

Jillian Wanik

48 Sunnylegde Street, New Britain CT 06052
Cell phone: 860/463.3552, jillian.wanik@uconn.edu, jillianwanik@gmail.com

Education

Doctor of Clinical Nutrition (DCN) Rutgers, the State University of New Jersey, School of Health Related Professions, Newark, NJ Research: <i>Physical activity level is associated with maintaining anthropometric improvements among participants in a worksite wellness program.</i>	January, 2015
Master of Science, Nutrition University of Saint Joseph, Department of Allied Health, West Hartford, CT Research: <i>Beverage purchase patterns of college students and their relationship to calcium status.</i>	2001
Bachelor of Science, Clinical Nutrition Cornell University, Division of Nutritional Sciences, Ithaca, NY	1986

Professional Memberships and Societies

Academy of Nutrition and Dietetics, CT State Delegate 2018-2021	Member
Connecticut Academy of Nutrition and Dietetics Secretary, 2010-2011	Member Board Member
Treasurer, 2011-2013	Board Member
Awards Committee, 2015-2018	Board Member
Dietitians in Nutrition Support	Member
Professionals in Nutrition and Exercise Science (PINES)	Member
Sports, Cardiovascular & Wellness Nutritionists: Sports Dietetics USA	Member
Nutrition and Dietetic Educators and Preceptors	Member
American Society of Enteral and Parenteral Nutrition	Member

Report of Teaching and Training

Teaching of Students in Courses

2006, 2007	Central Connecticut State University, New Britain, CT, Department of Athletics Lecturer Men's Football Team	Topic: Sports Nutrition Preparation: 4-hr per week for 10wks Contact: 1.5-hr lecture per week for 10 weeks
2008- present	Yale University School of Nursing, West Haven, CT Clinical Instructor Advanced Practice Registered Nurses	Topic: Medical Nutrition Therapy Preparation: 8-hr Contact: 3-hr lecture
2008, 2011, 2012	Lincoln College of New England, Southington, CT Adjunct Faculty Dietetic Technician Program	Class: Therapeutic Nutrition 1 Preparation: 5-hr per week for 15wks

	Undergraduate students	Contact: Hybrid Course, alternating 3-hr lecture, per week for 15wks eCollege Platform
2013, 2014	University of Saint Joseph, West Hartford, CT Department of Allied Health Sciences Adjunct Faculty Undergraduate students	Class: Sports Nutrition Preparation: 5-hr per week for 15wks Contact: Hybrid Course, alternating 3-hr lecture, per week for 15wks Blackboard Learn Platform
2014	Yale University, School of Nursing, West Haven, CT Graduate Entry Prespecialty in Nursing (GEPN)	Class: Nutrition: From Clinical Practice to Policy Implications, Fall/Spring, 2014-2015 Credits: 3 (responsible for 1.5credits) Preparation: 3-hr per week for 8wks Contact: 1.5-hr lecture for 8wks classesV2 (Yale proprietary platform)
2015 -2016	University of Saint Joseph, West Hartford, CT Department of Allied Health Sciences Adjunct Faculty Undergraduate students	Class: Medical Nutrition Therapy1, 2 Preparation: 5-hr per week for 15wks Contact: 2.5-hr lecture, per week for 30wks Blackboard Learn Platform
2016 - present	University of Connecticut, Storrs, CT Department of Allied Health Sciences Assistant Professor in Residence Undergraduate, MS students	Class: Medical Nutrition Therapy 1,3, Advanced Nutrition, Co teach/clinical educator: DIET 3255, Applied Diet Practicum 4365, Clinical Practicum III - 4455, Foodservice Practicum II -4415, Community Practicum II - 4435 Blackboard Learn Platform

