

Le Greta Hudson, MS, RDN, LD, CDE, FAND

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Education

Illinois State University Dietetic Internship, Normal, Illinois – July 1998

Illinois State University, Normal, Illinois – May 1996

Master of Science in Family and Consumer Science

Major: Food, Nutrition and Dietetics

Ferris State University, Big Rapids, Michigan – August 1979

Bachelor of Science

Major: Retail Marketing

Diabetes Care and Education Specialist/ Certified Diabetes Educator – 2004 - current
Completed CDR Certificate of Training in Adult Weight Management – October 2010

Professional Summary

I believe in discovering and sharing new knowledge while facilitating creativity in a diverse learning environment.

I believe that teaching is a process of encouraging, facilitating and helping individuals grow and discover personal meaning.

I am committed to an educational format, which places major emphasis on the freedom, worth, dignity, and integrity of each individual.

Professional Work Experience

University of Missouri:

Assistant Teaching Professor – August 2014 – 2019

Adjunct Instructor- August 2003 – July 2014 & August 2019 - current

Jefferson City Medical Group: Weight Treatment Center-CLINICAL DIETITIAN

September 2009 – December 2011

Longitude Health, Inc. – INDEPENDENT CONTRACTOR

August 2008 – December 2011

Boone Hospital Center –CLINICAL DIETITIAN – Certified Diabetes Educator

September 2000 – December 2008 (contract August 06 – December 08)

Medtronic-Minimed, Inc. - CERTIFIED PRODUCT TRAINER

July 2005 – August 2007 (contract)

St. Joseph Medical Center - OUTPATIENT DIETITIAN

June 1999-May 2000

Illinois State University - INSTRUCTOR/LECTURER

August 1996-May 2000

McLean County Public Health Department - NUTRITIONIST

December 1998-May 2000 Women, Infants, and Children (WIC)

Allstate Insurance Company

Sept. 1988-March 1990 HUMAN RESOURCE DIVISION MANAGER

Jan. 1988-August 1988 SENIOR STAFF HUMAN RESOURCE REPRESENTATIVE

June 1987-Dec. 1987 MANAGEMENT ROTATIONAL DEVELOPMENT

Jan. 1985-May 1987 OPERATIONS UNIT MANAGER

Oct. 1982-Dec. 1984 OPERATIONS UNIT SUPERVISOR

K-Mart Department Stores

July 1980-October 1982 ASSISTANT STORE MANAGER

Teaching Experience and related Course Work/Experience

University of Missouri (Columbia) Teaching Assignments

August 2003 – 2019

Simulation in Dietetics: Coordinator/Simulationist – Fall 2015 - current

Researched and facilitated Simulation in dietetics for the University of Missouri- Coordinated Program in Dietetics. Incorporated simulation to increase student confidence dealing with complex situations in a safe environment without compromising patient safety. Participated in designing and testing simulation modules to educate and train students to perform as competent RDN's (Medical Nutrition Therapy Simulations by SeAnne Saffii-Waite).

Diet Therapy for Health Professionals (NEP2380) Summer Semester-ON LINE.

Designed and facilitate an 8-week on-line course. Objectives are the same as stated during spring semester.

Professional Development 1 and 2 (NEP 7385/7390) Fall/Spring Semesters

Supported students with career exploration and assessment; resume writing and interviewing skill to prepare them for final rotations; comprehensive exams in preparation for RD Exam process. Facilitate presentations and discussions that focus on issues and trends in dietetics. Discussions are used to encourage the development of skills and attitudes that foster life-long professional learning.

Study Abroad in Florence, Italy: Mediterranean Diet and Lifestyle (NEP3131) Summer (2010 – 2017) Winter (2013) Intersession; 2 sessions-Student & Health Professional (2012-2013)

Designed course to explore the health benefits of the Mediterranean diet and lifestyle. Faculty lead course that focuses on food, nutrition and physical activity policies and practices of Tuscany through field trips, site visits, interviews, culinary courses, classroom presentations and group discussions.

Food Service Management & Advanced Food Service Management/ Supervised Practice Experiences (NEP 3290, 4280, 4590) – Spring/Fall Semester

Practicum designed to assist students in applying marketing and budgetary principles in the foodservice industry. Working in conjunction with Campus Dining Services (CDS), student design a business, present a business plan, ideas and concepts to CDS administration for potential implementation.

