

SHELLEY MESZNIK, MA RDN CDE

EMPLOYMENT

Nutrition & Diabetes & More, Private Practice

Mount Kisco, NY 2002-2015 and Torrington, CT 2015 to present 2002 to present

Registered Dietitian Nutritionist, Certified Diabetes Educator, and Insulin Pump Trainer

- Provide Medical Nutrition Therapy to adults, teens, and children with diabetes type 1 and 2, pre-diabetes, GDM, hypercholesterolemia, hypertension, weight loss, GI disease, pregnancy
- Certified Pump Trainer for Medtronic, Animas, and Tandem pumps and glucose sensors
- Member of Eli Lilly Diabetes Educator Network for Insulin, Byetta, and Forteo pens training

Dr. David Bloomgarden, Endocrinology and Diabetes Associates

White Plains, NY 1998 to 2004

Nutritionist and Certified Diabetes Educator

- Provided Medical Nutrition Therapy to adults with diabetes type 1 and 2, pre-diabetes, hypercholesterolemia, hypertension, weight loss, gestational diabetes, to individuals and groups

Diabetes Education & Treatment Center, White Plains Hospital Center

White Plains, NY 1995 to 2003

Nutritionist and Certified Diabetes Educator

- Provided ADA recognized diabetes self-management training to groups
- Provided individual Medical Nutrition Therapy to adults, teens and children with diabetes
- Participated in successful application as an ADA Recognized Education Program for Outpatients and Gestational Diabetes
- Developed patient handouts on numerous diabetes topics
- Lectured on nutrition topics to fellow professionals, hospital staff, and general public

Dr. Martin Grajower, Endocrinology Practice

1991-1995

Nutritionist and Diabetes Educator

- Provided Medical Nutrition Therapy to adults, children, and teens with diabetes, pre-diabetes, hypercholesterolemia, weight loss, GI illness, pregnancy and wellness

Shapedown Weight Management

1987 to 2001

Certified Shapedown Instructor

- Provide family approach to weight management for children and teens

TEACHING EXPERIENCE

Teachers College, Columbia University, New York City

1996 to present

Adjunct, teach Nutrition Counseling Skills to students in Nutrition Education Program

Hunter College CUNY, New York City

Spring Semester 2019

Adjunct, taught Nutrition Counseling Skills to masters students in Food and Nutrition Program

Pace University, School of Nursing, Pleasantville, NY

Fall Semester 2001

Adjunct, taught undergraduate Clinical Nutrition course

Lehman College, New York City

Fall Semester 1991

Taught undergraduate Counseling Skills and Public Speaking course

LECTURES | WORKSHOPS | WEBINARS

Pediatric Dentistry Clinic, Columbia University College of Dental Medicine	2016 to present
Develop Motivational Interviewing training for pediatric dental residents and present annual MI Workshop	
NYS Academy of Nutrition and Dietetics Annual Meeting & Expo	2016
Presentation "Problem Solving Skills"	
NY Diabetes Educators of Lower Hudson Valley Annual Meeting	2016
Presentation "Problem Solving Skills"	
NYC Nutrition Educators Network	2015
Facilitate workshop on Motivational Interviewing Skills	
AND FNCE 2013, Food and Nutrition Conference and Expo	2013
Presentation "Nutrition Guidelines for Prevention of Type 2 Diabetes"	
GNYDA 2013 Conference and Expo	2013
Presentation "Motivational Interviewing Approach to Counseling"	
AADE Annual Meeting and Expo	2012
Presentation "Nutrition Guidelines for Prevention of Type 2 Diabetes"	
AADE Webinar	2012
Presentation "Behavior Change and Goal Setting"	
The Institute for Family Health in NY	2010
Facilitate workshop to diabetes staff "Motivational Interviewing"	
Visiting Nurse Service of New York	2009
Presentation to diabetes staff "Behavior Change Skills"	
Northeast Diabetes Educators Regional Conference and Expo	2003, 2006, 2009
Facilitate workshop on Facilitating Behavior Change	
Northeast Diabetes Educators Regional Conference and Expo	2003, 2006, 2009
Facilitate workshop on Facilitating Behavior Change	
Columbia-Presbyterian Hospital in NY, and at Macabi Conference in Israel	2008, 2009
Present Grand Rounds on Motivational Interviewing	
Faculty of American Association Diabetes Educators (AADE) and Faculty of Institute for Health Care Communication (IHCC)	2003 to 2008
11 times around the country - facilitate workshop "Choices & Changes: Clinician Influence and Patient Action" developed by AADE and IHCC	
American Heart Association, New York Affiliate	1989 to 2007
Teach counseling skills at bi-annual workshops for dietitians	

PUBLICATIONS

<u>Facilitating Behavior Change</u>	2009, 2016, 2019
Created an online course for AADE and then updated it twice	
<u>Diabetes Education Curriculum (Third Edition)</u>	2019
Module 7 Healthy Coping	

Raynor, H.A., Davidson, P.G., Burns, H., Nadelson, M.H., Mesznik, S., Uhley, V., Moloney, L., "MNT and Weight Loss Questions for the EAL Prevention of Type 2 Diabetes Project: Systematic Reviews", J.A.N.D., 2017, Vol. 117, 10:1578-1611

Diabetes Education Curriculum (Second Edition) 2015
Module 6 Problem Solving and Module 7 Healthy Coping

Maurer, Lois and Mesznik, Shelley, "Counseling Strategies to Promote Behavior Change", On the Cutting Edge, 2005, Vol. 26, 2:17-21 (peer reviewed)

Mesznik, Shelley, "How Does Stress Affect Glycemic Control?", On the Cutting Edge, 2004, Vol. 25, 2:22-24 (peer-reviewed)

PROFESSIONAL ACTIVITIES

New York State Diabetes Educators Coordinating Body 2013 to 2017
Member of NYS Board of DE representing Lower Hudson Valley

Academy of Nutrition and Dietetics 2010 to 2016
Member of Expert Panel to write nutrition guidelines for Preventing Type 2-Diabetes for the Evidence Analysis Library
Member of AND 1983 to present

American Association of Diabetes Educators 2006 to 2008
Member of AADE Professional Development Committee
Chairperson of AADE Behavior Change Program Sub-Committee
Member of AADE 1996 to present

New York Diabetes Educators of the Lower Hudson Valley 2000 to 2015
President, NYDELHV local chapter of AADE in 2000, 2001, 2014, 2015
Executive Board member

American Heart Association, New York City Affiliate 1989 to 2006
Co-Chair of the Nutrition Counseling Committee

EDUCATION AND PROFESSIONAL CERTIFICATION

Registered Dietitian Nutritionist 1983 to present

Certified Diabetes Educator 1996 to present

Certified Dietitian-Nutritionist in NYS 1996 to 2015

New York University, New York, NY 1983

Connecticut College, New London, CT 1972