Formal Teaching of Interns, Residents, Clinical Fellows

2007-2012	Metabolic Energy Expenditure in Critical Care Nutrition, Metabolic Cart Demonstration Dietetic Interns	University of Saint Joseph (Fall) Preparation: 10-hr Contact: 3-hr lecture
2006-2016	ICU Nutrition Support 1st-3rd year Medical Residents, Fellows Physician Assistant Post Graduate and Residency Staff	Hospital of Central CT Preparation: 2-hr Contact: 1-hr lecture, per month, ongoing
2011-2013	Medical Nutrition Therapy III Critical Care Nutrition Dietetic Interns	University of Connecticut (Fall) Preparation: 8-hr Contact: 3-hr lecture
2013-2016	Nutrition Support CCU Registered Nursing staff	Hospital of Central CT Nursing Professional Development Department Preparation: 2-hr Contact: 1-hr lecture, 4x year, ongoing

Clinical Supervisory and Training Responsibilities

2003-2016	Clinical Preceptor for dietetic interns and diet technicians registered to meet CDR competency for completion of internships.	Hospital of Central CT Contact: 8-hr per wk for 30wks
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Invited Presentations and posters, regional, National
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2006	Nutritional Concerns in the Female Athlete Triad	Central Connecticut State University's 21st Sports Medicine Symposium, New Britain, CT
2006	Breast Cancer and Diet	Hospital of Central CT Women's Wisdom Series
2008	The Role of Sports Dietitians at the 2008 Beijing Olympic Games	Connecticut American Dietetic Association fall meeting, Old Saybrook, CT.
2012, 2013	Sports nutrition: Fueling athletes	Presentation to fall athletic teams: University of Hartford, West Hartford, CT and American International University, Springfield MA
2013	Sport for Health: workshop leader addressing challenges and trends of childhood obesity and factors for success in using sport for social change	Beyond Sports Summit and Awards, Philadelphia, PA.
2014	Notes on Nutrition: What APNs Need to Know about Critical Care Nutrition	Co-presenter, the American Association of Critical-Care Nurses (AACN) 41st annual National Teaching Institute & Critical Care Exposition (NTI), Colorado Convention Center, Denver, CO.
2015 - 2016	Sports nutrition fueling	Presentation to athletic teams, baseball, women's volleyball team, University of Hartford, West Hartford, CT
2015	Poster Session, Physical activity level is associated with maintaining anthropometric improvements among participants in a worksite wellness program.	2015 Food & Nutrition Conference & Expo™ Nashville, TN.
2015	Role of Nutrition in Sport Injuries	Hartford Healthcare Rehabilitation Network Athletic Trainers and Physical Therapists – APTA certification in Sport
2017	New Notes on Nutrition: What APNs Need to Know about Critical Care Nutrition	Co-presenter, the American Association of Critical-Care Nurses (AACN) 43st annual National Teaching Institute & Critical Care Exposition (NTI), Houston Convention Center, Houston, Texas.
2018	Poster and roundtable discussion, Incorporating Undergraduate Nutrition Students into the World of Nursing Simulation Education: An Interprofessional Collaboration Jillian Wanik, DCN, RDN, CDN, Meredith Dodge, MSN, RN,	International Nursing Association for Clinical Simulation & Learning Conference, 2018, Toronto, CA, Carrie Eaton and Meredith Dodge attended

Report of Clinical Activities and Innovations

Current Licensure and Certification

Connecticut Certified Dietitian-Nutritionist (CD-N), since 2003
 Registered Dietitian Nutritionist (RDN), since 2003
 Board Certified Nutrition Support Clinician (CNSC), since 2004, re-cert. 2018 - 2022
 Board Certified Specialist Sports Dietetics (CSSD), since 2007, re-cert. 2017 - 2022

