

CURRICULUM VITAE

August 2016

1. NAME: Esther F. Myers, PhD, RDN, FAND

2. CURRENT POSITION: CEO, EF Myers Consulting, Inc
President, Spectrawell
Director, Nutrition Care Professionals, Pty, Ltd
Secretary/Treasurer, Real American Heroes of North Dakota

3. ORGANIZATIONAL MAILING ADDRESS AND PHONE NUMBER:

Nutrition Care Professionals, LLC
Spectrawell
EF Myers Consulting, Inc
600 N Oak St
Trenton, IL 62293

4. EDUCATION AND TRAINING:

1993 - Present ONGOING PROFESSIONAL DEVELOPMENT
Academy of Nutrition and Dietetics Leadership Institute, Ohio Quality
Productivity
Forum, United States Army Humanitarian Nutrition Course, Physicians in
Management course I and II, Air War College Seminar, Academic Instructor
School

1987 - 1989 KANSAS STATE UNIVERSITY MANHATTAN, KS
PhD in Human Ecology, Institutional Management. Dissertation: Perceived
Quality and Delegation in US Military and Civilian Hospital Dietetic
Departments

1979 - 1980 THE OHIO STATE UNIVERSITY COLUMBUS, OH
MS in Human Nutrition and Food Management. Project: Impact of Contracted
Medical Food Service at Small USAF Medical Treatment Facilities.
Distinguished Graduate - AFIT.

1975 - 1976 USAF DIETETIC INTERNSHIP ANDREWS AFB, MD
Graduated first in class, awarded Colonel Miriam E. Perry Award

1971 - 1975 NORTH DAKOTA STATE UNIVERSITY FARGO, ND
Bachelor of Science degree in Food and Nutrition - Dietetics and Home
Economics Education

5. BOARD CERTIFICATION: Fellow of the Academy of Nutrition and Dietetics
April 96 to present

Registered Dietitian/Nutritionist - Dec 76 to present
Academy of Nutrition and Dietetics, Reg # 419791

6. PROFESSIONAL EXPERIENCE:

2015-Present

Secretary/Treasurer, Real American Heroes of North Dakota
A non-profit established to provide recognition and financial support to military members from North Dakota who were injured while on active duty. The primary fund raising event is the Real American Jam (www.realamericanjam.com)

Director Nutrition Care Professionals, Pty, Ltd
Co-owner and co-author of textbook and web resource for dietetics educators. Website describes product www.nutritioncarepro.com

President, Spectrawell, Inc
Co-owner of wellness company devoted to promoting healthy workplaces through application of research completed by Dr Brian Wansink
www.spectrawell.com

2007-Present

CEO, EF Myers Consulting, Inc
Nutrition Today columnist, Quality Improvement Consultant to National Initiative for Children's Healthcare Quality (NICHQ) for Tulsa project, Monsanto's Company Sustainable Yield Pledge Award (SYPA) Award Reviewer, Consultant to Institute of Medicine/National Academies Press for development of reference: Dietary Reference Intakes: The essential guide to nutrition requirement-2006 www.efmyersconsulting.com

2012 – 2013

Phased retirement from the Academy of Nutrition and Dietetics
Complete research projects and manage transition for new Chief Science Officer. Research projects include: Patients, Family Practice and Dietitians: A Team Approach to Heart Failure, Energy Balance 4 Kids with Plan, Diabetes in India Nutrition Guidelines Study, and International Diabetes Outcome Study.

2000 – 2012

Academy of Nutrition and Dietetics (AND) formerly called the American Dietetic Association
Chief Science Officer – Research and Strategic Business Development (2009-2012)
Director, Scientific Affairs and Research (SAR) (2000-2009)
AND is a 70,000 member professional association. Represents the AND at key national and international scientific/policy conferences (Italy, Ireland, Lebanon, Israel, Turkey, Sweden, South Africa, Malaysia, Canada, Spain, Japan, France), committees and taskforces; identify, cultivate, establish and maintain strategic partnerships with health, scientific and research organizations (National Heart Blood and Lung, International Life Sciences Institute, USDA); present testimony on nutrition related issues to government entities and policy makers; advisor to AND HQ teams and organizational units; provide leadership and assist in positioning AND a leader in global food & nutrition efforts. Staff member of AND Board of Directors. AND liaison for Obesity and Healthy Weight for Kids Initiatives. Oversees 10 staff supporting 3 ongoing joint Board of Directors and House of Delegates committees (Evidence-Based Practice, Research and Nutrition Care Process/Standardized

Language) and other BOD task forces. Provides direction for national and international dietetics practice-based research networks. Oversees research and evidence analysis projects with annual budget of over \$2,000,000. Increased RSBD annual revenues from \$0 to over \$785,000

- Obtained federal, Industry and foundation funding for AND projects and research initiatives. One cooperative agreement with USDA is for up to \$896,000 over 5 years. ANDF agreement with industry provided \$2,500,000 in mini-grants.
- Initiated and planned development of Evidence Analysis Library and standardized language for dietetics; developed and implemented business plan for revenue generation for standardized language publications and licensing and products developed for Evidence Analysis Library (EAL)
<http://www.adaevidencelibrary.com>. Over 155 volunteer members actively involved in content development for EAL.
- Conceived concept of Dietetic Practice Research Network, obtained funding and facilitated the first three mini-research projects (International Diabetes Outcomes Study, Standardized Language Validation, Critical Thinking in Measuring Energy Expenditure, and Descriptive Study)

1975 - 2000

The United States Air Force

Various

DIRECTOR, NUTRITIONAL MEDICINE / MILITARY CONSULTANT TO AIR FORCE SURGEON GENERAL (1994-2000)

Human resource and program manager for nutritional medicine operations with an annual budget of \$47,500,000 and 678 personnel providing services for entire United States Air Force (USAF) for 2.7 million beneficiaries. Liaison to other Department of Defense (DoD) nutrition and dietetics functions. Direct managerial responsibility for 68-78 person dietetic departments.

