

Katherine A. Isacks, MPS, RDN, CDE
Kathy@brillianteating.com
303-829-5187

EXPERIENCE

**Registered
Dietitian /
Diabetes Educator**

- 6/08 – current, self-employed at Katherine Isacks, RD, LLC (DBA Brilliant Eating, LLC), Lafayette, CO.
- Contract dietitian/diabetes educator for Albertsons Co. (Albertsons & Safeway stores), 3/16 – current. I conduct the seasonal “Healthy Eating for Diabetes” supermarket tours in the Denver Metro area.
 - Consulting dietitian/diabetes educator for [MyNetDiary](#), 2/09 – current. MyNetDiary is a food, activity, and diabetes tracker for web and smartphone. I interact with members via forum and social media, write and organize the blog, provide expertise and advice on nutrition and diabetes content, and provide occasional interviews and talks about calories and diabetes tracking.
 - Nutrition counseling for private clients, 6/08 – current. I provide Medical Nutrition Therapy (MNT) to individuals and groups on nutrition-related topics (weight control, prediabetes, and diabetes).
 - Contract class instructor for [AdvantageHealth Corporation](#), 2009-2011. Conducted “Shape Weight Loss Class” (12-week series) and gave talks on nutrition and fitness. Clients were school districts and corporations.

**Registered
Dietitian /
Diabetes Educator**

- 6/09 – 3/15, Kaiser Permanente Colorado.
- Nutrition Services class instructor: Healthy Connections Weight Loss (8-class series), Mediterranean Diet for Heart Health, Preventing Diabetes & Heart Disease, and Diabetes Take Charge (i.e. Diabetes Self-Management & Education, 2-class series).
 - Medical Surgical Weight Control clinic class instructor: Surgery Connections (6-class series for bariatric surgery), Optifast® (protein-sparing modified fast), and basic nutrition for those taking phentermine. Also provided individual weight loss counseling.
 - Provided MNT via in-person and phone visits.
 - Classes and events for Employee Health & Wellness (client worksites): Healthy Connections Weight Loss, CDC’s National Diabetes Prevention Program (16-class series plus 6 monthly support group classes), and provided nutrition and fitness talks, cooking demonstrations, and health fair screenings.

**Registered
Dietitian /
Diabetes Educator**

- 8/07 – 6/08 and 4/10 - 8/12, Exempla Lutheran Medical Center, Wheat Ridge, CO.
- Provided MNT and diabetes self-management education (DSME) to adult patients with diabetes (Type 1 & 2).
 - Taught DSME classes for newly diagnosed adults with Type 2 diabetes and prediabetes.
 - Provided MNT and DSME for those with gestational diabetes (this was a large proportion of the patient population).
 - Conducted simple quality assurance studies as needed.

**Registered
Dietitian**

- 7/06 – 9/07, Boulder Community Hospital, Boulder, CO.
- Provided MNT to patients in all inpatient departments.
 - Gave nutrition talks to hospital staff and surrounding businesses (e.g. Ball Aerospace).
 - Provided in-service training to foodservice staff and monitored foodservice quality at the Foothills campus.

**Metabolic
Nutritionist /
Registered
Dietitian**

- 9/05 – 6/06, University of Colorado Health Sciences Center, Inherited Metabolic Diseases Clinic, Denver, CO.
- Nutritional management of infants, children, teens, and adults with inborn errors of metabolism (e.g. PKU) in outpatient (90%) and acute care (10%) settings.
 - Outpatient: monitored serum phenylalanine and tyrosine levels and provided diet therapy for eighty PKU patients. Provided age-appropriate diet management classes for PKU peer-groups.
 - Provided MNT for all other metabolic diseases as well.
 - Inpatient: MNT for patients in metabolic crisis or involved in observational studies.

**Research
Assistant III**

- 8/99 – 8/03, Prevention Research Center for Family and Child Health, The Children’s Hospital, Denver, CO.
- Assisted in the execution of a follow-up study examining the effects of a nurse versus paraprofessional home visitation program on maternal and child health.
 - Interviewed prospective employees, trained new interviewers, created study protocols, and reviewed and revised interview questionnaire. Monitored study data for missing responses and organized follow-up to obtain missing data. Collaborated with MS Access programmer to test and improve functionality of administrative study database (subject characteristics, scheduling, and inventory).
 - Organized and edited statistical analyses performed for all tabled values presented in grant proposals, grant reports, and published manuscripts.

