

Curriculum Vitae

CONTACT INFORMATION

Name: **Susan Saffel-Shrier**
Birthplace: Rapid City, South Dakota
Citizenship: U.S. Citizen

EDUCATION

Years	Degree	Institution (Area of Study)
1974-1978	Bachelor of Science	University of Utah (nutrition) Salt Lake City, UT, U.S.A.
1978-1981	Master of Science	University of Utah (nutrition) Salt Lake City, UT, U.S.A.
1978-1981	Graduate Certificate Gerontology	University of Utah (gerontology) Salt Lake City, UT, U.S.A.
1981	Registered Dietitian Plan IV Internship	University of Utah (nutrition) Salt Lake City, UT, U.S.A.

BOARD CERTIFICATIONS

2018 Certified Dietitian State Department of Commerce

ACADEMIC HISTORY

Family and Preventive Medicine (Family Medicine/Residency), University of Utah

07/01/1990 Hire, Instructor Track , Instructor
07/01/1993 Track Switch, Clinical/(Clinical) Track , Instructor (Clinical)
07/01/1999 Promotion, Assistant Professor (Clinical)
07/01/2005 Promotion, Associate Professor (Clinical)
07/01/2014 Promotion, Professor (Clinical)

Nutrition

09/01/1985 Hire, Clinical/(Clinical) Track , Instructor (Clinical)
07/01/2002 Track Switch, Adjunct Track , Adjunct Instructor
07/01/2003 Promotion, Adjunct Assistant Professor
04/01/2007 Promotion, Adjunct Associate Professor
07/01/2014 Promotion, Adjunct Professor

PROFESSIONAL EXPERIENCE

Full-Time Positions

01/1982-08/1984 Clinical/Laboratory Coordinator, Division of Gastroenterology, University of Utah, Salt Lake City, Utah, U.S.A.

- 09/1985-08/1989 Instructor, University of Utah, College of Health, Division of Foods and Nutrition, Salt Lake City, Utah, U.S.A.
- 07/1989-11/1990 Geriatric Nutrition Consultant, Division of Geriatric Medicine, Department of Family & Preventive Medicine, School of Medicine, University of Utah, Salt Lake City, Utah, U.S.A.
- 12/1990-06/1993 Limited Term Instructor, Division of Geriatric Medicine, Department of Family & Preventive Medicine, School of Medicine, University of Utah, Salt Lake City, Utah, U.S.A.
- 07/1993-06/1999 Clinical Instructor, Division of Family Medicine, Family Medicine Residency Program, Department of Family & Preventive Medicine, School of Medicine, University of Utah, Salt Lake City, Utah, U.S.A.
- 07/1999-06/2005 Assistant Professor, Division of Family Medicine, Family Medicine Residency Program, Department of Family & Preventive Medicine, School of Medicine, University of Utah, Salt Lake City, Utah, U.S.A.
- 07/2005-06/2015 Associate Professor, Division of Family Medicine, Family Medicine Residency Program, Department of Family and Preventive Medicine, School of Medicine, University of Utah, Salt Lake City Utah, U.S.A.
- 07/2014-Present Professor, Division of Family Medicine, Family Medicine Residency Program, Department of Family and Preventive Medicine, School of Medicine, University of Utah, Salt Lake City Utah, U.S.A.

Part-Time Positions

- 09/1979-06/1980 Graduate Research Assistant, Division of Foods and Nutrition, University of Utah, Salt Lake City, Utah, U.S.A.
- 05/1985-03/1990 Adjunct Instructor, Division of Continuing Education, Correspondence Study, University of Utah, Salt Lake City, Utah, U.S.A.
- 11/1985-07/1990 Adjunct Instructor, Gerontology Program, College of Nursing, University of Utah, Salt Lake City, Utah, U.S.A.
- 01/1989-10/1995 Hospice Nutritionist, Community Nursing Service, Salt Lake City, Utah
- 08/1989-Present Adjunct Professor (clinical), Division of Nutrition and Integrative Physiology, College of Health, University of Utah, Salt Lake City, Utah, U.S.A.
- 08/1996-12/2007 Nutrition Consultant, Salt Lake County Aging Services, Nutrition Program, Salt Lake City, Utah, U.S.A.
- 07/2005-07/2015 Neurobehavioral HOME Program, Nutrition Consultant, University of Utah, Salt Lake City, Utah, U.S.A.
- 09/2006-Present Center on Aging Faculty, School of Medicine, University of Utah, Salt Lake City, Utah, U.S.A.

Editorial/Reviewer Experience

- 1988 Understanding Nutrition, 4th Edition, Whitney and Hamilton, West Publishing Company, reviewer
- 1988 Introductory Nutrition, 7th Edition, Times Mirror/Mosby College Publishing, reviewer
- 2000 Geriatric Nutrition, American Dietetic Association CE Module, reviewer
- 2000 Geriatric Nutrition Education Manual, Aspen Publishers, Inc., reviewer
- 2001-2004 Gerontological Nutritionist Newsletter, American Dietetic Association, reviewer
- 2004 Food and Nutrition Misinformation, American Dietetic Association Position Paper, reviewer
- 2004 Nutrition Across the Spectrum of Aging, American Dietetic Association Position Paper, reviewer

- 2006 Nutrition, Hydration and End of life Care, American Dietetic Association Position Paper, reviewer
- 2008-2013 Evidence Analysis Library, Academy of Nutrition and Dietetics, Workgroup Committee member- Aging
- 2012 Journal of Nutrition Education and Behavior-manuscript, reviewer
- 2013 Family Medicine Journal – manuscript, reviewer
- 2018 United States Department of Health and Human Services, Administration on Aging, Innovation Grant Reviewer

SCHOLASTIC HONORS

- 1980 Gerontology Scholarship, University of Utah Gerontology Program, Salt Lake City, Utah
- 2007 Teacher of the Year, Department of Family and Preventive Medicine, Student Programs, University of Utah, Salt Lake City, Utah, Nominee
- 2007 Outstanding Facilitator of the Year Award, Department of Family and Preventive Medicine, Medical Student Programs, University of Utah, Salt Lake City, Utah
- 2008 Award of Merit, Utah Dietetic Association, Utah
- 2008 Outstanding Alumni, University of Utah, Division of Nutrition, Salt Lake City, Utah
- 2012 Outstanding Preceptor in Specialty Care, University of Utah, Physician Assistant Program, Salt Lake City, Utah
- 2013 Primary Care Preceptor of the Year, University of Utah, Physician Assistant Program (Geriatric Team), Salt Lake City, Utah
- 2016 Honorary membership Association of General Practitioners of Moscow Region

ADMINISTRATIVE EXPERIENCE

Administrative Duties

Division of Family Medicine, Department of Family and Preventive Medicine, University of Utah School of Medicine, Salt Lake City, Utah, U.S.A.

- 1997-2019 Geriatric Rotation Director
Family Medicine Residency Program
Develop and direct geriatric curriculum via RC-FM/ACGME Guidelines
Supervise geriatric team and Family Medicine residents
- 1997-2007 Develop and direct Nursing Home experience Longitudinal Long Term Care Experience Director
- 2007-2019 Develop and administer RC-FM Assisted Living Longitudinal Experience
- 2012-2020 Develop and Direct Weight Management Group Visit curriculum
- 2012-Present Global Health
- 2016-2020 Scholarship Coach – Residency CQI Projects
- 2016-2018 Geriatric Course Director – Physician Assistant Program
- 2017 to present Principal Investigator: Administration on Aging grants

Professional Organization & Scientific Activities

Health Promotion Coalition for Older Utahans, Salt Lake City, Utah, U.S.A.

- 1989 Nutrition Project Coordinator
- Utah Aging Alliance (formerly Utah Gerontological Society), Salt Lake City, Utah, U.S.A.**
- 1994-1996 Health Promotion Committee
- 1994-1996 Research and Clinical Practice Committee

1997-1998 & Annual Conference Planning Committee
2006-2007 &
2009-2010
2009-2010 President, Past President

Utah Academy of Nutrition and Dietetics (formerly Utah Dietetic Association), Salt Lake City, Utah, U.S.A.

