

Anne Marie Kuchera, MS, MA, RD, LPC

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Comprehensive experience in population health strategies, training and development, primary- and specialty-care delivery systems, childhood obesity prevention and treatment; community and organizational health initiatives, and higher education;

Highly successful in the development, implementation, and management of innovative evidence-based programs that produce measurable results in health behaviors, health outcomes, and cost savings.

KEY SKILLS:

- Interpersonal communication
- Project leadership and management
- Training and development
- Health consulting
- Behavioral health assessment and treatment
- Program and curriculum design, implementation, and evaluation
- Teaching, mentoring and advising
- Public speaking
- Entrepreneurship and fundraising

PROFESSIONAL EXPERIENCE:

CHILDREN'S HOSPITAL OF PITTSBURGH OF UPMC (2008 – present)

Program Manager/Project Director, Community Health and Benefit Initiatives (1/2014 - present)

- Co-lead strategic planning and oversight for community benefit initiatives for one of the nation's top ten children's hospitals
- Identify, organize, and engage cross-sector collaborations with direct service and community-based organizations, and schools to ensure effective community input and development of shared goals
- Oversee a Healthy Schools Program for an urban public school district that serves 25,000 youth and employs 5,000 full-time staff; provide technical assistance and training for policy and environmental systems changes
- Developed an internship program for and advise undergraduate and graduate students in dietetics, exercise science, food studies, and public health

Program Manager/Program Development and Training Director,

Healthy Habits 4 Life Pediatric Weight Management Program (2011 – 2014)

- Led the development of and clinical training for an evidence-based obesity treatment program for integration into over 30 pediatric primary care practices. Elements included establishment of a clinical pathway, health record integration, provider relations, clinical competency, marketing, and evaluation
- Authored a primary care-based pediatric weight management program that received national attention from the American Academy of Pediatrics as an innovative approach to obesity treatment, and that produced positive outcomes in children's health behaviors and BMI
- Consulted with the University of Pittsburgh's medical school on the development and delivery of a motivational interviewing curriculum for pediatric residents, and trained over 200 medical residents

Senior Psychiatric Social Worker, Weight Management & Wellness Center (2008 – 2011)

- Provided behavioral health assessment and intervention for obese children and their families utilizing motivational interviewing, cognitive-behavioral, family-based, and interpersonal counseling approaches
- Developed a hospital-based pediatric weight management program that has been implemented with more than 3,000 children and families, and has resulted in positive outcomes in health behaviors and BMI
- Provided consultation on the integration of preventive health and obesity treatment strategies into clinical practice across hospital departments, and into community-based programs

UNIVERSITY OF PITTSBURGH (2009 - present)

Adjunct Professor; School of Health and Rehabilitation Sciences (2013 - present)

Teach graduate-level courses in eating behaviors, and advanced counseling/health coaching methods; advise and mentor graduate students

Adjunct Professor; School of Education (2009 – 2012)

Taught undergraduate courses in nutritional sciences; advise and mentor undergraduate students

DUQUESNE UNIVERSITY (2010 - 2013)

Adjunct Professor; School of Leadership and Professional Advancement

Facilitated web-based behavioral sciences courses for non-traditional undergraduate students

COLLABORATIVE CHANGE SOLUTIONS, LLC (2008 – present)

Co-founder and Partner

- Consult with organizations and agencies on the integration of motivational interviewing into health-related services and interventions; provide basic and advanced level trainings, mentoring and coaching;
- Trained or mentored more than 1,500 health professionals

Clients have included: Akron Children's Hospital, Evolent Health, Humility of Mary Health Partners, Lancaster General Hospital, Nurse-Family Partnership, UPMC Health Plan, West Virginia University School of Social Work

CONSULTANT (2006 – 2012)

Select Projects:

BNY Mellon Provided consultation on institutional strategies for employee health and engagement including foodservice modifications, wellness newsletters, and stress management programs

Carlow Univ. Developed a campus-wide health promotion campaign that was implemented for more than 3,000 students and faculty and produced measurable results in health behaviors

Highmark, Inc. Authored wellness coaching programs for integration into Highmark's care management continuum; led staff training on coaching skills and program execution

