

Jillian Wanik

Education

<p>Doctor of Clinical Nutrition (DCN) Rutgers, the State University of New Jersey, School of Health-Related Professions, Newark, NJ Research: <i>Physical activity level is associated with maintaining anthropometric improvements among participants in a worksite wellness program.</i></p>	2015
<p>Master of Science, Nutrition University of Saint Joseph, Department of Allied Health, West Hartford, CT Research: <i>Beverage purchase patterns of college students and their relationship to calcium status.</i></p>	2001
<p>Bachelor of Science, Clinical Nutrition Cornell University, Division of Nutritional Sciences, Ithaca, NY</p>	1986

Report of Teaching and Training

Teaching of Students in Courses

2018 – present	University of Connecticut, Storrs, CT Office of Experiential Global Learning (EGL). Faculty lead	Class: Italy’s Mediterranean Food and Our Health, Florence, Italy, 6-week summer session. Online (2021), in Country summer class (2018,2019,2022,2023,2024).
2016 - present	University of Connecticut, Storrs, CT Department of Allied Health Sciences Coordinated Program in Dietetics Associate Professor in Residence Dietetic Internship Director (2017-2023) Undergraduate, MS students	Classes: DIET/NUTR 3150 Medical Nutrition Therapy 1 and DIET 4350/AH 5350 MNT 3, DIET 4370/AH 5370 Applied Advanced Nutrition. Co-teacher/clinical educator: DIET 3255 Clin Diet Practicum II. Clinical coordinator: DIET 4335 Clin Nutrition in the Acute Care Setting, DIET 4415 Food Service Practicum II, DIET 4455 Clin Diet Practicum III. Select sections of: AH 3296 Research, AH 5314/AH 5317 Prof Develop Practicum Blackboard Learn Platform
2015 - 2016	University of Saint Joseph, West Hartford, CT Department of Allied Health Sciences Adjunct Faculty Undergraduate students	Class: Medical Nutrition Therapy 1 and 2 Preparation: 5-hr per week for 15wks Contact: 2.5-hr lecture, per week for 30wks Blackboard Learn Platform
2014	Yale University, School of Nursing, West Haven, CT Graduate Entry Pre-specialty in Nursing (GEPN)	Class: Nutrition: From Clinical Practice to Policy Implications, Fall/Spring, 2014-2015 Credits: 3 (responsible for 1.5 credits) Preparation: 3-hr per week for 8wks Contact: 1.5-hr lecture for 8wks classesV2 (Yale proprietary platform)
2013, 2014	University of Saint Joseph, West Hartford, CT Department of Allied Health Sciences	Class: Sports Nutrition Preparation: 5-hr per week for 15wks

	Adjunct Faculty Undergraduate students	Contact: Hybrid Course, alternating 3-hr lecture, per week for 15wks Blackboard Learn Platform
2008, 2011, 2012	Lincoln College of New England, Southington, CT Adjunct Faculty Dietetic Technician Program Undergraduate students	Class: Therapeutic Nutrition 1 Preparation: 5-hr per week for 15wks Contact: Hybrid Course, alternating 3-hr lecture, per week for 15wks eCollege Platform
2008-present	Yale University School of Nursing, West Haven, CT Clinical Instructor Advanced Practice Registered Nurses	Topic: Medical Nutrition Therapy Preparation: 8-hr Contact: 3-hr lecture

Formal Teaching of Students, Interns, Residents, Clinical Fellows

2003-2016 Clinical Preceptor for dietetic interns and diet technicians registered to meet CDR competency for completion of internships. Hospital of Central CT
Contact: 8-hr per wk for 30wks

Invited presentations: international, national, regional.

Wanik, JA (2023) Incorporating Nutrition-Focused Physical Exams. Webinar presented for Suncoast Academy of Nutrition and Dietetics spring meeting, Tampa, Florida.

Wanik, JA, Barrett C. (2022) Applied Nutrition Interventions to Improve the Female Athlete's Health & Performance. Women's Sports Health Grand Rounds, Hartford Healthcare's Bone and Joint Institute, Hartford, CT.

Wanik, JA (2022). Longevity and Lifestyle in Tuscany. Presented for Northeastern University nursing program, Global Health Care: a Comparative Study of Wellness and Leadership at Academic Initiatives Abroad Institute. Siena, Italy.

