

**CURRICULUM VITAE**  
**University of Pittsburgh**  
**School of Health and Rehabilitation Sciences**

**BIOGRAPHICAL**

**Name:** Caroline West Passerrello

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**EDUCATION and TRAINING**

**UNDERGRADUATE:**

1999 – 2003	University of Pittsburgh Pittsburgh, PA	Bachelor of Science 2003 Major: Psychology
2003 – 2005	University of Pittsburgh Pittsburgh, PA	Bachelor of Science 2005 Major: Clinical Dietetics and Nutrition
<b>GRADUATE:</b> 2005 – 2007	University of Pittsburgh Pittsburgh, PA	Master of Science 2007 Major: Wellness and Human Performance
2020 - Present	University of Pittsburgh Pittsburgh, PA	Doctorate in Education Area of Concentration: Health and Physical Activity

**APPOINTMENTS and POSITIONS**

**ACADEMIC:**

2019 – Present	University of Pittsburgh Pittsburgh, PA	Instructor
2017 – 2019	University of Pittsburgh Pittsburgh, PA	Adjunct Faculty
2013 – 2016	University of Pittsburgh Pittsburgh, PA	Adjunct Faculty

**INTERNSHIP/DIRECTED RESEARCH:**

2007	University of Pittsburgh Pittsburgh, PA	Graduate Internship Physical Activity & Weight Management Research Center
2004 – 2005	University of Pittsburgh Pittsburgh, PA	Undergraduate Research Assistant Department of Health and Physical

*Activity – Comparison of Self-Monitoring Techniques for Tracking Eating and Exercise Behaviors*

**NON-ACADEMIC:**

2016 – Present	Academy of Nutrition & Dietetics Chicago, IL	National Spokesperson
2006 – Present	Caroline West, LLC Pittsburgh, PA	Owner & Strategic Nutrition Consultant
2016 – 2017	Pittsburgh Academy of Nutrition & Dietetics	President
2015 – 2018	Whitby, Inc. Uniontown, PA	Assistant Office Manager
2010 – 2015	Giant Eagle, Inc. Pittsburgh, PA	Corporate Dietitian/ Manager of Retail Dietitians
2008 – 2010	Giant Eagle, Inc. Pittsburgh, PA	Retail Dietitian and Wellness Coach
2007 – 2008	Wellness Concepts™ Pittsburgh, PA	Consultant Dietitian
2007 – 2007	Jewish Community Center Pittsburgh, PA	Health Fitness Instructor
2006 – 2007	UPMC - Presbyterian Hospital Pittsburgh, PA	Clinical Dietitian
2005 – 2006	Valley Health Winchester VA	Clinical Dietitian

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**CERTIFICATION and LICENSURE**

**SPECIALTY CERTIFICATION:**

Public Health Nutrition Certificate of Training Academy of Nutrition and Dietetics	May 2020
Starting A Business Certificate My Own Business Institute, Santa Clara University	August 2017
Integrative and Functional Nutrition Certificate of Training Academy of Nutrition and Dietetics	April 2017

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Certified Lifestyle Eating and Performance Therapist Oxford Biomedical Technologies	March 2017
Advancing Your Role as a Leader Certificate of Training Academy of Nutrition and Dietetics	September 2014
Health/Fitness Instructor® American College of Sports Medicine	2007 – 2011
Commission on Dietetic Registration Adult Weight Management Certification	October 2007
<b>PROFESSIONAL LICENSURE:</b> Registered Dietitian #00952564 Commission on Dietetic Registration, Academy of Nutrition and Dietetics	2005 - Present
Licensed Dietitian-Nutritionist (Pennsylvania – #DN003557) Commonwealth of Pennsylvania, Bureau of Professional and Occupational Affairs	2006 – Present
Licensed Dietitian (Ohio - #LD.08482) Medical Board of Ohio	2018 – Present

