

# Amy Nickerson, MS, RDN

Nutrition & Food Sciences  
University of Vermont  
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## **Education**

Master of Science in Human Nutrition and Foods (thesis option)  
University of Vermont, Burlington, Vermont March 1986  
Appointed as a Graduate Research Assistant, 9/81 – 9/83

Bachelor of Science in Human Nutrition  
University of Massachusetts, Amherst, Massachusetts June 1977

Associate of Arts in Liberal Arts  
Cape Cod Community College, West Barnstable, Massachusetts June 1973

## **Employment**

*Senior Lecturer and Director, Master of Science in Dietetics Program*, Department of Nutrition & Food Sciences, University of Vermont, Burlington, Vermont. Develop program curriculum, policies and procedures; manage recruitment of students; advise students; convene an advisory board and facilitate meetings; arrange and oversee supervised practice experience placements and act as liaison between preceptors, students and community stakeholders; develop and direct program evaluation. The MSD program concentration is community health and nutrition, with a focus on sustainable food systems. Develop and teach three graduate level food, nutrition & dietetics-related courses (total credits: 10 hours) that augment supervised practice experiences and oversee 2-credit student evidence-based research projects. Collaborate on Inter-Professional Practice initiative with faculty from the UVM College of Nursing & Health Sciences and the Albany College of Pharmacy; team teach graduate 3-credit pilot interprofessional research/evidence-based practice course (spring 2019). Develop and teach upper level 3-credit undergraduate nutrition courses: faculty-led program abroad course that included travel to Italy: *Mediterranean Food and Culture: Implications for Health* (spring 2015); a hybrid course, *Nutrition and Aging* (fall 2015, spring 2014); faculty-led program abroad course that included travel to Belize: *Hunger & Food Insecurity from Burlington to Belize* (spring 2012). Complete annual reports and other required documents including accreditation-required self-study and program assessment reports for the Accreditation Council for Education in Nutrition and Dietetics. July 2007 - present

*Senior Planner*, Vermont Department of Disabilities, Aging & Independent Living, Waterbury, Vermont. Administer the Older Americans Act Title III-C Nutrition Program, including community and home delivered meals, and health promotion and disease prevention activities; the Senior Farmers' Market Nutrition Program; the Commodity Supplemental Food Program; and the Food Stamp Outreach Program. Oversee grant agreement with the Vermont Center for Independent Living for providing home delivered meals to younger persons with a disability. Lead Vermont's older adult evidence-based health promotion Learning Network team. For all programs: analyze program performance data and prepare written/oral reports; develop program standards and policies; provide in-service training to provider agency staff, including area agency on aging consulting nutritionists; develop and sustain collaborative relationships with multi-disciplinary stakeholders. Participate on many health promotion and disease prevention coalitions including the Diabetes Coordinating Council, the Osteoporosis Task Force,

## Amy Nickerson, MS, RDN

the Vermont Cancer Coalition, and the Blueprint for Health (Community and Self-Management Workgroups). Oversee the work of two contract dietitians. Collaborate on research projects with the University of Vermont and other health care providers.

March 1997 – June 2007

*Adjunct Faculty*, Department of Nutrition & Food Sciences, University of Vermont, Burlington, Vermont. Teach Nutrition and Aging, a 3-credit course offered through the Certificate of Gerontology program.

Fall 2006; Fall 2004; Spring 2003

*Nutritionist*, Vermont Department of Health, Burlington, Vermont. Provided consultation to the Nutrition Education and Training (NET) Program promoting healthy school meals and nutrition education in the classroom and cafeteria. Planned and conducted in-service nutrition education workshops for teachers, food service personnel and school staff. Developed and implemented a needs assessment survey for school food service personnel and compiled a summary report. Collaborated with the Department of Education developing Comprehensive School Health Standards for kindergarten through 12<sup>th</sup> grade in public schools. Developed and implemented a pilot project integrating nutrition education in the classroom with meals served in the cafeteria.

August 1995 – June 1997

*Lecturer*, Biology Department, Saint Michael's College, Colchester, Vermont. Taught 3-credit Human Nutrition course to undergraduates (2 sections/semester; plus summer session). Selected to develop a writing intensive component into the course; selected to teach summer session courses to foreign students newly enrolled at SMC. Member of the Employee Wellness Committee.