Wanik, JA (2022). Incorporating Nutrition Based Physical Exams into practice. Webinar presented for OneOp professional development platform for providers who serve military families. Formerly: Nutrition & Wellness, Military Families Learning Network.

Wanik, JA, Barrett C. (2021) Relative Energy Deficiency in Sport (RED-S) Interprofessional Symposium. Webinar presented for Hartford Healthcare's Bone and Joint Institute, Hartford, CT Available on demand for CEU, March – April 2021.

Wanik, JA (2021). Nutrition Trends and Myths webinar presented to the US Coast Guard Academy cadets. Groton, CT.

Wanik, JA, Barrett C (2021) Relative Energy Deficiency in Sport (RED-S). Online presentation at the American Physical Therapy Association (APTA) Combined Sections Meeting (CSM) Regional Virtual Annual Conference.

Wanik, JA (2020) Malnutrition identification in challenging populations, practical implementation of recommendations. Presented at Hartford Healthcare's Hospital of Central CT Lunch and learn for inpatient RDN's.

Wanik, JA (2020-2021) Plant-Based Living: Plant-Based Living: A Medical Panel Discussion (moderator) and Nutrition for an Active Lifestyle (panelist) UConn Foundation x 2 sessions.

Wanik JA, Eaton CM, Dodge M (2018). Incorporating Undergraduate Nutrition Students into the World of Nursing Simulation Education: An Interprofessional Collaboration poster and roundtable at the International Nursing Association for Clinical Simulation & Learning Conference, Toronto, CA.

Andrews L, **Wanik, JA** (2017). New Notes on Nutrition: What APNs Need to Know about Critical Care Nutrition Presented at the American Association of Critical-Care Nurses (AACN) 43rd annual National Teaching Institute & Critical Care Exposition (NTI), Houston Convention Center, Houston, Texas.

Wanik, JA (2015, 2016). Sports nutrition fueling. Presentations to baseball, and women's volleyball teams, University of Hartford, West Hartford, CT

Wanik, JA (2015). Poster Session, Physical activity level is associated with maintaining anthropometric improvements among participants in a worksite wellness program. Food & Nutrition Conference & Expo™ Nashville, TN.

Wanik, JA (2015). The Role of Nutrition in Sport Injuries Hartford Healthcare Rehabilitation Network for Athletic Trainers and Physical Therapists – APTA certification in Sport

Andrews, L, **Wanik, JA** (2014). Notes on Nutrition: What APs Need to Know about Critical Care Nutrition Presented at the American Association of Critical-Care Nurses (AACN) 41st annual National Teaching Institute & Critical Care Exposition (NTI), Colorado Convention Center, Denver, CO.

Wanik, JA (2013). Sport for Health: addressing challenges and trends of childhood obesity and factors for success in using sport for social change. Presented at the Beyond Sports Summit and Awards, Philadelphia, PA.

Report of Scholarship

Publications * = mentored UConn student

Jillian Wanik, Brooke Bosco*, Alison Dvorak, Tina Dugdale, Ellen Shanley. Nutrition and Dietetics Educators and Preceptors (NDEP) Newsletter Summer 2023. Peer Counseling and Mentoring Activities in a Coordinated Dietetics Program. <https://www.eatrightpro.org/ndep/ndep-member-resources/ndep-line-newsletter>

Wanik JA, Schlesselman LS, Shanley E. Student-Designed Nutrition Escape Games to Improve Clinical Competency and Engagement. J Nutr Educ Behav. 2022 Jul 1:S1499-4046(22)00340-2. doi: 10.1016/j.jneb.2022.04.211. Epub ahead of print. PMID: 35787347. [https://www.jneb.org/article/S1499-4046\(22\)00340-2/fulltext](https://www.jneb.org/article/S1499-4046(22)00340-2/fulltext)

Yule S*, **Wanik J**, Holm EM, Bruder MB, Shanley E, Sherman CQ*, Fitterman M*, Lerner J*, Marcello M*, Parenchuck N*, Roman-White C*, Ziff M*. Nutritional Deficiency Disease Secondary to ARFID Symptoms Associated with Autism and the Broad Autism Phenotype: A Qualitative Systematic Review of Case Reports and Case Series. J Acad Nutr Diet. 2020 Nov 19:S2212-2672(20)31388-5. doi: 10.1016/j.jand.2020.10.017. Epub ahead of print. PMID: 33221247. [https://www.jandonline.org/article/S2212-2672\(20\)31388-5/fulltext](https://www.jandonline.org/article/S2212-2672(20)31388-5/fulltext)