Additional clients have included: Duquesne University, Health Enhancement Systems, Kids Plus Pediatrics, Leade Health, MedRespond, Mine Safety Appliance, NuGO Nutrition, University of Pittsburgh

HIGHMARK INC. (1999 – 2006)

Program Strategist, Preventive Health Services (2001 – 2006)

- Developed, implemented, and evaluated data-driven health promotion programs for over 250 employer groups, within a network of 50 community- and hospital-based sites, and for Highmark's 11,000-person employee population
- Developed and implemented a strategic plan for Highmark's employee wellness program that resulted in lower health care expenses per person, and produced a positive return on investment
- Consulted on Highmark initiatives related to childhood obesity, osteoporosis, and heart disease

Administrator, HealthPLACE (1999 – 2001)

Managed a community health education center (HealthPLACE) that served over 15,000 visitors annually; identified community health needs, implemented and evaluated programs, and supervised contracted staff

UPMC HEALTH SYSTEM (1998 – 1999)

Clinical Dietitian, Presbyterian University Hospital and Western Psychiatric Institute and Clinic

ALLEGHENY COUNTY HEALTH DEPARTMENT (1997 – 1998)

Public Health Nutritionist, Women, Infants and Children Program (WIC)

EDUCATION:

University of Pittsburgh

Bachelor of Science, Dietetics and Nutrition, 1996

Scholarship Student-Athlete, 1991 - 1995

Graduate School of Public Health, 1998 - 2000

Chatham University

Master of Arts, Organizational and Community Psychology – Systems concentration, 2005

Master of Science, Counseling Psychology – Health behavior concentration, 2007

PROFESSIONAL CERTIFICATIONS, LICENSURE, AND MEMBERSHIP:

Licensed Professional Counselor, State of Pennsylvania; Lic. # PC005262

Registered Dietitian; Licensed Dietitian/Nutritionist, State of Pennsylvania; Lic. # DN000836

Motivational Interviewing Network of Trainers (MINT)

Academy of Nutrition and Dietetics

PROFESSIONAL LEADERSHIP AND APPOINTMENTS:

Graduate, Leadership Pittsburgh Class XXXII

Steering Committee; Pittsburgh Food Policy Council (2015 – present)

Advisory Board; PA Chapter American Academy of Pediatrics, Pediatric Obesity Prevention and Treatment Collaborative (2011 - present)

Executive Committee; Let's Move Pittsburgh (2013 - present)

Advisory Board; Project on Nutrition Education and Childhood Obesity Prevention, Carnegie Mellon University Center for Economic Development (2010 - 2012)

COMMUNITY LEADERSHIP AND ENGAGEMENT:

Board of Directors, Program Chair; The Midwife Center for Birth and Women's Health (2014 - present)

Board of Directors, Secretary; Grow Pittsburgh (2014 - present)

Chair; Pittsburgh Colfax Edible Schoolyard Committee, and Annual Garden Event (2012 - present)

Chair; Team Colfax, RunShadyside - Annual Fundraiser for the Boys & Girl's Club of Shadyside (2012 - present)

Coach; Pittsburgh Dynamo Recreational Soccer League (2010 - present)

Member; Education & Neighborhood Reinvestment Committee for Pittsburgh's Mayor-Elect (2013)

Nutrition Advisor; Carriage House Children's Center (2007 - 2014)

Member; The Midwife Center for Birth and Women's Health Annual Fundraising Committee (2007 – 2010)

NOTED SPEAKING ENGAGEMENTS:

Pennsylvania Chapter of the American Academy of Pediatrics, October 2014

Webinar, "An Evidence-based Pediatric Weight Management Program in Primary Care"

Let's Move Pittsburgh Symposium, November 2013

"Building a Foundation of Success for Children and in Communities"

American Academy of Pediatrics National Conference, October 2013

"Scalability of a Pediatric Weight Management Program in a Community-Based Primary Care Setting"

Mt. Lebanon School District, August 2013

"Acing the Eating Assignment for Optimal Health"

Pennsylvania Governor's School Healthcare Scholars Academy, June 2013

"Implementing New Models of Care to Manage Chronic Illness"

Pittsburgh Dietetic Association Annual Conference, October 2012

"What you say (and how you say it) matters: Motivational Interviewing in Dietetics Practice"

Eastern Ohio Area Health Education Center, Healthy Children, Healthy Adults Conference, September 2010

“An Introduction to Motivational Interviewing”

Pennsylvania Psychological Association Annual Convention, June 2007 and June 2008

“Motivational Interviewing: A Holistic Approach to Behavior Change”

UPMC Sports Medicine Student Athlete Leadership Academy, August 2006

“Stress Management and Decision-making for Athletes”

(Noted Speaking Engagements, cont’d.)

