

Erin E. Phillips, MPH, RD, CDCES

Education

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| Master of Public Health Nutrition University of Massachusetts Amherst | 2015-2018 |
| <ul style="list-style-type: none">• Capstone Project: Unintentional harm caused by pediatric obesity interventions• Practicum: Improving access to nutrition services in pediatric primary care | |
| Fellowship: Leadership Education in Adolescent Health (LEAH Program) University of Washington & Seattle Children's Hospital, Division of Adolescent Medicine | 2015-2016 |
| <ul style="list-style-type: none">• Post-baccalaureate training in eating disorders and adolescent health care• Capstone Project: Screening for Disordered Eating Among Youth with Type 1 Diabetes (ED-DMT1, Diabulimia) | |
| Dietetic Internship Sea Mar Community Health Centers | 2007-2008 |
| Bachelor of Science, Food & Nutritional Sciences, Dietetics Seattle Pacific University | 2003-2007 |

Certifications

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| Registered Dietitian Credential (RD / RDN) CDR #1000041 | Received October 2008 |
| Certified Diabetes Care and Education Specialist (CDCES) Cert #21600530 | Received August 2016 |

Work Experience

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| Erin Phillips Nutrition, LLC Seattle WA Owner and Nutrition Therapist | January 2019 - present |
| <ul style="list-style-type: none">• Nutrition therapy private practice, focusing on nutrition care for individuals with co-occurring eating disorders and diabetes.• Eating disorder treatment for all ages.• Consulting and provider education on prevention and treatment of co-occurring eating disorders and diabetes, weight-inclusive/trauma-informed care for diabetes, nutrition therapy for adolescents and young adults, and motivational interviewing. | |
| University of Washington Neighborhood Clinics Seattle WA Registered Dietitian Nutritionist | 2019 - 2020 |
| <ul style="list-style-type: none">• Nutrition therapy, counseling and education for patients of all ages (birth to geriatrics)• Maintain close communication with care team members, including the primary care provider, care management nurse, social worker, and health navigator• Use Motivational Interviewing and transtheoretical model behavior change counseling techniques to guide and assist patients and families in making successful changes to meet their health goals. | |

**Work
Experience,
continued**

Mary Bridge Children’s Health Center - Diabetes & Wellness Clinics 2015 - 2019
Tacoma WA
Clinical Dietitian Diabetes Educator

- Provide nutrition therapy, counseling and education to pediatric patients with type 1 and 2 diabetes, pre-diabetes and insulin resistance.
- Implemented multiple quality improvement initiatives addressing disordered eating among patients with type 1 diabetes and improving standardization of diabetes education.
- Collaborate with physicians, mental health providers, social workers and nurses in coordinating care for patients.

Sea Mar Community Health Centers 2012 - 2015
Seattle WA
Nutritionist - RD Supervisor

- Managed the outpatient nutrition program, which included supervising a staff of 12 Registered Dietitians in primary care medical clinics throughout Western Washington.
- Conducted community needs assessments to identify barriers to accessing WIC services in King County.
- Completed hiring, training, performance reviews, counseling observation, trainings and feedback for Registered Dietitians.

Sea Mar Community Health Centers 2010 - 2012
Seattle WA
Nutritionist - RD

- Provided nutrition counseling, in both English and Spanish, to WIC clients and primary care patients of all ages for a variety of conditions, including diabetes and weight concerns.
- Precept multiple dietetic interns each year, including evaluations, training in Motivational Interviewing skills, and teaching maternal/child nutrition.

**Publications
& Speaking**

Phillips, E. Co-Occurring Eating Disorders and Type 1 Diabetes. In: A. Docter & Y. Evans (Eds.), Adolescent Nutrition: Assuring the Nutrition Needs of Adolescents and Emerging Adults. New York (NY): Springer Publishing; 2020.

University of the Pacific Benerd College: Diabetes Essentials for Clinicians December 2020
Presentations: Disordered Eating in Type 1 and Type 2 Diabetes & Benefits of a Weight-Inclusive Approach in Diabetes Management

American Diabetes Association’s 80th Scientific Sessions June 2020
Presentation: Weight-Neutral Care for Diabetes

The Emily Program September 2019
Interdisciplinary Training: Eating Disorders and Diabetes

Weight Neutral for Diabetes Care Symposium July 2019
Presentation: ED-DMT1 (Diabulimia) and Beyond:
Nutrition for treatment and prevention of eating disorders in type 1 diabetes

MultiCare Diabetes Education Program February 2019
Presentation: Techniques for Working with Adolescents with Type 1 Diabetes

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| Skills & Training | Acceptance and Commitment Therapy (ACT) Completed <i>ACT for Dietitians</i> , facilitated by Margit Berman, PhD and Fiona Sutherland, RD | 2020 |
| | Family-Based Treatment (FBT) Completed <i>FBT for Dietitians by EDRDPro</i> , facilitated by Marcia Herrin, RD | 2020 |
| | The Body Positive Institute Licensed Be Body Positive Facilitator | 2019 |
| | Motivational Interviewing <ul style="list-style-type: none"> Completed <i>Molly Kellogg's Counseling Intensive</i>, a comprehensive training in Motivational Interviewing for Registered Dietitians, in 2012. Conducted multiple trainings for staff in the WIC program and other departments at Sea Mar CHC. | 2012 |
| | Spanish language, professional working proficiency <ul style="list-style-type: none"> Participated in an intensive immersion language course in Guanajuato, Mexico Counseled patients in Spanish on a daily basis during tenure at Sea Mar | 2009 2010-2015 |
| Professional Memberships | Association for Size Diversity and Health (ASDAH) | |
| Volunteer & Community Involvement | Diabetes and Weight-Inclusive Care Webinars and Tool Kit Development for Academy of Nutrition and Dietetics Practice Groups Committee Member | 2021-Present |
| | Youth Strategies Committee, American Diabetes Association Committee Member | 2021-Present |
| | Community-Based Online Meal Support Volunteer meal support provider on @COVID19eatingsupport on Instagram | 2020-2021 |
| | Academy of Nutrition and Dietetics Evidence Analysis Library Content Advisor for Diabetes Type 1 (pediatric) | 2019 |
| | Seattle King County Clinic - Seattle WA Volunteer Registered Dietitian | 2015 - 2020 |
| | Sea Mar Community Health Centers - Seattle WA Chair (volunteer), Childhood Health Interest Group | 2012-2013 |
| | South Park Community Kitchen - Seattle WA Founding Member and Kitchen Volunteer Lead | 2012-2015 |