

## Lydia (Stinnett) Ballenger, MA, RD, LD

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### TEACHING EXPERIENCE

**Dietetic Internship Director**, Miami University. Oxford, Ohio.

- ❖ Department of Department of Kinesiology, Nutrition, and Health. June 2022 to present.

**Associate Clinical Lecturer**, Miami University. Oxford, Ohio.

- ❖ Department of Department of Kinesiology, Nutrition, and Health. June 2022 to present.

**Dietetic Internship Director**, Ball State University. Muncie, Indiana.

- ❖ Department of Nutrition and Health Science. July 2016 to May 2022.
- ❖ Department of Family and Consumer Sciences. May 2012 to June 2016.

Courses taught related to the Dietetic Internship Program:

NUTR 642 – Nutrition Assessment

NUTR 680 – Supervised Practice in Food Systems Management

NUTR 681 – Supervised Practice in Nutrition Therapy

NUTR 682 – Supervised Practice in Community/Business/Entrepreneur

- Plans, implements, monitors, and manages compliance with the accreditation guidelines for the Dietetic Internship as required by ACEND.
- Develops and leads revision of curriculum, trains faculty and preceptors, conducts ongoing program assessment and evaluation.
- Provides reports to ACEND and university administration annually and as required.
- Successfully underwent ACEND re-accreditation through authoring 329-page self-study report and coordinating 2.5-day virtual site visit.

**Associate Clinical Lecturer**, Ball State University. Muncie, Indiana.

- ❖ Department of Nutrition and Health Science. August 2019 to May 2022.

**Assistant Clinical Lecturer**, Ball State University. Muncie, Indiana.

- ❖ Department of Nutrition and Health Science. July 2016 to July 2019.
- ❖ Department of Family and Consumer Sciences. May 2012 to June 2016.

Courses taught:

FCFN 247 – Foodservice Sanitation and Purchasing

NUTR 275 – Personal Nutrition

NUTR 455 – Lifecycle Nutrition

### RELATED EXPERIENCE

**Consultant Dietitian** – Nutrition Services, Inc. Indiana. January 2022 to present.

**Consultant Dietitian** – Ann Overmyer Nutrition Consulting. Indiana. April 2019 to December 2021.

- Completes nutrition assessments (initial, quarterly, annual) and care plans for individuals in group homes throughout Central Indiana.
- Participates in quarterly interdisciplinary care meetings.
- Conducts group home sanitation audits and provides written quarterly reports on clients and group home findings.

**Consultant Dietitian** – Youth Opportunity Center. Muncie, Indiana. May 2018 to March 2022.

- Reviewed and approved menus on a quarterly basis, ensuring compliance of DOC and DOE regulations and guidelines.

**WIC Nutritionist** – Marion County Public Health Department. Indianapolis, Indiana. May 2007 to May 2012.

- Assessed, educated, referred, and/or tailored food packages for clients from diverse backgrounds based on individualized needs.

**Graduate Assistant: Quantity Foods Lab** – Ball State University: Department of Family and Consumer Sciences. Muncie, Indiana. August 2006 to May 2007.

- Procured food and managed front of the house operations for student-run restaurant.

**Graduate Assistant/Nutrition Office Assistant** – Ball State University Residence Halls Dining Service. Muncie, Indiana. March 2004 to December 2005.

- Implemented nutrition programs and provided nutrition trainings to management staff.

## **EDUCATION**

**Master of Arts** – Family and Consumer Science: Nutrition. July 2009. Ball State University. Muncie, Indiana.

**Bachelor of Science** – Dietetics. May 2005. Ball State University. Muncie, Indiana.  
Honors Thesis: "Observed plate waste in hospitalized patients: length of stay and diet order"

## **GRANTS RECEIVED**

April 2019 – Summer Assessment Grant. Ball State University Office of Institutional Effectiveness. \$2000.00. **Ballenger, L.**, Pike, K.

