

# LORA A. SPORNY

## EDUCATION

Teachers College, Columbia University, New York, NY  
**Doctor of Education**, Nutrition Education, February 1992

Teachers College, Columbia University, New York, NY  
**Master of Education**, Community Nutrition Education, October 1988

New York University, New York, NY  
**Master of Arts**, Science and Environmental Journalism, February 1987

University of Pittsburgh, Pittsburgh, PA  
**Bachelor of Science**, Clinical Nutrition and Dietetics, April 1985

## PROFESSIONAL ACCREDITATION

**Registered Dietitian-Nutritionist** conferred in the fall of 1985 by the American Dietetic Association (Academy of Nutrition and Dietetics)

## EXPERIENCE

September 1992  
 through present

**TEACHERS COLLEGE, COLUMBIA UNIVERSITY**, New York, NY  
 Graduate Department of Health and Behavior Studies, Program in Nutrition

**Full-time Lecturer in Nutrition and Education** (prior adjunct assistant professor and adjunct associate professor of nutrition and education)

- Instruction each year of the graduate courses titled *Introduction to Nutrition, Nutrition and Human Development*, and *Nutrition Care Process & Medical Nutrition Therapy I and II*. Course instruction includes all aspects of lecture preparation, instruction and evaluation of student performance.
- Faculty supervision for *Extended Fieldwork in Nutrition Education, Extended Fieldwork in Nutrition and Public Health*, and *Extended Fieldwork in Nutrition and Exercise Physiology*.
- Prior instruction of the graduate courses titled *Survey of Nutrition* and *Community Nutrition*. Prior co-instruction of a graduate course titled *Strategies for Nutrition Education*, which included student placement in various sites in New York City and evaluation of student teaching at these sites.

January 1993  
 through present  
 (Saturday sessions)

**UNIVERSITY OF CONNECTICUT** at Stamford, Stamford, CT  
 Department of Nutritional Sciences

### Adjunct Instructor

- Instruction of a course titled *Fundamentals of Nutrition*.
- Instruction of a course titled *Nutrition and Human Development*.

2007 & 2011

**ALMA** (Adult Literacy Media Alliance) of Education Development Center, Inc.  
 New York, NY

### Consultant/Editor

- Content editing of education curricula, including lessons on Nutrition Facts Labels, calorie counting, carbohydrate counting, healthful and unhealthful fats, and weight management.
- Content design and editing of episodes of *TV411 Cook Smart*, a public television and Web-based video series that combines the preparation of nutritious meals with math and science concepts.

- Content design and editing of six episodes of *TV411 What's Cooking?*, a Web-based video series that combines preparation of nutritious meals with math and science concepts.

March 2008;  
March 2006;  
& October 2004  
through Feb 2005

**THE HEBREW UNIVERSITY OF JERUSALEM**, Israel  
Graduate Department of Nutritional Sciences

**Instructor**

- Instruction of a graduate course titled *Nutrition and Aging*. Taught once as a semester-long course, once as a 5-week course, and once as a 3-week course.

March 2007

**REYKJAVIK UNIVERSITY**, Reykjavik, Iceland  
Department of Public Health Education

**Instructor**

- Instruction of an intensive 2-week graduate course that included dietary prevention and management of common degenerative diseases of aging adults.

September 1987  
through 2005

**NEW YORK UNIVERSITY**, New York, NY  
Graduate School of Journalism, Science and Environmental Reporting Program

**Adjunct Instructor**

- Delivery of a lecture series titled *Nutrition, Health and Media* within a course titled *Science Survey*.

October 2004  
through Feb 2005

**TEL-HAI ACADEMIC COLLEGE**, Israel  
Department of Nutritional Sciences

**Instructor**

- Instruction of an undergraduate course titled *Nutrition and Aging*.

November 1999  
through Oct 2000

**CAPSTONE PRESS PUBLISHERS**, Minnetonka, MN

**Consultant/Editor**

Content editing of the following four nutrition books for high school students: Healthy Eating by Susan R. Gregson, ©2000; Healthy Eating for Weight Management by Mary Turck, ©2001; Healthy Snack and Fast-Food Choices by Mary Turck, ©2001; Food and Emotions by Mary Turck, ©2001.

August 1998  
through Dec 1998

**HUNTER COLLEGE of the CITY UNIVERSITY OF NEW YORK**, New York, NY  
School of Health Sciences, Department of Urban Public Health

**Consultant**

Development of a 35-week, 1,456-hour curriculum for a Dietetic Internship Program specializing in community nutrition, clinical nutrition, and food service management. The curriculum consisted of didactic and supervised practice activities in six sites, including the New York City Department of Health, Montefiore WIC Program, Momentum AIDS Project, Health Insurance Plan of Greater New York, Coler-Goldwater Memorial Hospital, and Hunter College.

