

CHERYL INY HARRIS, MPH, RD, LD

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PROFESSIONAL EXPERIENCE

6/07-present Harris Whole Health Alexandria & Fairfax VA

Founder, Registered Dietitian, and Nutritionist

- Media spokesperson on nutrition and a gluten-free diet, with quotes & interviews in the Washington Post, MSNBC.com, Washingtonian Blog, WUSA9, Let's Talk Live DC, Celiac Radio, and more.
- Provides individual counseling on diet and health, specializing in Celiac Disease, breastfeeding, pregnancy, allergies, whole-foods eating, and general wellness.
- Teaches classes on gluten-free diet basics, incorporating healthy options, gluten-free baking and cooking, etc. and gives 10-15 presentations yearly.
- Writes a newsletter on nutrition and a blog on living well with food restrictions (over 300,000 hits total) with videos on nutrition with 20,000+ views.

6/08-11/11 Kaplan Center For Integrative Medicine McLean, VA

Registered Dietitian and Nutritionist

- Provided Medical Nutrition Therapy in an integrative care setting, focusing on care for adults with gluten sensitivity and general wellness concerns.

3/03-9/06 DC WIC State Agency Washington, DC

Public Health Nutritionist/Breastfeeding Coordinator

- Wrote and received nearly \$500,000 in grants to support nutrition and breastfeeding programs. Edited and supported other grant-writing efforts.
- Developed, formalized, and taught curricula for 20-hour Breastfeeding Peer Counselor training and numerous client education handouts.
- Coordinated breastfeeding promotion programs, supporting an increase in breastfeeding rates from average of 42% to 49% among WIC participants.

EDUCATION

2003- present Registered Dietitian (RD) Berkeley, CA

University of California, Berkeley

2000-2002 University of California, Berkeley Berkeley, CA

Master's in Public Health Nutrition (MPH)

- Cumulative GPA - 3.8/4.0

1997-2000 Cornell University Ithaca, NY

B.S. in Nutritional Sciences

- Cumulative GPA - 3.67/4.0

CERTIFICATIONS

12/2010 Certified Health and Wellness Coach Wellcoaches, Inc.

5/2004 Certified Lactation Counselor (CLC) Center for Breastfeeding

SPEAKING ENGAGEMENT/MEDIA HIGHLIGHTS

10/08/11	Quoted extensively in article on a gluten-free diet	Washington Post
7/11	Benefits of Farmers' Markets-Video Segment	WUSA 9 TV
7/6/11	Gluten Free 101- Institute for Integrative Nutrition <i>Celiac disease, gluten sensitivity, autoimmunity and a gluten-free diet</i>	New York, NY
2011	Quoted/featured in 5 articles	Washingtonian Health Blog
4/15/11	TV interview on "Let's Talk Live" DC <i>Gluten-free: is it for everyone? Discussion of gluten sensitivity</i>	Arlington, VA
4/4/11	Gluten-Free Goodness <i>"Maximizing Nutrition on a Gluten-free Diet" presentation at the VDA Annual Meeting</i>	Fairfax, VA
6/29/10	FDA Panel <i>The Effect of Celiac Disease on Medications and Other Treatments</i>	Silver Spring, MD
3/11, 2/10, 8/09, 5/09, 11/07	GF Support Groups <i>Healthy Gluten-free Holiday hints, Gluten-free weight loss, etc.</i>	Support groups in VA, MD, DC
6/12/08	Institute of Medicine/National Academies <i>Implications of Weight Gain for Pregnancy Outcomes: Issues and Evidence</i>	Washington, DC
9/17/05	FNS/USDA Annual Conference <i>Building Breastfeeding Friendly Communities</i>	Arlington, VA
8/04/05	Breastfeeding Promotion Consortium <i>How WIC Works—Building Successful Coalitions</i>	Alexandria, VA

PUBLISHED ARTICLES/RESOURCES

2010-2011	Celiac Disease & Gluten-Free Diet Video Project <i>Successfully received funding and produced a 10-video, nationally released, professionally filmed video series on Celiac & a gluten-free diet through CSA & on YouTube</i>	McLean, VA
Nov 2010	Two of a Kind: Celiac and Thyroid Disease	Today's Dietitian
Oct 2010	Great Gluten-Free Grains	Medical Nutrition DPG Newsletter
2007-present	Quarterly nutrition articles	Washington Area Celiac Support Group
2008-2010	5 articles on a gluten-free diet	Gluten Intolerance Group

HONORS & RECOGNITION

2012-13	Elected to the Celiac Sprue Association Board <i>Member at Large, Mid-Atlantic Region</i>	
2004	Department of Health Leadership Award	Washington, DC
2002	Public Health Traineeship	Berkeley, CA

VOLUNTEER POSITIONS

2007-present Nutrition Advisor for the Wash. Area Celiac Support Group

Gives presentations annually, writes for the quarterly newsletter and provides nutrition education & advisory support as needed.

12/07-present Editor for the American Dietetic Association's MNPG Newsletter

Writes and reviews articles on Celiac Disease