

Rebecca M. Gonter-Dray, MEd, RDN, CSP, LDN

Email: rgonterdray1@udayton.edu

Curriculum Vitae

DEPARTMENT

Health and Sport Science
University of Dayton

EDUCATION

To graduate in 2023 Started Doctorate of Education in Leadership for Organization Program
University of Dayton, Dayton, OH

2018 Master of Science in Education in Human Services
University of Dayton, Dayton, OH

1995 Supervised Practice: Dietetic Internship
Miami Valley Hospital, Dayton, OH

1994 Bachelors of Science in Dietetics
University of Cincinnati, Cincinnati, OH

LICENSURE/CERTIFICATION

1995 - Present Registered & Licensed Dietitian/Nutritionist
Board of Dietitians and Nutritionist (819317)
Ohio Board of Dietetic Licensing (4044)

2005-Present Board Certified as a Specialist in Pediatric Nutrition
Commission on Dietetics & Registration

AWARDS

2019 Ohio Recognized Dietitian of the Year
Ohio Academy of Nutrition and Dietetics
Columbus, OH USA

ACADEMIC/TEACHING EXPERIENCE

2018- Present Assistant Clinical Professor, Clinical Coordinator, Didactic Program in Dietetics
Department of Health and Sport Science, University of Dayton, Dayton, OH

- Instructs 70+ students per semester on subjects of nutrition and professional development
- Coordinates and leads Registered Dietitian Nutritionist community collaborative meetings
- Manages, safety trainings for dietetic majors that volunteer with community partners
- Manages affiliate agreements between Dietetics Program and community partners
- Manages HSS 295 adjunct professors
- Advises freshman, sophomore undergraduate dietetic majors and external Masters of Dietetic Nutrition students
- Advisor for Student Dietetic Association
- Advisor for Sports Nutrition & Wellness group
- Trains dietetic majors on sports nutrition; mentors majors in sports nutrition assessment, evaluation, intervention, and nutrition counseling
- Advisor for East End community cooking demonstrations
- Mentors dietetic majors for nutrition education posters for the University of Dayton RecPlex
- Mentors student in creating and presenting to community groups

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- Guest lecturer, Doctor of Physical Therapy program on Sports Nutrition (2018, 2019)
- Guest lecturer, Counselor Education's master's program on Mood and Food (2018, 2019)
- Guest lecturer, Personal and Community Health- Abortion chapter (2019)
- Guest lecturer, Masters Dietetics & Nutrition Pediatric Outpatient Nutrition Counseling (2019)
- Guest lecturer, Culinary Medicine (2018, 2019)
- Participant on 2 graduate capstone committees with first cohort (2019-2020)
- Committee member for Dietetic Internship Professional Inservice's (2019-2020)
- Assisted with organizing White Coat Ceremony (2019)
- Participates in evaluating and choosing graduate students (2019-present)
- Advises external graduate students (2020)

2008-2018

Adjunct Instructor, Department of Health & Sport Science
University of Dayton, Dayton, OH

- Instructed 25-50 college students on basic principles of nutrition
- Provided instruction via lecture and online

CLINICAL EXPERIENCE

2013-2018

Dietitian Liaison, Dayton Children's Hospital
Dayton Children's Hospital, Dayton, OH

- Created and educated pediatricians and their office staff on evidence-based nutrition guidelines
- Created and provided nutrition classes to the patients and families in pediatrician offices
- Connected community resources with physician offices
- Created and conducted nutrition classes: quarterly to medical students and annually to dietetic interns and Junior Nurse Externs
- Preceptor to dietetic interns and mentored student volunteers
- Created and presented 2018 Age Specific Competencies
- Revised Dayton Children's Daycare menu, 2nd edition

2012-2018

Nutrition Blog and Nutrition Media Representative, Dayton Children's Hospital
Dayton Children's Hospital, Dayton, OH

- Wrote weekly nutrition blogs from the perspective of a pediatric dietitian and mom
- Created and developed recipes for television
- Conducted media interviews and cooking demonstrations

