

Anthony Dissen, MPH, MA, RDN

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EDUCATION

- 2019-Present **Doctor of Education**, Organizational Leadership
Stockton University, Galloway, NJ
Expected Graduation: December 2022
- 2016-2018 **Master of Public Health**, Public Health Nutrition Concentration
University of Massachusetts-Amherst, Amherst, MA
Capstone Title: Public Health Consequences of Conflicts of Interest within the Academy of Nutrition and Dietetics
- 2012-2014 **Master of Arts**, Holistic Health Studies
Georgian Court University, Lakewood, NJ
Thesis: Effectiveness of Qigong as a Means of Increasing Feelings of Self-Empowerment: A Qualitative Study
- 2008-2009 **Post-Baccalaureate Certificate**, Dietetic Internship
University of Medicine and Dentistry of New Jersey, Scotch Plains, NJ
- 2004-2008 **Bachelor of Science (Cum Laude)**, Nutritional Sciences – Dietetics Option
Rutgers, The State University of New Jersey, New Brunswick, NJ

CREDENTIALS, LICENSES, AND CERTIFICATIONS

- 2009-Present Registered Dietitian Nutritionist, Commission on Dietetic Registration
Registration Number - #980247

TEACHING AND RESEARCH INTERESTS

- Health Information Literacy
- Interprofessional Education & Collaboration in Healthcare
- Implementation of Plant-Based Nutrition and Lifestyle Medicine on Disease Prevention and Management
- Understanding Motivation for Behavior Changes in Lifestyle Habits
- Community & Public Health Nutrition
- Holistic and Integrative Health

CURRENT ACADEMIC APPOINTMENT

- 2014 - Present **Instructor of Health Science** (2017-Present), Stockton University – Galloway, NJ
Visiting Instructor (2016-2017)
Adjunct Instructor (2014-2016)
Courses Taught to Date:
- The Politics of Food (GIS 3406) – Undergraduate Level
 - The Medical Humanities (GIS 4626) – Undergraduate Level
 - Introduction to Health Sciences (HLTH 1101) – Undergraduate Level
 - Teamwork & Collaboration in Healthcare (HLTH 2501) – Undergraduate Level
 - Eastern Approach to Nutrition & Movement (HLTH 3412) – Undergraduate Level
 - Basic & Therapeutic Nutrition (HLTH 3413) – Undergraduate Level
- 2014 - Present **Adjunct Faculty Member**, Georgian Court University – Lakewood, NJ
Courses Taught to Date:
- Research Methods (HH 530) – Graduate Level
 - Eastern Approach to Nutrition & Movement (HE 220) – Undergraduate Level
 - Qigong – The Art of Self-Healing (HH 570) – Graduate Level

PREVIOUS ACADEMIC APPOINTMENTS

- 2014 **Part-Time Lecturer**, Rutgers University – New Brunswick Campus
Courses Taught to Date:
- Nutrition Communications (11:709:442) – Undergraduate Level
 - Nutrition Counseling (11:709:499) – Undergraduate Level
- 2012-13 **Community Nutrition Instructor**, Stockton University – Galloway, NJ
Adult Continuing Education
Class Topics Presented:
- Sustainable Agriculture and “Green” Eating
 - Science and Superfoods
 - Breads and Culture
 - Herbs, Spices, and Health
- 2010-2011 **Community Nutrition Instructor**, Middlesex County College – Edison, NJ
Adult Continuing Education
Class Topics Presented:
- Food as Medicine
 - Sustainable Weight Loss
 - Eating Green, Eating for Type 2 Diabetes
 - Vegetarian Nutrition

