

APRIL E. RUDAT, MS Ed, RD, LDN

(570) 877-5491 ♦ Email: aprilrd82501@comcast.net ♦ Website: www.dietitianapril.com

EDUCATION AND CERTIFICATIONS

MS Ed, Counseling Emphasis, 2005
Old Dominion University, Norfolk, VA

Dietetic Internship, 2001
Geisinger Medical Center, Danville, PA

BS Dietetics, 2000 (Magna Cum Laude)
Indiana University of Pennsylvania, Indiana, PA

- ♦ **Certificate of Training in Leadership**, American Dietetic Association, 2010
- ♦ **Certificate of Training in Adult Weight Management**, American Dietetic Association, 2002
- ♦ **Licensed Dietitian Nutritionist**, State of Pennsylvania, 2002 (# DN000116)
- ♦ **Registered Dietitian**, Commission on Dietetic Registration/American Dietetic Association, 2001 (# 886205)

PROFESSIONAL EXPERIENCE

Marywood University, Dietitian Consultant for Student Health Services, Scranton, PA November 2010 – present
Providing individual nutrition counseling for Marywood University students with a variety of health concerns and medical conditions including eating disorders and athletes/sports nutrition. Serving on support team with Marywood Counseling Department and participating in regular conferences regarding the care of at-risk clients. Hosting educational tables and events for Food Day in October, Eating Disorder Awareness Week in February, and National Nutrition Month in March.

Marywood University, Instructor, Scranton, PA August 2007 – present
Teaching ND 534, Private Practice in Nutrition, Exercise Science, and Health Promotion, in Fall 2012. Since Fall 2007, taught the graduate level courses ND 505, Maternal and Child Nutrition (Fall course), and ND 506, Nutrition and Human Behavior (Spring course), every other year. Served on thesis committees for multiple graduate students.

April Rudat, Registered Dietitian LLC, Private Practice Dietitian/Author/Speaker, Moscow, PA September 2005 – present
Providing individual, group, and family nutrition counseling and nutrition presentations to community and professional groups. Co-authored and published the book, *Truck Drivers: Stop Your Job from Killing You, The Dietitians' Guide to Smart Eating and Healthy Living* in June 2010. Published the book, *Oh Yes You Can Breastfeed Twins! ...Plus More Tips for Simplifying Life with Twins* in July 2007 (over 1,600 copies sold). Wrote freelance articles for local and national newsletters and magazines on breastfeeding and other nutrition-related topics.

Penn State Cooperative Extension, Luzerne County, PA January 2011 – September 2011
Developed a two-part recorded webinar /seminar on incorporating nutrition and *Family Fitness* (an evidence-based program created by Penn State Cooperative Extension) into the classroom for 3rd to 5th grade school teachers, school nurses, and others. Assisted with marketing and recruitment and presented the trainings in March and May 2011. Conducted program site visit in August 2011.

Scranton Urgent Care Medical Weight Loss, Consultant Dietitian/Lead Dietitian, Scranton, PA January 2010 – January 2011
Provided group nutritional consultation and individual nutrition counseling for Scranton Urgent Care Medical Weight Loss program, and created medical weight loss program protocol and handouts based on physician input and NHLBI evidence-based practice. Interviewed, hired, and trained multiple dietitians for additional medical weight loss programs at three affiliated urgent care clinics. Collected and analyzed outcomes data to measure the program's effectiveness.

Northeast Dietetic Association (NEDA), Northeastern Pennsylvania District Dietetic Association July 2006 – present
Served as 2010-2012 NEDA Nominating Chair. Served as 2008-2010 Past-President/Policy & Procedure Chair: Updated 1991 NEDA Policy & Procedures and made them available electronically on www.EatRightNEDA.org. Served as 2008-2009 Membership Chair: Learned and utilized ADA Data Management Information System (DMIS) to invite five times as many CDR credentialed practitioners to become NEDA members, which resulted in increased NEDA membership. Served as 2007-2008 President: Created the association's first budget and plan of action, increased membership by providing innovative networking and educational events, and reinstated our expired corporation status with the IRS, which required extensive documentation. Served as 2006-2007 Newsletter Editor: Revamped and re-created the NEDA quarterly newsletter.

