

Lucy J. Ramquist

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Education

University of Wisconsin Stout, Menomonie, WI

Master of Science in Food and Nutritional Science, Human Nutrition Emphasis, May 2018

University of Wisconsin Eau Claire, Eau Claire, WI

Bachelor of Science in Biology, Pre-Medicine Emphasis, December 2015

Experience

Registered Dietitian | Synergy Health & Wellness | Bend, OR | May 2023 – Current

- Providing virtual individual and family nutrition therapy services for client with disordered eating and eating disorders, diabetes, sports performance concerns, and other health concerns
- Support health and nutrition of clients using an anti-diet and weight inclusive approach, principles of intuitive eating, and client-centered values

Registered Dietitian | Monte Nido & Affiliates | Portland, OR | September 2020 – May 2023

- Provided comprehensive nutrition counseling and support for up to 14 clients per week at the partial hospitalization and intensive outpatient levels of care for eating disorder treatment
- Utilized an anti-diet and weight-inclusive approach in nutrition therapy sessions with individuals, families, and groups
- Collaborated with a treatment team consisting of therapists, a psychiatrist and recovery coaches, as well as external providers such as physicians and outpatient/residential dietitians, to foster a safe and individualized treatment experience
- Developed curriculum and resources to provide personalized, creative education and support to enhance the overall client experience and build therapeutic rapport; examples include interactive and independent reflection activities, experiential kitchen skills, and nutrition information dissemination

Registered Dietitian | Melrose Center | St. Louis Park, MN | September 2019 – August 2020

- Delivered family based therapy to individuals with eating disorders and their loved ones at the outpatient level of care in up to 20 sessions per week
- Administered anti-diet, weight-inclusive nutrition therapy daily in outpatient programming; covered residential and day programs for both groups and individuals as needed
- Assisted with the development of a session-by-session protocol for the dietitian in family based therapy, and separately in clients diagnosed with ARFID

Minneapolis VA Medical Center | Minneapolis, MN | September 2018 – June 2019

- Completed a 10-month medical nutrition therapy dietetic internship at a 365-bed hospital with diverse rotations that represented dietetic roles in the clinical, community, food service/administration, and management fields

- Increased nutrition education, counseling and research expertise with the completion of individual client sessions, research projects, group presentations and weekly assignments that were evaluated by rotation-specific preceptors

Graduate Assistant for Nutritional Assessment | UW-Stout Food & Nutrition Department | Menomonie, WI | January 2018 – June 2018

- Instructed and evaluated undergraduate students on performance and interpretation of nutritional assessment techniques such as anthropometric and metabolic analyses

Graduate Assistant for Dietetic Internship | UW-Stout Food & Nutrition Department | Menomonie, WI | January 2017 – May 2018

- Completed administrative tasks for 9 dietetic interns and various preceptors
- Evaluated undergraduate coursework, including Maternal & Child Nutrition, Sports Nutrition, Nutrition Education and Nutritional Issues & Ethics

Dietary Aide Supervisor & Dietary Aide | Red Cedar Mayo Clinic | Menomonie, WI | June 2017 – February 2018 & August 2016 – February 2018, respectively

- Delegated and assisted with duties of dietary aides and cooks, including fulfilling patient orders within prescribed diets, cash register documentation, kitchen maintenance and hospital requisitions

Professional Development

EveryBODY Athlete: Sports Nutrition + Eating Disorders for Dietitians | September 2022 - current
A self-paced training which includes 13 speakers who cover the latest research and best practices in the intersection between sports performance and eating disorders

Nutrition/Eating Disorders Liaison | December 2021 - December 2022 | Connected with a local health teacher to provide eating disorder informed resources and guidance in the classroom

- Gave a presentation to two classes on 11/10/22 at Open School East in Portland, OR

Motivational Interviewing Training | November 2021 - December 2021 | Participated in five, 2.5-hour training sessions that focused on motivational interviewing skills for weight-inclusive providers

Subject Matter Expert Peer Reviewer | September 2021 | Behavioral Health & Nutrition Publications | *Countering the SWAG stereotype of eating-related pathology: insights from intersectional epidemiology*

Nutrition CARES Act Constituent | May 2021 | Spoke with 2 members of senator Ron Wyden's (D, OR) financial committee to advocate for the Nutrition CARES Act, which would cover medical nutrition therapy outpatient services for individuals with eating disorders under Medicare part B

Honors and Affiliations

Professional Member

- Eating Disorder Registered Dietitians & Professionals (EDRD Pro) | January 2020 - current
- Academy of Nutrition and Dietetics | September 2016 - July 2022
 - Behavioral Health Nutrition Dietetic Practice Group | September 2019 - July 2022

Community Member | Land Stewardship Project | June 2020 - April 2022 | *A private, non-profit organization founded in 1982 to foster an ethic of stewardship for farmland, to promote sustainable agriculture and to develop sustainable communities*

Scholarship Recipient | **“Women Who Really Cook”** | UW – Stout | 2017 – 18 School Year | Selected to represent innovative and passionate women in the food industry

Scholarship Recipient | **Mae E. Lampert Stout University Foundation** | UW – Stout | 2017 – 18 School Year | A scholarship that supports the education of non-traditional female students at UW-Stout

Student Athlete Award Recipient | **Super Six Award** | UW – Eau Claire | January 2016 & April 2017 | 1 of 6 student-athletes selected for outstanding athletic and academic achievements

Research Publication | **University of WI – Eau Claire research student** | January 2013 - December 2015 |

Success and Challenges of Using Group-Level Incentives to Increase Children’s Aggregate Fruit and Vegetable Consumption for Lunch in One Wisconsin Elementary School, *The Journal of Child Nutrition and Management*; v39 n2; 2015 | Professors: Eric Jamelske and Sydney Chinchachokchai