Community Nutrition and Supervised Practice Experience (NEP4590, 3590) – Fall /Summer Semesters

Practicum designed to explore and apply the concepts and techniques of nutrition programming in a community setting. Working in conjunction with a community food pantry and WIC, students deliver programs on lifestyle management and services that promote consumer health.

Teaching and Counseling Techniques in Dietetics & Assistant for Supervised Practice Experience (NEP3390, 3400) – Fall Semester

Students are able to apply principles and theories of learning, resources, methods and techniques for teaching food/nutrition principles and dietary guidelines; evaluate group dynamics and practice facilitation skills; learn basic counseling skills, theories and methods used in nutrition care of individuals and groups.

Clinical Instructor – Senior Dietetic Interns (NEP4381) – Fall Semester

Liaison/coach between students and preceptors to assess progress and acquisition of competencies during their fall clinical rotation. Monitor student progress to ensure learning is at the appropriate level and pace expected; compare student workloads in different facilities; during site visit review and discuss 1-2 patients to foster critical thinking skills.

Diet Therapy for Health Professionals (NEP2380) – 2003 - 2015 Fall/Spring Semesters

Students gained a basic understanding of nutrition principles and how the human body utilizes nutrients; role of diet and other factors as causation for diseases; familiarity with common diet-related diseases; treatment of disease conditions with emphasis on nutritional care; and changes in nutritional requirements across the life cycle.

Issues in Dietetics Practice – Senior Dietetic Interns (NEP4390) – Spring Semester

Directed student facilitated lectures and discussions focused on issues and trends in dietetics.

Discussions were used to encourage the development of skills and attitudes that foster life-long professional learning.

Clinical Instructor – Junior Dietetic Interns (NS3370) – Spring Semester

Assisted students as they learned to implement the nutrition care process in the hospital; as well as, practice implementation of counseling principles and learning theories while counseling for behavioral change in the in-patient setting.

Jefferson City Medical Group: Weight Treatment Center, September 2009-December 2011.

Conducted private sessions with enrollees, identifying problems, offering strategies/tips and setting goals; conducted group sessions on nutrition relative to weight loss and maintenance. Developed individualized meal plans for enrollees as needed. Implemented Motivational Interview strategies to assist patients with significant behavior change leading to lasting outcomes.

Longitude Health, Inc. – Nutrition and Exercise Blogger Host:

MyHealthVillage.com is a web based site where members come together to share their interests in living better longer. **August 2008 – October 2011**

Longitude health, Inc. provides incentive-driven health and productivity management solutions that encourage employers, physicians, health coaches, consumers and peers to collaborate on their journey to improved health. Facilitated improvements in health indicators for three employers in Macon County, Georgia with employee health improvement through facilitated workshops.

Boone Hospital Center, September 2000 – December 2008

Certified Diabetes Educator-co-facilitator of Diabetes Self-Management Education assessments and classes. Cardiac rehabilitation nutrition educator, and community/corporate health & wellness education.

Medtronic – Minimed, Inc. – Community Outreach Diabetes Education

Training for persons with diabetes interested in insulin pump therapy, and those currently using pump therapy. **October 2005 – August 2007**

Novo Nordisk Pharmaceuticals, Inc. – Diabetes Educator Connection Consultant, Fall 2005 - In office diabetes insulin initiation training of primary care physicians' office staff.

St. Joseph Medical Center, June 1999 - May 2000

Medical nutrition therapy outpatient counseling for patients with Diabetes Mellitus, Vascular Disease, at risk pregnancy and basic nutrition counseling for weight loss.

Illinois State University Teaching Assignments, August 1996 - May 2000

Graduate Teaching Assistant: August '92 - May '95

Principles of Food Preparation

Nutrition in the Life Span

Nutrition for Health and Physical Fitness

Contemporary Issues in Family and Consumer Sciences

Dynamics of U.S. Contemporary Health Issue

Diversity Trainer

Affirmative Action Workshops for Allstate Ins. Co.-Train the trainer facilitator, , Kansas City Region, June '88 - March '90.

Publication and Presentations

Today's Dietitian: July 2018, Vol.20 No 7 – Using Simulation in Dietetics Education; Page 30
Content Facilitator

**Association of Standardized Patient Educators Annual Conference 2018: Kansas City, MO
Tuesday, June 19, 2018**

Innovations in Dietetics Education: New Kids on the Block – Poster Session

**FNCE 2017: Food & Nutrition Conference & Expo – Preconference workshop, Chicago, IL -
Saturday, October 21, 2017**

Innovations in Education: Utilizing Dietetics Simulation for Clinical Experience
Session # 486

**Association of Nutrition Department & Programs and Council for Food Science Administration Meeting,
MU-Columbia, MO – Wednesday, October 25, 2017**

Incorporating Simulation in Dietetics Education: University of Missouri-Coordinated program in
Dietetic: Our journey in Simulation and application. Incorporating Simulation – Bridging the gap
between classroom and clinical experience.