PUBLICATIONS***Peer Reviewed***

- 2020 **Dissen, A.**, & Crowell, T. (2020). We are what we eat: Assessing the use of a documentary film as an educational tool to change students’ nutritional attitudes and behaviors. *American Journal of Lifestyle Medicine*.
<https://doi.org/10.1177/1559827620903701>
- 2011 **Dissen, A.**, Policastro, P, Quick, V., & Byrd-Bredbenner, C. (2011). Interrelationships among nutrition knowledge, attitudes, behaviors, and body satisfaction. *Health Education*, 111:4, 283-295.
- 2008 Mackesy, C., Bennett, L., **Dissen, A.**, Kim, M., & Kardan, N. (2008). Male and female college students’ perspective on nutrition fact labels. *JADA*, 108(9), A100
- 2007 Miller, C., Bethmann, K., **Dissen, A.**, & Kardan, N. (2007). College wellness program effective in increasing students’ physical activity, wellness awareness, and nutrition knowledge. *JADA*, 107(8), A96

In-Progress

- 2020 Crowell, T., **Dissen, A.**, Calamidas, E., & Englemann, L. Virtual grocery store: Analyzing food purchases of Atlantic City senior residences.
- 2020 Foti, M., **Dissen, A.**, & Bloshtein, L. Nutrition at the end of life: Assessing the perceived value of nutrition among hospice workers.
- 2020 **Dissen, A.**, Garcia, A., Galantino, M.L., & Perks, J. Holistic health minor assessment: ELOs critical thinking and information literacy.

Other

- 2017 **Dissen, A.** (2017). VN Students – Success as a Vegan RDN. *Vegetarian Nutrition Update*. Volume XXIV, Number 4.

2017 **Dissen, A., & Saliski, T. (2017).** Healthy eating & weight management intervention: A case study with centrastate healthcare system. Wellness Council of America.

ADDITIONAL SCHOLARSHIP ACTIVITIES

2018-2019 Clinical Dietitian Researcher for study on plant-based diets and type 2 diabetes through Ohio University

2017-2019 Nutrition Core Curriculum Design, Survey Development, & Pilot Group Data Collection for Cardiac Prevention Program Study

FELLOWSHIPS

2019-Present Bonner Faculty Fellow at Stockton University

2018-2019 Interprofessional Education Committee Faculty Fellow at Stockton University

HONORS & AWARDS

2016 CBIZ Employee Services Organization Great Beginnings Self-Leadership Award

2016 American Heart Association Fit-Friendly Worksite Innovation Award

2014 NJ Dietetic Association Recognized Young Dietitian of the Year Award

2014 Laurie Nichols Memorial Award for Student of Excellent Character

2008 George H. Cook Honors Scholar

2006-2008 Kappa Omicron Nu Honors Society

MENTORSHIP & ADVISEMENT TO STUDENT RESEARCH

2020 Advisor to Kevin Gil-Clara
Research Project Title – Assessment of Latino/a Business Owners in Atlantic County

2019 Advisor to Stephanie Sharo
Research Project Title – Climate Change Action Through the Eyes of College Students

2019 Advisor and Co-Investigator to Veronica Rowland
Research Project Title – Student Leadership and Interprofessional Education and Collaboration

2017-2018 Advisor to Bonner Leader Flor Cruz-Morillo, recipient of BOT Fellowship for Distinguished Student Award
Research Project Title – New Jersey Education Opportunity Fund (EOF) and College Pursuit

2017-2018 Advisor to Bonner Leader Jodie Davis, recipient of BOT Fellowship for Distinguished Student Award
Research Project Title – Low Graduation Rate and Food Insecurity in New Jersey

ADDITIONAL MENTORSHIP

2019 Advisor to Heather Watskins-Jones for Independent Study on Eastern Nutrition Therapies

2019 Mentor to BSHS Alumni Marion Pasiglao in preparation for entry into the Physical Therapy Profession

2018 Internship Supervisor for Heather Watskins-Jones for PUBH 4950: Public Health Internship & Fieldwork

- 2018 Advisor to Samantha Fallick for Independent Study on Nutrition Research
- 2018 Advisor to Laura Bylone on LIBA Capstone Experience in Holistic Health
- 2017-2019 Future Career in Dietetics Mentor to BSHS Alumni Ryan Galan

