

## Anthony Dissen, MPH, MA, RDN, CPH

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### EDUCATION

- 2019-Present      **Doctor of Education**, Organizational Leadership  
Stockton University, Galloway, NJ  
*Expected Degree Completion:* 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 Title:** 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

- 2020-Present      Certified in Public Health, National Board of Public Health Examiners  
Registration Number – 17184
- 2009-Present      Registered Dietitian Nutritionist, Commission on Dietetic Registration  
Registration Number – 980247

### TEACHING AND RESEARCH INTERESTS

- Health Humanities & Medical Humanities
- Interprofessional Education & Collaboration in Healthcare
- Implementation of Plant-Based Nutrition and Lifestyle Medicine on Disease Prevention and Management
- Nutrition and Lifestyle Medicine Curriculum Development
- 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:
- 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
  - Health Communication & Literacy (HLTH 4102) – Undergraduate Level
  - The Politics of Food (GIS 3406) – Undergraduate Level
  - The Medical Humanities (GIS 4626) – Undergraduate Level

**PREVIOUS ACADEMIC APPOINTMENTS**

- 2014 - 2016      **Adjunct Faculty Member**, Georgian Court University – Lakewood, NJ  
 Courses Taught to Date:
- Research Methods (HH 530) – Graduate Level
  - Qigong – The Art of Self-Healing (HH 570) – Graduate Level
  - Eastern Approach to Nutrition & Movement (HE 220) – Undergraduate Level
- 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
- Under Peer Review*
- 2020              **Dissen, A.**, Middleton, CJ, Qadiri, Q. I Read It Online: Understanding How Undergraduate Students Assess the Credibility of Online Sources of Health Information.
- 2020              Crowell, T., **Dissen, A.**, Calamidas, E., & Englemann, L. Virtual grocery store: Analyzing food purchases of Atlantic City senior residences.

***In-Progress***

- 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***

- 2020 Dissen, A. (2020). American Vegan – Fall 2020 Issue. Protein & Plant-Based Diets.
- 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

2017-2020 Future Career in Dietetics Mentor to BSHS Alumni Ryan Galan

#### **CONTINUING PROFESSIONAL EDUCATION OPPORTUNITIES OFFERED**

2020 LGBTQIA Competency for the Health Care Professional. Accrediting Body – *Nutrition CME*

2018 Conflicts of Interest Within Nutrition: The Impact on Public Health. Accrediting Body - *Commission on Dietetic Registration*

#### **PROFESSIONAL CONFERENCE ACCEPTED POSTER PRESENTATIONS**

2020 New Jersey Academy of Nutrition and Dietetics 2020 Annual Meeting  
**Poster Title:** I Read it Online: Understanding How Undergraduate Students Assess the Credibility of Online Sources of Health Information  
**Authors:** Anthony Dissen, Qudratullah Qadiri, CJ Middleton

2020 New Jersey Academy of Nutrition and Dietetics 2020 Annual Meeting  
**Poster Title:** We Are What We Eat: Assessing the Use of a Documentary Film as an Educational Tool to Change Students' Nutritional Attitudes and Behaviors  
**Authors:** Anthony Dissen, Tara Crowell

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 CONFERENCE PRESENTATIONS

2020 **Dissen, A.,** Crowell, T. & Calamidas, E. *American Public Health Association Annual Meeting*, Virtual Meeting due to COVID-19

**Presentation Title:** Virtual grocery store: Fostering healthy nutrition among seniors.

2020 *American Public Health Association Annual Meeting*, Virtual Meeting due to COVID-19

**Presentation Title:** Embracing Metta: An Introduction to Loving-Kindness Meditation Practice

2019 **Dissen, A.,** Tome, D. *Bonner Summer Leadership Institute*

**Presentation Title:** Faculty-Led Mentorship With Bonner Leaders: Lessons Learned & Best Practices

2018 **Dissen, A.,** Chou, S. *Food & Nutrition Conference & Exposition*, Washington, DC

**Panel Topic:** Plant Politics – How Policies Impact Plant-Based Food & Nutrition

2018 *Civic Learning and Democratic Engagement Annual Meeting*, Anaheim, CA

**Presentation Title:** Utilizing Alumni Affairs to Support Service-Learning Courses

2018 *New Jersey Department of Human Services Nutrition Conference*, Trenton, NJ

**Presentation Title:** Diet and Autoimmune Disease: Prevention & Management

2017 *New Jersey Department of Human Services Nutrition Conference*, Trenton, NJ

**Presentation Title:** Integrative Medicine and Dietetics: Holistic Methods for Patient & Client Empowerment

2017 *New Jersey Academy of Nutrition and Dietetics 85<sup>th</sup> Annual Meeting*

**Presentation Title:** Integrative Medicine & Dietetics: Holistic Methods for Patient & Client Empowerment

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

- 2015 *Kushi Institute Macrobiotic Summer Conference*  
**Presentation Title:** Yoga – Healing Theory & Spiritual Practice  
**Presentation Title:** Plant-Based Nutrition Cooking Demonstration
- 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

#### INVITED PROFESSIONAL EDUCATION PRESENTATIONS

- 2020 Physicians Committee for Responsible Medicine  
**Presentation Title:** LGBTQIA Competency for the Health Care Professional
- 2020 American Physical therapy Association of New Jersey  
**Presentation Title:** Health Information Literacy – Navigating Misinformation and Outright Lies in the Digital Landscape
- 2016 Robert Wood Johnson 2<sup>nd</sup> Annual Nutrition Symposium  
**Presentation Title:** The Role of Holistic Health in Nutrition & Dietetics: Traditional Practices with Modern Applications
- 2015 New Jersey Association for Food Protection  
**Presentation Title:** GMO's – What's In Our Food?

#### INVITED COMMUNITY HEALTH PRESENTATIONS

- 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 Stockton Center on Successful Aging  
**Presentation Title:** Anti-Inflammatory Foods and Long-term Health
- 2018 Hackensack Meridian Health Southern Ocean Medical Center  
**Presentation Title:** The Impact and Role of Nutrition in the Management of Multiple Myeloma
- 2018 Stockton University Manahawkin Instructional Site  
**Presentation Title:** Conflicts of Interest Within Nutrition: The Impact on Public Health
- 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 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

#### PROFESSIONAL CONFERENCES ATTENDED

2020 American Public Health Association Annual Meeting, Virtual Meeting  
 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

2020-Present Health Humanities Consortium  
 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  
 2008-2011, 2013-Present Vegetarian Nutrition Dietetics Practice Group  
 2005-2011, 2013-Present Academy of Nutrition and Dietetics

#### PROFESSIONAL FIELD EXPERIENCE

2018-2020 **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  
  
 2010-2020 **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 Physicians Committee for Responsible Medicine, Advisory Council Member, Universal Meals Program

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-Fall 2019 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-Spring 2020 Advising Council Member

Fall 2016-Spring 2018 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 7<sup>th</sup>



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

**ADDITIONAL TRAININGS AND CERTIFICATIONS**

- 2020 Reversing Type 2 Diabetes & Insulin Resistance with Lifestyle Medicine Program – American College of Lifestyle Medicine
- 2020 Lifestyle Medicine Core Competencies Program – American College of Lifestyle Medicine
- 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 Evidence-Based Nutrition, Lifestyle Medicine, Community & Public Health, Integrative Healthcare, and Health Humanities