September 1989 – June 1996

*Contributing Writer and Member of Editorial Advisory Board*, Vermont Sports Today, Waterbury, Vermont.

December 1991 – 1993

*Community Dietitian/Clinical Nutrition Specialist*, Medical Center Hospital of Vermont, Burlington, Vermont. Developed and implemented nutrition education classes for Vermont corporations participating in the Community Wellness Program. Planned and presented nutrition education programs for community organizations. As Clinical Nutrition Specialist for the University Associates in Medicine, provided outpatient medical nutrition therapy; developed and implemented a ten-week group weight management program.

August 1985 – August 1987

(per diem, Sept 1987 – July 1992)

*College Dietitian*. Middlebury College. Middlebury, Vermont. Provided nutrition expertise and related oversight to college dining services, planned menus for dining services, wrote weekly nutrition bulletin for students, supervised student workers, taught January term 3-credit nutrition course.

May 1983 – July 1985

### **Professional Activities**

Member; *The Academy of Nutrition and Dietetics* (1980 – present)  
(formerly known as The American Dietetic Association)

## Amy Nickerson, MS, RDN

Dietetic Educators of Practitioners Dietetic Practice Group (2008 – present)

Chair, Program Mentoring Committee (May 2019 – present)

Hunger and Environmental Nutrition Dietetic Practice Group  
(2006 – present)

Healthy Aging Dietetic Practice Group (1997 – present)

Leadership Offices held:

Chair, Chair-elect, Past-chair; Membership Director; Nominating Chair  
and Chair-elect; Legislative Chair. During term as chair and past-chair,  
led the development and approval of a 5-year strategic plan for the  
Healthy Aging DPG. Newsletter Reviewer (2002 – 2011).

Sports, Cardiovascular & Wellness Nutritionists Dietetic Practice Group (1983 –  
present)

Public Health/Community Nutrition Practice Group (2011 – 2013)

*International Affiliate of the Academy of Nutrition and Dietetics*  
(2017 – present)

*The Vermont Academy of Nutrition and Dietetics* (1981 – present)

(formerly known as The Vermont Dietetic Association)

Leadership Offices held:

President, President-elect, Past Chair; Legislative Network Coordinator,  
Secretary, Public Relations Chair, Program Planning Committee and  
Chair, Nominating Committee, SCAN Treasurer

### **Community Service/Volunteerism**

Shelburne Food Shelf. Shelburne, Vermont.

Volunteer

January 2017 – present

Member, Board of Directors

October 2017 - present

Curriculum Development Consultant, Cultivating New Frontiers in Agriculture (CNFA), Farmer-to-Farmer Program (funded by USAID); Katete, Zambia. 2-week volunteer assignment at Katete College of Agricultural Marketing (KCAM). Worked with the administration and faculty to develop the curriculum for a newly established 3-year diploma program that will prepare graduates for employment with the Government of the Republic of Zambia (GRZ) Ministry of Agriculture (MOA) and/or entrepreneurial enterprise. The KCAM contributes to the GRZ and MOA obligation to provide skilled human resources, alleviate poverty and ensure food security. Introduced instructors to learner centered teaching methodologies. March 2020 - present

Nutrition Consultant. Cultivating New Frontiers in Agriculture (CNFA), Farmer-to-Farmer Program (funded by USAID); M'Banza Congo, Angola. 2-week volunteer nutrition and food security assignment at an orphanage, the Frei Giorgio Zulianello Hospitality and Professional Training Center. The orphanage provides food, housing and training to children without families in order to help them reintegrate to society by learning life skills and furthering their education. Train the staff (teachers, nurses and cooks) on food and nutrition needs of youth, and the role of nutrition in health; develop strategies for increasing food security relying on the local food system. May 2017

## Amy Nickerson, MS, RDN

Burlington Choral Society. Burlington, Vermont. Board of Directors.