Samaritan House Battered Women's Shelter, Counseling Intern, Virginia Beach, VA January 2005 – April 2005
Successfully completed over 600 hours of counseling experience with an emphasis on providing cognitive behavior therapy. Led psychoeducational groups including sessions on nutrition/childhood nutrition, healthy eating, and food budgeting. Also provided individual therapy/play therapy with children and adolescents with supervision.

Sentara Norfolk General Hospital, Outpatient Dietitian, Norfolk, VA January 2003 – January 2005
Provided nutrition counseling for oncology outpatients undergoing cancer treatment, which included patients requiring enteral feedings. Partnered with the kidney transplant team by providing nutrition assessments and education for transplant patients. Provided group nutrition education for cardiac rehabilitation participants. Taught Heart Healthy Eating classes for post-operative heart patients and their families, and created the class education book and cookbook for class attendants.

Allentown Health Bureau, Public Health Dietitian, Allentown, PA September 2001 – December 2002
Conducted nutrition counseling with adults and children with diabetes, high cholesterol, and obesity. Launched a fitness program, *SHAPE IT UP*, for overweight adolescents and taught the classes. Created the Adolescent Prenatal Nutrition Counseling Program and provided nutrition counseling to clients in the program. Gained media experience by participating in multiple interviews with the local newspaper and local news stations on nutrition- and health-related topics. Presented before community and professional groups including The Pennsylvania Department of Health on nutrition and health programs and initiatives.

Lancaster Regional Medical Center, Clinical & Outpatient Dietitian, Lancaster, PA May 2001 – August 2001
Counseled outpatients daily, taught Diabetes Management classes, and provided medical nutrition therapy to a diverse inpatient population.

MASS MEDIA

- ◆ 2010. Multiple interviews with newspapers about newly published book, *Truck Drivers: Stop Your Job from Killing You!*
- ◆ 2010. Interviews with WNEP-16's TV reporter Ryan Leckey on healthy eating topics for Scranton Urgent Care clinic Grand Opening on March 18, 2010.
- ◆ 2007. Multiple interviews with local newspapers about newly published book, *Oh Yes You Can Breastfeed Twins!*
- ◆ 2001-2002. Television news appearances in Allentown, PA.
- ◆ 2001-2002. Newspaper interviews and journalism contributions in Allentown, PA.

PROFESSIONAL AFFILIATIONS

- ◆ The Academy of Nutrition and Dietetics (formerly "American Dietetic Association")
- ◆ Nutrition Entrepreneurs Dietetic Practice Group
- ◆ Nutrition Entrepreneurs Dietetic Practice Group, Authors Subgroup
- ◆ Women's Health Dietetic Practice Group
- ◆ Women's Health Dietetic Practice Group, Breastfeeding Task Force
- ◆ Pennsylvania Dietetic Association (PADA)
- ◆ Northeast Dietetic Association (NEDA)

VOLUNTEER ACTIVITIES/POSITIONS

- ◆ 2010-2012 Pennsylvania Dietetic Association Annual Meeting and Exhibition (AME) Co-Chair for 2012 AME
- ◆ 2010-2012 Northeast Dietetic Association Nominating Chair
- ◆ 2009-2010 Northeast Dietetic Association Policy and Procedures Chair
- ◆ 2009-2010 Northeast Dietetic Association Membership Chair
- ◆ 2008-2009 Northeast Dietetic Association Past-President/Policy and Procedures Chair
- ◆ 2008-2009 Northeast Dietetic Association Membership Chair
- ◆ 2007-2008 Northeast Dietetic Association President
- ◆ 2007 Nutrition Board Member for “Education Fitness Solutions” Continuing Education Programming
- ◆ 2006-2008 Women’s Health Dietetic Practice Group Breastfeeding Taskforce
- ◆ 2006-2007 Pennsylvania Dietetic Association Career Guidance Chair
- ◆ 2006-2007 Northeast Dietetic Association President-Elect/Newsletter Editor
- ◆ 2002 American Lung Association of PA “Camp Wheeze-Away” Volunteer Camp Dietitian (Orefield, PA)

