarding nutrition care plans.
- Developed curriculum for higher level of care nutrition therapy groups including group outline, accompanying presentation or activity and reflection questions.
- Assembled and wrote 'RD Handbook' including detailed guidance focused on supporting the nutrition needs of both the eating disorder and perinatal mood and anxiety disorder populations.

Outpatient Dietitian & Owner**April 2018-June 2021**

Kailey Cunningham Nutrition Counseling
Olympia, WA

- Provided nutrition counseling sessions to clients with a variety of nutrition concerns. Focused on helping clients discover what felt best to them regarding food intake and activity level.
- Primarily provided nutrition support to those with eating disorders including anorexia nervosa, bulimia nervosa, binge eating disorder, ARFID and OSFED.
- Conducted initial assessments to develop plan of care with clients followed by weekly to biweekly sessions supporting clients in setting specific, individual nutrition goals. Sessions conducted in person or via a tele-health platform.
- Coordinated care with client's medical and mental health care providers as needed to ensure comprehensive approach to treatment.
- Documented sessions using electronic medical record system to thoroughly track client's progress and health data including vitals, use of eating disorder behaviors, goals, challenges, motivation for change and additional information as indicated.
- Completed all administrative tasks required for successful business practice.

Health Services Dietitian**September 2019-September 2020**

Saint Martin's University

Lacey, WA

- As part of multidisciplinary healthcare team, offered nutrition support to students via nutrition counseling sessions.
- Worked closely with clinicians including Physician's Assistants and Registered Nurses to coordinate care and communicate nutrition recommendations.
- Primarily supported students struggling with eating disorders and disordered eating concerns. Secondly supported student athletes to improve overall quality of energy intake with focus on fueling for athletic performance.
- Coordinated with athletic department in implementation of initiatives focused on improvement in ability of staff to screen for disordered eating and exercise behaviors. Included meeting with athletic director and planning education to be utilized for coaches in upcoming semesters.

Outpatient Dietitian**August 2018-August 2019**

Center for Discovery-Eating Disorder Treatment Facility

Tacoma, WA

- Conducted nutrition assessments for incoming clients to determine appropriate nutrition interventions. Provided ongoing weekly nutrition sessions to clients throughout duration of time in partial hospitalization and intensive outpatient programming.
- Assembled and led nutrition therapy groups using various presentation and interactive modalities. Provided nutrition education to clients and the families of adolescent clients.
- Conducted therapeutic meals and snacks utilizing therapeutic nutrition counseling skills while supporting clients in reaching their goals.
- Documented thoroughly recommendations, clinical findings, session details and group notes.
- Coordinated regularly with therapists, primary care providers, outpatient dietitians and psychiatric providers to provide complete care from a team approach.

Outpatient Dietitian**August 2015-August 2018**

The Emily Program-Eating Disorder Treatment Facility

Lacey, WA

- Provided nutrition care in multidisciplinary partial hospitalization, intensive outpatient and outpatient clinical setting for clients with eating disorders.
- Assessed individual nutrition history and current risk of medical complications; coordinated care with medical providers. Documented recommendations thoroughly including clinical findings, session details and group notes to meet Commission on Accreditation of Rehabilitation Facilities (CARF) standards.
- Designed and implemented meal plans to support interruption of eating disorder behavior. Provided physical activity recommendations and set individual goals with each client. Oversaw all aspects of nutrition care throughout treatment stay.
- Assembled and led multiple nutrition education and cooking skills practice groups per week.
- Facilitated therapeutic group meals ensuring each client plated to individual meal plan expectation; provided therapeutic coaching throughout meal.

- Acted as lead adolescent dietitian for one year. Implemented principles of family based treatment (FBT) into program by increasing opportunities for familial involvement. Led weekly family night including psychoeducation group and therapeutic meal with parents/support people present.
- Completed weekly grocery shopping to ensure par level of pantry foods. Inspected and cleaned client kitchen regularly to meet local health codes and regulations.