August 2006 – May 2008

### **Professional Presentations, Activities & Awards**

Enrolled as a student, Teaching Effectively Online  
University of Vermont

May/June 2019

Promotion to Senior Lecturer I  
University of Vermont

July 2014

Nominated for 2015 Kroepsch-Maurice Excellence in Teaching Award – Lecturer  
University of Vermont

Fall 2014, Fall 2012

Selected as a faculty fellow in the Hybrid Course Initiative Cohort  
University of Vermont

Fall 2014

Selected as the Outstanding Dietetic Educator of the Year  
Vermont Academy of Nutrition and Dietetics

April 2013

Selected as a faculty fellow in the 2012 Writing In the Disciplines Institute  
University of Vermont

Summer 2012

Selected as faculty fellow, Spring 2011 Sustainability Faculty Fellows Program  
University of Vermont

Spring Semester 2011

Program Accreditation Reviewer

Commission on Accreditation for Dietetics Education (now ACEND)

June 2010 – May 2013

Invited to and participated in the Vermont Dietetic Association Strategic Planning Retreat  
Williston, Vermont

April 2010

Selected as faculty fellow, Spring 2009 Faculty Fellows for Service-Learning Program University  
of Vermont

Spring Semester 2009

Invited to review undergraduate Service-Learning Awards, Community-University Partnerships  
and Service-Learning

University of Vermont

April 2009

Invited to and facilitated a two-day professional meeting: Healthy Aging Symposium  
Boca Raton, Florida

July 2008

Invited to and participated on the American Dietetic Association's committee for developing  
Gerontological Specialty Certification

Chicago, Illinois

November 2005 – September 2006

Invited to and participated on panel at the Mini-White House Conference on Aging  
Washington, DC

June 2005

## **Amy Nickerson, MS, RDN**

Invited to and participated in the White House Conference on Aging Listening Session Boston, MA  
March 2005

Invited to and participated in the 2<sup>nd</sup> Issues Panel on the Dietary Reference Intakes for the Older Americans Act Nutrition Programs, sponsored by the Administration on Aging and the National Policy and Resource Center on Nutrition and Aging  
Baltimore, MD  
July 2003

Department of Aging and Disabilities: Commissioner's Award for Exemplary Public Service  
Waterbury, VT  
May 2001

### **University Service**

Co-instructor, NFS 195, Bite Me: Nutrition Facts and Fallacies

Spring 2019

Co-presenter, College of Medicine Teaching Academy: Team Science in the Context of Interprofessional Education and Collaborative Practice

January 2019

Guest lecturer, PRNU 121 Interprofessional Gerontology; Nutrition Considerations in Aging  
November 2018 & 2019

Member, Campus Food Insecurity Working Group

Spring 2017 - present

Member, College of Nursing & Health Sciences Interprofessional Education Committee

Spring 2017 - present

UVM Wellness Council Ambassador

Spring 2016 - present

Appointed to Faculty Search Committee, Nutrition and Food Sciences

Fall 2017, Spring 2014

Member, CALS Studies Committee

August 2014 – December 2016

Panelist, NFS Student Dietetic Association: Dietetic Internship Application Process

Spring 2013

Panelist, Spreading Sustainability – The Sustainability Faculty Fellows Panel

April 2012

Guest lecturer, EDCO 295 Healthy Aging

Summer 2010

Reviewer, Undergraduate Service-Learning Awards

April 2009

## Amy Nickerson, MS, RDN

### Peer-reviewed publications/presentations

#### *Presentations*

Nickerson A, Burke JD, Balnis K. Integrating food system expertise into the nutrition professional's curriculum. Presentation: 20-minute session at the AASHE Annual Meeting. Pittsburgh, PA. Creating Sustainable Campuses & Communities. October 9-12, 2011.

#### *Publications*

Pintauro SJ, Regimbald S, Burczy SA, Nickerson A, Buzzell PR, Berlin L. Evaluation of a nutrition and health educational online computer program for older adults. *Journal of Nutrition and Food Sciences*. 2011;1:117.

