



Jessica Setnick, MS, RD/LD
Understanding Nutrition
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Professional Biography

Jessica Setnick, MS, RD/LD, is an internationally known pediatric dietitian in Dallas, Texas. In addition to training professionals around the country at Eating Disorders Boot Camp, Jessica meets with children and teens in her office or their homes to address a variety of weight and eating issues. An award-winning writer, Jessica has been recognized for her tireless efforts at communicating nutrition messages in an understandable way. Now recovered from her own eating disorder, Jessica's passion is promoting a positive relationship with food and eating as a key component of a healthy and happy life.

Jessica owns a private practice called Understanding Nutrition, which in addition to patient care, provides consulting services for local early intervention and other health agencies. Previously Jessica served as dietitian for The Eating Disorders Program at Children's Medical Center of Dallas, as well as the Center for Pediatric Psychiatry and the Center for Pediatric Endocrinology. She has taught nutrition courses at the university level and regularly guest lectures at nurse and dietitian training programs around the country.

Jessica received her bachelor's degree in Anthropology from the University of Pennsylvania and her master's degree in Exercise Physiology and Sports Nutrition from Texas Woman's University. She is nationally registered and Texas licensed to practice as a dietitian, and she is certified in Health Promotion by the Cooper Institute for Aerobics Research. She speaks Spanish if needed, and is certified in Infant and Child CPR and First Aid.

In practice only 2 years at the time, Jessica was honored with the prestigious Young Dietitian of the Year award in 2000. An active member of the American Dietetic Association, Jessica serves as the Eating Disorders Resource Professional on the board of the Dietetics in Developmental and Psychiatric Disorders. Jessica also belongs to the Dietitians in Business and Communications; the Nutrition Entrepreneurs; the Pediatric Nutrition Network, and the Sports, Cardiovascular, and Wellness Nutritionists (SCAN). A tireless volunteer in the Dallas community, Jessica was awarded the 2000 Elisa Project Eating Disorders Awareness Award for her work increasing the visibility of weight and eating issues.

In addition to presenting Eating Disorders Boot Camp more than twenty times over the past two years, Jessica has addressed community and professional groups nationwide. Her popular presentations to health professionals, teachers, coaches and parents include Making Food Your Friend Again and Raising Healthy Kids in a Fast Food World. She also co-authored a weekly column, Making Fitness Fit. She has been widely interviewed for radio, television, and the Internet and is well-known for her unique ability to blend compassion and understanding with straightforward advice.

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AWARDS AND HONORS

2000 The Elisa Project Eating Disorders Awareness Award
2000 American Dietetic Association Young Dietitian of the Year
2004 College Fraternity Editors Association Second Place News Feature

PROFESSIONAL EXPERIENCE

1996 – Present Owner, Understanding Nutrition
2001 – 2006 Consulting Dietitian, Project Kids Early Childhood Intervention
2001 – Present Consulting Dietitian, United Behavioral Healthcare
2001 – Present Consulting Dietitian, WellCall, Inc.
2000 – 2003 Consulting Dietitian, Baylor Executive Edge
1998 – 2002 Consulting Dietitian, The Premier Club
1998 – 2000 Clinical Dietitian, Children's Medical Center of Dallas
1997 – 1999 Adjunct Faculty, Richland College
1995 – 1996 Adjunct Faculty, Texas Woman's University

PROFESSIONAL CREDENTIALS

Registered Dietitian, Commission on Dietetic Registration
Licensed Dietitian, State of Texas Board of Examiners of Dietitians
Certified Worksite Health Promotion Director, Cooper Institute for Aerobics Research
First Aid Certification, American Red Cross
Infant and Child CPR Certification, American Red Cross
Conversational in Spanish

EDUCATION AND TRAINING

Master of Science in Exercise Physiology and Sports Nutrition
Texas Woman's University, Denton, TX

Bachelor of Arts in Anthropology: Human Biology & Nutrition
University of Pennsylvania, Philadelphia, PA

