

# Kathryn Fink Martinez, MS, RDN, LD, CEDRD

Brookhaven College  
3939 Valley View Lane  
Dallas, Texas 75244  
kmartinez@dcccd.edu

## Degrees:

University of Alabama at Tuscaloosa, Masters of Science Graduate -

**Masters Project:** Medical Students Self-efficacy and Attitude in Relation to Weight and the Change after Nutrition Elective

University of Texas Southwestern Medical Center, Bachelor of Science

## Select Work Experience:

**Dietitian** Timberlawn Mental Health System, 4600 Samuel Blvd., Dallas, TX June 2001 – Present

- Research design, implementation, data entry of post bariatric study
- Individual and group inpatient Medical Nutrition Therapy and Eating Disorder counseling
- Manage dietitian staff and oversee JCAHO, CMS and State compliance for dietary department, Performance improvement (PI), Continuous Quality Improvement (CQI), Policies and Procedures
- Nutrition classes for patients, food service department, nurses, physicians and community
- Numerous articles for newsletter Timbertalk

**Adjunct College Professor** Dallas County Community College District January 2001 – Present

- Create Blackboard Web Based Nutrition & Diet Therapy Course with Quality Matters Certification
- Previous experience: Faculty Coordinator, Subject Matter Expert III

**Dietitian** Confidence in Eating [www.confidenceineating.com](http://www.confidenceineating.com) Irving, TX 75062 October 2000 – Present

- Individual and group medical nutrition therapy counseling
- Speaking on eating disorders, bariatric nutrition and weight management
- Supervision & Consultation of dietitians in emotional aspects of eating and CEDRD certification
- Professional consultation for medical and mental health providers on emotional aspects of eating

**Renfrew Eating Disorder Consultant Dietitian** Renfrew Eating Disorder Center

September 2009 – February 2010, 9400 North Central Expressway, Dallas, TX 75231

- Nutrition care for patients with eating disorders
- Nutrition Groups for women struggling with eating and body issues

**Staff Dietitian**, University of Texas Southwestern Medical Center, **Center for Human Nutrition**

December 2002 – February 2004

- Assist on grant to educate medical students, Diet analysis for medical students
- Create and give education programs and lectures for dietetic interns and medical students

**Aerobics Instructor** YMCA, 2200 W. Irving Blvd., Irving, TX 75060

June 2002 – May 2005; February 2012- present

- Water aerobics instructor and motivator
- Group class instructor and motivator

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## Select Certifications:

- iaedp CEDRD Approved Supervisor September 2013
- Certified Eating Disorder Registered Dietitian March 2012
- Zumbatonic® Instructor October 2010
- Evelyn Tribole Certified Intuitive Eating Pro Counselor July 2010
- Board Certified Specialist in Sports Dietetics March 2009
- Zumba® Advanced Level 2 Instructor September 2008
- Zumba® Instructor August 2006
- Certificate of Training in Adult Weight Management March 2002
- AFAA Certified Primary Aerobics Instructor February 2001
- Cooper Aerobics Institute Certified Personal Trainer October 2000

## Select Media Interviews:

- Wingspan "Body Image Battles" February 5, 2016
- Setnick, Jessica. 2013 The Eating Disorders Clinical Pocket Guide, 2<sup>nd</sup> edition. Dallas, TX
- International Association of Eating Disorders Dietitians. "The Featured Eating Disorder Dietitian" September 2012
- WebMD 7 Habits of Successful Eaters June 2012
- Food and Nutrition "Meet Our Heroes" February 2012
- NBC channel 5 Kristi Nelson "Portion Sizes and Food Products" May 6, 2008
- NBC channel 5 Kristi Nelson "Trans fat and McDonalds" January 29, 2007
- Today's Diet and Nutrition "On an Emotional Roller Coaster" November 2007
- NBC channel 5 Kristi Nelson "Exercise or Diet" January 26, 2007
- NBC channel 5 Brian Curtis "Cutting the Caffeine Addiction" December 20, 2006
- NBC channel 5 Kristi Nelson "Eating out" December 13, 2006
- NBC channel 5 Kristi Nelson "Added Sugars" November 3, 2006
- NBC channel 5 Kristi Nelson "Trans Fats in fast food" September 2006
- Food and Fitness Advisor "Breakfast Cereal Bragging Rights" February 2006; 6-7
- BP Magazine "Enhancing Your Mood with Food" Fall 2005: 34-36
- Shape Magazine. Mind, Body and Spirit content interview. July 2004 page 40-42
- Today's Dietitian Magazine. Office Space Some RDs are breaking free of the four-walled image of professional offices." May 2004 Vol. 6 No. 5 page 44
- News-Register. "Summertime is the Perfect time to nourish mind, body and soul." Volume 21. No. 4, pg 7
- News-Register. "Food for Thought." September 26, 2002: Volume 20. No. 7, page 10

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## Select Media Articles Written:

- Eating Disorder Hope "Weight Loss Surgeries: Golden Ticket, Temporary Patch or Ticket to Jail?" June 15, 2011
- Eating Disorder Hope "Why Do We Eat the Foods We Do?" March 1, 2006
- Newsletter Ventures "Hurricane Connection and Relief!" Winter 2006. Volume XXII No.3, page 4 - 5
- ADA Times "I was on my way home from a psychiatric facility when I received an emergency phone call" Nov/Dec 2005 Volume 3, Issue 2, page
- "Go with the Grain" Mrs Baird's Health Connection. February 2006
- "The Skinny on Holiday Eating" Mrs Baird's Health Connection. November 2005
- KRLD Radio Segment "Fine Dining Nutrition Recommendations" May 2005
- Mrs Baird's Video. Key Nutrition Recommendations and Dietary Guidelines. December 2004
- "Food Labels 101" Mrs Baird's Health Connection, October-November 2004
- "Don't Forget the Fiber" Mrs Baird's Health Connection August 2004

