

Standing Committee for the Review of the Dietary Reference Intakes Framework

Re-Thinking the AMDR for the 21st Century

February 22, 2024

Speaker Bios

Heïdi Boilard, MSc, RD is a sports dietitian with over 10 years of experience in performance nutrition and contributing to ongoing efforts in the fields of research, policy, and education. Over the years, Heïdi worked with a wide spectrum of sports and athletes. She served as a nutrition expert in the Express Expert Program established by the Coaches Association of Ontario (2017-2019) and was recently the Lead Performance Dietitian for the Gee-Gees varsity teams at the University of Ottawa (2018-2022). Heïdi is currently in her third season as a Nutrition Consultant for the NHL Ottawa Senators and AHL Belleville Senators. Outside of sports, Heïdi served as a nutrition lecturer at La Cité and Algonquin College (2012-2018) and worked in private practice specializing in eating disorders (2017-2019). At the Bureau of Nutritional Sciences at Health Canada, she was involved in the Healthy Eating Strategy initiatives and various national food policies (2017-2018). In 2018, Heïdi joined Strat J4 Food Services within National Defence, and in her current role as Senior Nutrition Advisor she supports Canadian Armed Forces personnel through the establishment of evidence-based nutrition standards and policies. Heïdi completed a Bachelor of Arts with Major in Psychology, a Bachelor of Nutrition Sciences, and a Master of Science Human Kinetics at the University of Ottawa. She is a graduate of the International Olympic Committee Diploma in Sport Nutrition and a Level I certified anthropometrist with the International Society for the Advancement of Anthropometry.

Cindy D. Davis, PhD serves as National Program Leader for the program in Human Nutrition conducted by the U.S. Department of Agricultural (USDA) Agricultural Research Service. In this role, she helps direct the scientific program for six Human Nutrition Research Centers. Prior to joining USDA, she was the Director of Grants and Extramural Activities in the Office of Dietary Supplements (ODS) where she actively engaged and encouraged partnerships with other National Institutes of Health (NIH) Institutes and Centers to develop a portfolio that advances both nutritional and botanical dietary supplement research for optimizing public health. Dr. Davis is also actively involved in a number of government working groups focused on the microbiome including being a co-founder and co-chair of the Joint Agency Microbiome (NIH, Food and Drug Administration, National Institute of Standards and Technology, and USDA) working group. Before coming to ODS, she was a Program Director in the Nutritional Sciences Research Group at the National Cancer Institute. She completed her postdoctoral training at the Laboratory of Experimental Carcinogenesis at the National Cancer Institute. She then joined the Grand Forks Human Nutrition Research Center, USDA, as a research nutritionist. In 2000, she received a Presidential Early Career Award for Scientists and Engineers and was named the USDA Early Career Scientist. She has published more than 135 peer-reviewed journal articles and eleven invited book chapters. She is a supplement editor for the Journal of Nutrition, assistant editor for Nutrition Reviews and a member of the editorial board for Advances in

Nutrition. Dr. Davis received her B.S. degree in nutritional sciences with honors from Cornell University in Ithaca, NY, and her Ph.D. degree in nutrition with a minor in human cancer biology from the University of Wisconsin-Madison.

Deidra C. Devereaux, MS RDN, is the Section Chief of Clinical Nutrition at the VA Southern Nevada Healthcare System in Las Vegas, Nevada, where she directs clinical nutrition care for Veterans across a wide spectrum of practice areas, including acute care, dialysis, endocrinology, eating disorders, outpatient primary care, and weight management with oversight of the dietetic internship program. Recently named the 2023 VA Nutrition and Food Services Excellence in Clinical Nutrition Leadership by a Registered Dietitian Nutritionist Award recipient for her distinguished work in clinical practice. She supported the validation of the Nutrition Care Process Quality Standardization and Evaluation Tool (NCP QUEST), significantly improving quality of clinical dietitian documentation as validated in the 2023 study. Prior to working with the VA, Ms. Devereaux has worked in various realms of dietetics from community nutrition program management in a federally-qualified healthcare facility to serving as both a clinical dietitian manager in acute care rehabilitation and long-term care. Ms. Devereaux received her master's in nutrition science from Northern Illinois University where she earned a certificate of study and clinical internship practice in eating disorders and weight management.

