

Denise Barratt, MS, RD, LDN

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Summary of Qualifications:

Motivated and versatile registered dietitian with over 20 years experience. Expertise in sustainable agriculture, local food and nutrition, medical nutrition therapy, health promotion/disease prevention, corporate wellness, research, cardiac rehabilitation, women's health and geriatrics. Specialized skills include individual patient counseling, group facilitation, motivational interviewing, culinary arts, policy design, and research methods. Proven abilities in writing, nutrition education, program design, leadership, problem solving, interpersonal skills and mentoring.

Experience

Vine Ripe: Home Grown Nutrition

2014-present

Innovative Local Food and Nutrition Education Company

- Owner of Vine Ripe Nutrition which is a new company with a focus on local farms and health. Programs for the public include hands-on farm to table cooking classes, food and nutrition workshops, local farmer's market tours, local farm tours, visits to farm to table Restaurants, one-on-one nutrition counseling with a local food twist.
- Author of Fresh Off the Vine blog, newsletter and upcoming publications.

Health Concepts Nutrition Therapy, Asheville North Carolina

2006-present

Owner of Nutrition Consulting Company

- Provider of medical nutrition therapy for individual and groups on topics which include weight management, diabetes, metabolic syndrome and heart disease prevention
- Guest speaker and facilitator for corporate wellness programs and community events.
- One of 20 registered dietitians to be selected for the national BMI2 pediatric research study sponsored by the National Institutes of Health conducted by the University of Michigan, American Academy of Pediatrics and the American Dietetic Association.
- Participator in American Dietetic Association and Blue Cross Blue Shield of North Carolina Weight Management Research Study.
- Designer of corporate wellness and disease management projects and other innovative nutrition education programs including work at North Carolina Arboretum and Appalachian Sustainable Agricultural Project.
- Preceptor for students at Appalachian State University and Western Carolina University.

Western Carolina University, Cullowee, NC
Adjunct Professor of Nutrition with School of Health Sciences

2007-present

- ND 310 Food, Nutrition and Culture
- ND 338 Normal & Therapeutic Nutrition

University of North Carolina, Asheville, NC
Adjunct Professor Department of Health and Wellness

2010-11

- HWP 225 Nutrition and Lifestyle
- HWP 154 Women's Health

Wilson Medical Center, Wilson, NC
Registered Dietitian with Wellness Department

2004-2006

- Designed and presented nutrition education workshops and risk reduction seminars for hospital employees, community and corporate clients on topics which included diabetes, metabolic syndrome, heart disease, cancer, osteoporosis and many other topics.
- Provided individual medical nutrition therapy consults to hospital employees, corporate and outpatients.
- Created and implemented "Living Beyond Diets" lifestyle management program and "Living Well: Finding a Healthy Weigh" weight management support group in addition to many wellness programs.
- Collaborated with the food and nutrition department to provide themes, menus, and activities for "National Nutrition Month".
- Helped create and implement the new hospital wellness, "Be Healthy Rewards" program.
- Attained variety of skills to perform wellness screenings to employees, corporate accounts, and the community.

School of Public Health, University North Carolina Chapel Hill, NC 1996-2004
Research Nutritionist, Women's Health Initiative (WHI) Clinical Trials and Observational Study (NHLBI) Dept.of Epidemiology

- Participated in recruitment and screening of dietary study participants
- Facilitated weekly nutrition classes for over 140 dietary change participants at six community centers for over 8 years.
- Evaluated adherence and retention and motivated individuals to meet study protocol
- Assisted with design of newsletters, reports, educational materials, surveys, and staff training/meetings
- Acquired specialized training in motivational enhancement and other behavioral techniques and nutritional assessment.
- Supervised graduate student's work on clinical center cookbook
- Recipient of WHI's Initiative Award 2000

Duke Health Raleigh Hospital, Health Plus Wellness Center
Wellness and Cardiac Rehabilitation Nutritionist

1996-1999

- Provided medical nutrition therapy to cardiac rehabilitation clients and other outpatients
- Developed Health Plus Cooking School and taught classes
- Designed community and corporate health programs
- Spearheaded weight loss program and outcome study for cardiac rehabilitation program
- Participated in the design of care plans with other health care team members
- Served as nutrition preceptor for several local colleges

Saint Louis University, Department of Nutrition and Dietetics
Research and Health Promotion Nutritionist

1993-1995

- Delivered nutrition counseling in a corporate health promotion program and research study to employees on weight management, high blood pressure hyperlipidemia, and diabetes
- Provided nutrition intervention for participants of the Trials of Hypertension Prevention (NHLBI)
- Supervised and instructed dietetic interns with hospital and wellness projects.
- Assisted with faculty research projects and nutrition courses

Health Technologies
Nutrition Consultant

1994-1995

- Provided nutrition assessment and recommendations for long-term care facilities and renal dialysis center.
- Led in-services, staff training, kitchen inspections, meal rounds, and individual counseling.

Saint Louis University Dietetic Internship

1992-1993

- Trained at major medical trauma center and pediatric research hospital.
- Completed five-week community & three-week food management staff relief experience.
- Created and taught health promotion classes to elementary students.

Saint Louis Regional Medical Center
Outpatient Nutritionist

1986-1992

- Provided nutritional assessment and education for adult medicine, maternal health, adolescent, and pediatric clients with a variety of nutrition conditions
- Certified eligible participants for the Women, Infants, and Children Nutrition Program.
- Implemented breast-feeding support group at community health clinic
- Designed and implemented quality assurance programs and educational materials

Education

Master of Science: Nutrition and Dietetics Saint Louis University, 1998

Bachelor of Science: Food and Nutrition, University Missouri-Columbia, 1984

Current Professional Organizations

2006-present: Western North Carolina Dietetic Association (*Media Chair from 2007-2010*)

2005-present: Vegetarian Dietetic Practice Group (Book Review Editor for *Vegetarian Nutrition Update 2006-2009*)

2006-present Nutrition Entrepreneur Dietetic Practice Group

2003-2005: Chair, Nutrition Committee North Carolina Action for Healthy Kids

2000-2009: Member, Governor's Task Force Heart Disease & Stroke Prevention (Justice-Warren)

1996-2006: Raleigh Dietetic Association (*past president & marketing chair*)

1996-present: North Carolina Dietetic Association (*3 years marketing chair & Emerging Dietetic Leader 1998-1999*)

1990-present: American Dietetic Association

Publications

2014 Farm Fresh Nutrition (in process)

2007-2014 Fresh Off the Vine Blog and Newsletter

2010-2012 Activate Asheville Health Blog

2007 contributor for *Sheville* online magazine

2006-2007 guest contributor for *Sophie Magazine*

2005 *Weight a Minute: Smart Eating Makes a Happy Holiday Season*, Vim and Vigor (Winter Issue)

2005 *An Unrefined Life: Eating Whole Grains Improves Health*, Vim and Vigor (Fall Issue).

2005 *On Your Plate*, Vim and Vigor (Spring Issue).

2004 *School Policies that Promote Healthy Eating: A Survey of Foodservice Directors in North Carolina Public Schools*, Journal of Child Nutrition & Management

2004 *Adherence and Retention in the Women's Health Initiative Dietary Clinical Trial*, Poster Session at the North Carolina Dietetic Association

1998 *Do Schools in North Carolina Have Policies that Promote Nutrition?* Masters Thesis and Poster Session at the American Dietetic Association

1995 *Lactation Module* for Saint Louis University Department of Nutrition and Dietetics Department for Graduate School

Presentation List Available Upon Request