#### *Abstracts for FNCE Poster Session Presentations*

Riddle E, Niles MT, Nickerson A. Hunger on campus: prevalence and factors associated with food insecurity in higher education. *J Acad Nutr Diet*. 2018 (suppl):

Alpaugh M, Murphy M, Callas P, Nickerson A. Cultural environment and physical activity participation in Vermont schools. *J Acad Nutr Diet*. 2018 (suppl):

Burlingame T, Lesley L, Nickerson A, Ingraham S, Meehan C, Berlin L. Effectiveness of the Vermont Foodbank 3SquaresVT Outreach Program. *J Acad Nutr Diet*. 2016 (suppl):

Van De Weert K, McIsaac C, Nickerson A, Callas P. Impact of hospital Worksite Wellness Initiative on employee fruit and vegetable consumption. *J Acad Nutr Diet*. 2016 (suppl):

Shah R, Berlin L, Nickerson A. Factors influencing participation in the Vermont Senior Farm Share Program. *J Acad Nutr Diet*. 2015 (suppl);15:A86 .

Carrara E, Russell M, Berlin L, Flynn K, Frary C, Nickerson A. WIC second-time mothers' experience of weight gain during pregnancy. *J Acad Nutr Diet*. 2015 (suppl);15:A92.

Heaslip E, De Waal D, Nickerson A, Callas P. The impact of nutrition therapy on time to dialysis in people with chronic kidney disease. *J Acad Nutr Diet*. 2014;114 (suppl 2):A34.

Nickerson A, Callas PW, Lawson KE, Burke JD, Balnis K. Sustainable food systems: effectiveness of theory-based curriculum for emerging nutrition professionals. *J Nutr Educ Behav*. 2013;45 (suppl):S48.

Merchand KE, Holland M, Nickerson A, Howard A. Home-based care for children at nutritional risk: perceived value of RD services. *J Acad Nutr Diet*. 2013; 113 (suppl 3):A88.

Gero K, Nickerson A, Tompkins C, Callas P. Incorporating a skills-based nutrition curriculum in a high school health class. *J Acad Nutr Diet*. 2012;112 (suppl 3):A49.

Brooks AN, Nickerson A, Frary C, Harvey-Berino J. Determinants of Gestational Weight Gain and Internet Usage Among WIC Participants. *J Acad Nutr Diet*. 2012;112 (suppl 3):A92.

## Amy Nickerson, MS, RDN

Chelm J, Nickerson A, Heidkamp J. Refugee food demonstration: pilot program. *J Am Diet Assoc.* 2011; supplement. J

Whittaker B, Coburn S, Nickerson A. Creating healthier food retailers in rural Vermont: consumer perspectives and store characteristics. *J Am Diet Assoc.* 2011; supplement.

Nickerson A, Brock DW, Chelm JS, MacMurtry GA, Tompkins CL. The association between television viewing and body composition in overweight and obese adolescents. Poster session at UVM Research Day (April 2011).

Canning A, Nickerson A, McIsaac C. Impact of hospital room service meals on glycemic control in patients with diabetes. *J Am Diet Assoc.* 2010; 110 (suppl 2): A42.

Pothier DS, Nickerson A, Edelman R. Knowledge, attitudes, and beliefs of certified diabetes educators about their Diabetes Self-Management Education (DSME) Programs. *J Am Diet Assoc.* 2010; 110 (suppl 2): A42.

Bristow MM, Nickerson A, Pintauro S, Callas P, Bister D. Time for a change: tracking “normative” growth using the 2006 WHO Growth Charts. *J Am Diet Assoc.* 2010; 110 (suppl 2): A25.

MacMurtry G, Keeney D, Nickerson A. Screening for risk of food insecurity in the physician’s office. Tufts University: 2011 Future of Food and Nutrition Conference: A Multidisciplinary Graduate Research Conference.

Langevin L, Nickerson A, Pintauro S, Coburn S. Common trends in worksite wellness programs: analyzing the niche for Registered Dietitians. *J Am Diet Assoc.* 2009; 109 (suppl 9): A88.

Nicolai E, Flynn K, Nickerson A, Pintauro S. Personal attitudes, beliefs, and food practices of Special Supplemental Nutrition program for Women, Infants and Children (WIC) staff members regarding the new WIV food package changes. *J Am Diet Assoc.* 2009; 109 (suppl 9): A98.