1986-1987 Chairperson, Education Program Development Committee
1987-1990 Chairperson, Education/Registration/Scholarship Award Committee
1987-1990 & Utah Dietetic Board Member
1994-1997
1990-1991 Chairperson, Council on Practice
1991-1992 Chairperson, Dietitian in Nutrition Support
1992 President-Elect Nominee
1992 Reviewer - UDA Handbook
1993 Gerontology Chairperson
1993 Professional Alliance Committee
1995 President
1996 Past President
2009 Scholarship and Awards Committee
2009-2010 Public Relations Committee
2010-2011 Foundation Committee
2021-2022 Malnutrition Task Force

Community Nursing Service, Salt Lake City, Utah, U.S.A.

1989-1994 Hospice Advisory Committee
1989-1995 Hospice Quality Assurance Committee
1990-1993 Chairperson, Advisory Committee

Dietitian Board of Utah State Board of Occupational & Professional Licensing, Salt Lake City, Utah, U.S.A.

1991-1993 Board member
1992-1993 Chairperson

Community Nursing Service Council Advisory Board, Salt Lake City, Utah, U.S.A.

1993-1995 Board member

Utah Nutrition Council, Salt Lake City, Utah, U.S.A.

1990-2013 Member
1994-1995 President

Utah Governor's Council on Health and Physical Fitness, Salt Lake City, Utah, U.S.A.

1995-2002 Board member

Utah Area Health Education Centers, University of Utah, Salt Lake City, Utah, U.S.A.

1997-2002 Board member

Healthy Aging (formerly Gerontological Nutritionist), Academy of Nutrition and Dietetics Chicago, Illinois, U.S.A.

1998-2001 Research and Education Committee Chair
1998-2004 Board Member
2001-2002 Chair Elect
2002-2003 Chair
2003-2004 Past Chair
2021-2022 Co-author of Nutrition Care of the Older Adult handbook, Nutrition Assessment Chapter

Salt Lake City Olympic Committee, Utah State Health Department, Salt Lake City, Utah, U.S.A.

2000-2002 Healthy You Two Thousand and Two

Academy of Nutrition and Dietetics (formerly American Dietetic Association), Salt Lake City, Utah, U.S.A.

- 2002-2003 Chair: Gerontological Nutritionist Dietetic Practice Group
2003-2004 Task Force on Aging
2009-2013 Evidence Analysis Workgroup- Aging

Sarah Daft Home Assisted Living Board of Directors, Salt Lake City, Utah, U.S.A.

- 2014-2016 Executive Committee – Vice Chair
2014 Quality Assurance Committee Chair
2013 Development Director Recruitment Committee
2008-2018 Board member
2008-2018 Quality Assurance Committee

Western Geriatrics Consortium, Salt Lake City, Utah, U.S.A.

- 2012-2015 Committee Member

Utah Diabetes Advisory Council, Utah State Health Department, Salt Lake City, Utah, U.S.A.

- 2013-2015 Committee Member

Salt Lake County Aging Services, Salt Lake County, Salt Lake City, Utah, U.S.A.

- 2013-2014 NCOA Accreditation, Committee Member

Murray City Senior Center, Murray City, Murray City, Utah, U.S.A.

- 2013-2014 NCOA Accreditation, Committee Member

Utah Public Health Association, Salt Lake City, Utah, U.S.A.

- 2015-2017 Nutrition Division, Committee Member

Society of Teachers of Family Medicine, Leawood, KS, U.S.A.

- 2016-Present Nutrition Group, Committee Member

UNIVERSITY COMMUNITY ACTIVITIES

University Level

- 1985-1986 Gerontology Education and Training Committee
1988-1992 Lowell Bennion Community Service Center Representative
1988-1997 Geriatric Medicine Advisory Committee
1989-1991 Gerontology Inquiry Committee
2005-Present University of Utah Center on Aging
2006 Osher Lifelong Learning Institute

College Level

School of Medicine

- 1996-1997 Curriculum Reform - Knowledge Subcommittee
1997-1998 Curriculum Reform- Course Subcommittees – Nutrition
2004-2009 Nutrition Medical Interest Group: faculty advisor
2007 Curriculum Reform- Nutrition Subcommittee
2007-2009 Nutrition Course Committee-MSI-MSII
2009 Medical Student in Community Clinic Task Force
2018-present University of Utah Hospital and Clinics, Post-Acute Care Collaborative

College of Health

- 1986-1987 Annual Health and Wellness Program, College of Health, Publicity Chairperson
1986-1987 SAC Advisor
1986-1989 Library Acquisitions Committee, College of Health
1986-1989 Division of Nutrition-Undergraduate Advisor
1988-1989 Well Elderly Task Force, College of Health

Department Level (Family and Preventive Medicine)

2017- present Community Engagement Committee

Division Level

Family Medicine Division

1991-1995 Family and Preventive Medicine Research Committee
1991-1995 Research Consultation Committee
1992-1995 Family Practice Refresher Course Committee
1993-1995 Grants Advisory Committee
1998-2001 Family Practice Academic Fellowship
1999-2002 Residency Education Committee
1999-2002 Residency Review Committee
2003-2005 Residency Curriculum Committee, ad hoc
2004-2005 Community Oriented Primary Care Committee
2010-2019 Residency Curriculum Committee, member
2011-2012 Family Medicine Behavioral Science Faculty Search Committee
2011-2012 Family Medicine Scheduling Workgroup
2013-2014 Family Medicine Faculty Development: Skill Sets
2015-2017 Care Coordination Team, member
2015-Present Community Engagement Committee, member

Division of Nutrition and Integrative Physiology

1986-1987 Park City Nutrition in Contemporary Medicine Symposium: Chairperson
1987-1989 Undergraduate Appeals Committee, Chairperson
1988-1989 Accreditation Committee, Chairperson Community Dietetics
2016-Present Preceptor Advisory Board- Coordinated Master's Program

CURRENT MEMBERSHIPS IN PROFESSIONAL SOCIETIES

1981-Present Academy of Nutrition and Dietetics (American Dietetic Association)
 • Healthy Aging (Gerontological Nutrition) Practice Group
1981-Present Utah Academy of Nutrition and Dietetics (Utah Dietetic Association)
1985-Present Utah Aging Alliance (Utah Gerontology Society)
2007-Present Society of Teachers of Family Medicine
 • Nutrition Group

FUNDING

Active Grants

2022 Title: Advancing Health Equity Among Congregate Meal Program Participants through Utilizing Appropriate Malnutrition, Frailty and Social Determinants of Health Screenings, Assessments, and Interventions.
 Direct Costs: \$300,100,000 Funder: United States Health and Human Services, Administration for Community Living
 Role: Principal Investigator

Past Grants

- 1986 Title: Nutrient Intake of Elderly Utilizing Salt Lake City Health Screening Program, Biomedical Research Grant
Direct Costs: 2,000
Funder: University of Utah
Role: Principal Investigator
- 1990 Title: The Relationship Between Dietary Intakes of Vitamin D3 and Serum Levels of 25-(OH) D3 and 1, 25-(OH) 2D3 in Institutionalized Elderly
Direct Costs: \$167,742
Funder: National Dairy Council
Role: Co-Principal Investigator
- 1990 Title: Visiting Professorship in Nutrition Program
Direct Costs: \$2,000
Funder: National Dairy Council
Role: Principal Investigator
- 1992 Title: Demonstration Projects/Healthcare Services in the Home
Direct Costs: \$5,087,163
Funder: Investigator United States Department of Health and Human Services/Utah Department of Health
Role: Co-Principal Investigator
- 1993 Title: Nutrition Intervention for the Elderly
Direct Costs: \$104,000
Funder: FHP Foundation
Role: Principal Investigator
- 1993 Title: Malnutrition and Functional Status in the Elderly
Direct Costs: \$182,640 (Intake)
Funder: Dairy Management, Inc., Association of Dairy Product
Role: Co-Principal Investigator
- 1999 Title: Graduate Training Program in Family Medicine
Direct Costs: \$203,184
Funder: Department of Health and Human Services, Health Resources and Services Administration
Role: Co-Investigator
- 1999 Title: Homocysteine Reduction in a Geriatric Clinic Population: Effectiveness of Multivitamin Supplementation
Direct Costs: \$5,000
Funder: Department of Family and Preventive Medicine, Health Studies Fund
Role: Co-Investigator
- 2001 Title: Nutritional and Functional Status Among the Older Population
Direct Costs: \$5,000
Funder: Department of Family and Preventive Medicine, Department of Family and Preventive Medicine, Health Studies Fund
Role: Principal Investigator
- 2003 Title: Comparison of Vitamin D Status Among Nursing Home and Assisted Living Older Persons
Direct Costs: \$5,000
Funder: Department of Family and Preventive Medicine, Health Studies Fund
Role: Principal Investigator
- 2007 Award Number: 1R2 AR055114-01, Title: Lifestyle Modification Program for Overweight and Obese Fibromyalgia Patients