2016-2018

Dayton Children's Logo Ambassador, Dayton Children's Hospital
Dayton Children's Hospital, Dayton, OH

- Promoted and educated Dayton Children's employees and customers on updated brand and logo

2017-2018

Clinical Work Workgroup Volunteer Coordinator, Dayton Children's Hospital
Dayton Children's Hospital, Dayton, OH

- Created and presented program to standardize selection and orientation of dietetic students
- Interviewed, selected, managed student volunteers for Dietetics and Nutrition Services

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2013-2018 Nutrition Clinic Dietitian, Dayton Children's Hospital
Dayton Children's Hospital, Dayton, OH

- Provided medical nutrition therapy assessment & intervention with nutrition counseling to children and families in outpatient setting focusing on obesity, failure to thrive and food allergies

2000-2013 Pediatric Intensive Care Dietitian, Dayton Children's Hospital
Dayton Children's Hospital, Dayton, OH

- Provided medical nutrition therapy assessments & interventions for the pediatric population in the intensive care unit and the intermediate care unit with daily exposure to ventilators, nutrition support, syndromes, traumas, and premature infants
- Participated in daily medial rounds
- Conducted monthly resident nutrition lectures
- Reviewed Children's Medical Center's department and organization policies and procedures in preparation for JCAHO (January 2006)
- Updated Children's Medical Center's Nutrition Acuity form (January 2006)
- Compiled dietitian resource and presented to workgroup for Children's Medical Center JCAHO survey (January 2006)
- Revised Dayton Children's Daycare menu, 1st edition

2000-2013 Pediatric Home Health Care Dietitian, Dayton Children's Hospital
Dayton Children's Hospital, Dayton, OH

- Assessed, created medical nutrition care plans with interventions and communicated these with home health nursing for the pediatric homebound

1996-2000 Clinical Dietitian, Upper Valley Medical Center
Upper Valley Medical Center, Troy, OH

- Provided medical nutrition therapy assessment & intervention for variety of adult-related disease states
- Instructed patients on varied therapeutic diets
- Counseled patient with Anorexia Nervosa on regular basis
- Participant Tumor Board Conference/Cancer Committee
- Created pediatric screen form

1998-2000 Level II Special Care Nursery, Upper Valley Medical Center
Upper Valley Medical Center, Troy, OH

- Provided medical nutrition therapy assessment & intervention for infants
- Developed policies and procedures for new unit
- Participated in the State of Ohio Level II accreditation survey

1998-2000 Level II OB/Women's Services Unit, Upper Valley Medical Center
Upper Valley Medical Center, Troy, OH

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- Provided medical nutrition therapy assessment & intervention with nutrition counseling of high-risk pregnant women: hyperemesis, gestational diabetes, and insulin dependent diabetes mellitus

1998-2000 Prenatal Clinic, Upper Valley Medical Center
Upper Valley Medical Center, Troy, OH

- Participated weekly in medical team at Miami County Health Department's Prenatal Clinic
- Assessed and counseled participants once every trimester and postpartum visits
- Monitored high risk participants.

1995-1996 WIC Nutritionist, Women, Infants and Children
Montgomery County WIC, Dayton, OH

- Educated low-income pregnant, breastfeeding, and post-partum mothers and infants and children up to age 5 years at nutrition risk

BUSINESS EXPERIENCE

2008-present Owner & Registered Dietitian Consultant, G-D Nutrition, LLC
Vandalia, Ohio

PUBLICATIONS

POPULAR PRESS/PUBLICATION CONTRIBUTIONS

2011-2018 Dietitian/Mommy Blogger, Activities to Zucchini
Dayton Children's Hospital, Dayton, OH