PUBLICATIONS

- ◆ Madalis, S. & Rudat, A. (2010). *Truck Drivers: Stop Your Job from Killing You! The Dietitians’ Guide to Smart Eating and Healthy Living for Truckers*. Moscow, PA: April Rudat, Registered Dietitian LLC.
- ◆ Rudat, A. (2008). Private practice project. *NEDA (Northeast Dietetic Association) News*. Fall 2008.
- ◆ Rudat, A. (2008). Private practice RDs: Which insurances do you accept? *Quarterly News: Pennsylvania Dietetic Association*, Fall 2008, 11.
- ◆ Rudat, A. (2008). Attention private practice RDs. *Quarterly News: Pennsylvania Dietetic Association*, Summer 2008, 4.
- ◆ Rudat, A. (2008). The Northeast Dietetic Association showcases RDs as THE nutrition professionals. *Quarterly News: Pennsylvania Dietetic Association*, Summer 2008, 4.
- ◆ Rudat, A. (2008). RD makeover: Career edition! Breaking away from traditional dietetics roles. *Today’s Dietitian*, 10(5), 50-53. Available at <http://www.todaysdietitian.com/newarchives/tdmay2008pg50.shtml>
- ◆ Rudat, A. (2007). *Oh yes you can breastfeed twins! ...Plus more tips for simplifying life with twins*. Moscow, PA: April Rudat, Registered Dietitian LLC.
- ◆ Rudat, A. (2007). Tips for the stay-at-home RD: 10 ways to keep active in the profession. *Today’s Dietitian*, 9(6), 46-51. Available at: <http://www.todaysdietitian.com/newarchives/tjune2007pg46.shtml>
- ◆ Rudat, A. (2007). Does *life* make our true vision appear? *Ventures (Nutrition Entrepreneurs DPG Newsletter)*, 23(4), 6.
- ◆ Rudat, A. (2007). Keeping iron intake in check: Tips from a dietitian mom of toddler twins. Available at: www.sbanutrition.com
- ◆ Rudat, A. (2007). Tips for breastfeeding multiples. Available at: www.sbanutrition.com
- ◆ Rudat, A. (2007). Join the Northeast Dietetic Association for a lactation training on March 7 and 8! *Quarterly News: Pennsylvania Dietetic Association*, Winter 2007, 6.
- ◆ Rudat, A. (2007). What nutrition professionals need to know about breastfeeding multiples. *Women’s Health & Reproductive Nutrition (DPG) Report*, Winter 2007, 9.
- ◆ Rudat, A. (2006). Breast-feeding multiples — Promoting ‘breast is best’ to mothers of two, three, or more. *Today’s Dietitian*, 8(12), 32-37. Available at: <http://www.todaysdietitian.com/newarchives/dec2006pg32.shtml>
- ◆ Rudat, A. (2006). Novice author realities. *Ventures (Nutrition Entrepreneurs DPG Newsletter)*, 23(2), 10.
- ◆ Rudat, A. (2006). Why nutrition professionals need to know about breastfeeding multiples. *Quarterly News: Pennsylvania Dietetic Association*, Summer 2006, 10.
- ◆ Amato, T., & Rudat, A. (2002). Plan your way to good nutrition. *The Morning Call (Allentown, PA Newspaper)*, April 28, 4.
- ◆ Rudat, A. (2002). Portfolio partners: Fun must come first. *LVDA (Lehigh Valley Dietetic Association) Newsletter*, Spring 2002, 6.
- ◆ Meredick, A. (2001). Glycemic index: Another fad diet? *Geisinger Health System Website*, May 2001, Available at: http://www.geisinger.org/professionals/education/diet_intern/glycemic_manuscript.html
- ◆ Meredick, A. (2000). Will you have sugar cookies for the holidays? *To Your Health!* (Penn State College of Agricultural Sciences, Columbia County Cooperative Extension Newsletter), November/December 2000, 1.
- ◆ Meredick, A. (2000). Book review: ‘Potatoes Not Prozac’. *Geisinger Health System Nutrition News and Views: A Newsletter for Geisinger Medical Groups, Staff, and Patients*, November/December 2000, 1.