PROFESSIONAL MEMBERSHIPS AND OFFICES

American Dietetic Association
 Dietetics in Developmental and Psychiatric Disorders
 Chair-Elect 2007-2008
 Eating Disorders Resources Professional 2004-2008
 Nutrition Entrepreneurs
 Sports, Cardiovascular and Wellness Nutritionists
 Symposium Co-chair 2002
Texas Dietetic Association
 Nominating and Awards Committee 2004-2005
 State Media Representative 2001-2002
Dallas Dietetic Association
 Governing Board 2000-2006
Eating Disorders Dietitians Supervision and Support Group
Pediatric Nutrition Network

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PROFESSIONAL PUBLICATIONS

- Pro-eating Disorder Websites: What Dietetics Professionals Need to Know, Today's Dietitian, in publication.
- Eating Disorders and Pregnancy: Nutrition Counseling Strategies for Dietetics Professionals, SCAN's Pulse, Volume 25, Number 4, Fall 2006.
- Silence the Food Critic, Eating Disorders Today, Volume 4, Number 3, Summer 2006.
- Eating Disorders throughout the Lifespan, Women's Health and Reproductive Nutrition Report, Winter 2006.
- What's Eating Your Patients? Solving Emotional Eating from the Inside Out, Co-authored with Michelle Negri, Bariatric Times, Volume 3, Number 1, January/February 2006.
- The Eating Disorders Clinical Pocket Guide: Quick Reference for Healthcare Providers, 2005, ISBN 0-9764002-4-3.
- Breastfeeding and Body Image: Is There a Connection? Women's Health and Reproductive Nutrition Report, Summer 2005.
- The Working Woman's Book of Hope and Healing: For Women Working Their Way Through Life, Co-authored with Kelly Coutee and Shannon Purtell, ISBN 0-9764002-5-1.
- The Survivor's Book of Hope and Healing, Co-authored with Kelly Coutee and Shannon Purtell, ISBN 0-9764002-3-5.
- Jessica Setnick's Eating Disorders Boot Camp: Training Workshop for Professionals Home-Study Version, 2005, ISBN 0-9764002-0-0.
- The Eating Disorders Book of Hope and Healing: Affirmations for Anyone Who Eats, Co-authored with Kelly Coutee and Shannon Purtell, ISBN 0-9764002-2-7.
- The Eating Disorders Book of Hope and Healing: Children's Edition, Co-authored with Kelly Coutee and Shannon Purtell, ISBN 0-9764002-1-9.
- Making Fitness Fit with the Setnick Sisters, weekly column in the Texas Jewish Post newspaper, June 2002 – December 2004.
- Eating Disorders and Pregnancy, Dietetics in Developmental and Psychiatric Disorders.
- Eating Disorders: Are We Dealing with the Real Issues?, The Arrow of Pi Beta Phi, published Summer Edition 2003.
- Three-Year Follow-up Study of Children and Adolescents with Anorexia Nervosa Initially Treated in a Continuum of Care Program, Co-authored with Dr. David Waller et al, International Journal of Eating Disorders, November 2003.
- Diagnosing Hidden Eating Disorders: Uncovering a Hidden Epidemic, Dallas Medical Journal, July 2002.
- Top 10 Tips to Help Your Picky Eater, Dallas Child Magazine, September 2002.
- Nutrition Guidelines for the Young Athlete, chapter in the Dallas-Fort Worth Hospital Council Manual of Nutrition Therapy.
- Nutrition for Diabetes, Children's Medical Center of Dallas Clinical Update, 1999.
- Healthy Eating Attitudes in Elementary School? - An Assessment of Attitudes and Behaviors Related to Eating and Body Image Disorders; Master's Thesis, 1997.
- Nutritional Implications in the Prevention and Treatment of Athletic Injuries; unpublished.

