# Education

M.S. **Clinical Nutrition, University of Pittsburgh, 1991,** Thesis: “Nortriptyline-induced Weight Gain in a Late-Life Depressed Population: Effectiveness of Nutrition Intervention”

Qualifying Practical Experience, 1988, Mercy Hospital of Pittsburgh

B.S. **Food and Nutrition/Dietetics, Indiana University of Pennsylvania,** **1985**

# Affiliations/Memberships

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| * Registered Dietitian, maintained by the Commission on Dietetic Registration, #724850 |  | 1991-present |
| * Licensed Dietitian-Nutritionist (LDN) by the Commonwealth of Pennsylvania Department of State #DN002002 |  | Current |
| * Member, Academy of Nutrition and Dietetics (A.N.D.), member Pennsylvania Affiliate |  | 1985-present |
| * Member, Weight Management Practice Group, A.N.D. |  | 2009-present |
| * Member, Nutrition Entrepreneur Dietetic Practice Group, A.N.D. |  | 2002-present |
| * Member, Dietitians in Business and Communications, Dietetic Practice Group, A.N.D. * Member, Sports and Cardiovascular Nutrition, Dietetic Practice Group, A.N.D. |  |  |

# Professional Experience

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| * Nutrition Communications Consultant: Social Media Consultant, blogger for numerous clients including Calorie Control Council, American Beverage Association, Blogger Mid-Atlantic Dairy Association, www.chewthefacts.com |  | July 2010- present |
| * Online Nutrition Coach, weight management, Real Living Nutrition Services® www.reallivingnutrition.com |  | 2007-present |
| * Nutrition Instructor, Penn State World Campus |  | January 2005-May 2011 |
| * Consulting Dietitian, Long-term care, Crawford County Care Center, Saegertown, PA |  | August 2000-2008 |
| * Author, Freelance Nutrition Writer, Speaker (www.rustnutrition.com), Meadville, PA, Private Practice |  | 1994-present |
| * Chief of Nutrition Services, HealthAmerica (HMO), Pittsburgh |  | 1990-1994 |
| * Nutrition Data Entry Specialist/Mentor, University of Pittsburgh, Modifications of Diet in Renal Disease (MDRD) clinical trial |  | 1989-1991 |
| * Outpatient Dietitian, Mercy Hospital of Pittsburgh |  | 1988-1990 |
| * Diet Assistant, Mercy Hospital of Pittsburgh |  | 1986-1988 |
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# Publications

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| * Samaan, Sarah; **R. Rust**; C. Kleckner; *DASH Diet For Dummies®*, August 2014. Wiley. * **Rust, Rosanne**; *Nutrition Controversies: Keeping Things in Perspective*. American Journal of Lifestyle Medicine. Online March 11, 2014 for Fall 2014 publication. * **Rust, Rosanne**; Sugars and Dietary Quality. Chapter 10, pp151-168. *Fructose, High Fructose Corn Syrup, Sucrose and Health;* Springer Science+Business Media, 2014. * **Rust, Rosanne;** C. Kleckner; *Hypertension Cookbook For Dummies®.* 2012. John Wiley & Sons, Inc, Hoboken, New Jersey |  |
| * **Rust, Rosanne;** M. Raffetto; *Restaurant Calorie Counter For Dummies®, 2nd edition.* 2011.John Wiley & Sons, Inc, Hoboken, New Jersey |  |
| * Raffetto, Meri; **R. Rust;** *Glycemic Index Cookbook For Dummies®.* 2011. John Wiley & Sons, Inc, Hoboken, New Jersey |  |
| * **Rust, Rosanne;** M. Raffetto; *Calorie Counter Journal For Dummies®.* 2011.John Wiley & Sons, Inc, Hoboken, New Jersey |  |
| * Cimperman, L.; Cochran, N; Davis, S.; Kuchel, S.; O'Neill, C.; **Rust, R.;** *A Week with the Experts: A Dietary Guide for Your Nutrition Needs*, pdf booklet, www.sweetsurprise.com |  |
| * **Rust, Rosanne;** M. Raffetto; *Calorie Counter For Dummies®.* 2009.John Wiley & Sons, Inc, Hoboken, New Jersey |  |