April 2018 – Summer Assessment Grant. Ball State University Office of Institutional Effectiveness. \$2000.00. **Ballenger, L.**, Pike, K.

April 2017 – Summer Assessment Grant. Ball State University Office of Institutional Effectiveness. \$2000.00. **Ballenger, L.**, Pike, K.

2015-2018 – MA.MS Nutrition and Dietetics Graduate Enrollment Recruitment Proposal. Ball State University Graduate School. \$20,550.00. Friesen, C., **Ballenger, L.**, Pike, K.

April 2015 – Summer Assessment Grant. Ball State University Office of Institutional Effectiveness. \$2000.00. **Ballenger, L.**, Pike, K.

2013-2015 – MA.MS Nutrition and Dietetics Graduate Enrollment Recruitment Proposal. Ball State University Graduate School. \$12,608.00. Friesen, C., **Ballenger, L.**, Pike, K.

March 2005 – Ball State University Undergraduate Research Grant, Office of Academic Research and Sponsored Programs. \$300.00. Kandiah, J, **Stinnett L**.

### **REFEREED PUBLICATIONS**

Kandiah, J, **Stinnett L**, and Lutton D. Observed plate waste in hospitalized patients: length of stay and diet order. *J Am Diet Assoc.* 2006; 106:1663-1666.

### **INVITED PRESENTATIONS**

Invited lecturer: National Kidney Foundation of Indiana: The Future of Education in Nutrition and Dietetics (October 7, 2016).

### **CERTIFICATIONS**

Registered Dietitian – November 2006 to present.

Licensed Dietitian in Indiana – November 2006 to present.

### **AWARDS**

Outstanding Contract Faculty Teaching Award. Department of Nutrition and Health Science. April 2019.

Outstanding Dietetics Educator Award. IAND. April 2017.

### **SKILLS**

Leader, Self-starter, Problem-solver, Multi-tasker, Team player, Customer-focused, Communicator, Flexible, Proficient in Blackboard, Canvas, Adobe Acrobat, MS Word, Excel and PowerPoint

### **PROFESSIONAL MEMBERSHIPS AND PRACTICE GROUPS**

The Academy of Nutrition and Dietetics (AND)

Nutrition and Dietetics Educators and Practitioners (NDEP)

The Indiana Academy of Nutrition and Dietetics (IAND)

Central Indiana Academy of Nutrition and Dietetics (CIAND)

Indiana Dietetics in Health Care Communities (IN-DHCC)

### **PROFESSIONAL SERVICE**

Accreditation Council for Education in Nutrition and Dietetics (ACEND) Program Reviewer, June 1, 2018 to present.

### **INSTITUTIONAL SERVICE**

- College of Health: Program Directors Committee, member – August 2021 to present
- College of Health: Internship Coordinators (formerly Memorandum of Understanding) Committee, member – January 2018 to present
- Department of Nutrition and Health Science: Contract Faculty Titles and Promotion Committee, member
  - Secretary – August 2021 to present
  - Member – August 2017 to August 2018

- Department of Nutrition and Health Science: Contract Salary Committee
  - Chair – August 2017 to May 2019
  - Member – August 2016 to May 2017; August 2019 to May 2020; August 2021 to present
- Department of Nutrition and Health Science: Website Sitecore Publisher – January 2019 to present
- Ball State Dietetics Association (BSDA), faculty co-advisor – August 2016 to present
- Ball State Internship Coordinator Group, member – September 2014 to present
- Ball State Dietetic Internship Steering Committee, chair – May 2012 to present
- College of Health: Clinics Advisory Group: Department of Nutrition and Health Science Representative – August 2019 to May 2021
- College of Health: Inter-professional Education and Practice Committee – August 2019 to May 2020
- College of Health: Director of Simulation Laboratories Search Committee, member – August 2018 to May 2019
- Interdepartmental Scholarship Committee, department representative – May 2018 to May 2019
- Department of Nutrition and Health Science: Honors and Award Committee
  - Chair – August 2017 to May 2019
  - Member – August 2016 to May 2017
- Canvas Pilot Program through iLearn, member – August 2016 to May 2018
- Ball State Dietetic Internship Scholarships Committee, member – Summers 2016 to 2021
- Ball State Committee: Simulation Suite Operations: College of Health, member – March 2016 to May 2016
- Department of Family and Consumer Sciences: Contract Salary Committee, member – August 2013 to May 2015
- Thesis Committee: Tarrah McCreary, member – January 2013