Direct Costs: \$275,000; Total Costs: 373,111
 Funder: National Institute of Health
 Role: Co-Investigator

2010 Title: Incorporating a Clinical Obesity Nutritional Screening Process in Medical Education: Attitudes of Students and Physicians
 Direct Costs: \$950
 Funder: Department of Family and Preventive Medicine, Health Studies Fund
 Role: Principal Investigator

2012 Title: Geriatric PCMH Rotation
 Direct Costs: \$3,000
 Funder: University of Utah School of Medicine, Educational Computing Grant
 Role: Co-Principal Investigator

2012 Title: Physician Assistant Training in Primary Care
 Direct Costs: \$112,539
 Funder: Health Resource and Services Administration
 Role: Co-Investigator

2012-2018 Title: Gross Endowment Scholarships – Global Health: Scholarship Sponsor for Family Medicine Resident Global Health Experiences (7 scholarships funded)
 Direct Costs: \$17,500
 Funder: Department of Family and Preventive Medicine, Gross Endowment
 Role: Preceptor

2013 Title: “Transforming Care Transitions”: An Interdisciplinary Geriatrics Curriculum
 Role: Co-Investigator

2013 Title: Patient-Centered Medical Home Curricular Development Utilizing Weight Management Group Visits to Teach Group Facilitation and Leadership Skills to Family Medicine Residents
 Direct Costs: \$5,000
 Funder: Department of Family and Preventive Medicine, Health Studies Fund
 Role: Principal Investigator

2014 Title: Assessment of End-of-Life Planning Process at Selected University of Utah Clinics
 Direct Costs: \$10,000
 Role: Co-Investigator

2015 Title: Assessment of End of Life Planning Processes at Select University of Utah Clinics
 Direct Costs: \$10,000
 Funder: University of Utah Institute for Healthcare Transformation Coordinated Care for the Vulnerable Elderly
 Role: Co-Investigator

2014 Title: Patient-Centered Medical Home Curricular Development Utilizing Weight Management Group Visits to Teach Group Facilitation and Leadership Skills to Family Medicine Residents
 Direct Costs: \$5,000
 Funder: Department of Family and Preventive Medicine, Health Studies Fund
 Role: Principal Investigator

2016 Title: Geriatric Social Determinants of Health Case Studies
 Direct Costs: \$6,000
 Funder: Health and Human Services/Association for Prevention Teaching and Research and Office of Disease Prevention and Health Promotion
 Role: Co-Principal Investigator

- 2017 Title: Bridging High Quality Malnutrition Screening, Assessment, and Intervention for Older Adults from Hospital to Home: Impact of Nutrition Home Visitations
Direct Costs: \$250,000
Funder: Health and Human Services/Administration on Community Living
Role: Principal Investigator
- 2019 Title: Implementation of an Improved Collaborative Malnutrition-Focused Transitions of Care and Referral Process Based on Previously Identified Gaps between Healthcare Entities and Aging Services
Direct Costs: \$750,000
Funder: Health and Human Services/Administration on Community Living
Role: Principal Investigator

TEACHING RESPONSIBILITIES/ASSIGNMENTS

Course and Curriculum Development

College of Nursing – Gerontology

1982-1997 Geron 515 Special Topics: Geriatric Nutrition (15 students)

University of Utah Division of Continuing Education

1985-1990 Correspondence Syllabus Development (50 students)
Prepared Fundamentals of Nutrition Study Manual
Manual includes chapters, lessons, exams, and diet analysis project

College of Health – Department of Nutrition and Integrative Physiology (formerly the Division of Foods and Nutrition)

1985-2000 FDNU 101 Nutritional Challenges of Today (350 students)
FDNU 144 Fundamentals of Nutrition (30 students)
FDNU 244 Fundamentals of Nutrition (30 students)
FDNU 342 Applied Nutrition (15 students)
FDNU 440 Community Nutrition (15 students)
FDNU 526 Nutrition Problems of the Elderly (15 students)
FDNU 527 Laboratory for Nutrition Problems of the Elderly (15 students)
FDNU 5600 Geriatric Nutrition (10 students)
FDNU 591 Special Problems (7 students)

2010-Present Preceptor – Coordinated Master’s Program

Department of Family and Preventive Medicine – Graduate Programs in Public Health

1997-2003 FPMD 6506 Nutrition and Health Lifestyles (15 students)

University of Utah Osher Life Long Learning

2006 Healthy Lifestyle and Nutrition Course (10 students)

School of Medicine

2006-2010 MDID 7010 Medical Nutrition I (100 students)

- Healthy Diet
- Protein Requirements
- Nutritional Issues Older Adults
- Maintaining a Healthy Weight

MDID 7015 Medical Nutrition II (100 students)

- Clinical Nutrition Assessment
- Role of Dietitian
- Nutrition Screening Clinical Experience
- Obesity

- Dietary Management of Diabetes Mellitus
- Geriatric Nutrition Assessment

Division of Family Medicine

2002-2003	Longitudinal Nursing Home Clinical Experience
2002-2005	Nutrition Preceptor Clinical Teaching
2004-2005	End of Life Curriculum
2010-2018	Assisted Living Longitudinal Experience
2010-2012	RC-FM Innovative Proposal
2012-2017	Faculty Advisor-Leadership
2012-2020	Weight Management Program Group Visit
2013-2020	Continuous Quality Assurance
2013-Present	Global Health Elective—Russia
2016-Present	Global Health Faculty Development Series—Russia

Physician Assistant Program

2012-2017	Assisted Living Long-Term Care Longitudinal Experience Faculty Advisor-Leadership
2012-2017	Course Master; Geriatrics
2018	Master’s Project, Community Partner

Course Lectures

College of Nursing

1997	Nurse Practitioner Program: Geriatric Nutrition (10 students)
2018-Present	(Nursing 7602) Primary Care Nurse Practitioner Practicum II Course (50 students)

School of Medicine

1997-1999	Art of Medicine: Nutrition & Behavioral Change (100 students)
1997-1999	Longitudinal Patient (100 students)
1997-2009	Social Medicine 1 & II: Group Facilitator (100 students)
1997-2009	Social Medicine I&II: Obesity (100 students) Current Issues in Nutrition
1999-2008	Primary Care Preceptorship/ Public Community Project (100 students)
2010	Lifecycle: Geriatric Nutritional Requirements (100 students)
2010	Geriatric Malnutrition (100 students)
2010	MD ID(1) Nutrition/Motivational Interviewing (100 students)
2010	MD ID(1) Lifelong Nutrition Habits (100 students)
2010	MD ID(1) Diabetes (100 students)
2010	MD ID(1) Micronutrients (100 students)
2010-2015	MS 2014 Circulation, Respiration & Regulation (82 students)
2010-2015	MS 2014 Metabolism and Reproduction (82 students)
2010-2009	Longitudinal Clinical Experience-Nutrition (82 students)

Department of Family and Preventive Medicine

Division of Family Medicine

Nutrition

2004	Sports Nutrition (36/24 students)
2004	FAQ in Nutrition (36/24 students)
2004	SEE Weight Management Program (12/8 students)
2004	Nutrition Assessment and Counseling (36/24 students)
2004	Weight Management (36/24 students)
2008-2016	Malnutrition (36/24 students)

Geriatrics

2004-2006	Osteoporosis (12/8 students)
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2004-2019 Breaking Bad News (12/8 students)
 2004-2016 DNR Orders/Advanced Directives (12/8 students)
 2004-2016 Geriatrics (36/24 students)
 2004-2016 End of Life (12/8 students)
 2008-2016 Dementia (36/24 students)
 2008-2016 Functional Assessment Tools (36/24 students)
 2008-2016 Driving Evaluation (36/24 students)

Division of Physician Assistants

1985-2000 Nutrition Course: Geriatric Nutrition (40 students)
 2006-2018 Geriatric Course: Functional Assessment (45 students)
 2016-2018 Aging and Functionality (45 students)
 2016-2018 Malnutrition (45 students)
 2016-2018 Social Determinants of Health (45 students)
 2016-2018 Diabetes Medical Nutrition Therapy (45 students)
 2016-2018 Common GI Nutrition Disorders (45 students)
 2016-2018 Malnutrition Related Neurological Disorders (45 students)
 2016-2018 Introduction to Macronutrient and Energy Metabolism (45 students)