- Led development of interdisciplinary education module of the DOD/VA Diabetes Clinical Practice Guidelines
- Completed cost benefit analysis for medical nutrition therapy for Military Health System (DoD)
- Led development of DoD nutrition outcome information system Developed USAF Dietetic strategic plan; led DoD Nutrition Committee Strategic Planning
- Appointed to VA Steering Committee for Clinical Staffing Study and Food and Nutrition Board Planning Proposal Group for Nutrition Services

DIRECTOR, QUALITY MANAGEMENT / CONSULTANT DIETITIAN (1993-1994)

Managed quality for a medical center with 1,100 personnel and an annual budget of \$27,000,000. Advisor to top executive at USAF Command headquarters responsible for three medical centers, four small, hospitals and five clinics in US, Azores and Germany

- Planned and facilitated strategic planning for 130 bed medical center
- Developed training materials and taught quality and business case analysis
- Developed new USAF dietetics manning standards
- Proposal for dietitian in non-traditional settings accepted by USAF Surgeon General

DIRECTOR NUTRITIONAL MEDICINE & HEALTH PROMOTION / CONSULTANT DIETITIAN (1989-1993)

Managed department of 48 personnel and an annual budget of \$1,600,000. Advisor to top executive at USAF Command headquarters responsible for

eight hospitals, two medical centers and the world-wide aeromedical evacuation system.

- Deployed during DESERT SHIELD/STORM and supported 1,200 bed field hospital in the Middle East
- Revised DoD cost allocation system for dietetic services to address inpatient & outpatient services
- Nationally recognized cholesterol reduction project; implemented command wide

CHIEF, NUTRITIONAL MEDICINE SERVICE / CONSULTANT DIETITIAN (1985-1987)

Managed 44 person (military and local national civilian employees) department providing support for a 150 bed overseas medical center (Republic of Philippines). Advisor to top executive overseeing one medical center and five smaller hospitals in Japan and Korea.

- Developed computer program for automating clinical dietetics and inventory management
- Consultant to Philippine Military Academy for food service upgrade project

CHIEF EDUCATION AND RESEARCH / COORDINATOR DIETETIC INTERNSHIP (1981-1985)

Managed the only USAF 10 month dietetic internship. Completed AF level staff projects.

- Completed staff project identifying new peacetime and wartime manpower requirements
- Achieved 10 year accreditation for USAF Dietetic Internship

CLINICAL DIETITIAN / CLINICAL INSTRUCTOR (1980-1981)

Managed nutrition care on a 65 bed inpatient unit as well as outpatient nutrition counseling. Completed staff projects for Associate Chief for Dietetics.

- Developed Statement of Work for nutritional medicine service at 35 bed hospital in-house; retained as in-house function by creating bid less than contractor's bid

CHIEF, MEDICAL FOOD SERVICE (1976-1979)

Managed 19 person department providing inpatient food service and nutrition care for 80 bed hospital.

- Renovated serving line and food production area; coordinated continuous meal service
- Implemented innovative call-in menu in dining room

7. OTHER PROFESSIONAL ACTIVITIES:

University-related

Chair, Development Committee (2007-2008) Board of Visitors (2005-2008), College of Human Development and Education, North Dakota State University

Institute of Medicine/National Academy of Sciences-related

Committee on Military Nutrition, Institute of Medicine, National Academy of Sciences 2007 - 2013

Dietary Reference Intake publication working group, Institute of Medicine, National Academy of Sciences 2003-2006

Member, Committee on Nutrition Services for Medicare Beneficiaries, National Academy of Sciences, 1999

Military Liaison to Food and Nutrition Board, National Academy of Sciences, 1997 – 2000

Food and Nutrition Board Proposal Planning Committee -- Evaluating nutrition services and developing nutrition outcome measures, Institute of Medicine, National Academy of Sciences 1997

Business and Industry-related

Monsanto's Company Sustainable Yield Pledge Award (SYPA) Award Reviewer, 2013

Careers through Culinary Arts Program, Chicago Board of Directors, 2006 to 2008

Member, Board of Directors, Soy Nutrition Institute, 2005-2006

Special Section Food and Nutrition Editor: Combating Obesity: Fighting the Overweight Epidemic. Newsweek, 2004

Strategic Planning Consultant for Southwest Ohio Mental Health Consortium, 2000

Professional Society-related

Reviewer, Identifying and Preventing Overweight in Childhood Clinical Practice Guideline, HEATSM (Healthy Eating and Activity Together), National Association of Pediatric Nurse Practitioners, 2006

Reviewer for the Journal of the American Dietetic Association, 1992 – 2000

Health Research Advisory Committee of The American Dietetic Association, 1997-2000

Commission on Accreditation/Approval of Dietetic Education (CAADE), 1996-1998

Co-Chair, Dietetic Internship Review Panel, Commission on Accreditation/Approval of The American Dietetic Association, 1996-1998

Standards of Education Committee, 1996 – 1998

Site Visitor, Commission On Accreditation/Approval of The American Dietetic Association, 1985 – 2000