Clinical Dietitian

March 2015-July 2015

Frankfort Regional Medical Center

Frankfort, KY

- Screened patients to determine those in need of nutrition support or intervention. Provided patient support as indicated by MD referral.
- Nutrition assessments conducted following the Academy of Nutrition and Dietetics ADIME procedures.
- Prescribed nutrition interventions and provided nutrition education to patients with a variety of health concerns including ventilator dependent ICU patients and NICU admits.
- Recommendations made for rates and types of feeding for patients on enteral and parenteral nutrition including close monitoring of lab values and tolerance.

Registered Dietitian

September 2012-September 2013

Resources in Healthcare Management

Lexington, KY

- Provided personalized nutrition counseling at eight practice locations.
- Delivered tailored nutrition education for a variety of health conditions including diabetes mellitus, hypertension, hyperlipidemia, chronic kidney disease, gastrointestinal disorders and more.
- Developed more than 20 patient handouts addressing various health conditions and nutrition issues. Assembled handouts into standardized lessons to ensure each patient received all relevant information.
- Led monthly group diabetes management classes at retirement community. Discussed carbohydrate counting, exercise, foot care and blood glucose monitoring.

Nutrition Education Coordinator

November 2010-December 2011

University of Kentucky, College of Agriculture's Cooperative Extension Agency

Lexington, KY

- Developed and taught small group classes focused on economical, nutrient dense food choices for UK employees. Lessons included 'Thrifty Thanksgiving', 'Portion Distortion' and 'Meal Planning'.
- Guest lectured for undergraduate 'Introductory Nutrition' classes.
- Conducted nutrition lessons for dorm and sorority meetings. Lessons focused on balanced eating choices in dorm rooms; included samples of easy microwave recipes.

Teaching Experience:

Adjunct Lecturer

NUFD 10-01: Nutrition and Wellness

Spring 2024

Department of Family & Consumer Sciences, California State University, Sacramento
Sacramento, CA

- Lectured introductory nutrition course providing information about nutrition basics, macronutrients, nutrition's impact on disease development and prevention, nutrition through the lifecycle and more.
- Conducted all lectures, designed powerpoint presentations and interactive games to engage students, created and graded assignments and exams. Used Canvas to post material, announcements, grades and more.

Part-Time Faculty Member, Instructor of Record

DHN 304: Experimental Foods, Lecture and Laboratory

Spring 2015

Department of Dietetics and Human Nutrition, University of Kentucky
Lexington, KY

- Taught application of scientific method to process of cooking including complexity of chemical reactions, recipe modification, food industry application, and trending topics in foods.
- Led four teaching assistants running food labs focused on application of scientific principles. Emphasis on recipe modification practice.
- Conducted all lectures, designed presentations, created assignments, quizzes, and exams, and graded all class assignments.

Part-Time Faculty Member, Instructor of Record

DHN 302: Principles of Food Preparation Laboratory

Spring 2015

Department of Dietetics and Human Nutrition, University of Kentucky
Lexington, KY

- Provided hands on instruction to students in culinary food lab environment.
- Managed three teaching assistants as they fulfilled duties for food laboratory including encouragement of supportive interaction with students.
- Responsible for procurement and receiving of all foods and food stuffs needed throughout all sections of lab.

Instructor of Record

DHN 302: Principles of Food Preparation Laboratory

Fall 2015

Department of Dietetics and Human Nutrition, University of Kentucky
Lexington, KY

- Provided hands on guidance to students and teaching assistants during food labs.
- Wrote teaching assistant manual for course. Completed and published for department use at end of semester.
- Completed edits of lab manual started previous semester, published for department use.
- Procured all food items for lab by completing order with resident chef weekly.

Instructor of Record**DHN 302: Principles of Food Preparation****Fall 2015**

Department of Dietetics and Human Nutrition, University of Kentucky

Lexington, KY

- Lectured with goal to link theory discussed in lecture with practice in lab.
- Course focused on chemical and physical properties involved in preparation of foods.
- Conducted all lectures, edited lab manual, designed presentations, created assignments, quizzes, and exams. Graded and entered grades.

