



Trisha Sterringer
Columbus, IN 47203
IAND Board Application



(Term Year June 2026 - May 2027)

Education

What is your education background (Bachelors, Masters, PhD). What special certifications do you have?

PhD in Human Nutrition, Foods, and Exercise – Virginia Tech (Blacksburg, VA) 2024
MS and DI in Public Health Nutrition – Case Western Reserve University (Cleveland, OH) 2017
BS in Food and Nutrition with concentration in Exercise Science – University of Cincinnati (Cincinnati, OH) 2015

Certified Strength and Conditioning Specialist (#724822352), National Strength and Conditioning Association

Certified Bone Densitometry Technologist (#20229), International Society for Clinical Densitometry

Licensed Dietitian – Indiana (#37004010A)

Current Job Position

Describe your current job description and how your role would contribute to a diverse IAND Board.

Research Dietitian - My current position is a Physiology and Nutrition Researcher contracted with the Naval Health Research Center (San Diego, CA) through Leidos, my employer. I assist with data collection, grant writing, manuscript development, and other research efforts to support the Food Utilization and Energy Lab. Our research focus is to enhance warfighter performance and operational readiness through nutrition. I oversee all of the diet and nutrient analyses in our research studies. In this position, I have to utilize my skills as a research dietitian to read, synthesize, and communicate scientific evidence. I also recently accepted an Adjunct Professor position with Indiana University – Indianapolis in the Nutrition department. My background in academia and research would be a benefit to the CPI position and complement the IAND Board.

Academia – not really academia, it's **government research**

Clinical

Outpatient

Foodservice

Long Term Care

Private Practice

Fitness/Wellness

Community Nutrition

Renal/Dialysis

Prior Experience

Are there any special skills/qualifications you have acquired from employment, previous volunteer work, or through other activities that you want to highlight?

Before my PhD, I was the Director of Nutrition Services for an employee wellness company where I oversaw the development and delivery of all nutrition and wellness programs to our 100+ clients, in addition to managing a team of dietitians, dietetic interns, and health coaches. I also organized a quarterly journal club for the dietitians on staff. From 2018-2023, I served as a faculty advisor for a distance dietetic internship program (Be Well Solutions Dietetic Internship) and have a strong understanding of the ACEND process. During my PhD, I was a graduate teaching assistant for two academic years and instructor of record every summer for undergraduate and masters level courses.

Involvement with the AND on a National, State or District/Region Level

Summarize your involvement and participation in AND activities.

2025-2026 | Symposium Planning Committee, CV-Well DPG, AND
2023-2024 | Regional Director, Southwest Virginia Academy of Nutrition and Dietetics (SVAND)
2022-2023 | President-Elect, Southwest Virginia Academy of Nutrition and Dietetics
2021-2022 | Annual Meeting Co-Chair, Virginia Academy of Nutrition and Dietetics (VAND)
2015-2016 | Public Relations Co-Chair, Greater Cleveland Academy of Nutrition and Dietetics

Leadership Experience

Summarize any other leadership experiences that may benefit this position.

While as a Wellness Dietitian and Director of Nutrition Services, I managed a team of ~20 PRN registered dietitians, dietetic interns, health coaches, and exercise physiologists.
As a Faculty Advisor, I oversaw the dietetic internship rotations of 10-12 interns each year.
I served in leadership positions in Virginia as the regional director for SVAND and Annual Meeting Co-Chair for VAND.
I was the Social Chair for Virginia Tech Human Nutrition, Foods, and Exercise Department Graduate Student Assembly from 2021-2024.
I was received the 2024 Virginia Emerging Dietetics Leader Award for my leadership while in Virginia.

Goals for the Position

What new ideas or goals do you have for this position? What do you bring to the IAND State Board that will help build up Registered Dietitians in Indiana?

My goal for this position is to increase engagement in the IAND Annual Meeting. I plan to do this by using existing survey data and feedback from IAND membership to plan sessions that would be of interest. I would also look at the membership data to see what area of dietetics is most represented and plan sessions to further enhance skills in those areas. For regions/districts where engagement is low, one idea would be to talk directly to the leadership in that area to see 1) reasons for why engagement is low and 2) topic areas that would engage their membership. When I was in Southwest Virginia, I organized an educational workshop for dietitians and students on Appalachian food and culture. Historically, engagement from dietitians in the rural parts of Virginia (especially Appalachian



regions) was very low. This workshop ended up being the highest attended session for SVAND since COVID. Communicating with directors of dietetics programs and dietetic internships is also something I would prioritize to increase engagement of the next generation of RDs who may or may not already be academy members.

Agreement and Signature

By submitting this application, I affirm that the facts set forth in it are true and complete.

Name	Trisha Sterring
Electronic Signature	I understand that typing my name constitutes a legal signature confirming that I acknowledge and agree the facts set forth above are true and complete.
Date	12/02/2025

Our Policy

It is the policy of this organization to provide equal opportunities without regard to race, color, religion, national origin, gender, sexual preference, age, or disability.

When completed, please send it to Jenni Browning (Nominating Committee Chair) at browning@winnersdrinkmilk.com. Include a headshot as well with completed nomination form as an attachment. This will be used for the voting ballot.

Thank you for completing this application form and for your interest in volunteering with us.