- Authored 156 blogs
- Sample blogs:
 - [The newest craze in packing your lunch](#), November 14, 2017
 - [Six tips for picky eaters](#), November 5, 2017
 - [Recipe: gluten free strawberry pretzel salad](#), August 30, 2016
 - [4 ways the Fitbit can change your home](#), May 23, 2016
 - [What influences our supermarket decisions](#), December 3, 2015
 - [What I think about what kids drink](#), March 3, 2015
 - [Balancing a Child's Thanksgiving Plate](#), November 26, 2014
 - [Easy energy breakfast bars recipe](#), September 30, 2014
 - [Jimmy Kimmel asks "What is Gluten?"](#), May 28, 2014
 - [Stay healthy with 5210!](#), July 30, 2013
 - [What's making our kids overweight?](#), April, 2, 2013
 - [More bang for your buck](#), October 23, 2012
 - [How to thaw a turkey](#), November 22, 2011
 - [How to pack a healthy school lunch](#), September 30, 2011

2012- 2013 Guest blogger

- "Tips for a Healthy School Year" Kids Eat Right blogroll, Academy of Nutrition and Dietetics, August 2015
- 2014 NNM Activities to Zucchini blog, <http://www.eatright.org/nnm/blogroll/#.UyD0iHi9LCQ>, Eatright.org, March 2014

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- [What are Probiotics blog for Dayton Mom-Spot](#), Dayton Mom Spot, November 12, 2012
- [6 Tips in Dealing with Picky Eaters](#), Dayton Mom Spot, January 15, 2013

1998 Author, "Diet and Colon Cancer", Upper Valley Medical Center Cancer Committee's Annual Report

1995 Co-Author, Casserole Article in The Miami Valley Hospital's Pro-Health magazine

VIDEO/MEDIA CONTRIBUTIONS

2012-Present

Dietitian, Television & Newspaper Interviews

- Television and cooking interview: "Cooking as a family in my Home", Fox 45, November 7, 2018
- Television interview, "AAP Juice Guidelines", Fox 45, July 25, 2017
- Newspaper interview, "Don't Let Cookouts Turn Your Stomach", Cox Media, July 10, 2017
- Television interview, "Teal Pumpkins Promise Treats for kids with food allergies", WDTN, October 28, 2015
- Television interview, "Making Healthy Choices", Fox 45, January 29, 2015
- Dayton Parent Magazine interview, "Is it okay to eat? Dining out when your child has food allergies", September 1, 2014
- Television interview, "Making the Grade: Healthy Breakfasts", Fox 45, August 18, 2014
- Television interview, "Making the Grade: Getting Those Picky Eaters to Eat", Fox 45, August 12, 2014
- Dayton Daily Newspaper interview, [A Pediatric Nutrition Specialist Mom Gives School Lunch Advice](#), August 6, 2014
- Television interview, "Making the Grade: Packing Healthy Lunches", Fox 45, August 4, 2014
- Dayton Daily Newspaper interview, ["Spreading Awareness about Food Allergies"](#), May 13, 2014
- Television interview, "Experts Question Banning Whole, 2% Milk in Day Cares", Fox 45 TV, April 29, 2014
- Dayton Daily Newspaper interview, ["Make Nutritious Eating a Lifestyle"](#), March 11, 2014
- Television interview, "First Lady Pushes No Junk Food Ads in Schools", Fox 22, February 26, 2014
- Dayton Daily Newspaper interview, ["Keeping Kids Active on Snow Days"](#), January 10, 2014
- Dayton Daily Newspaper interview, ["Sugar and knowing your healthiest options"](#), December 20, 2013
- Parent Magazine interview, "Healthy Eating During the holidays", November 2013
- Parent Magazine interview, "Avoiding Childhood Obesity", September 2013
- Dayton Daily Newspaper interview, "Enjoy Halloween without Overindulging", September 6, 2013

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- Dayton Daily Newspaper interview, “Pack a powerfully healthy school lunch”, August 27, 2013
- Television interview, “Obesity now a Disease”, Channel 2/CW, July 10, 2013
- Television interview, “Celiac Disease”, Channel 2, May 22, 2013
- Television interview, “USDA Smart Snacks for Schools Guidelines”, Channel 2/CW, February 19, 2013
- Dayton Daily Newspaper interview, “[Healthier School Lunches Leave Some Students Hungry](#)”, October 4, 2012