PRESENTATIONS

- ◆ 2012. Rudat, A. Sports Safety and Proper Nutrition Educational Panel, North Pocono High School, Moscow, PA, February 27.
- ◆ 2011. Rudat, A. Food as Nourishment, Food as Medication, Food as Fuel! Nutrition Before, During, and After Cancer, Medical Oncology Associates, Kingston, PA, October 13.
- ◆ 2011. Rudat, A. Breastfeeding Multiples: It Can Be Done! The University of Minnesota Maternal Nutrition Intensive Course, July 27.
- ◆ 2011. Rudat, A. Are Our Jobs Killing Us? A Session on Occupation-Specific Nutrition and Health Challenges, for Geisinger Health System Finance Department employees. Danville Elks Lodge, Danville, PA, May 3.
- ◆ 2011. Rudat, A. Heart Smart Pantry (for Wellness Concepts Consulting Company). Vaxserve, Scranton, PA, April 28.
- ◆ 2011. Rudat, A. How Can I Keep My Heart Healthy? Moscow Elementary Center (Mrs. Kaminski's Kindergarten Class), Moscow, PA, February 16.
- ◆ 2011. Rudat, A. How Can I Keep My Heart Healthy? Moscow Elementary Center (Miss Lance's Kindergarten Class), Moscow, PA, February 10.
- ◆ 2010. Rudat, A. Childhood Obesity, An Epidemic: Applying Nutrition Strategies and Counseling Approaches to Improve Our Future, Scranton, PA, October 13.
- ◆ 2010. Rudat, A. Your Journey to Healthy Eating, Scranton Urgent Care Medical Weight Loss patients, Scranton, PA, ongoing throughout 2010.
- ◆ 2010. Rudat, A. Choose a Healthy Breakfast to Start Your Day (in honor of National Nutrition Month), St. Catherine's Preschool, Moscow, PA, March 29.
- ◆ 2009. Rudat, A. Nutrition Before, During, and After Cancer Treatment, Medical Oncology Associates of Wyoming Valley, Kingston, PA, October 13.
- ◆ 2009. Rudat, A. Thinking Outside the Dietetics Box, Marywood University "Introduction to Nutrition" course, Scranton, PA, September 24.
- ◆ 2009. Rudat, A. Promote Breastfeeding in All Settings: Lactation Basics for RDs and DTRs, Greater New York Dietetic Association, New York, NY, September 14.
- ◆ 2008. Rudat, A. Thinking Outside the Dietetics Box. Marywood University Student Dietetic Association, Scranton, PA, November 20.
- ◆ 2008. Rudat, A. Freelance Writing and Publishing Your First Book. Northeast Dietetic Association, Pittston, PA, November 13.
- ◆ 2008. Rudat, A. You Can Breastfeed Multiples: An Educational Webinar (Teleseminar) for WH DPG Members, Teleseminar for the Women's Health Dietetic Practice Group of the American Dietetic Association, October 2 (over 40 callers present).
- ◆ 2008. Rudat, A. Promote Breastfeeding in All Settings: Lactation Basics for Nutrition Professionals. Pennsylvania Dietetic Association Annual Meeting and Exhibition, Harrisburg, PA, May 4.
- ◆ 2007. Rudat, A. Thinking Outside the Dietetics Box. Indiana University of Pennsylvania students in the FDNT 110 course, Introduction to Careers in Food and Nutrition, Indiana, PA, October 12.
- ◆ 2007. Rudat, A. Breastfeeding and Breastfeeding Multiples. Indiana University of Pennsylvania Student Dietetic Association Members, Indiana, PA, October 11.
- ◆ 2007. Rudat, A. RD Ventures: Freelance Writing and Publishing Your First Book. Geisinger Medical Center Dietetic Interns, Danville, PA, April 12.
- ◆ 2007. Rudat, A. Motivational Interviewing and The Transtheoretical Model: Applications for Nutrition Counselors. Marywood University Dietetic Interns, Scranton, PA, February 1.
- ◆ 2006. Rudat, A. Breastfeeding Promotion/Healthy Eating for the Community. Bangor Heights Community Center, Scranton, PA, August.
- ◆ 2003-2005. Rudat, A. Heart Healthy Eating. Sentara Norfolk General Hospital Patients and Family Members, Norfolk, VA.
- ◆ 2003-2005. Rudat, A. Cardiac Rehabilitation Heart Healthy Classes. Sentara Norfolk General Hospital Outpatients, Norfolk, VA.
- ◆ 2005. Rudat, A. Nutrition, Childhood Nutrition, and Food Budgeting. Samaritan House Battered Women's Support Group, Virginia Beach, VA, March/April.
- ◆ 2004. Rudat, A. Hypnosis and Weight Loss. Sentara Hospital Clinical Dietitians, Norfolk, VA, January.
- ◆ 2002. Rudat, A. Heart Disease Prevention Strategies. The Pennsylvania Department of Health, Harrisburg, PA, Winter.