**CONTINUEING EDUCATION AND PROFESIONAL DEVELOPMENT (past 5 years)**

- March 9, 2022 – ACEND Competency Based Education Training. On-line.
- February 25, 2022 – ACEND Lead Program Reviewer Training. On-line.
- November 16, 2021 – ACEND: Closing Equity Gaps in Higher Education. On-line.
- November 10, 2021 – ACEND Program Reviewer Training: 2022 Accreditation Standards. On-line.
- November 5, 2021 – ACEND FEM Accreditation Standards. On-line.
- October 16-19, 2021 – FNCE. On-line.
- October 6, 2021 – Sneak Peek: Enhanced DICAS Platform. On-line.
- September 17, 2021 – NDEP: Preceptor Engagement. On-line.
- September 9, 2021 – 2022 ACEND Accreditation Standards Webinar. On-line.
- June 24, 2021 – A License to Practice: Updates on the Academy’s National Approach to Consumer Protection. On-line.
- June 22-23, 2021 – ACEND Virtual Program Reviewer Training Workshop. On-line.
- June 8, 2021 – ACEND Diversity Webinar: Legal and Ethical Admissions Processes that Promote Diversity. On-line.

- May 21, 2021 – IAND Virtual Breakout Session: Bridging the Gap between Clinical Nutrition and Intuitive Eating/HAES. On-line.
- May 14, 2021 – IAND Virtual Breakout Session: The Influence of the Gut Microbiome on Behavior. On-line.
- April 30, 2021 – IAND Virtual Breakout Session: Providing Nutrition Services via Telehealth. On-line.
- April 23, 2021 – IAND Annual Virtual Kick-Off Meeting. On-line.
- April 13-15, 2021 – NDEP Annual Virtual Meeting. On-line.
- March 2, 2021 -- Medical Foods: Their role in therapeutic nutrition. On-line.
- February 26, 2021—ACEND Reviewer Training. Creating a Framework for Balancing Quality Assurance and Quality Improvement. On-line.
- November 20, 2020 – The Ohio Nutrition and Dietetic Educators and Preceptors Annual Conference. On-line.
- October 27, 2020 – Strengthening the Patient Connection: Deconstructing the Complexity of Racism and Food. On-line.
- October 17-20, 2020 – FNCE. On-line.
- October 7, 2020 – Webinar: Insulin Delivery Devices Today and Beyond: What RDs Need to Know. On-line.
- September 30, 2020 – Cultural Considerations Within Nutrition Counseling. On-line.
- September 24-25, 2020 – Food: Back to the Basics IN DHCC Annual Meeting. On-line.
- September 11, 2020 – ACEND Webinar on Proposed 2022 Accreditation Standards Graduate Degree Requirement for DIs and CPs. On-line.
- September, 9, 2020 – COVID-19 and Malnutrition: State of the Evidence. On-line.
- August 25, 2020 -- Active Learning and Flipped Classroom Techniques with Applications for Teaching Life Cycle Nutrition. On-line.
- August 18, 2020 -- Personalized Nutrition Management Across the Continuum of Care in COVID-19 Infection. On-line.
- July 6, 2020 -- Diversity and Inclusion in Dietetics: Educators as Allies and Advocates. On-line.
- June 25, 2020 – Incorporating Experiential Learning in the Classroom with Simulation. On-line.
- May 26, 2020 -- Lessons Learned: Ramping Up Telehealth Services During COVID-19. On-line.
- March 17, 2020 -- ACEND Update: The Future Education Model and Competency-Based Education. On-line.
- February 10, 2020 – NFPE Parts 1 and 2. On-line.
- January 16, 2020 – Difficult Conversations. On-line.
- December 2019 -- Ball State Dietetic Internship: Case Studies and Celebration. Muncie, IN.
- November 22, 2019 -- Insurance Billing Basics for Dietitians. On-line.
- October 23-26, 2019 – FNCE. Philadelphia, PA.
- October 17, 2019 -- Sharing of Best Practices from ASPEN and BAPEN. On-line.

