

APRIL E. RUDAT, MS Ed, RD, LDN

Phone: (570) 877-5491 ♦ Email: aprilrd82501@comcast.net

Web (Practice): www.dietitianapril.com ♦ Web (Book): www.ohyesyoucanbreastfeedtwins.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
Indiana University of Pennsylvania, Indiana, PA

- ♦ **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, Instructor, Scranton, PA August 2007 – present
Taught the graduate-level course, ND 506, Nutrition and Human Behavior, in the spring 2008 semester. ND 506 includes an examination of the effects of diet on human behavior. Also taught the graduate course, ND 505, Maternal and Child Nutrition, in the fall 2007 semester. ND 505 includes discussion of nutritional needs during pregnancy and lactation for the normal growth and development of the fetus and infant and dietary requirements postnatally for growth and development from infancy through the adolescent years.

April Rudat, Private Practice Dietitian/Author/Speaker, Moscow, PA September 2005 – present
Published the book, *Oh Yes You Can Breastfeed Twins! ...Plus More Tips for Simplifying Life with Twins* in July 2007. Freelance writing for local and national newsletters and magazines on breastfeeding and other nutrition-related topics, and providing nutrition presentations to community and professional groups. In private practice ("April Rudat, Registered Dietitian LLC"), providing individual, group, and family nutrition counseling.

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 various therapy and psychoeducational groups including sessions on nutrition/childhood nutrition, healthy eating, and food budgeting. Also provided individual therapy/play therapy with children and adolescents to include work with eating disordered clients.

Sentara Norfolk General Hospital, Outpatient Dietitian, Norfolk, VA January 2003 – January 2005
Taught "Heart Healthy Eating" classes regularly for post-operative heart patients and their families, and created "Heart Healthy Eating" class educational materials and a "Heart Healthy Cookbook" for class attendants. Also provided nutrition education/counseling for cardiac rehabilitation participants in a support group setting, and nutrition counseled oncology outpatients undergoing cancer treatment. Partnered with the kidney transplant team by providing nutrition assessments and education for transplant patients.

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 an Adolescent Prenatal Nutrition Counseling Program and provided nutrition counseling to clients in the program. Participated in the Pennsylvania

Continued...

Osteoporosis Coalition's efforts to prevent osteoporosis among Pennsylvanians. Gained media experience by participating in multiple interviews with the local newspaper and with local news stations on nutrition- and health-related topics. Presented before community and professional groups to include The Pennsylvania Department of Health on nutrition and health programs and initiatives.

Camp Wheeze-Away, American Lung Association of PA, Volunteer Camp Dietitian, Orefield, PA July 2002
Assisted in planning camp meals for children with special nutritional needs and observed children at mealtimes.

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

- ◆ 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

- ◆ American Dietetic Association
- ◆ Nutrition Entrepreneurs Dietetic Practice Group
- ◆ Nutrition Entrepreneurs Author Subgroup
- ◆ Women's Health Dietetic Practice Group
- ◆ Women's Health Dietetic Practice Group, Breastfeeding Task Force
- ◆ Pennsylvania Dietetic Association
- ◆ Pennsylvania's North East Dietetic Association

VOLUNTEER ACTIVITIES/POSITIONS

- ◆ 2008-2009 North East Dietetic Association Past-President/Policy and Procedures Chair & Membership Chair
- ◆ 2007-2008 North East 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 North East Dietetic Association President-Elect/Newsletter Editor

PUBLICATIONS

- ◆ 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/tdjune2007pg46.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 North East Dietetic Association for a lactation training on March 7 and 8! *Quarterly News: Pennsylvania Dietetic Association*, Winter 2007, 6.

Continued...

- ◆ 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

- ◆ 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.

Continued...

- ◆ 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 Registered 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.