

FIONA B. LEWIS, DrPH, RDN, LDN

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PROFILE

I am an integrative nutrition and wellness professional who helps organizations to maximize their stakeholder impact and engagement by building a sustainable and inclusive culture of well-being. I accomplish this by leveraging my expertise in food as medicine, health and wellness coaching, nutrition and dietetics, plant-forward cooking, entrepreneurship, higher education teaching and population health research. My career mission statement is to leverage, learn, grow, and add value.

CURRENT POSITION

Director, University of South Florida, Doctor of Public Health in Advanced Leadership, Associate Professor, Atlanta Georgia-October 2023-Present

The Director reports to the Vice Dean for Academic Affairs and provides leadership for the advanced practice academic program

- Cast vision and develop strategy for recruitment, retention, and leadership develop
- Curriculum review and updates
- Serve as a faculty mentor
- Review doctoral projects and advance practice experiences
- Provide leadership for student and alumni engagement
- Teach doctoral classes

The following positions do not report to the Program Director, but work collaboratively to support the role:

- Academic advising team
- Program administrator
- Teaching faculty and faculty mentors
- Admissions, recruitment, alumni engagement teams

District Dietitian, Aramark Corporation, Collegiate Hospitality, Atlanta Georgia–June 2022- October 2023

The District Dietitian reports to the Regional Dietitian and provides health and wellness oversight for 12 colleges and university clients in the state of Georgia. Health and wellness oversight includes the following:

- Cast vision and develop strategy for health and wellness integration
- Serve as a content expert and during RFP (request for proposal) and contract renewal cycles
- Participate in presentations to retain current clients and acquire new business

- Plan, and execute monthly health and wellness engagement events in collaboration with dining and marketing team members
- Respond to client feedback and maintain positive client relationships
- Provide support to students, faculty and staff who have special dietary needs, or desire to maintain a healthier lifestyle
- Consult with students, parents, chefs, and directors to create dining solutions for students with special dietary needs.
- Support service excellence by providing ongoing training for frontline team members and managers
- Contribute to regional innovation as a subject-matter expert on projects and initiatives
- Provide leadership related to the accuracy of nutrition signage posted at point of purchase and throughout campus

The following positions do not report to the District Dietitian, but work collaboratively to support the role:

- Regional Dietitian
- District Managers
- General Managers
- Executive Chefs
- Food Service Directors
- Chef Managers
- Regional Marketing Director
- Marketing Coordinators
- Dietitians in the southeast region
- Director for Strategic Partnerships

Adjunct Faculty, University of South Florida, College of Public Health, Tampa, Florida-February 2023-October 2023

The adjunct faculty reports to the Vice President of Faculty Development of the College of Public Health, and provides support with integrating faculty well-being into the school's academic master plan. This consultant role assists with:

- Assessing faculty burnout and current culture of well-being.
- Measure faculty burnout and perceived well-being.
- Review existing data collected from faculty regarding burnout and personal well-being.
- Solicit from faculty their perceived needs for resources and support to prevent and recover from burnout.
- Create an actionable faculty well-being plan that aligns with values to address burnout and support the personal well-being needs of the faculty.
- Create a program to operationalize the plan, capture key metrics to determine its effectiveness and need for modification.

EXPERIENCE

Nutrition Associate Manager at the University of Florida, Aramark Corporation, Gainesville, FL–November 2021-June 2022

The Nutrition Associate Manager reported directly to the Marketing Director and provided health and wellness oversight for the University of Florida campus community. Health and wellness oversight included the following:

- Creating a culture of health and maintaining positive client relationships through the development and implementation of health and wellness programming, and educational materials
- Conduct dining hall tours with current and prospective parents and students
- Provide support to students, faculty and staff who have special dietary needs, or who want to maintain a healthier lifestyle
- Provided leadership and oversight related to the accuracy of nutritional information posted at point of purchase and throughout campus
- Conduct food allergy training for frontline team members, supervisors and managers
- Worked independently and collaboratively with team members to reach customer satisfaction goals and complete nutrition projects to enhance student dining experiences

The following positions reported directly to the Nutrition Associate Manager:

- Nutrition Interns

The following positions did not report to the Nutrition Associate Manager, but worked collaboratively to help support the role:

- District Manager
- General Manager
- Executive Chef
- Food Service Director
- Chef Manager
- Frontline team
- Marketing Director
- Marketing Coordinator
- Dietitians in the southeast region

Founder, LLBJ Culinary and Wellness Enterprises LLC, Atlanta, Georgia—2017-present

The Founder role is autonomous. The founder directs all operations which includes the creation and delivery of health and wellness content for social media, webinars, workshops, seminars and masterclasses. The founder also works on lead generation, budgeting, forecasting and financial oversight, as well as research and development of new products and services.