Krista Esslinger, PhD has been with Health Canada for over 20 years and is currently a Nutrition Advisor in the Office of Nutrition Policy and Promotion. Her main area of work is the translation of evidence into policy, which has included initiatives such as classification of nutritious foods, food pattern modelling, and implementation of the Dietary Reference Intakes into federal nutrition policies. She is actively involved in the development dietary guidance and has participated in the last two revisions of Canada's Food Guide. She also chairs the Joint Federal Canada-US Dietary Reference Intakes Working Group, which acts on behalf of both countries to keep nutrient reference values up to date.

Sarah L. Francis, PhD, MHS, RD is a healthy aging advocate, implementation scientist, and registered dietitian. Presently, she is a Professor in Food Science and Human Nutrition at Iowa State University and is serving as the research director at the National Resource Center on Nutrition and Aging. With a rich experience spanning 15 years in community health and aging, Dr. Francis dedicates her efforts to developing and evaluating theory-based nutrition and health education programs. Her work, deeply rooted in Social Marketing Theory (SMT) principles, targets older adults and underserved populations. Through her Extension programming and research endeavors, she aims to engage, excite, and empower adults to prioritize their health, one behavior change at a time.

Sophie Lavallée Prairie graduated from McGill University in 2015 and worked a few years in the private sector before joining Correctional Service Canada (CSC) as the regional dietitian in 2018. Regional dietitians establish personalized nutrition care plans for offenders, educate inmates to make healthier food choices and adopt healthy eating behaviours as part of CSC's

mission by ensuring that every inmate has access to meals / foods that are safe, meet the appropriate nutritional and dietary standards for Canadians. Additionally, regional dietitians are involved in the annual review of the therapeutic diets offered to incarcerated individuals based on the most recent evidenced-based data and best clinical practice guidelines. Sophie has actively participated in many regional and national projects such as the communication strategy for CSC's Food Services, the implementation of vitamins and mineral prescription rights for dietitian licensed in Quebec and presented at a continuing education training for regional food service employees regarding adequate preparation of therapeutic diets as well as CSC's National Pharmacy committee regarding the necessity of vitamin D supplementation for incarcerated individuals.

Amanda MacFarlane, PhD is the founding Director of the Texas A&M Agriculture, Food, and Nutrition Evidence Center – a source of independent and transparent evidence reviews for policymakers on how the agri-food system effects human health, the environment, and the economy. Dr. MacFarlane is a recognized global leader in nutrition science and policy. Her research examines the impact of B vitamin nutrition on health spanning from the molecular mechanisms underpinning genome stability to the identification of socioeconomic, dietary, and genetic determinants of nutritional status among populations. She is a core member of the NUQUEST Working Group that developed critical appraisal tools for nutrition studies. While a Research Scientist at Health Canada (2008-2022), she chaired the Canada-US Joint Dietary Reference Intakes (DRIs) Working Group (2013-2022). During that time, chronic disease endpoints were formally incorporated into the DRIs framework, a review of the sodium and potassium DRIs including the first application of the Chronic Disease Risk Reduction values was completed, and a review of macronutrient requirements was initiated. She is actively involved in policy and regulatory work related to food fortification, food labelling and vitamin supplement content and use. Dr. MacFarlane is an Associate Editor of *The American Journal of Clinical Nutrition* and Member-at-large for Food and Nutrition Policy of the Board of Directors of the American Society for Nutrition. She received the 2022 Assistant Deputy Minister's Award for Excellence in Science, the 2017 Deputy Minister's Award for Excellence in Science, and the 2015 Assistant Deputy Minister's Award for Transparency and Openness.