- August 29, 2019 -- Review of the Revised 2018 Standards of Professional Performance for RDNs in Education of Nutrition and Dietetics Practitioners. On-line.
- August 22, 2019 – IN DHCC Summer Seminar. Anderson, IN.
- August 2019 – “Current Topics in Nutrition: Dietetic Internship Case Studies”. Muncie, IN.
- April 2019 – IAND Annual 2019 Meeting. Anderson, IN.
- March 13-15, 2019 – NDEP Annual Meeting. Cleveland, OH.
- March 2019 – Sharpen Your Skills with NCP & ANDHII. On-line.
- March 2019 – NDEP: Getting Started: Designing and Using the Standardized Patient for Simulation Experiences. On-line.
- March 2019 – ACEND Reviewer Training on Microaggressions. On-line.
- December 2018 – “Current Topics in Nutrition: Dietetic Internship Case Studies”. Muncie, IN.
- November 2018 – Nutrition Education Needs of the Nurse and NP. On-line.
- October 20-23, 2018 – AND. Food and Nutrition Conference and Expo. Washington D.C.
- October 2018 – CIAND, Orchard Outing. Greenfield, IN
- October 2018 – Nutrition Education Needs of the Physician Assistant. On-line.
- September 2018 – Implementing IPE to Serve the Underserved. On-line.
- August 2018 – Nutrition Education Needs of the Athletic Trainer. On-line.
- August 2018 – “Current Topics in Nutrition: August 2018”. Muncie, IN.
- August 2018 – Malnutrition, Protein, and the Role of Early Enteral Nutrition. On-line.
- July 2018 – Harnessing the Opportunities & Building Return on Investment of Medicare Diabetes Prevention Program Services. On-line.
- June 2018 – Accreditation Council for Education in Nutrition and Dietetics (ACEND) Program Reviewer Training Workshop. Chicago, IL.
- May 2018 – Promoting Health & Wellness Through Collaboration. On-line.
- May 2018 – Accreditation Council for Education in Nutrition and Dietetics (ACEND) Program Reviewer Training. On-line.
- April 2018 – IAND Annual 2018 Meeting. Fishers, IN.
- April 18-20, 2018 – NDEP Annual Meeting. Clayton, MO.
- March 2017 – NDEP Spring Area Meeting. Clayton, MO.
- December 2017 – “Current Topics in Nutrition: Dietetic Internship Case Studies”. Muncie, IN.
- November 2017 – “Parenteral Nutrition Therapy: Applying New Guidance to Practice”. On-line.
- October 21-24, 2017 – AND. Food and Nutrition Conference and Expo. Chicago, IL.
- October, 21, 2017 – AND. NFPE Hands-On Training Workshop- Rush University Medical Center. Chicago, IL.
- October 17, 2017 – Abbott Nutrition Health Institute. “Patient Simulation: Putting Malnutrition Screening, Assessment, Diagnosis, and Intervention into Practice”. On-line.
- August 2017 – “Current Topics in Nutrition: Dietetic Internship Case Studies”. Muncie, IN.
- August 2017 – NDEP. “Webinar- Guide to Being an Effective Preceptor”. On-line.

- April 2017 – IAND Annual 2017 Meeting. Fishers, IN.
- March 2017 – NDEP Spring Area Meeting. Louisville, KY.
- March 13, 2017 – Ball State University, IPE event facilitator. “The Safety Room”. Muncie, IN.