The Missouri Beef Council – Radio Spots; February 2009 – National Nutrition Month

MyHealthVillage.com (YouTube) – Video; August 2008 - Making sense of a low salt diet.

28th Annual Dialysis Conference, March 1-4, 2008 Orlando, Florida, “What Can I Eat? Teaching
Individuals with Diabetes to Eat Healthfully” Training geared toward health educators.

**National Association of Blacks in Criminal Justice, 31st Annual Conference and Training Institute,
July 18-22, 2004 Jacksonville, Florida**, “Diabetes and Cardiovascular Prevention and/ Management
through Diet and Exercise”

Abstract: Hudson, L. and Nnakwe, N. 1995. “Diet, Alcohol and Medication Practices of African
American Older Persons”. Federation Proceedings 1059.A182 Presentation

Professional Memberships

**The Central Missouri Academy of Nutrition & Dietetic
The Academy of Nutrition and Dietetics**

- NOBIDAN
 - Diabetes Care Practice Group (2011-2012)
- American Association of Diabetes Educators (2004 – 2012)**

Honors & Awards

- **Fellow of the Academy of Nutrition and Dietetics – FAND, May 2020**
- **Outstanding Dietetic Educator Award for the Academy of Nutrition and Dietetics, Region 2 –
2016**
- **The Academy of Nutrition and Dietetics- Diversity Leaders Award & Training Program 2009 –
2011**
- **Missouri Emerging Dietetic Leader - 2009**

Positions & Appointments

- Central Missouri Dietetic Association: **Nominating Committee Member & Chair** (2yrs)
- Missouri – **State Licensure Liaison** – 2011 – 2012
- State Committee of Dietitians Licensure Board: **Board Member** 2011- June 2017 / **Committee Chairperson** June 2017 – June 2019
- The Central Missouri Academy of Nutrition & Dietetic – **Membership Committee** 2013-2015
- Missouri Academy of Nutrition & Dietetic – **Director at Large** 2013 - 2015
- NOBIDAN – **Regional Coordinator** 2013-2014; **Scholarship Committee** 2015; **Research Committee** 2020
- Accreditation Council for Education in Nutrition and Dietetics (**ACEND**): **Program Reviewer**: June 2014 – June 2019
- Commission on Dietetic Registration – **Commissioner**: June 2019 - Current
Exam Panel Committee, Competency Assurance Panel, CDR liaison to NDEP

Academy of Nutrition and Dietetics Volunteerism

- **The Academy of Nutrition and Dietetics/Commission on Dietetic Registration (CDR) and ACT, Inc. - Item Writers Workshop: Registration Examination for Dietitians** – 2010
- **Public Policy Workshop, Washington DC** – February 2011
- **Council on Licensure Enforcement and Regulation Conference-Engagement with Licensure: A Workshop for Advancing Your Profession / Missouri Dietetic Association's State Representative** – September 2011
- **Missouri Dietetic Association Annual Conference Co-Chair** 2010 – 2011
- **CDR Item Review Workshop Committee** – February 2012
- **CDR Bias Study Review Committee** – June 2012
- **The Faces of the Academy** – FNCE 2013
- **CDR New Item Review Workshop for Dietitians** – March 2014
- **Accreditation Council for Education in Nutrition and Dietetics (ACEND): Program Reviewer Training** - October 2014; June 2018
- **Professional Item Writers Referral List** - 2014-2015
- **Entry Level Examination Dietetics Practice Audit Task Force Member**: 2015-2016; 2019 - 2020
- **CDR Examination Panel: RD Passing Score Study** – August 2011 & April 2016
- **CDR – Examination Panel-RDN Exam Pool/Bias (RDN/DTR) Review Meeting**:
June 2016; February 2017; June 2017; June 2018; June 2019

Volunteer Organizations

Zeta Phi Beta Sorority Incorporated Service organization
Boone County Minority Health Network: Closing the Gap on Health Disparities 2010 – 2015-Community Educator
KEEP Screenings, Pathway to healthy living & A Taste of African Heritage Workshops