PROFESSIONAL CONFERENCE POSTER PRESENTATIONS

- 2018 New Jersey Society for Public Health Education 2018 Annual Meeting, *Health Communication: Strategies for Maximum Impact, Connections & Self Awareness*
Poster Title: Assessing Undergraduate College Students' Ability to Evaluate the Quality of Web-Based Sources of Health Information
Authors: Anthony Dissen, Qudratullah Qadiri, CJ Middleton
- 2018 Association of Schools of Allied Health Professionals 2018 Annual Conference, St. Petersburg, FL
Poster Title: Service Learning for Pre-Professional Undergraduates: Cultivating a Deeper Understanding of the Social Determinants of Health
Authors: Michele Previti, Margaret Slusser, Luis Garcia, Anthony Dissen
- 2017 New Jersey Society for Public Health Education 2017 Annual Meeting, *Credentialing in Health Education: Professional Development Throughout Your Career.*
Poster Title: Mapping the Relationship Between Low Graduation Rates and Food Insecurity
Authors: Anthony Dissen, Jodie Davis
- 2016 American College of Sports Medicine – Greater New York Area Annual Conference
Poster Title: Effectiveness of Qigong as a Means of Increasing Feelings of Self-Empowerment: A Qualitative Study
Authors: Anthony Dissen
- 2010 Food and Nutrition Conference & Exposition, Boston, MA
Poster Title: Young Adults' Nutrition Knowledge, Healthy Eating Attitudes, Dietary Intake and Body Image Satisfaction
Authors: Dissen, Anthony; Byrd-Bredbenner, Carole; Quick, Virginia

INVITED PROFESSIONAL PRESENTATIONS

- 2019 Bonner Summer Leadership Institute
Presentation Title: Faculty-Led Mentorship With Bonner Leaders: Lessons Learned & Best Practices
- 2018 CentraState Medical Center Multiple Sclerosis Clinic
Presentation Title: Nutrition and Lifestyle Medicine Best Practices in Multiple Sclerosis
- 2018 Stockton Center on Successful Aging
Presentation Title: Lessons in Longevity: Research from the World's Longest Lived Populations
- 2018 Moderated Professional Panel Discussion at the 2018 Food & Nutrition Conference & Exposition
Panel Topic: Plant Politics – How Policies Impact Plant-Based Food & Nutrition
- 2018 Stockton Center on Successful Aging
Presentation Title: Anti-Inflammatory Foods and Long-term Health

- 2018 Civic Learning and Democratic Engagement Annual Meeting
Presentation Title: Utilizing Alumni Affairs to Support Service-Learning Courses
- 2018 Hackensack Meridian Health Southern Ocean Medical Center
Presentation Title: The Impact and Role of Nutrition in the Management of Multiple Myeloma
- 2018 New Jersey Department of Human Services Nutrition Conference
Presentation Title: Diet and Autoimmune Disease: Prevention & Management
- 2018 Stockton University Manahawkin Instructional Site
Presentation Title: Conflicts of Interest Within Nutrition: The Impact on Public Health
- 2017 New Jersey Department of Human Services Nutrition Conference
Presentation Title: Integrative Medicine and Dietetics: Holistic Methods for Patient & Client Empowerment
- 2017 Ocean Monmouth Health Alliance – Surviving the Cancer Challenge Body, Mind, and Spirit
Presentation Title: Nutritional Medicine: The Power in Our Plates
- 2017 Holistic/Integrative Care for People Experiencing Cancer: Speaker/Panel Member – Georgian Court University
- 2017 New Jersey Academy of Nutrition and Dietetics 85th Annual Meeting
Presentation Title: Integrative Medicine & Dietetics: Holistic Methods for Patient & Client Empowerment
- 2017 Biology Seminar Invited Lecturer – Stockton University
Presentation Title: Diet and Divinity: The Role of Nutrition and Spirituality in Medicine and Healthcare
- 2016 Stockton University Manahawkin Instructional Site
Presentation Title: Diet, Lifestyle, and Prostate Health
- 2016 Kushi Institute Macrobiotic Summer Conference
Presentation Title: Humans as Microcosms of the Environment: Saving Ourselves to Save the Planet
Presentation Title: Plant-Based Nutrition Cooking Demonstrations
- 2016 Robert Wood Johnson 2nd Annual Nutrition Symposium
Presentation Title: The Role of Holistic Health in Nutrition & Dietetics: Traditional Practices with Modern Applications
- 2015 Kushi Institute Macrobiotic Summer Conference
Presentation Title: Yoga – Healing Theory & Spiritual Practice
Presentation Title: Plant-Based Nutrition Cooking Demonstration
- 2015 New Jersey Association for Food Protection
Presentation Title: GMO's – What's In Our Food?

