

## Merritt Bates-Thomas RDN, LD, LDE

Merritt Bates-Thomas, RDN, LD, LDE is the Health Education Director, Diabetes Population Health Specialist, & Public Information Officer for Green River District Health Department (GRDHD) where she oversees the operation of the Health Education & Nutrition Services Department. She has served on the Kentucky Academy of Nutrition and Dietetics Board of Directors in numerous positions including President and Kentucky's Delegate to the Academy of Nutrition and Dietetics House of Delegates. She has served on the National WIC Association's Legislative Committee and also as Kentucky's Local Agency Representative to the Southeast Region. In 2014, she was appointed to the Governor's Council on Alzheimer's Disease and Related Disorders representing Local Health Departments where she served until 2019. She is past leader of the Tri-State Association of Diabetes Educators (TRADE), a local networking group of the Association of Diabetes Care and Education Specialists (ADCES) and the Kentucky Coordinating Body (CB) of ADCES. She is currently past president of the Kentucky Diabetes Network (KDN) state diabetes coalition. She is a past member of the Daviess County Board of Education, serving from January 2010 to September 2016. She also served on the National School Boards Association (NSBA) and American Association of School Administrators (AASA) School Health and Learning Cadre. She is a graduate of the University of Kentucky with a Bachelor of Science degree in Dietetics.

### EXPERIENCE

#### **Green River District Health Department**

##### **Health Education Director/Nutrition Services Coordinator/Supervisor**

###### **2004 to present**

Direct and coordinate the functions of the Community Health Education Department (since March of 2010) which includes Nutrition Services, WIC, Breastfeeding Promotion, Peer Counseling, Diabetes, Cardiovascular Health, Fall Prevention, Tobacco Prevention, Child Care Health Consultation for Healthy Start in Childcare, & Physical Activity Programs including staffing, hiring, evaluations, budget, program planning, community relationship, capacity building, community health needs assessment and improvement. Present nutrition education and wellness based programs to a variety of groups in Green River District. Direct staff in planning and coordinating in-service training programs in nutrition as needed. Assess patients' nutritional needs and provide appropriate medical nutrition therapy.

##### **Clinical Nutritionist**

###### **2001 to 2004**

Assessed patients' nutritional needs and provided appropriate medical nutrition therapy.  
Coordinated activities of Daviess County Breastfeeding Alliance.  
Presented nutrition education programs to a variety of groups in the community.  
Planned and coordinated in-service training programs in nutrition as needed.

#### **Nutrition Consultant (Self-employed)**

###### **1992 to 2001**

Developed nutrition/wellness education materials.  
Provided nutrition counseling to physician and self-referred patients.  
Coordinated and presented nutrition-related programs to corporate and community-based groups.  
Coordinated and presented *A Perfect Blend* healthy cooking/lifestyle classes.  
Coordinated and facilitated weight/lifestyle management program.  
Compiled nutritional analysis information for label development.  
Coordinated and taught diabetes education classes.

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## **EXPERIENCE (continued)**

### **Nutrition Consultant (continued)**

Provided meal planning, nutritional analysis, employee and program volunteer education, and consultation, for the Nutrition Program for Elderly, in 15 counties in Kentucky.

Recruited program participants for infant formula research studies.

Collected growth data (i.e. weight, length, and anthropometric measurements) of infant formula research program participants.

Assessed nutritional needs of hospice patients. Assisted families and caregivers in understanding and providing for the nutritional needs of the terminally ill patient.

### **Methodist Hospital**

#### **Assistant Director of Dietary/Clinical Dietitian**

**1985 to 1992**

Assessed patients' nutritional needs.

Provided nutrition education to both in- and outpatients.

Coordinated and presented community and hospital-based nutrition education programs and classes.

Coordinated and presented departmental in-services.

Assisted the Director of Dietary in planning the departmental QA/CQI program and patient meal service.

Worked with the Hospital and Medical Staff to provide optimal care to patients.

Coordinated diet manual revision and menu analysis.

Managed the department in the absence of the Director.

## **EDUCATION**

Bachelor of Science in Dietetics – Coordinated Undergraduate Program

University of Kentucky

1985

## **PROFESSIONAL ACTIVITIES AND AFFILIATIONS**

### **Western District Kentucky Academy of Nutrition and Dietetics**

President

1993 to 1994

Secretary

1988 to 1990

### **Kentucky Academy of Nutrition and Dietetics**

Policies, Procedures, and Bylaws Chairman

2017 to 2019

2017 Annual Nutrition Conference & Exhibition Chairman

2016 to 2017

Delegate

2010 to 2016

Past President

2009 to 2010

President

2008 to 2009

President-elect

2007 to 2008

Continuing Education Chairman

2004 to 2007

Council on Professional Issues Chairman

2002 to 2004

State Media Representative

1996 to 1998

Reliable Nutrition Information Chairman

1994 to 1996

Board Member as WDKDA President

1993 to 1994

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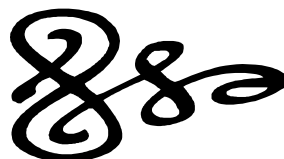
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**PROFESSIONAL ACTIVITIES AND AFFILIATIONS (continued)**

<b>American Academy of Nutrition and Dietetics</b>	1985 to present
House of Delegates, Kentucky Delegate	2010 to 2016
Manuscript Peer Reviewer	
Nutrient Download Library	August 2009
Fiber Facts and The Sodium Story	April – May 2008
<b>Association of Diabetes Care &amp; Education Specialists (ADCES)</b>	2016 to present
Kentucky Coordinating Body (CB)	2016 to present
Tri-State Local Networking Group (Tri-State LNG) (a Local Networking Group (LNG) of ADCES)	2016 to present
<b>Kentucky Diabetes Network (KDN)</b>	2015 to present
President-elect	2019
President	2020
Past President	2021
<b>United States Breastfeeding Committee</b>	
Designated Contributor, Kentucky	2010 to 2012
<b>Academy of Lactation Policy and Practice</b>	
Certified Lactation Counselor	November 9, 2001 to 2016

**PROFESSIONAL HONORS**

- 1996 Outstanding Dietitian of the Year  
Western District Kentucky Dietetic Association
- 1989 Recognized Young Dietitian of the Year  
Western District Kentucky Dietetic Association and Kentucky Dietetic Association

**COMMUNITY**

Daviess County Public Schools Board of Education	2010 to 2016
AASA School Health and Learning Cadre	June 2013 to 2015
NSBA School Health and Learning Cadre	June 2012 to June 2013
Life Sciences Academy Advisory Committee	January 2016 to 2017
Owensboro Regional Farmers Market	
Farm to Table, Vine to Glass Planning Committee	2008 to 2010
Marketing Committee	2010
Board of Directors	January 2016 to present
Secretary	2019 to present
Market volunteer	2018 to present
First Presbyterian Church Owensboro, KY	
Member and Elder	
Strategic Planning Committee	July 2018 to July 2019
Youth Director Nominating Committee (Co-Moderator)	Oct. 2006 to April 2007
Worship Committee (Moderator)	2006 through 2007
Pastor Nominating Committee (Secretary)	Oct. 2003 to Dec. 2004
Pastor Nominating Committee (Vice-Moderator)	Aug. 2020 to present

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