January 1998  
through Aug 1998

**SCHOOL BOARD OF SARASOTA COUNTY, FLORIDA**, Sarasota, FL  
Department of Nutrition and Food Service

### **Consultant**

Complete development of a 39-week, 1,576-hour Dietetic Internship (DI) Program specializing in foodservice systems management, nutrition therapy, and community nutrition. Development of the DI Program included writing and submitting a 230-page Self-Study Report to The American Dietetic Association for DI Program accreditation. The Self-Study Report included a student handbook, program brochure, 39-week curriculum consisting of didactic and supervised practice activities in eight sites, including hospitals, school districts, health department, heart center, and food bank on the west coast of Florida, evaluation instruments, and proposed implementation and management plan for the DI Program.

January 1997  
through Mar 1997

**SARASOTA MEMORIAL HOSPITAL**, Sarasota, FL  
Department of Food and Nutrition Services

### **Consulting Dietitian**

- Individual nutrition counseling with outpatients, covering full spectrum of disease conditions.
- Development of a nutrition and diabetes curriculum for the Diabetes Treatment Services.
- Weekly 3-hour lectures to groups of patients newly diagnosed with type 1, type 2, and gestational diabetes.
- Clinical conferences with the diabetes treatment staff.

June 1995  
through Jan 1996

**THE READER'S DIGEST ASSOCIATION, INC.**, Pleasantville, NY

### **Nutrition Consultant/Speaker**

- Design and conduct seminars for employees on a variety of topics, including:
  - \*Comparing Apples with Pears: Carbohydrates and Fats in Weight Reduction and Maintenance.
  - \*Cancer: Cutting the Risk with Diet.
  - \*Nutrition and Exercise: A Winning Combination for Physical Fitness and Disease Prevention.
  - \*Cutting Fat and Calories Out of the Holidays.

September 1988  
through Aug 1994

**HUNTER COLLEGE of the CITY UNIVERSITY OF NEW YORK**, New York, NY  
School of Health Sciences, Nutrition and Food Science Program

**Assistant Professor** (Substitute line) -- 1990/1991 and 1993/1994

**Adjunct Instructor** -- 1988/1989, 1991/1992 and 1992/1993

- Instruction of the following undergraduate courses:
  - Nutrition I* (introduction to nutrition), five semesters of instruction.
  - Advanced Nutrition*, three semesters of instruction.
  - Nutrition and Human Development*, two semesters of instruction.
  - Diet Therapy I* (nutrition in clinical practice), three semesters of instruction.
- Instruction of the following graduate courses:
  - Clinical Nutrition*, four semesters of instruction.
  - Nutrition Assessment*, two semesters of instruction.
  - Nutrition and Disease*, four semesters of instruction.
  - Developmental Nutrition*, one semester of instruction.
  - Problem Seminar* (current topics in nutrition), one semester of instruction.

June 1990  
through Aug 1990

**METROPOLITAN NEW YORK COORDINATING COUNCIL ON JEWISH  
POVERTY**

Home Attendant Training Program, New York, NY

**Instructor**

- Instruction of nutrition and its implications in caring for homebound elderly individuals.

April 1989  
through Sept 1990

**THE STAMFORD HOSPITAL, Stamford, CT**

**Nutrition Consultant**

- Instruction of nutrition to high-risk weight loss patients.
- Assessment and evaluation of patients' nutritional status.
- Individual nutrition counseling with patients.

April 1989  
through Oct 1989

**CENTER FOR NUTRITION AND REHABILITATION, P.C., Norwalk, CT**

**Nutritionist**

- Assessment and evaluation of clients' nutritional status.
- Individual nutrition counseling with clients.
- Development of educational materials and nutrition lectures.
- Instruction of various nutrition lectures to client groups.
- Policy making through weekly clinical conferences including CNR physicians, nutritionists, behavioral educators, and nurses.

September 1988  
through Jan 1989

**COLUMBIA UNIVERSITY HEALTH SERVICE, New York, NY**  
Columbia University

**Nutritionist**

- Assessment and evaluation of the nutritional status of faculty, students and staff of Columbia University.
- Individual nutrition counseling.

September, 1987  
through Dec, 1988

**ST. JOSEPH'S COLLEGE, Brooklyn, NY**  
Division of General Studies

**Instructor**

- Instruction of a course titled *Community Health*. Three semesters of instruction.

**PROFESSIONAL  
ACTIVITIES &  
PUBLICATIONS**

Research article titled *Stages of Change in Dietary Fat Reduction: Social Psychological Correlates* published in the *Journal of Nutrition Education*, 27:191-199, 1995.

The Society of Behavioral Medicine. Research poster presentation titled *Stages of Dietary Change with Respect to Fat Intake: Psychosocial and Behavioral Correlates*. 13th Annual Scientific Session, March 25-28, 1992.

The Society for Nutrition Education. Research oral presentation titled *Stages of Dietary Change with Respect to Fat Intake: Behavioral and Process-Related Correlates*. 1992 Annual Conference, July 14-18.