Federal Agencies and Public Policy-related

Work @ Health Train the Trainer - 2014

Numerous testimonies to federal agencies and organizations such as Institute of Medicine on a variety of topics related to research and nutrition

Member of Dietetics People to People Delegation to China, November 2000

Military-related

Military Consultant to the USAF Surgeon General for Nutrition and Dietetics and Association Chief for Biomedical Sciences for Dietetics, 1994-2000

Military Consultant to the USAF Surgeon General for Food Service Systems, 1991 – 1994

Consultant on Food Service Equipment and Design to Philippine Military Academy, 1987

Secretary of Air Force Quality Assessment Team Examiner, 1994(Evaluated base in competition for AF Baldrige award)

Ad Hoc Committee on Promoting Diversity in Dietetics Council on Education (ADA), 1994

Air Mobility Command Quality Assessment Team Member, 1993 (Evaluated base progress using Baldrige criteria)

8. ACADEMIC APPOINTMENT: Adjunct Professor, University of Medicine and Dentistry of New Jersey (2004 to Present)
 Adjunct Professor, Hotel Restaurant, Institutional Management and Dietetics at Kansas State University (February 1990 to present)
 Adjunct Professor, North Dakota State University

9. MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS:

The Academy of Nutrition and Dietetics (AND)/The American Dietetic Association (ADA) 1975 to present

American Society for Nutrition (2003 to present)

Institute of Food Technologist (2001-2012)

Food Service Systems Management Education Council (1987-1992)

American Society for Healthcare Food Service Administrators (ASHFSA) 1994-1999

10. PROFESSIONAL HONORS:

Edna and Robert Langholz International Nutrition Award: Dietetics Globalization; Practicing in harmony across borders to maximize effectiveness. 2013

Graduate School Commencement Speaker, Kansas State University 2012

Alumni Fellow, Kansas State University, 2011

Lydia A Roberts Memorial Lecture: Dietetics Practice Based Research: Research for the profession -- by the profession, 2011

Honorary Doctorate of Laws, North Dakota State University, 2010

Distinguished Alumni Award, College of Human Development and Education, North Dakota State University, 2009

Board of Visitors: North Dakota State University, College of Human Development and Education, 2005 to 2009

Distinguished Research Award, College of Human Ecology of Kansas State University, 2002

Guest Speaker for Masters Speaker Program, College of Human Development and Education, North Dakota State University, March 2000

Outstanding Service Award, The American Dietetic Association 1997, 1998, 1999

Who's Who of Women Executives - 1989

Outstanding Young Women of America - 1988

1987 Outstanding Young Professional The Ohio State University College of Home Economics Alumni Association

Staff Educator of the Year, Malcolm Grow USAF Regional Medical Center – 1985

Meritorious Service Medal - 1987, 1994, 1999 and Air Force Commendation Medal 1979, 1984

Outstanding Section Contributor, Writing Award, Squadron Officers School - 1983

Distinguished Graduate Air Force Institute of Technology (MS program at the Ohio State University)

Col Miriam E. Perry Award for outstanding graduate, USAF Dietetic Internship - 1975-1976

Who's Who in American Colleges and Universities North Dakota State University – 1975

11. PUBLISHED ARTICLES, SPEECHES, LECTURES:

Professional Publications:

Myers, EF. Nutrition Integrity: To Believe or Not to Believe? Nutrition Today. Accepted for publication. June 2016

Myers, EF. Who, What, When, and How? Systematic Reviews of Behavior Change Interventions Present Unique Challenges. Nutrition Today 2016 51(1):p. 33-39

Myers, EF. Herbal/Botanical medicine: Where's the Evidence? Nutrition Today. 2015;50(4) p 194-206

Resnicow K, McMaster F, Bocian A, Harris D, Zhou Y, Snetselaar L, Schwartz R, Myers, E, Gottlieb J, Foster J, Hollinger D, Smith K, Woolford S, Mueller D, Wasserman R. Motivational Interviewing and Dietary Counseling for Obesity in Primary Care: An RCT. Pediatrics, Mar 30 2015

Myers, EF. New Insights or Confusion---Is Butter Really Back?? Nutrition Today. 2015;50(1):pp 12-27

Hammond M, Myers EF, Trostler N. Nutrition Care Process and Model: An Academic and Practice Odessey. J Academy of Nutr and Diet, 2014 Dec;114(12):1879-94

Myers, EF Is Your Perspective Being Reflected in the Nutrition Public Policy Landscape? Nutrition Today. 2014; 49(5):237-243.

Hamel C, Stevens A, Singh K, Ansari MT, Myers E, Ziegler P, Hutton B, Sharma A, Bjerre LM, Fenton S, Lau D, O'Hara K, Reid R, Salewski E, Shrier I, Willows N, Tremblay M, Moher D. Do sugar-sweetened beverages cause adverse health outcomes in adults? A systematic review protocol. Systematic Reviews Sep 23;3:108. PMID: 25248499

Hamel C, Stevens A, Singh K, Ansari MT, Myers E, Ziegler P, Hutton B, Sharma A, Bjerre LM, Fenton S, Lau D, O'Hara K, Reid R, Salewski E, Shrier I, Willows N, Tremblay M, Moher D. Do sugar-sweetened beverages cause adverse health outcomes in children? A systematic review protocol. Systematic Reviews 2014 Sep 4;3:96. PMID:25192945

Myers EF, Gerstein DE, Foster J, Ross M, Brown K, Kennedy E, Linchey J, Madsen KA, Crawford PB. Energy balance for kids with play: design and implementation of a multi-component school-based obesity prevention program. Child Obes. 2014 Jun;10(3):251-9.