- ◆ 2002. Amato, T., & **Rudat, A.** Overweight Youth and Adults: Community Based Nutrition and Physical Activity Strategies. Lehigh Valley Dietetic Association and Local Medical Community Members, St. Luke's Hospital, Bethlehem, PA, April.
- ◆ 2002. Amato, T., & **Rudat, A.** Overweight Youth and Adults: Community Based Nutrition and Physical Activity Strategies. The MESH (Measurable Enhancement of the Status of Health) Community Initiative and Lehigh Valley Hospital Medical Community, Bethlehem, PA, October.
- ◆ 2002. Rudat, A. Career Opportunities in Nutrition. Allentown School District Middle School Students, Allentown, PA, Spring.
- ◆ 2001. Rudat, A. Calcium Supplementation and Osteoporosis. Sacred Heart Hospital Staff and Local Community Members, Allentown, PA, Spring.
- ◆ 2001. Amato, T., & **Rudat, A.** 5 A Day for Better Health. Giant Markets Employees and Customers, Allentown, PA, Spring.

AWARDS/HONORS

- ◆ 2008. Pennsylvania Recognized Young Dietitian of the Year (RYDY), Harrisburg, PA.
- ◆ 2007. Northeast Woman Award, *The Scranton Times-Tribune* newspaper, Scranton, PA.
- ◆ 2007. Alumni Ambassador Award, Indiana University of Pennsylvania, Indiana, PA.
- ◆ 2007-2008. Cambridge Who's Who Among Executive and Professional Women in Dietetics and Nutrition.
- ◆ 2003. Certificate of Appreciation, American Lung Association of Pennsylvania.
- ◆ 2002. Mayor's Citation, City of Allentown, Pennsylvania.
- ◆ 1996-2000. Indiana University of Pennsylvania Dean's List, all semesters.
- ◆ 1996-2000. Indiana University of Pennsylvania Scholar Athlete Award, all semesters.
- ◆ 1997-1998 academic year. ARA (Aramark) Scholarship, Indiana University of Pennsylvania.