Division of Public Health

2007-2010 MDID 7170 Public Health for Medical Student: Nutrition Screening (100 students)

College of Health

Department of Nutrition and Integrative Physiology (formerly Division of Nutrition)

2006-2009; FDNU 5420 Nutrition Through the Lifecycle: Nutritional Assessment of the Older
 2020 to present Adult (35 students)

College of Pharmacy

Pharmacy Practice

2008-2009 PCTH 7314 Community Practice: OTC Nutrition (45 students)

Clinical Teaching

Department of Family and Preventive Medicine

Division of Family Medicine

1989-2019 Geriatric Rotation, Clinical Experience (34/24 residents)
 1997-2005 Nutrition Clinic Experience (36/24 residents)
 2002-2007 Longitudinal Nursing Home Experience (24/16 residents)

Division of Physician Assistants

2007-2018 Assisted Living Long Term Care Experience (45 students)

College of Health – Department of Nutrition and Integrative Physiology (formerly Division of Nutrition)

2012-2016 Coordinated Master’s Program-Geriatric Experience (10 students)
 2012-2016 Capstone Projects- Clinical Experience (10 students)

Trainee Supervision

Department of Family & Preventive Medicine, Family Medicine Residency

Ann Clark-CQI Project - Diabetes
 Arazu Wanna - CQI Project - Childhood obesity
 Nick Monson – CQI Project – Obesity
 Christopher Davis – CQI Project – Diabetes MNT
 -Global Health, Russia
 Kyle Goerl – Chiefs Project – Weight Management Program
 Lauren Wood- CQI Project- Diabetes
 Erin McAdams- CQI-Diabetes

Christopher Davis – Global Health, Russia
Garon Coriz – Global Health, Russia and Turkey
Ben Brown – Global Health, Russia
Tobi Thaller – Global Health, Russia
Melissa See – Global Health, Russia
Victoria Prince – Global Health, Russia

College of Pharmacy, Pharmacy Practice

Kelli McGee – graduate project “Utilization of Homocysteine in Clinical Practice”

Department of Family & Preventive Medicine, Public Health Division

Graduate Student Projects:

Mike Floyd
Latika Bhirangi
Gary Webster
Thunar Borba
Paula Lin
Chris Randall
Sarah Stuyvesant

Thesis Committee Member:

Becky Earl (M.S.), “Dietary Status and Supplementation of Older Utahns,” 1989
Martha Tromp (M.S.) “The Nutritional Status of Weaning Infants in Rural Communities in the Central Province of Zambia: A Cross-Sectional, Anthropometric Study,” 1994, Zambia, Africa
Darcie Hunt (MPH, 1994)
Lydia Meldrum (MPH, 1996)

College of Health, Division of Nutrition Master of Science (Committee Member):

Sheryl Bodily (M.S.), “Supplementation Practices in Southern California,” 1989.
Susan Fullmer (M.S.), “Consumer Understanding and Attitude of Health Claims,” 1989.
Linda Shephard (M.S.), “Nutrition Status of Elderly Home Health Care Clients,” 1996
Julie Wald (M.S.), “Understanding Challenges of Vitamin D deficiency,” 2009
Teri Lund (MS.), “Nutrition Education and Weight Management for Fibromyalgia,” 2011
Amy Covington(MS), Development and implementation of nutrition education curriculum for diverse populations," 2017
Allison Depaola (MS) “The effectiveness of Home-Based Nutrition Intervention Combined with Telemedicine on Malnutrition, functional Status and Depression in Post-Hospitalized Malnourished Older Adults”. 2018

Projects/ Capstone/ Advanced Practice:

Jessica Shields (M.S.), “Nutrition and Healthy Lifestyle Manual: Recipes for Weight Management for the Developmentally Disabilities,” 2012.
Becky Cannon (M.S.) Weight Management Program Development, 2013
Sidney Abbott (M.S.) Developmental Disability and Nutrition, 2015
Laura Young (M.S.) CMP Self Study, 2015
Daniel Burgess (M.S), 2016
Amy Covington (M.S.), 2017
Kimberly Funk, (M.S.), 2017
Sharee Thompson (M.S.), 2018

College of Nursing, Nurse Practitioner Program, (Committee Member)

Beth Enis (M.S.), “Diagnosis of Malnutrition in the Elderly,” 1996, Nye County Regional Medical Center”

Medical Student: Supervised Public Community Projects

M. McLaughlin, MS II, S-1989

Cesar Diaz, MS II, S-1990

Cesar Diaz, MS IV, 93-1994

Brett Muse, MS IV, 1993-94

Chad Christensen, MS IV, 1993-94

Brad Hale, MS IV, A-1994

Danielle Cragan, MS II, S-1999

Eileen Jackson, MS IV, 2000

Michael Dansie, MS IV, 2004

Adam Johnson, MS IV, 2005

Terry Bateman, MS IV, 2005

Lindsey Grizzle, MS IV, 2005

Bryant Whitting, MS IV, 2006

Matthew McIff, MS IV, 2006

Brad Brian, MS IV, 2006

Matthew Wilson, MS IV, 2006

Itoero Elijah, MS IV, 2006

Sergio Gonzales, MS IV, 2006

Thomas Sidmore, MS IV, 2006

Michele Cooper, MS IV, 2006

Ben Curtis, MS IV, 2006

Nancy Gunderson, MS IV, 2006

Megan Freestone-Bernd MS IV 2006

Amie Hoefnegel, MS IV, 2007

James Stewart, MS IV, 2007

Christina Sayama, MS IV, 2007

Alyson Edmunds, MS IV, 2007

Kristina McKinley, MS IV, 2007

Melinda Little, MS IV, 2007

Wes Madsen, MS IV, 2007

Amy Wilson, MS IV, 2007

Robin Lines, MS IV, 2008

Philip Wilson, MS IV, 2008

Matthew Simmons, MS IV, 2008

Franz Monroy, MS IV, 2008

Nathan Allred, MS IV, 2008

Jeffrey Muir, MS IV, 2008

Phillip Stott, MS IV, 2008

Troy Finlayson, MS IV, 2008

Nichole Wilde, MS IV, 2008

Matt Hoffman, MS IV, 2009

Roland James, MS IV, 2008

PEER-REVIEWED GUIDELINES

These are extensively reviewed, peer-reviewed guidelines with graded literature. Literature searches, graded with evidence and recommendations are performed.

1. Bernstein M, Fisher J, Morgan K, Munoz N, **Saffel-Shrier S**, Weiss E., Food and Nutrition for Older Adults Promoting Health and Wellness: Nutrition Programs Older Adults Academy of Nutrition and Dietetics: Evidence Analysis Library Website. <http://www.adaevidencelibrary.com/topic.cfm?cat=4330> or Agency for Healthcare Research and Quality, National Guidelines Clearinghouse <http://guideline.gov/content.aspx?id=39405> (2013).
2. Bernstein M, Fisher J, Morgan K, Munoz N, **Saffel-Shrier S**, Weiss E, Food and Nutrition for Older Adults Promoting Health and Wellness: Overweight and Obesity in Older Adults: Effect of BMI on Physical Function and Mortality, Academy of Nutrition and Dietetics Evidence Analysis Library Website. <http://www.adaevidencelibrary.com/topic.cfm?cat=4900> or Agency for Healthcare Research and Quality, National Guidelines Clearinghouse <http://guideline.gov/content.aspx?id=39405> (2013).
3. Bernstein M, Fisher J, Morgan K, Munoz N, **Saffel-Shrier S**, Weiss E, Food and Nutrition for Older Adults Promoting Health and Wellness: Antioxidants in Cognition and Age Related Macular Degeneration, Academy of Nutrition and Dietetics: Evidence Analysis Library Website. <http://www.adaevidencelibrary.com/topic.cfm?cat=4351> or Agency for Healthcare Research and Quality, National Guidelines Clearinghouse <http://guideline.gov/content.aspx?id=39405> (2013).

PEER-REVIEWED JOURNAL ARTICLES

1. Posner BM, Fanelli MT, Krachenfels MM, **Saffel-Shrier S**, Nutrition, Aging and the Continuum of Health Care. American Dietetic Association Position Paper. J Am Dietet Assn 1987;87:344.