## Select Presentations/Workshops Conducted

- **Food & Nutrition Conference Behavioral Health Dietetic Practice Group Meet the Experts Panel**, "Disordered Eating After Bariatric Surgery" October 23, 2017
- **Texas Academy Annual Conference and Exhibition**, "The Art of Language & Listening" March 31, 2017
- **Texas Academy Annual Conference and Exhibition**, Movement Class and Breaks March 30- April 1, 2017
- **Texas Academy of Nutrition and Dietetics Leadership Training**, Movement Class and Breaks July 2016
- **Key Note Designing for Different Abilities Conference** "ABC's Creating Change" April 22, 2016
- **Jessica Setnick's CEDRD Prep Course**, "Bariatric Surgery: Post Op Considerations" 2014, 2016, 2017
- **St. Luke's Diabetes Symposium- Diabetes for Primary Care in 2014**, "Pre- and Post-Operative Management of Bariatric Patients" September 6, 2014
- **Dairy Max** "An Intuitive Eating Experience" May 22, 2014
- **Academy of Nutrition and Dietetics** "Bariatric Surgery: Polishing Off the Tarnish for Success" October 20, 2013
- **International Federation Eating Disorder Dietitians** "Bariatric Surgery: Polishing off the tarnish for Success" October 7, 2013
- **St. Luke's Diabetes Symposium- Diabetes for Primary Care in 2014**, "Pre- and Post-Operative Management of Binge Eating Disorders Association" "Bariatric Surgery: Golden Ticket, Temporary Patch, and Ticket to Jail or BED" March 2012
- **International Association of Eating Disorders Professionals DFW Group** "Bariatric Surgery: Golden Ticket, Temporary Patch, Ticket to Jail or BED" April 2012
- **Utah Dietetic Association** "Intuitive Eating: What Dietitians Must Know" April 8, 2010
- **Utah Dietetic Association** "The Entrepreneurial Dietitian: Always Busy, Never Bored" April 8, 2010
- **Oklahoma Dietetic Association** "Hidden Post Op Bariatric Complications" March 13, 2009
- **East Texas Dietetic Association Spring Seminar**. "The Open Door: Nutrition Entrepreneur" January 16, 2009
- **Renfrew Eating Disorder Conference** "Weight Loss Surgery and Post op Complications" November 15, 2008.
- **American Dietetic Association Food and Nutrition Weight Management Webinar**. "Bariatric Surgery" May 13-14, 2008
- **Fort Worth Dietetic Association** "Hidden Post Op Bariatric Complications" March 7, 2008
- **North Texas Facial and Oral Surgery Conference**. "Fad Diets" February 15, 2008
- **North Texas Girls Coaches Clinic**. Nutrition Game Plan for Today's Female Athlete" January 10, 2004
- **Nutrition Entrepreneur Regional Workshop**. "Dietitians with Dual Roles" Las Vegas, Nevada April 26, 2003
- **East Dallas Therapists Group** "Bariatric Surgery: Golden Ticket, Temporary Patch, Ticket to Jail or BED" February 2012

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## Highlighted Publications Authored & Edited

- [Adverse Childhood Experiences in a Post-bariatric Surgery Psychiatric Inpatient Sample](#). Fink K, Ross CA. *Obes Surg*. 2017 Jun 8. doi: 10.1007/s11695-017-2767-6. [Epub ahead of print]
- "White Paper: ADDENDUM- Language Directed to BED, Compulsive Overeating (CO) and People of Size" International Association Eating Disorder Dietitians, as part of Health Wellness Committee. February 2016.
- "Communication with Individuals with Eating Disorders: Guidelines for Healthcare Providers" International Association Eating Disorder Dietitians, as part of Health Wellness Committee. February 2016.
- "Eating Disorder Nutrition Data Reporting" International Association Eating Disorder Dietitians, as part of Health Wellness Committee. February 2016.
- "The CEDRD in Eating Disorder Care" International Association Eating Disorder Dietitians, as part of Health Wellness Committee. March 2015.
- "Book Review of Appetite and Food Intake Behavioral and Physiological Considerations" *Nutrition in Clinical Practice*. 2009.;24:284.
- "Weight loss surgery and the complications" Continuing education online 10 hour course at CEU4U, November 2008.
- Position of American Dietetic Association: Nutrition Intervention in the treatment of Anorexia Nervosa, Bulimia Nervosa and other Eating Disorders. *J Am Diet Assoc*. 2006;106:2073-2082.

## Highlighted Professional Awards/Nominations

- Brookhaven College Emerald Excellence in Teaching Physical Education & Nutrition Award 2017
- Brookhaven College Distinguished Adjunct Faculty 2015, 2011, 2005
- American Dietetic Association Recognized Young Dietitian of the Year 2004
- Texas Recognized Young Dietitian of the Year 2004

## Highlighted Professional Volunteer:

- **Behavioral Health Nutrition Dietetic Practice Group Director of Public Relations** 2017
- **International Association of Eating Disorders Professionals** Health Wellness Committee 2014 – Present
- **Academy of Nutrition & Dietetics** Eating Disorder Expiring Position Paper Selected Reviewer November 2012
- **International Federation of Eating Disorder Dietitians** Board of Directors 2013 – present, national advocate
- **Nutrition Entrepreneur Practice Group**; Chair 2004-2005
- **DFW International Association of Eating Disorder Professionals** President 2014 - 2015