### **MEMBERSHIPS in PROFESSIONAL and SCIENTIFIC SOCIETIES**

Academy of Nutrition and Dietetics (formerly ADA), member	2003 - present
<ul style="list-style-type: none"> <li>• Member of Dietetic Practice Groups <ul style="list-style-type: none"> <li>○ Dietitians in Integrative and Functional Medicine</li> <li>○ Food and Culinary Professionals</li> <li>○ Nutrition Entrepreneurs</li> <li>○ Public Health/Community Nutrition</li> <li>○ Sports Cardiovascular and Wellness Nutrition</li> </ul> </li> <li>• Nutrition and Dietetic Educators and Preceptors</li> <li>• Cultures of Gender and Age MIG</li> </ul>	
Pittsburgh Academy of Nutrition and Dietetics, member	2004 - present
<ul style="list-style-type: none"> <li>• President-elect/President/Past President (3-year term 2014-2017)</li> <li>• Membership Committee Member 2013-2014, 2017-2018</li> <li>• Nominating Committee Chair 2012-2013</li> <li>• Nominating Committee Chair-Elect, 2011-2012</li> <li>• Legislation/Licensure Committee, 2008</li> </ul>	
Pennsylvania Action For Healthy Kids Board Member	2013 - 2028
Adagio Health Internship Board of Advisors member	2012 to 2017
Progressive Grocer Retail Dietitian Symposium, Board of Advisors	2015
Food Marketing Institute Health & Wellness Council member	2011 to 2015
Kid Eat Right Volunteer	2011 – present
Academy of Nutrition and Dietetics Foundation Clinical Dietetics and Nutrition Representative for the School of Health and Rehabilitation Advisory Committee	2011 to 2017
Committee member for American Heart Association's Heart Walk	2009-2015
America on the Move volunteer	2007-2008
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## HONORS

<b>Friends of Pennsylvania Family and Consumer Science Award</b> Pennsylvania Association of Family and Consumer Sciences	2019
<b>Keystone Award</b> Pennsylvania Academy of Nutrition and Dietetics	2019
<b>Top Women in Grocery</b> Progressive Grocer	2013
<b>Emerging Dietetic Leader of Pennsylvania</b> Pennsylvania Dietetic Association	2013
<b>Community Service Award: American Heart Association Heart Walk Efforts</b> Giant Eagle, Inc.	2011
<b>Team Member Achievement Award</b> Bringing the Health, Beauty, & Wellness Concept to Retail at Giant Eagle, Inc.	2009
<b>Leadership Development Award</b> Pittsburgh Dietetics Association	2005

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## PUBLICATIONS

### Reviews

Schiff, WJ. *Nutrition Essentials: A Personal Approach, 2<sup>nd</sup> ed.* McGraw-Hill Education (2018). Reviewer for Chapter 8: Vitamins: Nutrients that Multitask and Chapter 9: Key Minerals, Water, and the Nonnutrient Alcohol.

Schiff, WJ. *Nutrition for Healthy Living 5<sup>th</sup> ed.* McGraw-Hill Education (2019). Reviewer for Chapter 8: Vitamins.

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## PROFESSIONAL ACTIVITIES

### TEACHING:

2020 - Present <b>HRS 2647</b> Credits: 3	University of Pittsburgh, Pittsburgh PA <b>Experiential Practice in Community Nutrition</b> Students: 15-28
2020 - Present <b>NUTR 1605</b> Credits: 3	University of Pittsburgh, Pittsburgh PA <b>Principles of Nutrition Education</b> Students: 15-28

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2019 - Present <b>HRS 2635</b> Credits: 2	University of Pittsburgh, Pittsburgh PA <b>Professional Development</b> Students: 15-28
2019 <b>NUTR 1602</b> Credits: 3	University of Pittsburgh, Pittsburgh PA <b>Nutrition Assessment I</b> Students: 13
2017 - Present <b>NUTR 1006</b> Credits: 3	University of Pittsburgh, Pittsburgh PA (Online) <b>Introduction to Human Nutrition</b> Students: 65-75
2017 - Present <b>HRS 2008</b> Credits: 3	University of Pittsburgh, Pittsburgh PA <b>Entrepreneurial Skills for Nutrition Professionals</b> Students: 15-28
2016 <b>HRS 2640</b> Credits: 2	University of Pittsburgh, Pittsburgh PA <b>Community Nutrition Community Preceptor</b> Students: 15
2014 <b>HRS 2629</b> Credits: 3	University of Pittsburgh, Pittsburgh PA <b>Dietary Supplements for Health &amp; Performance</b> Students: 12
2013 <b>HRS 2627</b> Credits: 3	University of Pittsburgh, Pittsburgh PA <b>Diet and Exercise in Chronic Disease Management</b> Students: 4

#### **LIST of CURRENT RESEARCH INTERESTS:**

2020

Grant application submitted for Educational Site Preceptor for the Nutri-Vias Study with the University of Puerto Rico

2019 - Present

Participated as a Co-Investigator in a Behavior Based Interview Tool Pilot Test with Monash and Bond Universities.