2011- Present

Dietitian, Television Cooking Demonstrations

- [Living Dayton Summer Fruit Boats](#), July 27, 2016
- Living Dayton Low Carb Recipes, November 9, 2015
- Living Dayton Chocolate Bark, December 23, 2014
- Living Dayton After School Snack, October 6, 2014
- Living Dayton Healthy Bean Soup with Sallie Taylor, September 24, 2014
- Breakfast on the Go – 3 healthy tips, Fox 45, August 26, 2013
- Living Dayton – Cooking with Kids – Packing School Lunches, August 6, 2013
- Living Dayton – Cooking with Kids – Making Fruit Parfaits, July 31, 2013
- Crazy over Chickpeas cooking hummus, Fox 45, July 8, 2013
- Living Dayton – Cooking with Kids – Making pancakes for breakfast, April 2, 2013
- Living Dayton – Cooking with Kids – How to Build a Healthy Salad, March 6, 2013
- Living Dayton – Cooking with Kids – Craisin Pumpkin Muffins, November 21, 2012

2014

Dietitian, YouTube

- [You Tube: Show Me the Sugar](#), December 26, 2014
- [A Child’s Thanksgiving Plate](#), November 25, 2014
- [Healthy Lifestyles for Families](#), May 9, 2013

2017

Dietitian, Facebook Live

- “Bento Boxes”, Dayton Children’s Hospital, November 14

ADDITIONAL TRAINING

2018-2019

The Next Thing Program, University of Dayton

- Learned how to use Isidore to improve course Isidore sites (3 hours)

2019-2020

Integrating Vocation into Capstone Courses and Experiences, University of Dayton

- Developed a better understanding of vocation and identified ideas how to integrate into HSS 113 (3 hours)

Exploring Vocation Amidst a Pandemic, University of Dayton

- Featuring Dr. Leonard DeLorenzo from Notre Dame's McGrath Institute for Church Life with reflection on the topic (2 hours)

2020-2021

Teaching Fellows, University of Dayton

- Selected 1 of 16 university wide to participate in intensive training for teaching (180 minutes every month times 8 months)

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2015-Present

Virtus Trained, National Catholic Risk Retention Group, Inc

- Trained on the best practices designed to help prevent wrongdoing and promote right doing within Catholic religious organizations (2 hours training plus monthly mandatory training bulletins)

2015-Present

CITI Trained, Collaborative IRB Training Initiative(expires 2021)

- Trained in human research subjects' protection.

INVITED PRESENTATIONS

National:

State:

- Presenter, Ohio Academy of Nutrition and Dietetics State meeting presentation: Cutting Edge: Clinical Dietitian Roles in Pediatrician Offices, May 15, 2015
- Presenter, Ohio Nutrition Council on Cutting Edge: Clinical Dietitian Roles Outside the Hospital, September 5, 2014

Local:

- Presenter, "Motivational Interviewing", Dayton Dietetic Association meeting, September 12, 2017
- Presenter, "Registered Dietitian Liaison Program," Dayton Children's Obesity Grassroots Roundtable to AAP 2015 president, Dr. Hassink, September 13, 2016
- Presenter, "Cutting Edge: Clinical Dietitian Roles in Pediatrician Offices," Dayton Children's Hospital Grand Rounds, May 6, 2015
- Presenter, "Cutting Edge: Clinical Dietitian Roles in Pediatrician Offices," Dayton Dietetic Association, September 9, 2014
- Presenter Dayton Children's Hospital Medical Grand Rounds: Pediatric Vegetarianism, August 2003

Community:

- "Heart disease is related to 1 in every 4 deaths. Do you have the lifestyle that increases your risk?" Cargill Corn Milling, Inc, Dayton, OH, April 3, 2019
- "Heart disease is related to 1 in every 4 deaths. Do you have the lifestyle that increases your risk?" Presented twice for clients, Life Enrichment Center, Dayton, OH, March 27, 2019