Practice Activities

2005 – 2016 2016- present	Inpatient Nutrition Support Dietitian Staff dietitian	The Hospital of Central Connecticut	Full time Per-diem
2005 - present	Consultant Dietitian	ARAMARK Higher Education ARAMARK Business and Industry	Per-diem
2003 - 2019	Outpatient Health Education Specialist, weight management, very low calorie diet	The Hospital of Central Connecticut	Per-diem
Summer 2004	Lead Sports Nutritionist Athens 2004 Olympic Games, Athens, Greece	ARAMARK Global Events Olympic Catering Projects	Per-diem
Summer 2008	Lead Sports Nutritionist Beijing 2008 Olympic Games, Beijing, China	ARAMARK Global Events Olympic Catering Projects	Per-diem
Fall 2010	Lead Sports Nutritionist The Asian Games, Guangzhou, China	ARAMARK Global Events Olympic Catering Projects	Per-diem
Summer 2012	Senior Sports Nutritionist London 2012 Olympic Games, London, England	ARAMARK Global Events Olympic Catering Projects	Per-diem
Fall 2013	Consultant Nutritionist Sochi 2014 Olympic Games, Sochi, Russia	ARAMARK Global Events Olympic Catering Projects	Per-diem

Report of Education of Patients and Service to the Community

Activities

2006-2007	Bariatric pre and post-surgery nutritional guidelines. 1hr lecture, monthly to Hospital of Central Connecticut outpatients
2004-2007	Fit Kids, a family nutrition education program targeting 9-12yo. Provided nutrition education to children and families, 4 week program, 2x year.

2011	Stress and Emotional Eating, 1hr presentation New Britain Community Health education seminar
2013	NBC CT Health and Wellness Festival provided individual nutritional recommendations at Community event
2013-2014	Hospital of Central CT Healthy Family FunFest, provided blood pressure and cholesterol screening with results interpretation and recommendations at Community event
2018 - 2020	Girls on the Run assistant coach, transformational learning program for 8 to 13 year-old girls. teaching life skills through interactive-based lessons and running

Report of Scholarship

Publications

Peer reviewed publications

Wanik JA, Rigassio-Radler D, Parrott S, Touger-Decker R. The relationships between changes in anthropometric measures and health related quality of life among University employees enrolled in a worksite wellness program. *Sports Cardiovascular and Wellness, SCAN Pulse, Winter 2014 Newsletter*

Wanik JA, Marcus AF, Radler D, Byham-Gray LD, Touger-Decker R. Physical activity level associated with maintaining anthropometric improvements among participants in a worksite wellness program. *American Journal of Lifestyle Medicine* (2016): Published online before print January 3, 2016, doi: 10.1177/1559827615624420

Wanik J, Teevan C, Pepin L, et al. Implementation of a Bowel Protocol to Improve Enteral Nutrition and Reduce Clostridium difficile Testing. *Crit Care Nurse*. 2019;39(6):e10-e18. doi:10.4037/ccn2019304

Claudia Mejia C, MS, CLC, Brooke A. Libby, MPH, Madison L. Bracken, MA, Belinda Shanley, MS, RD, CSR, CDN, Marta M. Holovatska, BS, Jillian Wanik, DCN, RDN, Ellen Shanley, MBA, RD, CDN, Molly E. Waring, PhD. Interest in Digital Dietary Support Among Adults With Kidney Failure Receiving Hemodialysis [published online ahead of print, 2020 Jul 22]. *J Ren Nutr*. 2020;S1051-2276(20)30161-8. doi:10.1053/j.jrn.2020.06.004

Peer reviewed pending

Nutritional Deficiency Disease Secondary to ARFID Symptoms Associated with Autism and the Broad Autism Phenotype: A Qualitative Systematic Review of Case Reports and Case Series. Manuscript Number: ANDJRN-D-19-00373R3.

Posters and abstracts

- 2018 Food and Nutrition Conference and Expo, Academy of Nutrition and Dietetics Abstract submitted coauthor with Ellen Shanley, Mary Beth Bruder and Summer Yule (student), **Nutritional Deficiencies Secondary to Avoidant/restrictive food intake disorder (ARFID) in Autism Spectrum Conditions: A Systematic Review of Case Reports** 10/2018
- INACSL, The International Nursing Association for Clinical Simulation and Learning. **Incorporating Undergraduate Nutrition Students into the World of Nursing Simulation Education: An Interprofessional Collaboration** Jillian Wanik, DCN, RDN, CDN, Meredith Dodge, MSN, RN, Carrie Morgan Eaton, PhD, RNC-OB, C-EFM, CHSE, Toronto, CA 06/2018
- CT Academy of Nutrition and Dietetics Abstract submitted coauthor with Molly Waring and Kayla McCabe (student), **What Type 1 Diabetes nutrition advice is being shared on Twitter and who is sharing it?** 04/2018