Myers, EF. The Swedish Review, "Dietary Treatment of Obesity": Do the Systematic Review Findings Really Differ? *Nutrition Today*. 2014; 49(3):122-146.

Myers, EF. Nutrition care process and model and the International Dietetics and Nutrition Terminology: What do they have to do with public policy? *Nutrition Today*. 2014 (49(1):26-31

Murphy G, Snetselaar, L, Myers, E, LaForge, B, Qualls, LG, Hand, RK, Blackwelder S, Bradley D. Self-Reported Health Parameters Compared with Clinicians Measurements: Methods in Practice Based Research. *J Public Health Manag Pract*, e pub Dec 17 2013.

Myers, EF. Evidence-based approaches in nutrition policy: continuing refinement and evolution. *Nutrition Today*. 2013; 48(5):228-233.

Trostler, N, Myers, E, Alphan, E, Endvelt, R. Outcomes monitoring and implementing evidence based nutrition practice guidelines for Type 2 diabetes mellitus in 2 middle eastern countries. *Top Clin Nutr*. 2013; 28(3):233-248.

Myers EF, Khoo CS, Murphy W, Steiber A, Agarwal, S. A critical assessment of research needs identified by the Dietary Guidelines Committees from 1980 to 2010. *Journal of Academy of Nutrition and Dietetics*. 2013; 113(7):957-971. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/23706352>

Bradley D, Qualls L, Murphy G, Snetselaar L, Myers E. The incremental value of medical nutrition therapy in weight management. *Managed Care Magazine*, 2013;22(1):40-5. PMID: 23373140 Free full text: <http://www.managedcaremag.com/linkout/2013/1/40>

Murphy G, Snetselaar L, Myers E, LaForge B, Qualls L, Blackwelder S, Bradley D. Self-reported health parameters compared to clinician measurements: Methods in practice based research. *J Public Health Manag Pract*, 2012 (accepted).

Resnicow K, McMaster F, Woolford S, Slora E, Bocian A, Harris D, Drehmer J, Wasserman R, Schwartz R, Myers E, Foster J, Snetselaar L, Hollinger D, Smith K. Study design and baseline description of the BMI² trial: reducing paediatric obesity in primary care practices. *Paediatric Obesity*. 2012; 7(1):3-15. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/22434735>

Snetselaar L, Smith K, Hollinger D, Myers E, Murphy G, Qualls L. Registered Dietitian Wellness Insurance Benefit Makes a Difference in Adult Weight Management: A Pre-Post Study. *Food and Nutrition Sciences*. 2011;2: 1043-1047.

Myers, EF, Parrott, JS, Cummins, DS, Splett, P. Funding Source and Research Quality in Nutrition Practice-related Research. *PLoS One*. 2011;6(12):e28437. PMID: 22163017 Free text: <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0028437>

Myers, EF, Spence, LA, Leslie, B, Brauer, PM, Spahn, JM, Snetselaar L. Nutrition and telephone Counseling; Future Implication for Dietitians and Teledietetics. *Top Clin Nutr*. 2010;25(2):88-108.

Ihmels, MA, Welk, GJ, Eisenmann, JC, Nusser, SM, Myers, EF. Prediction of BMI change in young children with the Family Nutrition and Physical Activity (FNPA) screening tool. *Ann of Beh Med*, 2009;38(1):60-8. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/19806417>

Trostler, N, Myers, EF, Snetselaar, L. Determining Resting Metabolic Rate: Evaluation of Appendix to ADA Evidence-Based Nutrition Practice Guidelines using the Dietetics Practice Based Research Network. *Top Clin Nutr*. 2008;25(4):292-305,

Trostler, N, Myers, E. Review of critical thinking: Making decisions to either measure or estimate Resting Metabolic Rate (RMR). *Top Clin Nutr.* 2008;25(4):278-91.

Trostler, N, Myers, EF, Snetselaar, LG. Description of Practice Characteristics and Professional Activities of Dietetics Practice-Based Research Network Members. *J Am Diet Assoc* 108(6): 1060-1067. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/18502242>

Shwartz RP, Hamre, R, Deitz, WH, Wasserman, RC, Slora EJ, Myers EF, Sullivan S, Rockett, H, Thoma KA, Demitru G, Resnicow, K. Office-Based Motivational Interviewing to Prevent Childhood Obesity. *Archives of Pediatric Adolescent Medicine* 161:1-7, 2007 PMID: <http://www.ncbi.nlm.nih.gov/pubmed/17485627>

Castellanos V, Shanklin C, Myers E. The ADA's Research Priorities Contribute to a Bright Future for Dietetics Professionals. 104(4): 678-681. 2004. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/14760580>

Pac S, McMahan K, Ripple M, Reidy K, Zeigler P, Myers E. Development of Start Healthy Feeding Guidelines for Infants and Toddlers; *Journal of The American Dietetic Association*; 104 (3), 2004. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/14993871>

Trostler N, Myers E. Mainstreaming International Outcomes Research in Dietetics. *Journal of The American Dietetic Association*; 104(2): 279-281, 2004. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/14760580>

Myers EF. Systems for Evaluating Nutrition Research for Nutrition Care Guidelines: Do They Apply to Population Dietary Guidelines? *Journal of The American Dietetic Association*; 103(12) S34-41, 2003. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/14666498>