2. Saffel-Shrier S, Cimmarusti J, Dietary Status of Elderly Persons Utilizing Geriatric Health Screening Centers in Salt Lake County, Utah. *Gerontologist* 1991;29:226.
3. Grosshan OR, Caserta MS, Kleinschmidt J, **Saffel-Shrier S**, Tuohig G, Intervention In Midlife For Optimal Retirement: A Guide For Health Educators. *The Health Educator, Journal of Eta Sigma Gamma* 1991;23:23.
4. Posner BM, **Saffel-Shrier S**, Dwyer, Franz M, Nutrition, Aging and the Continuum Of Health Care. American Dietetic Association Position Paper. *J Am Dietet Assn* 1993;93:80-82.
5. **Saffel-Shrier S**, Athas B, Effective Provision of Nutrition Assessment & Case Management in Practice for The Elderly. *J Am Dietet Assoc.* 1993 Apr; 93:(4):439-44.
6. Gunning K, **Saffel-Shrier S**, Shane-McWhorter L, Medication Use and Nutrition Status of Elderly Home Health Care Patients, *The Consultant Pharmacist* 1998;13(8):897-911.
7. **Saffel-Shrier S**, Carbohydrate Counting for the Older Patient, *Diabetes Spectrum*, 2000; 13(3):149-150.
8. Enis B, **Saffel-Shrier S**, Verson H, Diagnosis of Malnutrition in the Elderly, *Nurse Practitioner*, 2001 Mar;26(3):52-56, 61-62, 65.
9. McGill M, Quinn R, Babitz M, **Saffel-Shrier S**, Shoemaker S, Integrating Public Health into Medical Education: Community Health Projects in a Primary Care Preceptor ship. *Academic Medicine*, 2001 Oct;76(10):1076-1079.
10. **Saffel-Shrier S**, Cantellia AP, A Functional Approach to Nutrition Screening Among Older Ambulatory Persons. *Journal of Nutrition for the Elderly*, 22: 2, 2002.
11. McGill M, Gunning K, **Saffel-Shrier S**, Gay C, New Developments in the Management of Hypertension. *American Family Practice*, 2003 Sep;1;68(5):853-858.
12. **Saffel-Shrier S**, Gunning K, Lehmann W, Van Hala S, Farrell T, Miniplier N, Egger M, Residency Redesign to Accommodate Growing Trends in Geriatric Care: Use of an Experimental RC-FM Waiver to Establish a Patient-Centered Medical Home in an Assisted Living Facility. *Family Medicine* 2012 Feb;44(2):128-131.
13. Cobb N, **Saffel-Shrier, S**. Targeting the Social Determinants of Health in the Geriatric Population. Department of Health and Human Services, Office of Disease Prevention and Health Promotion, www.teachpopulationhealth.org/sdohcases, 2018.
14. **Saffel-Shrier, S**, Francis, S, Johnson, MA. Position of the Academy of Nutrition and Dietetics, American Society for Nutrition and Society for Nutrition Education and Behavior: Food and Nutrition Programs for Community-Residing Older Adults. *Journal of the Academy of Nutrition and Dietetics/* 2019;119(7):1188-1204.

NON PEER-REVIEWED JOURNAL ARTICLES

1. **Saffel-Shrier S**, "Nutrition and Function" *Gerontological Nutritionist*, Winter 2001.
2. **Saffel-Shrier S**, "Osteoporosis Update" *Gerontological Nutritionist*, Spring 2002.
3. **Saffel-Shrier S**, Remig V, "The Evaluation and Management of Dementia: Outpatient Case Study". *Gerontological Nutritionist*, Summer 2003.
4. **Saffel-Shrier S**, Gay C, Oderda L, Theses M, "Involuntary Weight Loss and Malnutrition: Screening, Evaluation and Treatment". *Geriatric Times*, 4: 3, 2003.
5. **Saffel-Shrier S**, "Micronutrients and the Older Adult/Member Stoplight." *Women's Health Report*, WHR Issue 4, 2014.
6. **Saffel-Shrier S**, Christensen N, Fagg M, Preston J, Riley M, Sanders C, (1995): "5-A-Day for Seniors," Utah Nutrition Council. Editor: Jackie Jensen, Utah State Department of Human Services.
7. **Saffel-Shrier S**, Gay C, Gunning K, Weir P, (2007) *American Academy of Family Medicine "Healthy Older Adult Monograph."*
8. **Saffel-Shrier S**, (2010) Vitamin Status and Requirements of the Older Adult. In M. Bernstein & Ann Luggen (Eds), *Nutrition for the Older Adult*. MA: Jones and Bartlett.
9. **Saffel-Shrier S**, (2012) Athas, B, *Reshape Your Plate Diabetes Placemat*.

- <http://medicine.utah.edu/dfpm/Links/PlateNutritionGuide/index.htm>.
10. **Saffel-Shrier S**, (2013) Vitamin Status and Requirements of the Older Adult. In M. Bernstein & N. Munoz. (Eds), Nutrition for the Older Adult. MA: Jones and Bartlett.
 11. **Saffel-Shrier S**, Toolkit: 2020 Innovative Projects for Nutrition Programs and Services – Part 1 & 2 <https://nutritionandaging.org/toolkit-2020-innovative-projects-for-nutrition-programs-and-services-part-1-2/>
 12. **Saffel-Shrier S**, Covington A, Vincent C, Innovations in Nutrition Programs and Services Final Performance Report 1. Project Title: Bridging High Quality Malnutrition Screening, Assessment, and Intervention for Older Adults from Hospital to Home: Impact of Nutrition Home Visitation. <https://nutritionandaging.org/wp-content/uploads/2020/04/UofU-Report-and-Replication-Compendium.pdf>
 13. **Saffel-Shrier S**, Capstone Webinar Series: Innovative Projects for Nutrition Programs and Services. Administration on Aging, Administration of Community Living, May 2020. <https://nrcna.mn.co/posts/5673555>

ORAL PRESENTATIONS

International

1. **Saffel-Shrier S**, October 2012, “Geriatric Functional Assessment,” International Family Medicine Conference: Geriatrics, Moscow, Russia.
2. **Saffel-Shrier S**, October 2012, “Nutritional Needs of the Older Adult,” International Family Medicine Conference: Geriatrics, Moscow, Russia.
3. **Saffel-Shrier S**, Cobb N, Gunning K, November 2013, “A Geriatric Interprofessional Education Experience in an Assisted Living Facility,” International Conference on Aging and Society, Chicago, IL.
4. **Saffel-Shrier S**, October 2013, “Role of Diet & Healthy Lifestyle for Cancer Prevention,” Eurasia Foundation of Oncology. Almaty, Kazakhstan.
5. **Saffel-Shrier S**, October 2013, “Nutrition and Cancer,” International Family Medicine Conference, Moscow, Russia.
6. **Saffel-Shrier S**, Gunning K, Lehmann W, Miniclier N, Farrell, T, April 2010, “Finding the Optimal Long Term Care Experience,” STFM Annual Conference, Vancouver, BC, Canada.
7. **Saffel-Shrier S**, October 2013 “Nutrition and Cancer,” International Family Medicine Conference. Moscow, Russia.
8. **Saffel-Shrier S**, October 2013 “Nutrition and Cancer Prevention,” Eurasian Federation of Oncology, Almaty, Kazakhstan.
9. **Saffel-Shrier S**, Nash L, October 2014, “Hypertension Therapy” Modern Technologies in Providing Medical and Social Care by General Practitioners, Moscow, Russia.
10. **Saffel-Shrier S**, October 2014, “Weight Management and Its Advantages,” Modern Technologies in Providing Medical and Social Care by General Practitioners, Moscow, Russia.
11. **Saffel-Shrier S**, October 2015, “Diabetes and Nutrition Therapy,” Moscow Region Family Medicine Conference, Moscow, Russia.
12. **Saffel-Shrier S**, October 2015, “Patient-Centered Medical Home Curricular Development Utilizing Weight Management Group Visits to Teach Group Facilitation and Leadership Skills,” WONCA, Istanbul, Turkey.
13. **Saffel-Shrier S**, October 2015, “Interprofessional Obesity Treatment,” WONCA, Istanbul, Turkey.
14. **Saffel-Shrier S**, Nash L, October 2016, “Fostering Reflection in Family Medicine Training,” Moscow Region Family Medicine Conference, Moscow, Russia.
15. **Saffel-Shrier S**, October 2016, “Neurological Disorders Associated with Malnutrition,” Moscow Region Family Medicine Conference, Moscow Russia.