PROFESSIONAL PRESENTATIONS

- Eating Disorders Boot Camp: Training Workshop for Professionals, University of Texas, Austin, Texas, January 2007.
- Eating Disorders Boot Camp: Training Workshop for Professionals, Del Amo Hospital, Torrance, California, December 2006.
- Eating Disorders Boot Camp: Training Workshop for Professionals, Minneapolis, Minnesota, October 2006.
- Eating Disorders in Inpatient Care, Parkland Memorial Hospital, Dallas, Texas, October 2006.
- Eating Disorders Boot Camp: Training Workshop for Professionals, Duke University, Durham, North Carolina, July 2006.
- Eating Disorders and Pregnancy, Academy of Eating Disorders, Barcelona, Spain, June 2006.
- Eating Disorders Boot Camp: Training Workshop for Professionals, Portland, Oregon, May 2006.

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Eating Disorders Boot Camp: Training Workshop for Professionals, Columbia Teacher's College, New York, New York, March 2006.

Eating Disorders: Cutting Edge Strategies, Sports, Cardiovascular and Wellness Nutritionists Symposium, March 2006.

Eating Disorders Boot Camp: Training Workshop for Professionals, University of Denver Hospital, Denver, Colorado, March 2006.

Eating Disorders Boot Camp: Training Workshop for Professionals, VA Hospital of San Francisco, San Francisco, California, January 2006.

Eating Disorders Boot Camp: Training Workshop for Professionals, Boston, Massachusetts, December 2006.

Grace Under Pressure: The Dietitian's Use of Self in Treatment, The Renfrew Center Foundation Conference, Philadelphia, Pennsylvania, November 2006.

Helping Obese Children and Teens without Diets, Iowa Dietetic Association Annual Conference, Des Moines, Iowa, November 2006.

Managing Eating Disorders in Any Practice Area, Iowa Dietetic Association Annual Conference, Des Moines, Iowa, November 2006.

Nutritional Rehabilitation of Anorexia Nervosa in Pediatrics, Dangerous Diets: Obesity and Eating Disorders, Medical City Dallas, Texas, October 2005.

Eating Disorders and Obesity in Children: How to Manage One without Creating the Other, Pediatric Nutrition Network, Dallas, Texas, September 2005.

Eating Disorders Boot Camp: Training Workshop for Professionals, Madonna University, Detroit, Michigan, September 2005.

Eating Disorders Boot Camp: Training Workshop for Professionals, Del Amo Hospital, Torrance, California, July 2005.

Raising Healthy Kids in a Fast Food World, National Center for Youth Issues Regional Conference, Dallas, Texas, June 2005.

Eating Disorders Boot Camp: Training Workshop for Professionals, King of Prussia, Pennsylvania, May 2005.

Eating Disorders, Employee Assistance Program Association, Dallas, Texas, April 2005.

What's Eating Your Clients? Eating Disorders and Trauma, Association of Traumatic Stress Specialists Annual Conference, Dallas, Texas, April 2005.

Eating Disorders: Identification, Prevention and Recovery, Missouri State Department of Health, Columbia, Missouri, March 2005.

I Can't Believe You Just Said That! What to Do When You Can't Say What You Feel, Austin Dietetic Association Wellness Symposium, February 2005.

Eating Disorders: What Every Future Dietitian Needs to Know, Bastyr University, Washington, March 2005.

Eating Disorders Boot Camp: Training Workshop for Professionals, Seattle, Washington, March 2005.

Eating Disorders Boot Camp: Training Workshop for Professionals, Eating Disorders Center, San Diego, California, February 2005.

Is This Normal? How to Answer Questions about Child Feeding and Growth, Early Childhood Intervention Consortium, Texas Scottish Rite Hospital, Dallas, Texas, October 2004.

What's Eating Your Clients: Solving Eating Disorders from the Inside Out, Illinois Dietetic Association Fall Seminar, Bloomington, Illinois, September 2004.

What's Eating Your Clients: Solving Eating Disorders from the Inside Out, Center for Change, Orem, Utah, August 2004.

Eating Disorders Boot Camp: Training Workshop for Dietitians, St. Alphonsus Family Center, Boise, Idaho, June 2004.

Eating Disorders Boot Camp: Training Workshop for Dietitians, Zale Lipshy University Hospital, Dallas, Texas, May 2004.

Eating Disorders Boot Camp: Training Workshop for Dietitians, Baltimore, Maryland, May 2004.