Myers, EF, Beyer, PL, Geiger, CJ. . Research activities and perspectives of research members of the American Dietetic Association. *Journal of The American Dietetic Association* 103(9):1235-1244, 2003. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/12963963>

Trostler, N, Myers EF. Blending practice and research: Practice-based research networks an opportunity for dietetics professionals. *Journal of The American Dietetic Association.* 103(5):626-632, 2003. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/12728224>

Manore MM, Myers EF. Research and the dietetics profession: Making a bigger impact. *Journal of the American Dietetic Association.* 103(1):108-113, 2003 PMID: <http://www.ncbi.nlm.nih.gov/pubmed/12009002>

Fitzner K, Myers EF, Caputo, N, Michael P. Are health plans changing their views on nutrition service coverage. *Journal of the American Dietetic Association.* 103(2):157-161, 2003. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/12589318>

Myers EF. ADA's Commitment to Evidence-Based Practice, *Journal of the American Dietetic Association.* 102(9):1268-1269. 2002

Myers EF, Shelke K, Johnson, G. Healthy Weight for Kids: Hertzler Fund kicks off the Family Nutrition and Physical Activity Screening Initiative. *Journal of The American Dietetic Association.* 102:727, 2002 PMID: <http://www.ncbi.nlm.nih.gov/pubmed/12009002>

Guthrie, JF, Myers, EF. USDA's Economic Research Service supports nutrition and health outcomes research. Journal of The American Dietetic Association. 102: 293, 2002. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/11846127>

Myers EF, Barnhill, G, Bryk J. Clinical privileges: Missing piece of the puzzle for clinical standards that elevate responsibilities and salaries for registered dietitians? Journal of The American Dietetic Association, 102: 123,2002. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/11794491>

Barr, JT, Schumaker, G, Myers, EF. Case problem: Quality of life outcomes assessment: How can you use it in Medical Nutrition Therapy? Journal of The American Dietetic Association, 101;1064, 2001. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/11573763>

Myers, EF, Pritchett, E, Johnson, EQ. Evidence-based practice guides vs protocols: What's the difference? Journal of The American Dietetic Association, 101:1085, 2001. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/11573764>

Davis, CA, Britten, P, Myers, EF. Past, Present, and future of Food Guide Pyramid. Journal of The American Dietetic Association, 101:881, 2001. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/11501861>

Myers, EF, Heffner, SM. Strategies for improving follow-up client appointment-keeping compliance. Journal of The American Dietetics Association, 101:935, 2001. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/11501874>

Myers, EF, Michael,P, Duester, KC. Tips for contract negotiations and establishing MNT rates. Journal of The American Dietetics Association, 101:624, 2001. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/11424538>

Myers, EF, Johnson, GH. ADAF takes first steps toward childhood healthy weight initiative. Journal of The American Dietetics Association, 101: 588, 2001. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/11374357>

Splett, P, Myers, EF. A proposed model for effective nutrition care. Journal of The American Dietetic Association, 101: 311, 2001. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/11269620>

Weinstein, J, Klose, TA, Myers, EF. Using Clinical Pathways to improve Timeliness and Consistency of Initial and Follow-up Outpatient Nutrition Care for Diabetics, Supplement to Journal of The American Dietetic Association, September 1998

Schumm, S, Colon, B, Myers, EF. Assessing What Physicians Want From Outpatient Notes from Dietitians and Developing a Note Writing Protocol, Supplement to Journal of The American Dietetic Association, September 1998

Johnson, K, Ross, CF, Thompson, G, Johns, R, Myers, EF. Improvement of the Screening and Assessment of Obstetric Patients. Supplement to Journal of The American Dietetic Association, September 1998

Pouncey, CA, Heffner, SH, Hefner, D, Lawson, G, Myers, EF, Chamberlain, ML. Improving the Equipment Ordering Process in Hospital Food Service, Supplement to Journal of The American Dietetic Association, September 1998

Heffner, SH, Myers, EF. Impact of a Dining Hall Based Nutrition Education Program on Healthier Food Choices, Supplement to Journal of The American Dietetic Association, September 1998

Colon, B, Best, JA, Smith, D, Fagan, E, Papini, J, Myers, EF. Improving Outpatient Oncology Nutrition Screening Process, Supplement to Journal of The American Dietetic Association, September 1997

Spahn, JM, Futagawa VS, Ramos, LA, Myers, EF. Using the Diet Readiness Test to Triage Clients for Nutrition Education, Supplement to Journal of American Dietetic Association, September 1996

Brown, DM, Myers, EF, Johnson, B, Sloat, SB. Changes in Perceived Satisfaction of Patients, Nursing Staff, and Dietetics Staff when Dietetics Staff Pass Patient Meal Trays, Supplement to Journal of American Dietetic Association, September 1995

Weitzel, NL, Myers, EF. Reaching the Competitive Athlete: Identifying the Gap Between Perceived and Actual Nutrition Knowledge, Supplement to Journal of American Dietetic Association, September 1995

Gillespie, DS, Mattfeldt-Berman, M, Sawicki, M, Myers, EF. Effectiveness of Individual versus Group Counseling for Clients with Hypercholesterolemia, Supplement to Journal of American Dietetic Association, September 1995

McCulley, JA. and Myers, EF. Dietitians Take the Lead in DRG Coding, Journal of American Dietetic Association 94: 650, 1994. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/8195555>