Mejia C*, Libby BA, Bracken ML, Shanley B, Holovatska MM, **Wanik J**, Shanley E, Waring ME. Interest in Digital Dietary Support Among Adults With Kidney Failure Receiving Hemodialysis. J Ren Nutr. 2020 Jul 22:S1051-2276(20)30161-8. doi: 10.1053/j.jrn.2020.06.004. [https://www.jrnjournal.org/article/S1051-2276\(20\)30161-8/fulltext](https://www.jrnjournal.org/article/S1051-2276(20)30161-8/fulltext)

Wanik J, Teevan C, Pepin L, et al. Implementation of a Bowel Protocol to Improve Enteral Nutrition and Reduce Clostridium difficile Testing. Crit Care Nurse. 2019;39(6):e10-e18. doi:10.4037/ccn2019304.

<https://aacnjournals.org/ccnonline/article/39/6/e10/30597/Implementation-of-a-Bowel-Protocol-to-Improve>

Wanik JA, Marcus AF, Radler D, Byham-Gray LD, Touger-Decker R. Physical activity level associated with maintaining anthropometric improvements among participants in a worksite wellness program. *American Journal of Lifestyle Medicine* (2016): Published online before print January 3, 2016, doi: 10.1177/1559827615624420.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6125004/>

Wanik JA, Rigassio-Radler D, Parrott S, Touger-Decker R. The relationships between changes in anthropometric measures and health related quality of life among University employees enrolled in a worksite wellness program. *Sports Cardiovascular and Wellness, SCAN Pulse, Winter 2014 Newsletter*.

<https://www.shpndpg.org/newsletters/pulse-newsletters>

Posters and Abstracts * = mentored UConn student

2024 CT Academy of Nutrition and Dietetics. Daniela Vega*, Abigail Duffy*, Marisa Creatura-Sutter, Ellen Shanley and Jillian Wanik. **A retrospective exploration of severely malnourished patients, ≥ 65 years old discharged back to the community**4/2024

2023 Food and Nutrition Conference and Expo, Academy of Nutrition and Dietetics. Taylor Quigley* MS, RD; Regina Kostyun, MEd, ATC; Christopher Barrett, MS RDN CSCS; Caitlin McCracken, MA; Brooke Bosco* RD, Cristina Perez, DNP APRN NP-C; Kellyann Kosma, DNP APRN NP-C; Mandeep Kumar, MD; Ellen Shanley RDN MBA CDN FAND; Jillian Wanik DCN RDN CSSD CDN CNSC. **The Role of a Registered Dietitian Nutritionist (RDN) in Improving Weight Loss Prior to Elective Total Joint Arthroplasty in Overweight or Obese Adults Among Participants in MODIFY, a Pre-surgical Optimization Program.**

2021 Food and Nutrition Conference and Expo, Academy of Nutrition and Dietetics. Jillian Wanik, Anthony Duong*, Ellen Shanley, and Valerie Duffy. **Transitional protocols for Malnutrition, a case study from a tertiary hospital.** 10/2021

2021 Food and Nutrition Conference and Expo, Academy of Nutrition and Dietetics. Jessica Tucker*, Hannah Waxler*, Jillian Wanik, Ellen Shanley, and Valerie Duffy. **The Utilization of Facebook and Text Messaging as an Effort to Increase Mindful Eating – A 12-Week Study** 10/2021

2019 CT Academy of Nutrition and Dietetics. Claudia Mejia*, Molly Waring, Jillian Wanik and Ellen Shanley. **Interest In Digital Support For Diet Among Adults With Kidney Failure Receiving Hemodialysis** 4/2019.