- 2014 Kushi Institute Macrobiotic Summer Conference
Presentation Title: Plant-Based Nutrition Cooking Demonstration
Presentation Title: Healing with the 5 Elements of Classical Chinese Medicine
Presentation Title: Igniting Your Immune System

PROFESSIONAL CONFERENCES ATTENDED

- 2019 Food and Nutrition Conference & Exposition, Philadelphia, PA
 2019 International Conference on Nutrition in Medicine, Washington, DC
 2019 Bonner Summer Leadership Institute, Waynesburg, PA
 2019 Plant-Based Prevention of Disease (PPOD) Conference, Raleigh, NC
 2018 New Jersey Society for Public Health Education Annual Meeting, New Brunswick, NJ
 2018 Food and Nutrition Conference & Exposition, Washington, DC
 2018 New Jersey Public Health Association Annual Conference, Newark, NJ
 2018 International Conference on Nutrition in Medicine, Washington, DC
 2018 Civic Learning and Democratic Engagement Meeting, Anaheim, CA
 2017 Food and Nutrition Conference & Exposition, Chicago, IL
 2017 New Jersey Dietetic Association Annual Meeting, Morristown, NJ
 2016 Food and Nutrition Conference & Exposition, Boston, MA
 2016 New Jersey Dietetic Association Annual Meeting, Long Branch, NJ
 2014 New Jersey Dietetic Association Annual Meeting, Somerset, NJ
 2009 New Jersey Dietetic Association Annual Meeting, New Brunswick, NJ
 2007 Food and Nutrition Conference & Exposition, Philadelphia, PA

PROFESSIONAL MEMBERSHIPS

- 2018-Present New Jersey Society for Public Health Education
 2018-Present New Jersey Public Health Association
 2016-Present Professional Team Member, American College of Lifestyle Medicine
 2010-2011, 2016-2018 Dietitians in Integrative and Functional Medicine Dietetics Practice Group
 2008-2011, 2013-Present Vegetarian Nutrition Dietetics Practice Group
 2005-2011, 2013-Present Academy of Nutrition and Dietetics

PROFESSIONAL FIELD EXPERIENCE

- 2018-Present **Vice President of Nutrition**, WellStart Health, Santa Monica, CA
 2013-2019 **Integrative Dietitian & Community Health Educator**, CentraState Medical Center: Health Awareness Center & Employee Wellness, Freehold, NJ
 2011-2013 **Lead Health Educator & Plant-Based Chef**, Whole Foods Market Wellness Club, Princeton, NJ
 2010-Present **Health Educator**, Breast Cancer Resource Center of New Jersey, Princeton, NJ
 2009-2011 **Outpatient & Community Education Dietitian**, University Medical Center of Princeton at Plainsboro, Plainsboro, NJ

PROFESSIONAL TRAINING

- 2018-2019 **Professional Training Modules**, Quality Matters Professional Development
2018 Training – Applying the QM Rubric
2019 Training – Teaching Online: An Introduction to Online Delivery; Evaluating Your Course Design
 2018 **Certificate of Training**, Developing Your Role as a Leader, Academy of Nutrition and Dietetics, Chicago, IL