Myers, EF, Gregoire, MB, and Spears, MC. Quality Delegation: A Decision Tool for Evaluating Delegation of Management Tasks on Hospital Dietetics Department, Journal of American Dietetic Association 94: 382, 1994. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/8144810>

Myers, EF, Spahn, JM, and McCulley, JA. Measuring Whether Your Inpatient Dietetic Services Are Meeting Physicians' Needs, Supplement to Journal of American Dietetic Association September 1993

Larson, TL, Myers, EF, Cavanah S, and Waite, WW. Promoting Cost Effective Treatment of Patients With Hyperlipidimia, Supplement to Journal of American Dietetic Association, September 1993

Chambers, MJ, Myers, EF, and Gregoire, MB. Effectiveness of Training Guide for Enhancing Diet Therapy Knowledge and Performance of Food Service Specialists, Supplement to Journal of American Dietetic Association, September 1992

Downes, DA, and Myers, EF. TQM Approach to Reduce Wasted Meal Trays Supplement to Journal of American Dietetic Association, September 1992

Myers, EF, Gregoire, MB, and Spears, MC. Delegation in Clinical Dietetics in Military and Civilian Hospitals, Supplement to Journal of The American Dietetic Association, 90: 1550, 1991

Myers, EF, Konz, SA, and Gregoire, MB. Effect of Menu Slip Format on Patient Food Tray Accuracy: Individualized versus Preprinted Journal of the American Dietetic Association, 89: 1425, 1991 PMID: <http://www.ncbi.nlm.nih.gov/pubmed/1939982>

Nyland, NK, Spears, MC, and Myers, EF. Activities of Coordinated Dietetic Program Directors Compared by Educational Background, Journal of the American Dietetic Association 89: 1822, 1989. PMID: <http://www.ncbi.nlm.nih.gov/pubmed/2592717>

Professional Texts/Books

Stewart, R, Vivanti, A, Myers, E. *Nutrition Care Process and Terminology: A Practical Approach*. Trenton, IL Nutrition Care Professionals, LLC., Queensland, Australia: 2015.

Committee on Nutrition, Trauma, and the Brain. *Nutrition and Traumatic Brain Injury; Improving acute and subacute health outcomes in military personnel*. Washington DC: National Academies Press: 2011.

Myers EF, Splett P, Brodney, S. Chapter 12. Research in Evidence-Based Practice. In: Monsen, E, ed. *Research: Successful Approaches*, 3rd Ed. Chicago, IL: The American Dietetic Association. Chicago, IL: 2007.

Myers E. Chapter 10, Conducting Research in a Clinical Practice Setting. In Bloch, A, O'Sullivan Maillet, J, Howwel, W, Winkler M, ed. *Issues and Choices in Clinical Nutrition Practice*. Philadelphia, PA; Lippincott, Williams and Wilkins: 2006

Committee on the Framework for Evaluating the Safety of Dietary Supplements. *Dietary Supplements: A framework for evaluating safety*. Washington, DC; National Academies Press: 2004

Myers EF, Splett P, Chapter 12. Research in Evidence-Based Practice. In Monsen, E. ed. *Research: Successful Approaches*, 2nd Ed. Chicago, IL; The American Dietetic Association: 2003

Committee on Nutrition Services for Medicare Beneficiaries. *The role of nutrition in maintaining health in the nation's elderly: evaluation coverage of nutrition services for the medicare population*. Washington DC: National Academies Press: 2000.

Staff Liason for Academy Nutrition Care Process/Standardized Language Committee which produced:

International Dietetics and Nutrition Terminology Reference Manual: Standardized language for the nutrition care process. Fourth ed. Chicago: American Dietetic Association; 2013

International Dietetics and Nutrition Terminology Reference Manual: Standardized language for the nutrition care process. Third ed. Chicago: American Dietetic Association; 2011.

International Dietetics and Nutrition Terminology Reference Manual: Standardized language for the nutrition care process. First ed. Chicago: American Dietetic Association; 2008.

Nutrition Diagnosis and Intervention: Standardized language for the nutrition care process. Chicago: American Dietetic Association; 2007.

Nutrition Diagnosis: A critical step in the nutrition care process. Chicago: American Dietetic Association; 2006.

Professional Presentations:

Does funding affect research quality? FASEB, 2016

Supporting a Culture of Health - The Business Case, 1004 Food and Nutrition Conference Center, Atlanta, Ga

Edna and Robert Langholz International Nutrition Award lecture: Dietetics Globalization; Practicing in harmony across borders to maximize effectiveness. 2013

Lydia A Roberts Memorial Lecture: Dietetics Practice Based Research: Research for the profession by the profession, 2011

Numerous Nutrition Care Process and Standardized Language workshops (2009 – Present) In Sweden, Mexico, Malaysia, Korea, Canada, Australia, Amsterdam, Singapore,

Workshop-International Congress of Dietetics, Nutrition Care Process, Evidence Based Guidelines, and International Diabetes Outcomes Study - Japan 2008

Standardized Nutrition Language as an Essential Feature of the Electronic Health Record. Canadian Dietetic Association, Nova Scotia, June 2006

Using Standardized Language to Document Nutrition Diagnosis and Interventions, Dublin, Ireland April 2006

Evidence Analysis Library: Results of Evidence Analysis (Keynote Speaker), 18th International Congress of Nutrition, Durbin, South Africa, Sep 2005

Bridging the Gap between Science and Communications, (Expert Panel) Institute of Food Technologists, June 2005

Building Consumer Trust: Pushing the limits of Food Science to Deliver Health, Institute of Food Technologists, June 2005