2018 Food and Nutrition Conference and Expo, Academy of Nutrition and Dietetics. Summer Yule*, Jillian Wanik, Ellen Shanley and Mary Beth Bruder. **Nutritional Deficiencies Secondary to Avoidant/restrictive food intake disorder (ARFID) in Autism Spectrum Conditions: A Systematic Review of Case Reports** 10/2018

2018 CT Academy of Nutrition and Dietetics. Summer Yule*, Jillian Wanik, Ellen Shanley and Mary Beth Bruder. **Nutritional Deficiencies Secondary to Avoidant/restrictive food intake disorder (ARFID) in Autism Spectrum Conditions: A Systematic Review of Case Reports** 04/2018

2018 INACSL, International Nursing Association for Clinical Simulation and Learning. **Incorporating Undergraduate Nutrition Students into the World of Nursing Simulation Education: An Interprofessional Collaboration** Jillian Wanik, DCN, RDN, CDN, Meredith Dodge, MSN, RN, Carrie Morgan Eaton, PhD, RNC-OB, C-EFM, CHSE, Toronto, CA 06/2018

2018 CT Academy of Nutrition and Dietetics. Kayla McCabe*, Molly Waring and Jillian Wanik. **What Type 1 Diabetes nutrition advice is being shared on Twitter and who is sharing it?** 04/2018

2017 CT Academy of Nutrition and Dietetics. Kelly Williams* and Jillian Wanik. **Does an enteral feeding protocol significantly improve nutrition support in patients receiving EN in the CCU?: A Quality Improvement Project** 04/2017

Report of Clinical Activities and Innovations

Current Licensure and Certification

Connecticut Certified Dietitian-Nutritionist (CD-N), since 2003

Registered Dietitian Nutritionist (RDN), since 2003

Board Certified Nutrition Support Clinician (CNSC), since 2004, re-cert. 2018 – 2023, re-cert spring 2024 (pending).

Board Certified Specialist Sports Dietetics (CSSD), since 2007, re-cert. 2017 – 2022, re-cert. fall 2022 – 2027.

Practice Activities

2021 – present	Staff Dietitian	Hartford Healthcare Bone and Joint Institute	Per-diem
2019 – present	Nutrition Focused Physical Assessment (NFPE) Training Facilitator	Academy of Nutrition and Dietetics	Per-diem
2005 – 2016 2016- present	Inpatient Nutrition Support Dietitian Staff dietitian	The Hospital of Central Connecticut The Hospital of Central Connecticut	Full time Per-diem
2005 – present	Consultant Dietitian	ARAMARK Business and Industry, Higher Education	Per-diem
2003 – 2019	Outpatient Health Education Specialist, weight management, very low-calorie diets	The Hospital of Central Connecticut	Per-diem
Fall 2013 -present	Consultant Nutritionist Sochi 2014 OLM Games, Paris 2024 OLM Games, Chengdu China, FISU Universiade games 2022, Hangzhou Asian Games fall 2022	ARAMARK Global Events Services Catering Projects	Per-diem
Summer 2004, 2008 Summer 2012	Lead Sports Nutritionist Olympic Games, Athens, Greece, Beijing, China, London, England	ARAMARK Global Events Services Olympic Catering Projects	Per-diem

Clinical Guidelines and Reports

<p>For the Hospital of Central Connecticut:</p> <ul style="list-style-type: none"> • Critical Care Indirect Calorimetry Protocol (author) • Quality Improvement Initiative, Retrospective Review, Implementation of Adult Malnutrition Recognition Guidelines, Lessons Learned, 2010 (author), updated 2015 (co-author) • Guidelines for inpatient dietitians: Use of the Nutrition Care Process as outlined by the Academy of Nutrition and Dietetics, 2011 (author), updated 2015 (coauthor) • Nutritional Assessment and Standard of Care, updated 2014 (co-author) • Nutritional Risk Criteria, used for screening assessment by all inpatient dietitians, updated 2015 (co-author) • Breast Milk, Formula and Donor Breast Milk Fortification Protocols, updated 2013 (co-author) • Enteral Nutrition and Gastric Residual Guidelines, 2014 (co-author) • 	<ul style="list-style-type: none"> • EPIC EMR conversion, nutrition content expert 2014 • Bowel Regime guidelines, 2015 (co-author) • Surgical Services Performance Improvement Committee member implementing enhanced recovery after Surgery (ERAS) guidelines for elective colorectal surgery, ACS NISQUIP member <p>For the Bones and Joint Institute</p> <ul style="list-style-type: none"> • Protocol for IV hydration in collegiate athletes. • Standard of Care - Liking Survey <p>For the Olympic Games, 2004, 2008, 2010, 2012</p> <ul style="list-style-type: none"> • Catering services menu standards for elite athlete fueling (co-author) • Nutritional information platforms (co-author) • Food allergen identification (co-author) • Benchmark standards for sustainable sourcing (co-author)
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Professional Memberships and Societies