The following positions report directly to the Founder:

- Dietetic Interns
- Virtual Assistant
- Private Contractors

Clients include:

- Tuskegee University, Tuskegee, AL
- E.E. Rogers SDA School, Jackson, MS
- South Jackson SDA Church, Jackson, MS

Nutritionist, Visiting Nurse Services of New York, Bronx, NY–March 2009-June 2010

The Nutritionist reported directly to the Clinical Nurse Manager and served as part of an interdisciplinary team to provide nutrition assessments, counseling and education to the program's Medicaid clients and their caregivers.

Clinical Dietitian, Sodexo, White Plains Hospital, White Plains–August 2007-March 2009

The Clinical Dietitian reported directly to the Clinical Nutrition Manager and served provided medical nutrition therapy to inpatients in multiple patient care units.

TEACHING AND MENTORING

Instructor, University of Mississippi Medical Center Department of Preventive Medicine (UMMC)–September 2018-June 2020

The Instructor reported directly to the department chair and supported the implementation of the American College of Lifestyle Medicine's (ACLM) curriculum for medical residents and a lifestyle medicine clinic. The Instructor successfully:

- Established a partnership with the Mississippi State University's (MSU) Extension Program. Through this partnership, the Instructor developed and facilitated plant-forward culinary nutrition and wellness workshops for Mississippi Delta community members in collaboration with MSU's Extension Program.
- Collaborated with the Evers Care Food Pantry to plan and execute plant-forward culinary nutrition and wellness tasting events to inspire their clients to cook healthy meals.

The following positions did not report to the Instructor, but worked collaboratively to help support the role:

- Department Chair
- Nurse Practitioner
- Director of the Lifestyle Medicine Clinic
- Program Coordinator-Community and Prevention
- Certified Medical Assistant
- Office Manager
- Project Manager
- Education Administrator
- Departmental Business Administrator

Director, Didactic Program in Dietetics, Assistant Professor of Nutrition and Dietetics, Department of Nutrition and Dietetics, Oakwood University, Huntsville, Alabama– July 2014- May 2017

The Director reported directly to the Department Chair and provided teaching and administrative leadership for the accredited didactic program in dietetics. The Director successfully:

- Coordinated all program activities with administrative support.
- Updated the dietetics program's curriculum based on the Accreditation Council for Education in Nutrition and Dietetics (ACEND) standards

- Collected program data for ACEND reports
- Updated course content, syllabi, and teaching materials for courses
- Developed and taught introductory, intermediate, and upper division undergraduate dietetics courses for in person and online delivery
- Provided teaching guidance and leadership to adjunct instructors
- Updated and implemented program protocols including student advising, and instructor training.
- Served as a research mentor for undergraduate student research projects
- Provided opportunities for students to network with nutrition and dietetics professionals
- Provided academic and career advisement to dietetics students
- Participated in recruitment activities
- Provided leadership for the development of a new online master in public health graduate program

The following are selected courses taught by the Director:

ND 102: Introduction to Dietetics
 ND 111: Food Preparation and Lab
 ND 131-Nutrition ND 321: Advanced Nutrition
 ND 351: Nutrition Assessment & Counseling & Lab
 ND 442: Nutrition and Wellness

The following positions did not report directly to the Director, but worked collaboratively to help support the role and provide leadership:

- Department Chair
- Administrative Assistant
- Dean of the School of Health Professions
- Provost
- Vice President of Research and Faculty Development
- Vice President of Financial Administration
- Vice President of Academic Administration
- Office of Institutional Effectiveness

The Director served on the following committees:

- Healthy Campus 2020
- Faculty Senate

Interim Director, Online Master in Public Health Program, Department of Public Health, Nutrition, and Wellness, Assistant Professor of Nutrition, Andrews University, Berrien Springs, MI–August 2013-June 2014

The Director reported directly to the Dean of the School of Health Professions and provided teaching and administrative leadership for the program. The Director successfully:

- Updated the program’s curriculum based on the Council on Education for Public Health (CEPH) standards
- Collected program data for CEPH reports

- Collaborated with the School of Distance Education to develop courses and facilitate faculty training
- Recruited faculty and students
- Provided mentorship and leadership to adjunct instructors
- Developed and implemented protocols for student advising, training, and orienting faculty, admissions
- Collaborated with the Andrews University Theological Seminary to develop a dual degree program
- Taught introductory, intermediate, and upper-division undergraduate dietetics courses
- Provided academic and career advisement to students.
- Served as a research mentor for undergraduate students

The following are selected courses taught by the Interim Director:

- HLED 120: Fit for Life
- FDNT 310: Life Cycle
- FDNT 498: Research Methods

The following positions reported directly to the Interim Director:

- Adjunct Instructors
- Graduate Assistant
- Nutrition Assistants

The following positions did not report directly to the Interim Director, but worked collaboratively to help support the role:

- Department Chair
- Administrative Assistant
- Dean of the School of Health Professions
- Provost
- Department Chair, Practical and Applied Theology

EDUCATION

Doctor of Public Health in Preventive Care, Loma Linda University, June 2013
 Masters of Science in Nutrition and Wellness, Andrews University, August 2007
 Bachelor of Science in Fire Investigation, University of New Haven, May 2000

LICENSES, CERTIFICATIONS & TRAINING

- Professional Chef Training Program, Natural Gourmet Institute for Healing, and the Culinary
- Arts (**Plant-Forward**), New York, NY, February 2018
- Registered Dietitian Nutritionist (RDN) (#976899), 2007-Present
- Commission on Dietetic Registration Certificate of Training in Weight Management: Adult Weight Management Level I, 2015

- Commission on Dietetic Registration Certificate of Training in Weight Management: Childhood and Adolescent, 2012

RESEARCH

National Heart, Lung, Blood Institute (NHLBI) Funded Post Graduate Research Fellowship OHD PRIDE (Obesity and Health Disparities Programs to Increase Diversity among Individuals Engaged in Health Research, University of Mississippi Medical Center, Jackson, Mississippi–2016

This was a two-year research training and mentorship program for junior faculty from underrepresented communities. The program provided mentorship on developing a research career, securing grant funding, academic writing and publishing, preparing a dossier for review and tenure, and presenting at professional conferences. Deliverables included 2 research papers published in peer-reviewed journals, and a poster presentation at a PRIDE symposium.

Academic Publications

- **Lewis, FB.,** Modeste, N., Singh, P., Batech, M., Tonstad, T., Mataya, R. (2014). Excess maternal body weight and preeclampsia/eclampsia risk among women living in San Bernardino County. *Journal of Food and Nutrition*, 1(104), 1-6.
- **Lewis, FB.,** Modeste, N., Singh, P., Batech, M., Tonstad, T., Mataya, R. (2016) Maternal Cigarette Smoking Status and Preeclampsia/Eclampsia among Women in San Bernardino County. *The Digest*, 51(4), 1-7.
- **Lewis, F.B.,** Price, A.A., Whitt-Glover, M.C., Odoms-Young, A.M., Thorpe, R.J. (2017). Weight Status: A Predictor of the Receipt of and Interest in Health Promotion Information among College Students. *Californian Journal of Health Promotion*, 15 (2), 27-36.
- **Lewis, F. B.,** Boutrin, M. C., Dalrymple, L., & McNeill, L. H. (2017). The Influence of Black Identity on Wellbeing and Health Behaviors. *Journal of racial and ethnic health disparities*, 1- 11.

Conference Presentations

- “Students’ Perspectives on Student-Centered Obesity Prevention and Weight Management Programs”, **Oakwood University Faculty Development Research Symposium**, Huntsville, Alabama, April 2016.
- “Lessons About Paying It Forward: Stories from Early Career Women”, **4th Annual Black Doctoral Network Conference**, Atlanta, Georgia, October 2016.
- The Influence of Black Identity on Wellbeing and Health Behaviors. **Oakwood University Faculty Development Research Symposium**, Huntsville, Alabama, April 2017. 5
- “Predictors of the Receipt of Health-Related Information among College Students.” **2016 Programs to Increase Diversity among Individuals Engaged in Health-Related Research (PRIDE) Conference**, Bethesda, Maryland, April 2016.
- “The Implications of the Food as Medicine Retail Nutrition Framework for Communities of Color.” **2022 Diversify Dietetics Summit**

PROFESSIONAL AFFILIATIONS

- Member, American College of Lifestyle Medicine–2021-Present
- Member, Diversify Dietetics–2021-Present
- Member, Academy of Nutrition and Dietetics–2007-Present
- Member, Georgia Dietetics Association–2022-Present

SELECTED HONORS AND AWARDS

- Recipient of the Be Well, Do Well Award, Aramark Corporation, 2022
- Delta Omega Honor Society, Loma Linda University–2013
- Academy of Nutrition and Dietetics Patsyjane O’Malley Scholarship–2012
- The Weissman Award, Loma Linda University, 2012
- BALL Scholarship (Black Alumni of Loma Linda and La Sierra Universities)–2011
- Academy of Nutrition and Dietetics Foundation Doctoral Scholarship–2011

COMMUNITY SERVICE ACTIVITIES

- **Board Member, Resources for Improving Birth and Health Outcomes(RIBHO), USA, Uganda–2017-Present**
- **Team Member, Loma Linda University Preventive Care Student Association, Loma Linda, CA–2011-2013**
- **Speaker/Presenter, Healthy Heritage Movement Inc., Riverside, CA—2011-2012**

Professional References

Dr. Tricia Penniecook, MD, MPH
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