16. **Saffel-Shrier S** October 2016, "Malnutrition, North-Western State Medical University," St. Petersburg, Russia.
17. Nash L, **Saffel-Shrier S**, Brown B, October 2017, "Holistic Management of Rheumatologic Diseases," Moscow Region Family Medicine Conference, Moscow, Russia.
18. Nash L., **Saffel-Shrier S**, October 2018 "Scholarship Collaboration Opportunities," Faculty Development, Tver Region, Russia.
19. **Saffel-Shrier S**, October 2018 "Mentoring for Scholarship" Faculty Development, Tver Region, Russia.
20. **Saffel-Shrier S**, October 2018 "Malnutrition Clinical Guidelines," North-Western State Medical University, St. Petersburg, Russia.
21. **Saffel-Shrier S**, October 2018 "Meaningful Competency Assessment: Milestones" Faculty Development, Tver Region, Russia.
22. **Saffel-Shrier S**, October 2018, "New Clinical Guidelines for Malnutrition: Geriatrics," Moscow Region Family Medicine Conference. Moscow, Russia.
23. **Saffel-Shrier S**, November 2019, "Faculty Skill Sets," Teaching-the Teachers Conference, Moscow, Russia.
24. **Saffel-Shrier S**, November 2019, "Assessing Malnutrition in Primary Care," Moscow, Russia.
25. **Saffel-Shrier S**, November 2019, "Lifestyle Treatment for Rheumatologically Disorders," Moscow, Russia.

National

1. **Saffel-Shrier S**, February 1987, "Nutrition Practices of the Elderly," Seventh Annual Nutrition in Contemporary Medicine Symposium, Park City, UT.
2. **Saffel-Shrier S**, September 1992, "Nutrition Issues of the Frail Elderly," First Annual Utah Geriatric Research and Education Geriatric Conference, Salt Lake City, UT.
3. **Saffel-Shrier S**, February 2000, "Nutrition, Cancer Prevention and Reality," Advances in Internal Medicine, Park City, UT.
4. **Saffel-Shrier S**, October 2001, "Obesity: A Clinicians Perspective," American Dietetic Association FNCE, Denver, CO.
5. **Saffel-Shrier S**, May 2004, "A Functional Approach to the Nutrition Evaluation of the Older Adult," American Dietetic Association, Teleseminar.
6. **Saffel-Shrier S**, October 2004, "Report of the American Dietetic Association's Task Force on Aging," Across the Spectrum of Care, US DHHS Administration on Aging & Gerontological Nutritionist, Los Angeles, CA.
7. **Saffel-Shrier S**, McIff M, June 2007 "Reshape Your Plate: Nutrition Education and Meal Planning." STFM Conference on Practice Improvement, Newport Beach, CA.
8. **Saffel-Shrier S**, Gunning K, Lehmann W, and Miniclier N, November 2008, "A New Medical Home: An Interdisciplinary Team Approach in an Assisted Living Facility," STFM Conference on Practice Improvement, Savannah, GA.
9. Jordan C, **Saffel-Shrier S**, Murtaugh M, October 2009, "Council on Innovations in Practice and Education: Medical Nutrition: An Online Nutrition Curriculum for Medical Students." American Dietetic Association, FNCE, Denver, CO.
10. Miniclier N, Walton O, **Saffel-Shrier S**, Lehmann W, Gunning K, Farrell T, April 2010, "An Interprofessional Training Approach in a Long Term Care Facility," Western Group on Educational Affairs (AAMC) Annual Conference, Pacific Grove, CA.
11. Gunning K, **Saffel-Shrier S**, Lehmann W, Miniclier N, Farrell T, October 2010, "Development of a Novel Medical Home: An Interprofessional Teaching Clinic in an Assisted Living Facility," American College of Clinical Pharmacy, Austin, TX.
12. Lehmann W, **Saffel-Shrier S**, Gunning K, Farrell T, Miniclier N, April 2011. "Development of Geriatric Skills Sets to Enhance Learning in an Innovative Geriatric Longitudinal Experience Setting," STFM Annual Meeting, New Orleans, LA.

13. **Saffel-Shrier, S**, Kiraly B, April 2011, “Incorporating a Clinical Obesity Nutritional Screening Process in Medical Education: Attitudes of Students and Physicians.” STFM Annual Meeting, New Orleans, LA.
14. **Saffel-Shrier, S**, June 2011, “Diabetes and Dementia: Application to Practice.” American Diabetes Association 71st Scientific Session, San Diego, CA.
15. **Saffel-Shrier, S**, Fortenberry K, 2015 “Patient-Centered Medical Home Curricular Development Utilizing Weight Management Group Visits to Teach Group Facilitation and Leadership Skills.” STFM, Orlando, FL.
16. Wanna A, Baird G, Stoesser K, Jones J, **Saffel-Shrier S**, Steele A, 2015 “Physical Activity Counseling and Documentation for Pediatric Patients.” STFM, Orlando, FL.
17. **Saffel-Shrier S**, 2015. “The Puzzle Pieces of Senior Health,” Utah Division of Aging and Adult Services, OAA Programs and Home & Community Alternatives Program, Salt Lake City, UT.
18. **Saffel-Shrier S**, 2015 “Real Time Interprofessional Geriatric Training,” UNT Health Sciences Center TCOM, Fort Worth, TX.
19. Fortenberry K, Stoesser K, Coriz G, Cochella S, Frame K, Hastings K, **Saffel-Shrier S**, April 2016 “Milestones Evaluation: Putting the Resident in the Driver’s Seat,” STFM Annual Conference, San Diego, CA.
20. **Saffel-Shrier S**, 2017 “Strategies for Your Registered Dietitian Nutritionist to Add Value and Increase Your Organization’s Engagement in the Healthcare Arena,” Administration for Community Living, Administration on Aging, Webinar.
21. **Saffel-Shrier S**, April 2018. “Maximizing the Home Nutrition Visit” New England Elderly Nutrition conference”, Boston, MA.
22. **Saffel-Shrier S**, October 2018. “Innovative Projects for Nutrition Programs and Services: Experience from the Field,” Administration for Community Living, Administration on Aging, Webinar.
23. McAdams E, Brown, B, **Saffel-Shrier S**, April 2018 was “Narrow the Gap: Team Based Pre-Visit Reviews to Improve A1C in Patients with Type 2 Diabetes at a Family Medicine Residency Clinic” Society of Teachers of Family Medicine.
24. **Saffel-Shrier, S**, January 2019 “Opportunities for Expanding the Role of the Community Registered Dietitian Nutritionist” Healthy Aging DPG Webinar.
25. **Saffel-Shrier S**, Covington A, May 2019, “Impact of Nutrition Assessment for OAA Nutrition Services Programs,” National Association of Nutrition and Aging Services Programs, Long Beach, CA.
26. **Saffel-Shrier S**, Covington A, Vincent C, May 2019, “What’s New in Nutrition? ACL Innovations in Nutrition Programs and Services,” National Association of Nutrition and Aging Services Programs, Long Beach, CA.
27. **Saffel-Shrier S**, August 2019, “Advances in Addressing Malnutrition,” Meals on Wheels America National Conference, Dallas, TX.
28. **Saffel-Shrier S**, Covington A, Madsen, R K. June 2020. “Malnutrition: Utilizing an Electronic Malnutrition Assessment”, Academy of Nutrition and Dietetics, Health Aging Practice Group Webinar.
29. **Saffel-Shrier S**, October 2021. “Malnutrition-Focused Transition of Care Model,” Administration on Aging, Administration for Community Living Webinar.
30. **Saffel-Shrier S**, December 2021. “Implementation of a Collaborative Malnutrition-Focused Transition of Care and Referral Process Between Healthcare Entities and Aging Services.” Advancing States HCBS Conference, Virtual.
31. **Saffel-Shrier S**, Covington A, May 2022. “Innovations in Nutrition Speed Networking Session” National Association of Nutrition and Aging Services Programs Annual Conference, Austin, TX.
32. **Saffel-Shrier S**, Covington A, May 2022. “Bridging Partnerships between Hospital and Home Delivered Meal Programs in Addressing Malnutrition” National Association of Nutrition and Programs Aging Services Programs Annual Conference, Austin, TX.
33. **Saffel-Shrier S**, Covington A. June 2023. “Utilizing the Social Determinants of Health to Elucidate Malnutrition Risk” National Council on Aging, Washington, DC.