What do we need to know for the future? Living Well to 100 Conference at Tufts University School of Medicine, November 2004

Nutrition: What's the Evidence? Indiana Chapter of the American College of Physicians Annual meeting. November 2004

Evaluating Research for Nutrition Care and Client Counseling. Canadian Dietetic Association Meeting, Calgary, Canada. May 2003

Evidence-Based Dietetics Practice: What's in it for you? North Dakota State Dietetic Association. May 2003

Using and Creating Evidence in Dietetics Practice. American Overseas Dietetic Association. Porto Fino, Italy. April 2003

Evidence-Based Dietetics Practice: Here and now! Alabama State Dietetic Association Meeting. February 2003

Understanding Evidence –Based Practice & Analysis. ADA Evidence-Based Practice—The Evidence Analysis Process (Workshops: Oct 2002, Jan 2003, July 2003, Jan 2004, Jun 2004, Jan 2005)

Evaluating Evidence for Nutrition Care Process, 3rd Asian Congress of Dietetics, Kuala Lumpur, Malaysia, 2002

Communication skills, knowledge, and competencies in dietetic education in United States, 3rd Asian Dietetics Congress of Dietetics, Kuala Lumpur, Malaysia, 2002

Use of Evidence-Based Decision making for Consumer Guidance. Dietary Guidelines Symposium, Toronto 2002

Grading the Evidence: Using Epidemiological Evidence. Illinois Dietetic Association, 2002

ADA's Obesity and Children's Healthy Weight Initiatives. Food and Nutrition Conference and Exhibit, 2001

Grading the Evidence for Nutrition Services: How does it stack up? Food and Nutrition Conference and Exhibit, 2001.

Fiber Follies and Other EPI Quandaries: Understanding and Communicating Nutritional Epidemiological Research. Food and Nutrition Conference and Exhibit, 2001.

IOM Report: Implications for Dietetics Practice, House of Delegates, Washington DC, 2000

Implementing MNT Protocols: Tools for Disease Management and Outcomes Documentation. Colorado Dietetic Association (Greeley CO), 2000

Building Your Case for MNT Using Multiple Strategies, The American Dietetic Association, Atlanta Georgia, 1999

Downboard Thinking: Strategically Positioning Your Organization, The American Dietetic Association, Atlanta Georgia, 1999

Implementing MNT Protocols: Tools for Disease Management and Outcomes Documentation. California Dietetic Association (North Bay, San Diego locations), 1999

Dietetics Credentialing in the Department of Defense, Federal Credentialing Program, 1999

Department of Defense Initiatives for MNT, The American Dietetic Association Public Policy & Legislation Workshop, Wash DC 1999

Using Outcome Data to Improve Nutrition Therapy Services: Implementing Change Strategies, Skills Development Workshop Speaker, Annual Meeting of The American Dietetic Association, 1998

Measuring Management Outcomes: Using Quality As A Business Strategy to Create a Family of Measures, Annual Meeting of The American Dietetic Association, 1998

Developing a Nutrition Management Outcomes Measurement System, Annual Meeting of Clinical Dietetic Managers Practice Group, April 1998

Does What We Do Really Make a Difference with Our Patient? Outcomes Management versus Outcomes Research, Annual Meeting of The American Dietetic Association, 1997

Nutrition Component of Putting Prevention into Practice (PIIP) USAF PPIP Conference, June 1996

Developing or Improving on Accredited Dietetic Program American Dietetic Association, Oct 1996

Mock Site Visit for Accreditation, American Dietetic Association, Oct 1995

Measuring Whether Your Inpatient Dietetic Services Are Meeting Physicians' Needs American Dietetic Association, October 1993

Dietetic Research In Ongoing Operations, Foodservice Systems Management Education Council, 17th Biennial Conference, March 1993

Nutrition Support for Patients During Aeromedical Evacuation, USA Nutrition Assessment Course, June 1993

Tri-Service Aeromedical Evacuation Regulations, AMSUS, October 1992

Management Expense Performance Reporting System: Manpower and Forecasting Techniques, Nutritional Medicine Service Update Course -1992

Total Quality Management in the Dietetics Departments, Gateway Dietetics Association, 1992

Nutritional Medicine Service During Operation DESERT STORM AMSUS 98th Annual Meeting, 1991

What We Did and How We Did It: Operation DESERT STORM and Are Mathematical Forecasting Techniques Better Than Naive Techniques for Forecasting Total Food Production Census for a Combined Hospital Cafeteria and Patient Tray Service; Poster Session, American Dietetic Association Meeting, 1991

DESERT STORM Deployment, Streamlined Quality Assurance, MAC Update, and Nutritional Medicine Service Manpower Standards - Sanitation and Study at Scott Medical Center, USAF Management Course for Dietitians, 1991

Delegation in Clinical Dietetics in Military and Civilian Hospitals: Implications for Civilian Practice, Original Contribution: Nutrition Practice Management, ADA Meeting - 1990

Quality Delegation Grid: A Method of Determining Division of Dietetic Tasks, ADA Meeting, 1990

Menu Slip Design for Patient Tray Service, MAC Update, Perceived Quality and Current Task Performance in Military and Civilian Dietetics Departments, USAF Management Course for Dietitians

The Effect of Menu Slip On Patient Tray Accuracy, Poster Session, ADA Meeting, 1989

Nutritional Assessment in USAF Facilities, PACAF Medical Conference, 1987

PACAF Command Update ,USAF Management Course for Dietitians, March 1987

Trends in Dietetics in United States of America, University of the Assumption, Republic of the Philippines, September 1986

