

APRIL E. RUDAT, MS Ed, RD, LDN

(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

“April Rudat, Registered Dietitian LLC,” Private Practice Dietitian/Author/Speaker, Moscow, PA September 2005 – present
Providing individual, group, and family nutrition counseling and also nutrition presentations to community and professional groups. Providing group nutritional consultations 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 evidence-based practice. Co-authoring the book, *Truck Drivers: Stop Your Job from Killing You, The Dietitians’ Guide to Smart Eating and Healthy Living*. Published the book, *Oh Yes You Can Breastfeed Twins! ...Plus More Tips for Simplifying Life with Twins* in July 2007 (over 1,300 copies have been sold). Freelance writing for local and national newsletters and magazines on breastfeeding and other nutrition-related topics.

Marywood University, Instructor, Scranton, PA August 2007 – present
Taught the graduate-level course, ND 506, Nutrition and Human Behavior, in spring 2010 and spring 2008. Taught ND 505, Maternal and Child Nutrition, in fall 2009 and fall 2007. Served on thesis committees for multiple graduate students.

Northeast Dietetic Association (NEDA), Northeastern Pennsylvania District Dietetic Association July 2006 – present
Will serve as 2010-2012 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 increased NEDA membership. Served as 2007-2008 President: Created the association’s first budget and plan of action, increased membership by providing exciting networking and educational events, and re-instated 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.

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 the “Heart Healthy Eating” class education book and the “Heart Healthy Cookbook” for class attendants. Provided nutrition education 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. 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 to include 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. Interviewed twice by WNEP-16's TV reporter Ryan Leckey on healthy eating topics for Scranton Urgent Care 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

- ◆ 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) Tri-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

- ◆ Contributor. (2010). *"Living Our Baptism" Lenten Reflections*, 2010 book published by the Church of St. Catherine of Siena, Moscow, PA.
- ◆ Contributor. (2009). *"The Body of Christ" Lenten Reflections*, 2009 book published by the Church of St. Catherine of Siena, Moscow, PA.
- ◆ 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/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 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

- ◆ 2010 (Ongoing). Rudat, A. Your Journey to Healthy Eating, Scranton Urgent Care Medical Weight Loss patients, Scranton, PA, ongoing from 2010 to present.
- ◆ 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.