Regional

1. **Saffel-Shrier S**, March 1990, "Nutritional Assessment of the Geriatric Patient." Utah Dietetic Association Geriatric Conference, St. George, UT.
1. **Saffel-Shrier S**, March 1990, "Promoting Good Nutrition through Microwave Cookery." Governors' Conference on Aging, Salt Lake City, UT.
2. **Saffel-Shrier S**, October 1991, "National Nutrition Initiatives." Utah State Division of Aging & Adult Services, Salt Lake City, UT.
3. **Saffel-Shrier S**, September 1992 "Nutrition and Functional Assessment." Utah Association of Senior Centers and Nutrition Programs, Park City, UT.
4. **Saffel-Shrier S**, September 1992, "Nutrition and The Elderly", Utah Association of Senior Centers and Nutrition Programs, Park City, UT.
5. **Saffel-Shrier S**, and Shane McWhorter L, March 1993, "Menopause: A Positive Approach to The Third Age", Family Practice Refresher Course, Salt Lake City, UT.
6. **Saffel-Shrier S**, April 1994, "Osteoporosis: Women in the Third Age", Utah State Health Department Fifteenth Annual Partnership in Prevention, Salt Lake City, UT.
7. **Saffel-Shrier S**, September 1994, "Super Market Survival." Second Annual Utah Gerontological Society Conference, Salt Lake City, UT.
8. **Saffel-Shrier S**, Goodenough G, Shane McWhorter L, and Verson H, September 1994, "A Case Presentation Of Patient X: Accessing An Expanded Geriatric Team", Generations Working Together: Second Annual Utah Gerontological Society Conference, Salt Lake City, UT.
9. **Saffel-Shrier S**, September 1994, "Long term Geriatric Nutritional Support." Challenges in Nutritional Support: Second Annual Conference of the Intermountain Chapter of the American Society for Parenteral and Enteral Nutrition, Park City, UT.
10. **Saffel-Shrier S**, April 1995, "Optimizing Independence through Nutrition." IHC Senior Conference, Salt Lake City, UT.
11. **Saffel-Shrier S**, February 1996, "Osteoporosis." University of Utah Pharmaceutical Education, Teleconference
12. **Saffel-Shrier S**, October 1996. "Functional Foods, Phytochemicals and Healthful Eating." College of Pharmacy Alumni Association Program, Salt Lake City, UT.
13. Goodenough G, Shane McWhorter L, and **Saffel-Shrier S**, March 1997, "Dementia in the Elderly" Family Practice Refresher Course, Salt Lake City, UT.
14. **Saffel-Shrier S**, Shane McWhorter L, and Gay C, March 1997, "Weight Management" Family Practice Refresher Course, Salt Lake City, Utah.
15. **Saffel-Shrier S**, September 1998, "Phytochemicals and Herbs: What am I doing to my body?" Utah Gerontological Society Annual Meeting, Salt Lake City, UT.
16. **Saffel-Shrier S**, and Shane McWhorter L, March 1999, "Osteoporosis Prevention and Treatment", Family Practice Refresher Course, Salt Lake City, UT.
17. **Saffel-Shrier S**, March 1999, "Phytochemicals and Antioxidants in Disease Prevention", Family Practice Refresher Course, Salt Lake City, UT.
18. **Saffel-Shrier S**, June 1999, "What Should We Do with Those Seniors Who have High Nutritional Risk Scores?" Utah State Division on Aging Nutrition Conference, Park City, UT.
19. **Saffel-Shrier S**, May 2002, "Nutrition Intervention in the Frail Elderly", Utah Dietetic Association, Salt Lake City, UT.
20. **Saffel-Shrier S**, October 2002, "Navigating a Healthy, Fuller Life", Utah Gerontological Society, Park City, UT.
21. **Saffel-Shrier S**, May 2003, "Eat Right to Feel Good", Utah Academy of Family Physicians, Moab, UT.
22. **Saffel-Shrier S**, April 2006, "Baby Boomers: Health Integrators", Utah Dietetic Association Annual Meeting, Layton, UT.
23. **Saffel-Shrier S**, October 2006, "Preparing for the Health and Nutrition Needs of the Boomer", Utah Gerontological Society Annual Meeting, St. George, UT.

24. **Saffel-Shrier S**, Vincent C, May 2008, "Nurturing Nutritional Choices: Adding Quality to Senior Longevity" Utah Dietetic Association Spring Meeting, Salt Lake City, UT.
25. **Saffel-Shrier S**, October 2008, "Memory Loss: Berry in Mind Your Food Choices" Utah Aging Alliance Fall Conference, Salt Lake City, UT.
26. **Saffel-Shrier S**, April 2010, "Road Map to Improved Health and Nutrition Behavior" Senator Hatch's Annual Conference for Seniors, Salt Lake City, UT.
27. **Saffel-Shrier S**, March 2011, "Nutrition Pearls in Routine Geriatric Care" University of Utah Geriatric Internal Medicine Grand Rounds (web broadcast).
28. **Saffel-Shrier S**, and Kiraly B, March 2011, Incorporating Obesity Nutrition Screening in Medical School curriculum. Utah Dietetic Association Annual Meeting, Ogden, UT.
29. **Saffel-Shrier S**, January 2012, "Nutritional Concerns of the Older Adult" Veterans Administration Care Management Plus, Salt Lake City, Utah (web broadcast).
30. **Saffel-Shrier S**, February 2012, "Nutritional Concerns of the Older Adult, Part II" Veterans Administration Care Management Plus, Salt Lake City, Utah (web broadcast).
31. **Saffel-Shrier S**, May 2012 "Reshape your plate for Diabetes" Utah Aging Alliance, Salt Lake City, UT.
32. Lindsley J, **Saffel-Shrier S**, March 2013, "Living a Therapeutic Diet", Western Regional American Association of Medical Colleges, Monterey, CA.
33. **Saffel-Shrier S**, Moloney-Johns, May 2013. "A Resident Assessment: Insights from a Geriatric Team", Utah Assisted Living Association Annual Meeting, Salt Lake City, UT. Invited.
34. **Saffel-Shrier S**, June 2013. "Diabetes Placemat and Educational Tools", Utah Nutrition Council, Salt Lake City, Utah.
35. **Saffel-Shrier S**, November 2013. "Diabetes Placemat Method", Utah Diabetes Advisory Council, Salt Lake City, Utah.
36. **Saffel-Shrier S**, November 2013. "Cardiovascular Effects of Intensive Lifestyle Intervention in Type 2 Diabetes", University of Utah Family Medicine Grand Rounds: Journal Club, Salt Lake City, Utah.
37. **Saffel-Shrier S**, February 2014. "Dietary Patterns and Total Mortality in a Mediterranean Cohort: The SUN Project", University of Utah Family Medicine Grand Rounds: Journal Club, Salt Lake City, Utah.
38. Pohl S, **Saffel-Shrier S**, Coursey J, Keahey D, Liu, B, March 2014 "Probiotics for Infantile Colic: A Randomized, Double-Blind, Placebo-Controlled Trial Investigating Lactobacillus reuteri DSM 17938", University of Utah Family Medicine Grand Rounds: Journal Club, Salt Lake City, Utah.
39. **Saffel-Shrier S**, February 2015. "Roux-en-Y Gastric Bypass for Diabetes", University of Utah Family Medicine Grand Rounds: Journal Club, Salt Lake City, Utah.
40. Vincent C, **Saffel-Shrier S**, April 2016. "Myths about Nutrition for Older Adults". Utah Division of Aging and Adult Services Annual Conference, Salt Lake City, Utah.
41. **Saffel-Shrier S**, March 2017, "Bridging Clinical-Community Nutrition Care Transitions for Older Adults" Utah Academy of Nutrition and Dietetics, Salt Lake City, Utah.
42. **Saffel-Shrier S**, December 2018, "Malnutrition Clinical Guidelines" Internal Medicine Geriatric Division Grand Rounds. Salt Lake City, UT.
43. **Saffel-Shrier S**, Covington, A .March 2022 "Malnutrition Among Older Senior Services Recipients". Utah Division of Aging and Adult Services Annual Conference, Salt Lake City, Utah.