Cultural Nutrition Problems in Pregnancy and Lactation Maternal Neonatal Trends, PACAF Conference, July 1986

Computer Applications in Nutritional Medicine Services, USAF Management Course for Dietitians, April 1986

Command Consultant Responsibilities in PACAF, USAF Dietetic Internship, February 1986

Manpower Standards for Medical Food Service, USAF Management Course for Dietitians, April 1982

Medical Readiness Plans for Medical Food Service, Stress Management/Burnout USAF Management Course for Dietitians, April 1981

USAF Dietetic Internship Update, USAF Management Course for Dietitians 1981 - 1992, and 1994

Annual 2 day workshop on Performance Improvement to USAF and USA Dietetic Interns (2000-2011)

Numerous lectures to undergraduates and graduate students during graduate programs on nutritional medicine/dietetics service management and quality improvement topics

Numerous lectures at annual USAF Dietitians and enlisted at AF and Army sponsored courses

12. FUNDED GRANTS/PROJECTS:

Patients, Family Practice and Dietitians: A Team Approach to Heart Failure, Agency for Healthcare Quality and Research (2013-2016)

Role: Principal Investigator – Transferred to Dr Paula Zeigler when leaving Academy

\$300,000 over 3 years

Diabetes in India Nutrition Guideline Study (DINGS) (2012-2014)

Role: Principal Investigator

Collaborative project with Indian Institute of Nutritional Sciences to compare usual dietetics care with dietetics care using Academy EBNPG for Type 2 Diabetes

\$179,000 over 2 years

Energy Balance 4 Kids (2010-2013)

Role: Principal Investigator

Collaborative project with UC Berkeley to evaluate EB4K program in randomized trial in elementary schools in Oakland, Ca

\$1,500,000 over 3 years.

General Mills Champions Grant to American Dietetic Association Foundation (2002-2012)

Role: Initiating Organizational Contact

Collaborative project to select and fund 50 \$10,000 grants each year focused on promoting healthy eating and physical activity for youth.

\$2,500,000 over 5 years

BMI2 (2008-2013)

Role: Collaborating Investigator/Subcontractor Director

Collaborative research project with University of Michigan and American Academy of Pediatrics to investigate prevention intervention to change rate of weight gain in pediatric populations through use of motivational interviewing by MD and with intensive arm with MD plus RD.

\$2,500,000 over 5 years (ADA subcontract \$296,300 over 5 years)

BCBS NC Evaluation of Reimbursement of Dietitian Counseling for Beneficiaries with Obesity (2006 – 2010)

Role: Co-Principal Investigator

Cooperative research project with Blue Cross Blue Shield of North Carolina and ADA

\$570,000 funded from Commission on Dietetic Registration

CARLE Enhanced Nutrition Component to MEDICARE Demonstration Project (2004-2008)

Role: Research Project Director

Cooperative research project with CARLE Foundation to add stronger nutrition component to the disease management demonstration project.

\$320,000 funded from Commission on Dietetic Registration

International Diabetes Outcomes Study (IDOS) (2003 to 2009t)

Role: Co-PI (Naomi Trostler, Israel)

Collaborative field test of evidence-based MNT Guides for Practice in three countries (Israel, Turkey, and an Arabic country). Funded by Alice Wimpfheimer Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management administered by the American Dietetic Association Foundation

\$48,000

Dietetics Practice Based Research Network (DPBRN) (2005 to 2012)

Infrastructure funded by American Dietetic Association Foundation

Role: Research Project Manager

\$45,000 per year

Critical Thinking in Measuring Energy Expenditure (CTIMEE) (2005-2006)

Role: Research Project Director

Research project through the Dietetics Practice Based Research Network to evaluate critical thinking of dietitians in practice

\$80,000 funded by Healthetech Corporation through a grant from the American Dietetic Association Foundation

Partners in Program Planning for Adolescent Health (PIPPAH) (2002 to 2006)

Role: Project Director

Cooperative agreement with Maternal Child Health Bureau to develop ADA specific program that includes web-cases for dietitians focused on adolescent nutrition cases and community assessment and leadership training for dietitians.

\$400,000

Evidence analysis for Indirect Calorimetry (2002 to 2005)

Role: Project Manager

Collaborative project to evaluate evidence comparing formulas used to estimate RMR and measured RMR by indirect calorimetry and field test use of indirect calorimetry guidelines. Funded by Healthetech.

\$350,000

Start Healthy (2002-2004)

Role: Consultant

Collaborative project with Gerber to conduct limited evidence analysis and develop consumer guidelines for infant/toddler feeding guidelines. Publication of JADA supplement and methodology paper.

\$150,000

Family Nutrition and Physical Activity Screening Tool (2001 to present)

Role: Co-PI (Karen Peterson, Pat Crawford, Greg Welk, Lorrene Ritchie)

Collaborative grant proposal (Harvard School of Public Health, UC Berkeley Center for Weight and Health, and Iowa State University) to conduct evidence analysis of family related nutrition and physical activity determinants of increased rates of childhood overweight. Developed grant proposal for federal funding. Funded by Ann Hertzler Fund and American Dietetic Association Foundation Healthy Weight for Kids

\$65,000

Personal Energy Program (1999-2000)

Role: Co-PI

Program implementation and evaluation of program developed by CDC in 5 Department of Defense sites. Funded by facilities and Travis Clinical Investigation Facility.

~\$30,000