James P. McClung, PhD is Chief of the Military Nutrition Division (MND) at the United States Army Research Institute of Environmental Medicine in Natick, Massachusetts. Dr. McClung completed his Bachelor's and Master's degrees at the University of New Hampshire, and his doctoral degree at Cornell University. He completed a National Research Council post-doctoral fellowship prior to assuming his role within the Department of Defense. In addition to his duties as Chief of MND, Dr. McClung serves as Immediate Past Chair of the Department of Defense Food and Nutrition Subcommittee. He is a member of the Army Acquisitions Corps. Dr. McClung is internationally recognized for his research in the area of micronutrient nutrition. He is an active member of a number of professional societies, including the American Society for Nutrition. He has authored or coauthored over 150 peer reviewed manuscripts, technical reports, and book chapters, and has served on the editorial boards of a number of leading international nutrition journals including the *Journal of Nutrition*.

Nancy Munoz, DCN, MHA, RD, FAND is a Supervisory Dietitian, Chief for Nutrition and Food Service for the Southern Nevada VA Healthcare System, where she is responsible for the daily operational activities of the Administrative and Clinical Sections of the healthcare system, providing care to 72,000 Veterans. Before this, she was Clinical Nutrition Manager for Genesis Healthcare, where she directed clinical nutrition therapy services to assure high-quality care and compliance with regulatory agencies, including developing, communicating, and implementing clinical nutrition protocols, and supervised over 100 dietitians in skilled nursing and assisted living facilities. Dr. Munoz received her Doctorate in Clinical Nutrition from Rutgers University, School of Health-Related Professions, and her Master of General Administration (with a concentration in Health Care) from the University of Maryland. Dr. Munoz has authored several scientific articles in journals including *Adv Skin Wound Care*, *Nutr Clin Pract*, *J Clin Nurs*, *Crit Care Nurs Clin*, and *J Am Dietetic Assoc*, several books and book chapters covering nutrition topics, and several posters presented at scientific meetings including the World Union Wound Healing Societies and the Food and Nutrition Conference Expo. She has lectured extensively in numerous forums and is an instructor for the University of Massachusetts Amherst Masters in Public Health Program and Rosalind Franklin School of Medicine and Science. Awards and honors include the Medallion Award from the Academy of Nutrition and Dietetics (recognizing a lifetime of contributions to the nutrition and dietetics profession), a Certificate of Appreciation for the contribution to the development of the *Prevention and Treatment of Pressure Injuries Clinical Practice Guideline* as a leader of the Nutrition Small Working Group, and the Carolyn Sebastianelli Member Award from the New Jersey Dietetic Association. Dr. Munoz has served on numerous committees, including the National Pressure Injury Advisory Panel, WoundSource, Dietetics in Healthcare Communities, the Healthy Aging Dietetics Practice Group of the Academy of Nutrition and Dietetics, the Academy of Nutrition and Dietetics Positions Committee, and several others.

Emily Tomayko, PhD is an Assistant Professor in Food Systems, Nutrition, and Kinesiology at Montana State University. She is affiliated with MSU's Center for American Indian and Rural Health Equity and serves on its Community Engagement Core (shared by the Montana INBRE program), which seeks to foster and enhance tribal and rural community partnerships to mitigate health disparities and enhance health equity in ways that acknowledge and embrace Native and rural communities as equitable partners and co-creators of the entire research continuum. Dr. Tomayko's current research addresses health equity across two main areas: 1) understanding the impacts of four-day school weeks on children, families, and rural communities and 2) developing and testing health promotion strategies in partnership with Native American communities. She has worked for the past decade in partnership with multiple Native American communities on developing, evaluating, and disseminating the *Turtle Island Tales* family wellness program, which was recently accepted into the SNAP-Ed Toolkit of evidence-based obesity prevention interventions (<https://snapedtoolkit.org/interventions/programs/turtle-island-tales-family-wellness-program>). Dr. Tomayko is a Registered Dietitian Nutritionist and has completed several fellowships to better understand the intersection of research, policy, and health, including the



American Society for Nutrition Science Policy Fellowship and the resident Christine Mirzayan Science & Technology Policy Graduate Fellowship Program of the National Academies.