Local

1. **Saffel-Shrier S**, September 1988, "Proper Nutrition for The Older Person." Senior Companion Program, Division of Aging, Salt Lake County, Salt Lake City, UT
2. **Saffel-Shrier S**, November 1988, "Nutrition Intervention in the Terminally Ill." Community Nursing Service, Salt Lake City, UT.
3. **Saffel-Shrier S**, March 1989, "Nutritional Problems in The Elderly Affecting Rehabilitation Potential." Physical Therapy Geriatric Update, Geriatric Education Center, College of Nursing, University of Utah, Salt Lake City, UT.
4. **Saffel-Shrier S**, January 1990, "Current Nutrition Issues Of the Geriatric Patient." Faculty Development

- Seminar, Department of Family & Preventive Medicine, University of Utah School of Medicine, Salt Lake City, UT.
5. **Saffel-Shrier, S**, February 1990, "Enteral Nutrition Products." College of Pharmacy, University of Utah, Salt Lake City, UT.
 6. **Saffel-Shrier S**, March 1991, "Incorporating Nutrition Into Family Practice." Family Practice Grand Rounds, Department of Family & Preventive Medicine, University of Utah, School of Medicine, Salt Lake City, UT.
 7. **Saffel-Shrier S**, Danielson C, Ericksen L, Shane McWorter, Verson H, May 1991, "Geriatrics Functional And Mental Status Assessment In The Home." Family Practice Grand Rounds, Department of Family & Preventive Medicine, University of Utah, School of Medicine, Salt Lake City, UT.
 8. **Saffel-Shrier S**, October 1992, "Nutrition Case Management." Utah Chief Clinical Dietitians Quarterly Meeting, Salt Lake City, UT.
 9. **Saffel-Shrier S**, March 1995, "Aging & Nutrition Update." Home Economist of Professional Standing Quarterly Meeting, Salt Lake City, UT.
 10. **Saffel-Shrier S**, March 2000, "Critique of Popular Diet Books." Family Medicine Grand Rounds, Department of Family & Preventive Medicine, University of Utah, School of Medicine, Salt Lake City, UT.
 11. **Saffel-Shrier S**, May 2002, "Prescription for Geriatric Care: And It's Not Just Drugs!" University of Utah College of Nursing, Salt Lake City, UT.
 12. Rees R, Peterson C, **Saffel-Shrier S**, February 2002, "End of Life Decision Making." Family Medicine Grand Rounds, Department of Family & Preventive Medicine, University of Utah, School of Medicine, Salt Lake City, UT.
 13. **Saffel-Shrier S**, February 2003, "Carbohydrate Counting: A How To Guide." Family Medicine Grand Rounds, Department of Family & Preventive Medicine, University of Utah, School of Medicine, Salt Lake City, UT.
 14. **Saffel-Shrier S**, February 2008 "Baby Boomers as Health Integrators: A Family Medicine Opportunity." Family Medicine Grand Rounds, Department of Family & Preventive Medicine, University of Utah, School of Medicine, Salt Lake City, UT.
 15. **Saffel-Shrier S**, Kiraly B, Knudsen L, November 2009. "Waist Hip Ratio as a Predictor of All-Cause Mortality in High Functioning Older Adults." University of Utah Family Medicine Grand Rounds, Department of Family & Preventive Medicine, University of Utah, School of Medicine, Salt Lake City, UT.
 16. **Saffel-Shrier S**, Farrell T, January 2011 "Ten Myths of Advance Care Directives." University of Utah Family Medicine Grand Rounds, Department of Family & Preventive Medicine, University of Utah, School of Medicine, Salt Lake City, UT.
 17. Spain C, Farrell T, **Saffel-Shrier S**, Lehmann W, November 2011 "Care Transitions for the Older Adult Assisted Living Patient" University of Utah Family Medicine Grand Rounds, Department of Family and Preventive Medicine, University of Utah School of Medicine, Salt Lake City, UT.
 18. **Saffel-Shrier S**, December 2012 "Vitamin D-Baseline Data and Effective Dose", Family Medicine Grand Rounds Journal Club, University of Utah School of Medicine, Salt Lake City, UT.
 19. **Saffel-Shrier S**, May 2013 "Nutrition Updates: Apps to Zeathanthin" Family Medicine Grand Rounds, University of Utah School of Medicine, Salt Lake City, UT.
 20. **Saffel-Shrier S**, September 2015 "Benefits of Fruits and Vegetables" University of Utah Hospital Health Lecture, Salt Lake City, UT.
 21. Eccles L, Hyde H, Frederick M, Young L, **Saffel-Shrier, S**, Coombs, J. July 2018. Provider Ability to Identify Risk of Malnutrition in Older Adults. Physician Assistant EBP Poster Session. University of Utah. Salt Lake City.
 22. **Saffel-Shrier, S**. January 2018. Screening for Malnutrition for Area Agency on Aging. Salt Lake County Aging Services. Salt Lake City, UT.
 23. **Saffel-Shrier, S**. February 2018. Nutritional Assessment. Interprofessional Seminars, College of Social Work. Salt Lake City, UT.

24. **Saffel-Shrier, S.** March 2018. Screening for Malnutrition for University Care Managers. Salt Lake County Aging Services. Salt Lake City, UT.
25. **Saffel-Shrier, S.** June 2018. Family Medicine Skill Set. Malnutrition Clinical Guidelines.
26. **Saffel-Shrier S.** Covington A, Vincent C. January 2019. Identifying Older Adults at Risk for Malnutrition, Ogden, UT
27. **Saffel-Shrier, S.** Geriatric Nutrition, Department of Nutrition and Integrative Physiology, Graduate Student lecture, 2019.
28. **Saffel-Shrier, S.** Geriatric Nutrition, Department of Nutrition and Integrative Physiology, Graduate Student lecture, 2022.

PROFESSIONAL COMMUNITY PRESENTATIONS

Presentations

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|------|--|
| 1986 | "Nutrition And Fitness." Nordstroms Inc., Salt Lake City, Utah. |
| 1987 | "Osteoporosis and Aging." Summit County Congregate Meals, Utah. |
| 1987 | "What Adolescents Need To Know About Osteoporosis." Summit County High School, Utah. |
| 1988 | "Nutrition And Bone Health." National Osteoporosis Week - Salt Lake County Health Screening Center. |
| 1989 | "Bone Health For The Older Adult." Congregate Meal Program, Scipio, Utah. |
| 1990 | "Nutrition For Seniors." United Methodist Church, Salt Lake City, Utah. |
| 1990 | "Making Sense Out Of Food Labels." Dan's Food Stores, Salt Lake City, Utah. |
| 1992 | "Fat, Cholesterol, Calories." Congregate Meal Program, Salt Lake City Utah. |
| 1992 | "Supermarket Survival." Congregate Meal Program, Salt Lake City, Utah. |
| 1993 | "Geriatric Nutrition." SFLC, Brigham Young University, Provo, Utah |
| 1993 | "Vitamin D Metabolism/Osteoporosis." NFS, Utah State University, Logan, Utah. |
| 1994 | "Nutrition Issues For Seniors." Park Lane Retirement Center, Salt Lake City, Utah. |
| 1996 | "Nutrition and The Elderly." Neighborhood House Adult Day Care, Salt Lake City, Utah. |
| 1998 | "Nutrition for Teens." LDS Youth Organization, Salt Lake City, Utah. |
| 1999 | "Nutrition Requirements for Meals on Wheel Clients" Salt Lake County Aging Services. |
| 2003 | "Functional Foods, Antioxidants & Nutrition" PEO, Salt Lake City, Utah. |
| 2003 | "Nutrition for Optimal Performance: AARP TriUmp Classic" Salt Lake City, Utah. |
| 2006 | "Reshape Your Plate", Senior Expo, Salt Lake City, Utah. |
| 2007 | "The Health and Nutrition Needs of Baby Boomers", PEO, Salt Lake City, Utah. |
| 2009 | "Geriatric Functional Assessment" UNI HOME project, Salt Lake City, Utah |
| 2010 | "Managing your Diabetes" Suny Anderson Senior Center, Salt Lake City, Utah |
| 2010 | "Managing your Diabetes Part II" Suny Anderson Senior Center, Salt Lake City, Utah |
| 2012 | "Maintain Your Brain" Murray Senior Center, Salt Lake City, Utah |
| 2013 | "Healthy Eating for Older Adults" Murray Senior Center, Salt Lake City, Utah |
| 2013 | "Weight Management Series" Staff Development, Family and Preventive Medicine, University of Utah, Salt Lake City, Utah |
| 2016 | Aging Healthfully, PEO, Salt Lake City, Utah |

Media Presentations

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|-----------|---|
| 1985 | "Update On Osteoporosis." KDYL Radio, Salt Lake City, Utah |
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