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Eating Disorders Boot Camp: Training Workshop for Dietitians, Columbia University Teacher's College, New York, New York, April 2004.

Eating Disorders Boot Camp: Training Workshop for Dietitians, Atlanta Center for Eating Disorders, Atlanta, Georgia, March 2004.

Eating Disorders and Pregnancy: Complications and Treatment Strategies, Fort Worth Dietetic Association Spring Seminar, Fort Worth, Texas, March 2004.

Helping Chubby Children: Nutrition Education and Treatment Strategies, Medical City Dallas Pediatrics Grand Rounds, Dallas, Texas, March 2004.

Making Food Your Friend Again, Valparaiso University Eating Disorders Awareness Week, Valparaiso, Indiana, February 2004.

Eating Disorders Boot Camp: Training Workshop for Dietitians, Clarian Methodist Hospital, Indianapolis, Indiana, February 2004.

Adventures in Private Practice: A Private Journey in the Public Eye, Dallas Dietetic Association Spring Seminar, Dallas, Texas, January 2004.

Nutrition Counseling Strategies for a Fast Food World, Texas Woman's University, January 2004.

Eating Disorders Boot Camp: Training Workshop for Dietitians, St. Vincent Infirmary, Little Rock, Arkansas,

Eating Disorders in Pregnancy: Complications and Treatment Strategies for Mother and Child, Renfrew Foundation Conference, Philadelphia, Pennsylvania, November 2003.

Eating Disorders Boot Camp: Training Workshop for Dietitians, full-day workshop, After the Diet VI, San Antonio Texas, October 2003.

Eating Disorders and Pregnancy: What Every Dietetics Professional Should Know, Developmental Issues, Fall 2003.

What's Eating Your Clients, Presbyterian Hospital of Dallas Annual Social Work Conference, August 2003.

Eating Disorders Boot Camp, Santé Center for Healing, Argyle, Texas, July 2003.

Eating Disorders Boot Camp: Training Workshop for Health Professionals, St. Joseph's Hospital, Helena, Montana, July 2003.

Eating Disorders Boot Camp: Training Workshop for Health Professionals, Alpha Phi Sorority House, Los Angeles, California, July 2003.

Eating Disorders and Pregnancy, UT Southwestern 26th Annual Conference in Women's Health Care, Dallas, Texas, April 2003.

What's Eating Your Clients: Solving Eating Disorders from the Inside Out, Mental Health Association of Greater Dallas Annual Adolescent Symposium, Plano, Texas, April 2003.

What's Eating Your Patients: Handling Eating Disorders in Any Practice Area, Texas Dietetic Association Annual Food and Nutrition Conference and Exhibition, Houston, Texas, April 2003.

What's Eating Your Patients: Handling Eating Disorders in Any Practice Area, East Texas Dietetic Association Spring Seminar, March 2003.

Hidden Messages in Food Advertisements: Why They Matter, San Antonio Dietetic Association Spring Seminar, March 2003.

What's Eating Your Patients: Handling Eating Disorders in Any Practice Area, Wichita Dietetic Association monthly meeting, February 2003.

Is this Normal? How to Handle Childhood Feeding Problems, Texas Early Childhood Intervention Annual Statewide Conference, April 2002.

Helping Obese Children and Teens without Diets, Inner Escapes Tending the Feminine Psyche, Santa Barbara, California, April 2002.

Helping Obese Children and Teens without Diets, East Texas Dietetic Association Spring Seminar, Tyler, Texas, March 2002.

Is this Normal? Answering Questions about Child Feeding, Grand Rounds, Medical City Dallas Hospital for Children, October 2001.

Eating Disorders, What Every Future Dietitian Should Know, Texas Student Dietetic Association Annual Meeting, Fort Worth, Texas, 2001.

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Preventive Nutrition for Young Women, UT Southwestern/March of Dimes 24th Annual Conference in Women's Health Care, Grapevine, Texas, April 2001.

The Children and Teen Faces of Eating Disorders, American Dietetic Association Food and Nutrition Conference and Exhibition, Denver, Colorado, October 2000.