Healthy Kids to Healthy Adults Third Annual Conference for Improving Health, November 2004

“Nutrition and Wellness: Raising Awareness”

Pennsylvania Academy of Family Physicians Annual Conference, 2004

“A Lifestyle Approach to Weight Management”

PUBLICATIONS, POSTER PRESENTATIONS, PROGRAM RECOGNITION:

Malas N, Rofey D, **Kuchera AM**, Fletcher J, Ortiz-Aguayo R, Douaihy A, Gold M. "Motivational interviewing in Pediatric Residency." *The Clinical Teacher* 2015; 0: 1-7.

Krall J, **Kuchera AM**, O’Hara M, Hagan J, Schoemer P, Arslanian S

“Comparative effectiveness of pediatric obesity treatment provided by an obesity specialty clinic versus primary care”. The Obesity Society Annual Conference, November 2014.

Michael JC, Belendiuk KA, **Kuchera AM**, Rofey DL. “Cognitive Behavioral Therapy for Weight Management”. *The Behavior Therapist*, February 2013.

Kuchera AM, Krall J, O’Hara Marguerite, Hagan J, Schoemer P. *Healthy Habits 4 Life, A Family-Based Approach to Childhood Weight Management*. Let’s Move Pittsburgh Symposium. Nov 2013.

Kuchera AM, Sikorski A, McKenna C, Lavelle E, Lydon D, Gonzalez G, Dubowitz T. *Pittsburgh Colfax K – 8 100 Mile Club, Encouraging Physical Activity During the School Day*. Let’s Move Pittsburgh Symposium, Nov 2013.

Malas N, Rofey D, **Kuchera AM**, Gold M, Pletcher J, Sucato G, Douaihy A, Hofkosh D, Ortiz-Aguayo R. *Implementing a Motivational Interviewing Curriculum for Pediatric Residents*. Western Psychiatric Institute and Clinic Psychiatry Department Research Day. June 2013.

Malas N, Rofey D, **Kuchera AM**, Gold M, Pletcher J, G Sucato, Douaihy A, Hofkosh D, Ortiz-Aguayo R. *Implementing a Motivational Interviewing Curriculum for Pediatric Residents*. University of Pittsburgh Medical Center Graduate Medical Education Conference. Feb 2013.

Malas N, Rofey D, **Kuchera AM**, Gold M, Douaihy A, Hofkosh D. *Longitudinal, Multimodal Motivational Interviewing Curriculum for Pediatric Residents at a Large Academic Medical Center*. Western Psychiatric Institute & Clinic Research Day. June 2012.

Malas N, Rofey D, **Kuchera AM**, Douaihy A, Sacco B

Implementing a Motivational Interviewing Curriculum for Pediatric Residents. University of Pittsburgh Medical Center Graduate Medical Education Conference. Feb 2012.

Rofey D, Szigethy, E, Noll, R, **Kuchera AM**, Arslanian S. *A Novel Approach to Reduce Obesity and Depression in Adolescents with PCOS*. North American Association for the Study of Obesity (NAASO), Annual Conference; October 2007.

McKenna A, **Kuchera AM**. 2004. “The Cure for America’s \$75 Billion Obesity Crisis: Behavior Change” *Employee Benefit Plan Review* 59(2): 10 – 13.

“Behavior Management Tools Foster Healthy Changes”, *Business Insurance*, November 2004.

“A New Generation of Wellness Programs”, *Healthplan*, November/December 2003.

“The Fight Against Fat Goes on the Offensive in the Workplace”, *Workforce Management*, October 2003.