

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

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

- 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*.
- 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*

SCHOLARSHIP ACTIVITIES

- 2019 Data Collection on Graduate Students and their abilities to evaluate the accuracy of web-based sources of health information
- 2018-2019 Clinical Dietitian Researcher for study on plant-based diets and type 2 diabetes through Ohio University
- 2018-2019 Data Collection for research study: Assessing Undergraduate College Students’ Ability to Evaluate the Quality of Web-Based Sources of Health Information
- 2018 Data Collection for research study: “Impact of the Film ‘Forks Over Knives’ on student food behaviors, stage of change, & locus of control”
- 2017-2019 Nutrition Core Curriculum Design, Survey Development, & Pilot Group Data Collection for Cardiac Prevention Program Study

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
- 2017-2018 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
- 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

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

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 Worksites 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

PROFESSIONAL INTERVIEWS

2019	Podcast: Medical Myths: Further Investigation of the Link Between Soy and Thyroid Disease, Part 3 with Anthony Disen
2019	Podcast: Mentorships in Education, Episode 6, Released May 7 th
2018	Podcast: Never Binge Again: Plant Based Nutritionist Interview, Released November 7 th
2015	Podcast: Modernity and Absurdity – Episode 5: Food with Anthony Disen, MA, RDN, Released December 19 th
2015	Podcast: Plant Yourself Podcast – Episode 131: Anthony Disen, RD, on Empowering vs Preaching, Released December 1 st

ADDITIONAL TRAININGS AND CERTIFICATIONS

2019	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