Helping Sporty Kids Beat the Heat, Pediatric Nutrition Network monthly meeting, Arlington, Texas, July 2000.

Medical Complications of Eating Disorders, Dallas Dietetic Association Spring Seminar, Dallas, Texas, March 2000.

Assessment and Treatment of Feeding Problems, University of Texas Southwestern Medical School Coordinated Undergraduate Program for Dietitians, February 2000.

Grand Rounds: Failing to Thrive, Children's Medical Center of Dallas, February 2000.

Eating Disorders: What Every Dietitian Should Know, Dallas Dietetic Association, Dallas, Texas, January 2000.

Eating Disorders in Children and Adolescents: The Dietitian's Role, The Elisa Project Symposium for the Prevention and Treatment of Eating Disorders, Dallas, Texas, October 1999.

Eating Disorders: Nutrition Assessment and Intervention, University of Texas Southwestern Medical School Campus Nutrition Alliance, Dallas, Texas, August 1999.

Helping Obese Children and Teens Without Diets, Sports, Cardiovascular and Wellness Nutritionists Symposium on Disordered Eating and Obesity, Cincinnati, Ohio, March 1999.

SELECTED COMMUNITY PRESENTATIONS

Allen Conservatory of Dance
American Cancer Society Health Education Committee
Armstrong Elementary School
Barnes and Noble Women's Health Celebration
B'nai Brith Girls
Congregation Shearith Israel
Cooper Clinic, Cooper Institute for Aerobics Research
Creekview High School
Dallas Baptist Academy
Dallas County Juvenile Justice Department
Children's Medical Center of Dallas Diabetes Parent Support Group
Episcopal School of Dallas
El Centro Community College
First Baptist Academy
Family, Career and Community Leaders
Good Shepherd Episcopal School
Greenhill School
Hamilton Park Pacesetter School
The Hockaday School
Junior League of Dallas
Luke's Locker FIT Marathon Training Program
McCulloch Middle School
National Charity League
Pi Beta Phi Alumnae Club
Richardson Independent School District
Saint Gerard Circle
St. Michael's Mothers Club
Solomon Schechter Academy
State Fair of Texas
Texas AIDS Ride
Temple Emanu-El
Texas Woman's University
University of North Texas
Ursuline Academy
Wilshire Baptist Church
Winston School

LOCAL AND NATIONAL MEDIA APPEARANCES

Dallas Child Magazine
Dallas Medical Journal
Dallas Morning News

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Deseret Times
DrDrew.com
Jane Magazine
KTCK AM Train Fitness
KDFW Fox 4 News
KVIL FM Sunday Morning Magazine
KSKY AM
KYNG FM The Doc Shop
Premier Pages Newsletter
SneakyKitchen.com
The Athlete's Kitchen
The LEAF Newsletter
Today's Dietitian Magazine
Trinity Broadcasting Our Town
WB33 DFW Close-up
WFAA Good Morning Texas

RECOMMENDED PRESENTATION AND INTERVIEW TOPICS

Eating Disorders: What Everyone Should Know
Eating Disorders in Inpatient Care
Eating Disorders and Pregnancy
Eating Disorders: Cutting Edge Strategies
Helping Obese Children & Teens Without Diets
Managing Eating Disorders In Any Practice Area
Nutritional Rehabilitation of Anorexia Nervosa in Pediatrics
Eating Disorders & Obesity: How To Manage One Without Creating The Other
What's Eating Your Clients? Eating Disorders & Trauma
Eating Disorders: Identification, Prevention & Recovery
Eating Disorders: What Every Future Dietitian Needs To Know
What's Eating Your Patients: Solving Eating Disorders From The Inside-Out
Is This Normal? Childhood Feeding Problems
Medical Complications of Eating Disorders
Eating Disorders: Nutrition Assessment & Intervention
Assessment & Treatment of Feeding Problems
Making Food Your Friend Again
New Year's Revolution
Obesity and Eating Disorders: How to Handle One without Creating the Other
Raising Healthy Kids in a Fast Food World
Surviving the Holidays: Body, Mind, and Spirit
Why Diets Don't Work...and What Does