
MARYANN EASTEP, MS, RDN, LDN

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Professional Objective

Personable education professional driven to inspire students to achieve personal and academic success and to promote healthy living through lifestyle changes which include nutrition and physical activity.

Experience

06/2016 to Current

UNIVERSITY OF DELAWARE STAR CAMPUS NURSE MANAGED HEALTH CENTER

- Provide **MEDICAL NUTRITION THERAPY** using the **Nutrition Care Process** to patients with a variety of conditions and diseases, including, but not limited to Obesity, Cardiac, Diabetes, Celiac, Gastrointestinal, Bariatric and Renal.
- Utilize **electronic medical record** to collect pertinent information for completion of nutritional assessments and to communicate appropriate billing codes to staff members.

08/2010 to Current

UNIVERSITY OF DELAWARE NUTRITION INSTRUCTOR

- Instructor for NTDT200 Nutrition Concepts, NTDT 310 Nutrition & Physical Activity. Co-instructor for NTDT460.
- Past instructor for BHAN courses Personal Health Management and Healthy Weight Managers.
- Develop and revise power point presentation for class lectures.
- Create hands-on activities to facilitate visual learning; Utilize technology offered by the University to enhance student academic success.

09/2006 to 11/2015

ARCADIA UNIVERSITY GUEST INSTRUCTOR

- Guest lecturer for the Physician's Assistant Program within the Department of Medical Science and Community Health.
- Instruct PA students on Medical Nutrition Therapy with respect to gastrointestinal health, endocrinology, renal disease and cardiovascular disease.

09/1993 to 08/2016

CONSULTANT DIETITIAN IN HEALTHCARE FACILITIES

- Provide **MEDICAL NUTRITION THERAPY** and complete initial and follow up nutritional assessments using the **Nutrition Care Process** of *psychiatric, bariatric, rehabilitation, long-term care and healthcare residents*.
- Utilize **electronic medical records** to collect and communicate nutrition information.
- Provide nutrition education to residents, family members and facility staff.
- Calculate tube-feedings, TPN solutions and renal diets as required.
- Conduct test trays and sanitation surveys routinely.
- Participate in Quality Assurance/Improvement projects.
- Develop, revise and implement policies and procedures related to foodservice and nutritional care.
- Provide monthly in-service education to facility staff. Precept students enrolled in Dietary Manager's courses.
- Participate in interdisciplinary team conferences.
- Develop and revise cycle menus/recipes.

01/1991 to 08/2016

STATE OF DELAWARE SCHOOL BASED WELLNESS CENTERS

- Provide nutrition education and **MEDICAL NUTRITION THERAPY** in the areas of disease and weight management, sports nutrition, prenatal nutrition and eating disorders to individual students, classes, sport teams and other groups.
- Assist with the development of nutrition related policies and procedures.
- Develop nutrition marketing plans for each center which include National Nutrition Month activities, Lunch and Learns and a variety of other activities.

- Serve as nutrition resource to faculty, cafeteria employees and wellness center staff.

Education

Master's of Science: Health Promotion

UNIVERSITY OF DELAWARE

Health Promotion

May, 2010

Newark, DE.

Bachelor of Science: Dietetics

UNIVERSITY OF DELAWARE

Dietetics

June, 1987

Newark, DE.

Coordinate Undergraduate Program in Dietetics (CUPD)

Qualifications

30+ years Medical Nutrition Therapy experience with a wide variety of medical conditions

10+ years of experience in higher education with a focus on nutrition and physical activity related instruction.

motivational interviewing

credentialed provider with most insurance companies

Billing and coding experience

electronic medical records experience

preceptor for Nutrition and Dietetics students

research: menu labeling in Delaware (2010); zinc deficiency in laboratory animals (1985)

Accomplishments

Certification in Intuitive Eating Program Instructor February 2019

College of Health Sciences, Behavioral Health & Nutrition's Outstanding Alumni Award, 2015

Certificate of Training in Childhood and Adolescent Weight Management, May 2008 University of Delaware,

Delaware Dietetic Association's Outstanding Dietitian of the Year, 2001

Professional Affiliations

Delaware Academy of Nutrition and Dietetics Public Policy Chair

May, 2018-present

Past positions: President, Secretary, Nominations & Awards, SPRC

State of Delaware Board of Dietetic Practice

Feb. 2012- Feb. 2017