#### **PROFESSIONAL PRESENTATIONS AND LECTURES:**

Moderator and Program Planner: ***Mastering Mastermind Meetings***

Food Nutrition Conference and Expo (FNCE)

Virtual (recorded October 6<sup>th</sup> with live Q&A)

October 20, 2020

Presenter: ***Overweight and Undernourished, Indirect Impacts of Our Diets on Human and Environmental Health***

One Health One Planet Symposium, Phipps Conservatory

Pittsburgh, PA

March 14, 2019

Updated: 10/15/2020

Moderator: ***SHRS Ins and Outs of Owning a Private Practice***  
University of Pittsburgh  
Pittsburgh, PA  
February 21, 2019

Keynote Speaker: ***Go Further With Food, Not Fads***  
Indiana University of Pennsylvania  
Indiana, PA  
March 2018

Presenter: ***Mindful Eating***  
ECHO Realty employees  
Pittsburgh, PA  
September 2017

Moderator: ***5-2-1-0 Speaker Series Event: Decoding Online Resources***  
Let's Move Pittsburgh  
Pittsburgh, PA  
September 2017

Presenter: ***Go, Slow, Whoa: How to Talk Positively About All Foods***  
Masonic Village Daycare ages 2-5 and parents  
Pittsburgh, PA  
March 2017

Presenter: ***Weight Management: What Really Matters***  
Orangetheory Fitness Wexford  
Pittsburgh, PA  
September 17, 2016

Presenter: ***Kids Eat Right: Make Your Own Trail Mix***  
Masonic Village Daycare and Summer Camp ages 2-12  
Pittsburgh, PA  
August 2016

Presenter: ***Meal Planning for [REAL]istic lifestyles***  
PPG employees through Innovative Wellness Solutions  
Pittsburgh, PA  
May 2016

Guest lecturer: ***Critical Evaluation: Corporate Sponsored Nutrition Education***  
NUTR 1614 Application of Critical Thinking to Nutrition Issues at the University of Pittsburgh,  
Professor: Lisa Martich  
November 2015

Guest lecturer: ***Entrepreneurial Skills for Registered Dietitians***  
HRS 2008 Entrepreneur Skills for Nutrition Professionals at the University of Pittsburgh,  
Professor: Judy Dodd.  
2013-2015

Panel Member: ***Healthy Products/Healthy Business***  
Updated: 10/15/2020

National Retail Federation  
New York, NY  
January 2015

Panel Member: ***Putting What We've Learned Into Action***  
Progressive Grocer Retail Dietitian Symposium  
Baltimore, MD  
September 25, 2013

Presenter: ***Fuel Your Performance***  
Sponsored by Giant Eagle and The Pittsburgh Steelers presented in partnership with Coach Mike Tomlin  
Pittsburgh, Pa  
June 2013

Presenter: ***Whole Grains in Aisle 3: How Supermarkets Promote Whole Grains***  
Whole Grains on Every Plate Conference  
San Antonio, TX  
October 2012

Presenter: ***Added Sugar and Sweeteners Panel Discussion***  
Food and Nutrition Conference and Expo IMPACT Session,  
Philadelphia, PA  
October 2012

Presenter: ***Supermarket RD's: A New Wave of Opportunity***  
Nutrition Entrepreneurs Dietetic Practice Group of the Academy of Nutrition & Dietetics Webinar  
Pittsburgh, PA  
April 2011

Presenter: ***Food Demo for Supermarket Dietitians***  
Oldways  
Santa Rose, Ca.  
March 2011

Presenter: ***Food Basket Basics: Using the Supermarket as a Nutrition Learning Tool***  
Con Agra Nutribites Webinar Series  
Pittsburgh, PA  
January 20, 2011

Presenter: ***Sensational Careers in Dietetics***  
Pittsburgh Dietetic Association  
Pittsburgh, PA  
September 2010

Presenter: ***Nutrition Education for APhA certification***  
Duquesne University School of Pharmacy  
Pittsburgh, PA  
July 2010

Presenter: ***Nutrition Education for Counseling Pharmacists***  
Updated: 10/15/2020

Duquesne University School of Pharmacy  
Pittsburgh, PA  
2008-2010

Presenter: ***Become a Portion Pro***  
Duquesne University Pharmacy Alumni  
Pittsburgh, PA  
May 2010

Presenter: ***How to Conduct an Effective Food Demonstration***  
Pennsylvania Dietetic Association annual meeting  
Pittsburgh, PA  
April 2010

Presenter: ***Portion Awareness with your Heart in Mind***  
On behalf of the American Heart Association  
Pittsburgh, PA  
February 2010

**SERVICE:**

**University Level**

October 9, 2020

Civic Engagement Week volunteer for Homewood Raingarden clean-up

2020 – Present

Community Engaged Scholarship Forum Member

**School Level**

2019 – Present

Dietitian Nutritionist Program liaison for the SHRS Wellness Pavilion at the Homewood Community Engagement Center

2019 – Present

Therapy Pet Volunteer for the School of Health and Rehabilitation Sciences