# Lectures/Presentations

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| * "Nutrition Controversies: Keeping things in perspective." American College of Lifestyle Medicine 2013 conference. Washington, DC, October 28, 2013 |
| * Expert Panel Discussion, American College of Lifestyle Medicine 2013 conference. Washington, DC, October 27, 2013 |
| * “Using Social Media to Market YOU”. Technology & Social Media Specialty group of the Nutrition Entrepreneur Practice Group, 2013 Academy of Nutrition and Dietetics Annual Food and Nutrition Conference, October 20, 2013 |
| * “The Science and Nutrition of Nutritive Sweeteners: Helping customers understand fact from fiction”. Wegman's Supermarket, Headquarters, Rochester, NY, June 25, 2013 |
| * "The Science of Nutrition and Sweeteners. Helping Your Clients Decipher the Facts" Pennsylvania Dietetic Association, Leadership dinner, 2013 Annual Meeting and Expo, Monroeville, PA, April 2013 |
| * "Sweet Science: Comparing Sucrose and High Fructose Corn Syrup" Northwest Dietetic Association, Annual Spring Meeting, Erie, Pa, May 18, 2012 |
| * "Science vs. Myth: Facts about High Fructose Corn Syrup," Council on Renal Nutrition, Wexford, PA, May 2011 |
| * “How Many Calories Are in That?" presented to the Meadville Medical Center Auxiliary, September 2011 |
| * "The Flexibility to Working Online: Create Your Career Path to the Future," Pennsylvania Dietetic Association Annual Meeting, Pittsburgh, PA, April 2010 |
| * "The Business Savvy Dietitian: Generating Nontraditional Revenue Sources," American Dietetic Association Annual Food and Nutrition Conference and Exhibition, Denver, CO, October 2009 |
| * "Mindful Eating: You Are What You Eat," Wellness Lecture Series for students, James Madison University, Virginia, April 2008 |
| * “Eating On and Off Campus,” presented to 150 Allegheny College junior and senior athletes, February 2008 |
| * “Mindful Eating,” presented to 250 Allegheny College first-year and sophomore athletes, November 2007 |
| * “Eat to Win: Nutrition Tips for the Allegheny College Swim Team”, September 2005 |
| * “Nutrition Facts You Can Use,” presented to PPG Industries’ employees as part of a worksite wellness program, March 2005 |
| * “Eat to Win: Pre-game meals and nutrition on the road,” presented to Allegheny College Women’s Athletics staff and athletes, November 2000 |
| * “Eat Right, Feel Better: For Everyone’s Health,” presented to Allegheny College Athletic Department Coaches, November 2001; presented to local Mothers Of Pre-Schoolers, September 2001; presented to Crawford County Care Center nursing staff, May 2000 |
| * “Foods, Fads, and Supplements,” presented to Allegheny College students during Eating Disorder Awareness Week, February 2000 |
| * “The Food Guide Pyramid for Persons 50 Plus: A healthful eating plan to keep you healthy at any age,” presented to the Meadville Medical Center Auxiliary, September 1999 |
| * “Take a Fresh Look at Nutrition: Eating Strategies for the College Student,” presented to Allegheny College Health Center staff, February 1999 |
| * “Foods to Reduce Cancer Risk,” presented to Crawford County Medical Society, May 1995 |

# Research Experience

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| * Nutrition Data Entry Specialist/Mentor, University of Pittsburgh, Modifications in Diet in Renal Disease (MDRD) clinical trial |  | 1989-1991 |

# Teaching Experience

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| * Nutrition Instructor, Penn State World Campus. Taught 3 online courses for the Clinical Dietetic Associates Degree. *Diet Therapy and Nutrition Care in Disease* (4 credit hours); *Nutrition Assessment: Theory and Practice* (3 credit hours); and *Professional Staff Field* *Experience* (4 credit hours) |  | January 2005-May 2011 |
| * Adjunct Faculty, LaRoche College, Science of Nutrition I (3-credit hours) |  | Summer 1998 |

# Television/Media

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| * Social Media Consultant |  | July 2010-present |
| * WMGW 1490 AM radio; weekly nutrition talk show guest |  | January 2010-December 2012 |
| * Medicine in Meadville, Armstrong Cable CTV 23 |  | January 2010, 2011, 2012 |
| * WSEE TV Newswatch Insider, Get Healthy in 2008, and Tips to Start 2008 off Healthy |  | January 2008 |

# Professional Development

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| * Technology & Social Media Specialty Group Chair, Nutrition Entrepreneurs DPG, Academy of Nutrition and Dietetics |  | June 2013-May 2015 |
| * Northwest Dietetic Association, Public Relations Chair |  | June 2013-May 2014 |
| * Pennsylvania Dietetic Association, Nominating Committee, Northwest |  | 2011-2013 |
| * Planning Committee, PADA Annual Meeting 2013 |  | June 2012-June 2013 |
| * Northwest Dietetic Association, President |  | 2009-2010 |
| * Northwest Dietetic Association, President Elect |  | 2008-2009 |
| * Pennsylvania Dietetic Association Foundation, Co-Chair, Continuing Education |  | 2003-2005 |
| * Dairy Council Mid-East, Children's Calcium Partnership |  | 2001 |
| * Dairy Council Mid-East, Children's Advisory Committee |  | 2000 |

# Volunteer/Community Outreach

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| * **December 2010-June 2013,** Childhood Obesity Task Force (BEAM: Balanced Eating and Movement in Meadville; Passport to a Healthier You). Program aiming to increase awareness of community efforts toward reducing the incidence of childhood obesity. |
| * **January 2009-December 2012,** Way to Win (W2W) Program. Conduct nutrition session and supervise nutrition education component of area wellness program aimed at children in grades K-6 attending after-school programs |
| * **September 2008, “**Calcium for Strong Bones,” 3rd- to 8th grade students, Seton Catholic School Wellness Fair |
| * **March 2008,** “Eating for Performance,” presented to Presque Isle Cycling Club, Erie, PA |
| * **Spring 2007-Fall 2008,** Wheels to Wellness, PA Girl Scouts. Conducted nutrition portion of wellness program aimed at cycling education |
| * **April 2005,** “Food is Chemistry: Nutrition, your body, and your bones,” presented to 3rd to 6th grade students as part of Crawford County School District’s “Super Science Saturday” |