PROFESSIONAL MEMBERSHIPS

1995- Present

Media Chair, Dayton Dietetic Association (2016 - 2019)
Program Chair, Dayton Dietetic Association (2019-2020)
President Elect, Dayton Dietetic Association (2019-2020)
President, Dayton Dietetic Association (2020-Present)
Member, Academy of Nutrition and Dietetics
Member, Ohio Academy of Nutrition and Dietetics
Member, Dayton Dietetic Association

2000- Present

Diversity Liaison, Pediatric Nutrition Practice Group, AND (2018-2020)
Member, Pediatric Nutrition Practice Group, Academy of Nutrition and Dietetics

2016- Present

Member, Sports Cardiovascular & Wellness Nutrition

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SERVICE

2018- Present
2020- Present
2020- Present
2020-Present

Professional

Member, Faculty and Staff Wellness Advisory Board
Member, Health and Sport Science Curriculum Review Committee
Chair, Health and Sport Science Student Leaders
Co-Chair, Health and Sport Science Peer Mentors

Community

2016- 2019
2019- Present
2018- Present
2014- Present
2017
2016-2017
1998

Chaminade Julienne youth sports volunteer at Dayton Greek Festival
Volunteer and leader, St. Vincent de Paul Monthly lunch program
Volunteer, Dayton Foodbank
St. Christopher boys' volleyball coach
Chaminade Julienne Capstone mentor
Recess and cafeteria worker volunteer, St. Christopher Catholic grade school
Chaminade Julienne Science Fair Judge

1997
Reviewer, "Nutrition Support" chapter in 2nd edition of the Pediatric Manual of Clinical Dietetics

TEACHING

University of Dayton

2018-Present Full-time Assistant Clinical Professor - Department of Health and Sport Science

- HSS 113 - Introduction to Dietetics (collaborated on course revision)
- HSS 395 - Nutrition through the Lifecycle (complete course revision)
- HSS 295 - Nutrition and Health (course modification, created lecture section, directs adjuncts, teaches online sections)
- HSS 431 - Sports Nutrition (complete course revision)
- HSS 210 – Intro to Foods lecture (complete course revision)
- HSS 210L – Intro to Foods lab (complete course revision)

2008-2018 Adjunct Professor – Department of Health and Sport Science

- HSS 406 -Mother and Child Nutrition (complete course creation)
- HSS 295- Nutrition and Health (lecture section and online sections)
- HSS 100- Personal and Community Health (complete course creation)

ADVISING AND MENTORING

Academic Professional Advising

2020-2021: ~ 24 students
2019-2020: ~20 students
2018-2019: ~21 students

Graduate Student Master in Dietetics and Nutrition Service

Advising

- 2020-2021: 6 external students in cohort 2

Graduate Dietetic Intern Sports Rotation Preceptor

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- 2020: Precepted 3 graduate dietetic interns

Capstone Committee chair:

- Taylor Paeth (sports 1 on 1 education sessions; to graduate December 2021)
- Jess Groch (sports group nutrition sessions; to graduate December 2021)

Capstone Committee member:

- Elizabeth Miles (“How the Eating Identity Impacts Food Shopping Behaviors”; to graduate December 2020)
- Gabrielle Palmeri (“Breastmilk Promotion Strategies in the NICU and Employing Theory of Planned Behavior to Determine Breastfeeding Continuation of Preterm Infants Post-Discharge”; to graduate December 2020)

Professional Dietetic Internship Inservice Advisor:

- Abigail Hill (“Update to Infant and Child Nutrition”; to graduate December 2020)
- Liana Sans (“Effectiveness of the Health at Every Size (HAES) approach to nutrition counseling versus promoting caloric restriction and exercise for people who are overweight and obese”; to graduate December 2020)

Other University of Dayton Undergraduate Students

Capstone Project Registered Dietitian Nutritionist Consultant:

- Easton Alger, Kumail Alkhatem, Abdulmohsen Alsagan, Da’Ron Chinn, Lauren Drankoff (“Better Box” Engineering Capstone Project, graduated 2020)