Instructor of Record**DHN 304: Experimental Foods****Spring 2014**

Department of Dietetics and Human Nutrition, University of Kentucky

Lexington, KY

- Lectured course expanding student knowledge from DHN 302. Lectures focused on application of scientific method to cooking including chemistry of food and nutrients, recipe modification, application to food industry, and trending topics in foods.
- Managed two teaching assistants in food labs focused on application of scientific principles. Emphasis on recipe modification.
- Conducted all lectures, created presentations, assignments, quizzes, and exams. Graded all class assignments and entered grades.

Teaching Assistant**HON 252: Honors Gastronomy****Fall 2013**

Department of Dietetics and Human Nutrition, University of Kentucky

Lexington, KY

- Worked closely with lead chef to design menus and conduct food laboratory classes for sophomore honors course.
- Communicated food principles to students to ensure comprehension of gastronomy lessons.
- Supervised and supported students in application of food preparation principles to cooking practices. Corresponded with students in and out of lab time to answer questions and assist with problem solving.

Teaching Assistant**DHN 302: Principles of Food Preparation****Fall 2013**

Department of Dietetics and Human Nutrition, University of Kentucky

Lexington, KY

- Provided support and supervision for lab sessions. Continued primary responsibility to focus on interaction with students ensuring comprehension of lab lesson.
- Supervised students during lab and class sessions, graded lab reports, proctored exams, kept attendance and entered grades into Blackboard.
- Developed lab materials including cleaning task guidelines and revising lab manual as semester progressed.

Teaching Assistant

DHN 302: Principles of Food Preparation

Spring 2013

Department of Dietetics and Human Nutrition, University of Kentucky
Lexington, KY

- Provided support and supervision for lab sessions. Primary responsibility was interaction with students ensuring comprehension of lab lesson.
- Graded assignments and corresponded with students via email.
- Wrote weekly quizzes and vocabulary assignments and entered into Blackboard for students to complete.
- Took on additional responsibilities including lecturing, verifying grades, completing and proctoring exams and increased student support when head lecturer resigned mid-semester.

Teaching Assistant

DHN 302: Principles of Food Preparation

Fall 2012

Department of Dietetics and Human Nutrition, University of Kentucky
Lexington, KY

- Gathered, edited and distributed recipes demonstrating various food science principles for 12 weeks of lab assignments.
- Procured ingredients for all laboratory sections using food service systems management principles.
- Delivered student support and supervision for lab sessions by answering questions and assisting with lab activities. Graded weekly lab reports for lab sessions including comments and suggestions for improvement.

Research:

Masters Thesis :

Title: Study Abroad Opportunities for Dietetics and Human Nutrition Students: Expectations, Benefits and Barriers

Archived: *Theses and Dissertations--Dietetics and Human Nutrition*. 23. (August 2014)

Access: https://uknowledge.uky.edu/foodsci_etds/23

Professional Memberships:

- *International Association of Eating Disorder Professionals (iaedp)*, Member: August 2018-Present
- *Academy of Nutrition and Dietetics*, Member: June 2009-August 2016
- *University of Kentucky Student Dietetic Association*, Member: August 2009-May 2011
 - Student Council Liaison: August 2009-February 2010
 - Secretary: February 2010-December 2011
- *Phi Upsilon Omicron Honor Society, UK Chapter*, Member: February 2010-May 2011
 - President: May 2010-May 2011

Awards & Scholarships:

- * *Outstanding Dietetic Intern Award*: University of Kentucky Dietetic Internship: August 2012
- * *Outstanding Dietetic Student Award*: Bluegrass District Dietetic Association: June 2011
- * *Essie May Cooper Scholarship for Academic Excellence*: University of Kentucky College of Agriculture.: August 2010