- CT Academy of Nutrition and Dietetics Abstract submitted coauthor with Ellen Shanley and Chloe Seddon and Graysha Rivera China (students), **Implementing a Text Message- and Facebook- based Intervention as an Effort in Increasing Mindful Eating Behavior.** 04/2018
- CT Academy of Nutrition and Dietetics Abstract submitted coauthor with Ellen Shanley, Mary Beth Bruder and Summer Yule (student), **Nutritional Deficiencies Secondary to Avoidant/restrictive food intake disorder (ARFID) in Autism Spectrum Conditions: A Systematic Review of Case Reports** 04/2018
- CT Academy of Nutrition and Dietetics Abstract submitted with Kelly Williams (student), **Does an enteral feeding protocol significantly improve nutrition support in patients receiving EN in the CCU?: A Quality Improvement Project.** 04/2017

Clinical Guidelines and Reports

For the Hospital of Central Connecticut:

- Critical Care Indirect Calorimetry Protocol (author)
- Quality Improvement Initiative, Retrospective Review, Implementation of Adult Malnutrition Recognition Guidelines, Lessons Learned, 2010 (author), updated 2015 (co-author)
- Guidelines for inpatient dietitians: Use of the Nutrition Care Process as outlined by the Academy of Nutrition and Dietetics, 2011 (author), updated 2015 (coauthor)
- Nutritional Assessment and Standard of Care, updated 2014 (co-author)
- Nutritional Risk Criteria, used for screening assessment by all inpatient dietitians, updated 2015 (co-author)
- Breast Milk, Formula and Donor Breast Milk fortification Protocols, updated 2013 (co-author)
- Enteral Nutrition and Gastric Residual Guidelines, 2014 (co-author)
- EPIC EMR conversion, nutrition content expert 2014
- Bowel Regime guidelines, 2015 (co-author)
- Surgical Services Performance Improvement Committee member implementing enhanced recovery after Surgery (ERAS) guidelines for elective colorectal surgery, ACS NISQUIP member

For the Olympic Games, 2004, 2008, 2010, 2012

- Catering services menu standards for elite athlete fueling (co-author)
- Nutritional information platforms (co-author)
- Food allergen identification (co-author)
- Benchmark standards for sustainable sourcing (co-author)

Interviews, Media articles

2004	Interview, article, <i>Men's Health</i> magazine, Olympian Meals.
January, 2005 Vol. 7, No. 1, p. 42	Interview, article, <i>Today's Dietitian</i> magazine, Feeding Olympian Appetites.
July/Aug 2008, Vol. 5, issue 6	Interview, article, <i>ADA Times</i> , Feeding The Olympic Village.
August 2008	Interview, article, <i>HealthCastle.com</i> , What Do High Performance Athletes Eat for their Olympics Diet?
January 10, 2008	Contributing author/expert, <i>Health & You</i> magazine, Mixing foods, supplements with medications can be a prescription for trouble.

August, 8, 2008 Interview, article, *Hartford Courant*, Gold Medal Menus.

August 17, 2008 Interview, article, *Chicago Tribune*, Olympic kitchen goes extra mile for athletes' needs.

August, 2015 Trans fats contribute to heart disease, the New Britain Herald, Bristol Press
http://www.centralctcommunications.com/bristolpress/article_cade8100-3a3b-11e5-b0ee-8bbf22470388.html

September, 2015 A good diet can reduce your risk of cancer, the New Britain Herald, Bristol Press
http://www.centralctcommunications.com/bristolpress/article_27b76914-657f-11e5-8303-978aae90fded.html

December, 2015 HEALTHY LIVING: Eating healthy during the holidays, the New Britain Herald, Bristol Press
http://www.centralctcommunications.com/newbritainherald/article_fa952480-add1-11e5-b554-c3accfc730e8.html