2015 **Training & Professional Development Certificate**, Plant-Based Nutrition
Cornell University, Ithaca, NY

SERVICE TO PROFESSION

2020-Present American Vegan Society, Speakers Bureau Member (Nutrition & Lifestyle Medicine)

2019-Present Advisory Council Member, Universal Meals Program, Physicians Committee for Responsible Medicine

2019-2020 Past-Chair, Vegetarian Nutrition Dietetics Practice Group

2018-2019 Chair, Vegetarian Nutrition Dietetics Practice Group

2017-2019 Core Team Member, Cardiac Prevention Program, AtlantiCare

2017-2018 Chair Elect, Vegetarian Nutrition Dietetics Practice Group

2016-2019 Research Committee Member, American College of Sports Medicine – Greater New York Region Chapter

2015-2017 Appointed Officer, Student Member Coordinator, Vegetarian Nutrition Dietetics Practice Group

2014-Present Georgian Court University Holistic Health Planning Committee

2010-2018 Rutgers University-SHP Dietetic Internship Admissions Committee

SERVICE TO STOCKTON UNIVERSITY

Faculty Advisor to Student Clubs

Fall 2018-Present Lifestyle Medicine Student Group at Stockton University

Fall 2017-Present Collaborative Learning Advocates of Wellness at Stockton

Spring 2017-Spring 2018 Arts and Crafts for Children

Spring 2017-Fall 2018 Stockton University College Diabetes Network Club

Fall 2016-Present Stockton Vegan and Vegetarian Student Group

Committee Membership

Fall 2017-Fall 2018 ADP/IDHE Campus Climate Assessment Coalition Member

Fall 2017-Present Academy Honesty Appeals Board – School of Health Sciences Representative

Fall 2017-Present Curriculum Committee Member for BSHS Program

Fall 2017-Present Advising Council Member

Spring 2017-Present Health Advisory Board (Wellness Committee)

Fall 2016-Present Stockton University Interprofessional Education Committee, Holistic Health Representative

Fall 2016-Present Holistic Health Minor Committee

Other Service

Summer 2018 Organizer for Bone Marrow Donor Drive at National Night Out

Spring 2018 School of Health Science Banner Carrier – Spring 2018 Undergraduate Commencement Ceremony

Spring 2018 Day in the Life – BS in Health Science Faculty Representative

Spring 2017 Day in the Life – BS in Health Science Faculty Representative

Spring 2017 Team Leader – MLK Day of Service

Fall 2016 Team Leader – New Student Day of Service

Spring 2016 Team Leader – MLK Day of Service

PROFESSIONAL INTERVIEWS

2019 Podcast: Medical Myths: Further Investigation of the Link Between Soy and Thyroid Disease, Part 3 with Anthony Dissen

2019 Podcast: Mentorships in Education, Episode 6, Released May 7th

- 2018 Podcast: Never Binge Again: Plant Based Nutritionist Interview, Released November 7th
- 2015 Podcast: Modernity and Absurdity – Episode 5: Food with Anthony Dissen, MA, RDN, Released December 19th
- 2015 Podcast: Plant Yourself Podcast – Episode 131: Anthony Dissen, RD, on Empowering vs Preaching, Released December 1st

ADDITIONAL TRAININGS AND CERTIFICATIONS

- 2020 Certificate in Chinese Dietary Therapy – Pacific Rim College
- 2014 Certified Hatha Yoga Teacher – Inner Light Yoga Teacher Training Program
- 2013 Qi Healer Clinical Qigong Intensive – Fran Maher & Brain Coffey
- 2010 Five Animal Frolics Qigong Level I Training – Eastern School of Acupuncture and Traditional Medicine
- 2007 Master/Teacher Reiki Attunement in Usui Reiki – C. Lynn Carr
- 2005 Usui Reiki Level I, Level II, and Level III – Adela Rubio

Ongoing Continuing Education in Plant-Based Nutrition, Medical Qigong, Mindfulness, Lifestyle Medicine, and Integrative Healthcare