- Research Coordinator** 10/98 – 6/99, Department of Radiology, University of Washington, Seattle, WA.
- Coordinated study on use of rapid MRI as a diagnostic tool for low back pain.
 - Drafted Manual of Operations, revised data collection forms, ensured compliance with Human Subjects Review Committee, interviewed other site coordinators, recruited physicians and their patients; screened patients for MRI compatibility, collected and organized site data, and conducted follow-up phone interviews. Jeffrey Jarvik, MD, MPH was the Principal Investigator.
- Assistant Manager of Database Services** 12/92 – 5/95, The CBORD Group, Ithaca, NY.
- Supervised the daily operation of a menu-planning program for use by foodservice organizations in long-term healthcare facilities.
 - Supervised multiple employees and projects. Initiated and developed quality assurance techniques and documentation for menu projects. Interviewed prospective employees and conducted employee performance reviews. Provided training and telephone support to clients for three CBORD software systems.
 - Assisted manager with the nutritional analysis of recipes published in [Moosewood Restaurant Cooks at Home](#).
- Client Support Representative** 3/92 – 11/92, The CBORD Group, Ithaca, NY.
- Trained and consulted with clients of CBORD's Food Service Management System.
 - Created implementation plans for clients. Provided telephone software support as well as trained clients on-site in CBORD software.
 - Conducted workshops on food and recipe database maintenance for annual user conference.
- Exercise Specialist & Nutrition Educator** 1/91 – 3/92, Plus One Fitness Company, New York, NY;
9/90 – 1/91, Executive Fitness Center, New York, NY
- Conducted exercise tests, provided personal training and nutrition education for business executives at the World Trade Center, World Financial Center, and the Waldorf-Astoria Hotel.
- Teaching Assistant** 1987 – 1989, Cornell University, Ithaca, NY
- Outstanding Teaching Assistant Award, 1989
 - Conducted recitations, supervised laboratory sections, created and graded quizzes, and graded exams for three college courses in two departments: "Introductory Biology Lab," "Ecology of Human Nutrition," and "Introductory Foods Lab."
- INVITED SPEAKER**
- Calories Tracking Apps: Riding the Smartphone Wave. Indiana Academy of Nutrition & Dietetics (formerly Indiana Dietetic Association) Annual Meeting, 4/19/12.
- PEER REVIEWED PUBLICATIONS**
- Freehauf CL, Bernstein L, Isacks K, Thomas J. Network Phenylketonuria Conference: An effective tool for facilitating adherence to diet therapy in individuals with phenylketonuria. [Topics in Clinical Nutrition. 2009; 24\(3\); 341-346.](#)
 - Olds DL, Robinson J, Pettitt L, Luckey DW, Holmberg J, Ng RK, Isacks, K, Sheff K, and Henderson CR. Effects of Home Visits by Paraprofessionals and by Nurses: Age 4 Follow-Up Results of a Randomized Trial. [Pediatrics 2004; 114 \(6\): 1560-1568.](#)
- MEDIA & OTHER PUBLICATIONS**
- MyNetDiary [blog](#) (I write one post per month and organize three other dietitian writers), and [articles](#).
 - Walk Talk Nutrition [podcast](#) cohost.
 - Liberty Medical: [Think You are Having a Low? Check Don't Guess!](#)
 - Edwards Health Care Services: [Regular Blood Glucose Checks – It Matters!](#)
 - Lifetime TV: Guest on "The Balancing Act" 1/20/11 (Calories Tracking). Online video no longer available.
 - NPR: Guest on "[Web Sites: Weight Loss Tactical Support](#)," with host Katia Dunn, 7/14/09.
- EDUCATION**
- Dietetic Internship, University of Northern Colorado
 - Didactic Program in Dietetics, University of Northern Colorado
 - M.P.S. Nutrition, Cornell University
 - Extracurricular coursework in Exercise Physiology, Ithaca College
 - B.A. Biology, Cornell University
- Certifications, Licensure**
- Certified Diabetes Educator (CDE), NCBDE certificate # 21210191 and AADE Member #204505
 - Registered Dietitian Nutritionist (RDN), CDR Member # 951148