Academy of Nutrition and Dietetics	2001-present
Connecticut Academy of Nutrition and Dietetics	2001-present
Dietitians in Nutrition Support	2007-present
Sports, Cardiovascular & Wellness Nutritionists: Sports Dietetics USA	2007-present
Nutrition and Dietetic Educators and Preceptors	2016-present
American Society of Enteral and Parenteral Nutrition	2016-present

Service

<p>University of Connecticut College level</p> <ul style="list-style-type: none"> • Committee on Interprofessional Excellence in Healthcare (CIPEH) <ul style="list-style-type: none"> ○ Interprofessional Education member ○ Executive Board ○ chair of IPE-Welcome Event (IPE-WE) 2023 ○ past chair of IPE-WE 2024 <p>College (CAHNR) level</p> <ul style="list-style-type: none"> • Guest lecturer School of Nursing, 2 lectures each fall • PTR Advisory Committee <p>Department of Allied Health Sciences</p>	<p>2017- present</p> <p>2022-present</p> <p>2023</p> <p>2024</p> <p>2017 - present</p> <p>2024-5</p>
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<ul style="list-style-type: none"> • Merit form revision committee member • Waterbury CIRE Search committee member • Storrs Lecturer/Advisor search committee chair • AHS Working Group on experiential learning member. • Graduate committee member • Guest lecturer AH 1100 	<p>2023-4 2023 2020 2020-2021 2017-present 2020, 2024</p>
<p>American Society of Enteral and Parenteral Nutrition</p> <ul style="list-style-type: none"> • Malnutrition Committee member • Self-Assessment Exam Prep Committee member 	<p>2021-2024 2021-2024</p>
Hartford Healthcare Women Health and Sports Medicine Program charter member	2020-present
Academy of Nutrition and Dietetics CT State Delegate	2018-2021
<p>Connecticut Academy of Nutrition and Dietetics</p> <ul style="list-style-type: none"> • Secretary • Treasurer • Awards Committee • Member at Large 	<p>2010-2011 2011-2013 2015-2018 2021-2023</p>
<p>Dietitians in Nutrition Support</p> <ul style="list-style-type: none"> • Taskforce member Placing Feeding Tubes Toolkit 	2014-2016

Report of Education of Patients and Service to the Community

2023	Hartford Healthcare Bone and Joint Institute Community presentation What you should know about osteoarthritis with Dr Allen and Stefanie Bourassa, DPT
2022	The Mediterranean Diet and Wellness in the Workplace. Webinar presented at Nike Corporate Headquarters, Beaverton, Oregon.
2021	YMCA Cheshire Wellness speaker
2018 – 2020	Girls on the Run assistant coach, transformational learning program for 8 to 13 year-old girls. Teaching life skills through interactive-based lessons and running
2019	Hartford HealthCare Tallwood Men’s Health Program Your Kidneys, Your Health, invited speaker
2018	University of Hartford Career Services, invited speaker for the Women’s Advancement Initiative
2017	Hartford Healthcare Ostomy Support Group Hydration tips and tricks
2013-2015	Hospital of Central CT Healthy Family FunFest, provided blood pressure and cholesterol screening with results interpretation and recommendations at Community event NBC CT Health and Wellness Festival provided individual nutritional recommendations at Community event

Honors and awards

- CT Academy of Nutrition and Dietetics, Dietitian of the Year, 2023
- Nutrition & Dietetic Educators and Preceptors, Northeast Region Outstanding Dietetic Educator Award, 2022

- nominated for the Center for Career Development's Career Everywhere Faculty Career Advocate of the Year award for the 2021-2022 academic year.
- Distinguished Graduate, Binghamton City School District, 2022
- Fellow of the Academy of Nutrition and Dietetics, 2021
- UConn Provost Award, Excellence in Teaching, 2018, 2019, 2020, 2021, 2022, 2023