

Sydney Abbott

250 S. 1850 E., Rm 214
Salt Lake City, UT 84112

Sydney.Abbott@utah.edu
(801) 581-8413

Education

University of Utah, Salt Lake City, UT

August 2013-August 2015

Masters of Science in Nutrition

Graduate Certificate in Disability Studies

Thesis: *Evaluation of Diet Quality in Children and Adolescents with Prader-Willi Syndrome Using the Healthy Eating Index-2010*

Montana State University, Bozeman, MT

August 2009-May 2013

Bachelor of Science in Nutrition Science and Dietetics

Professional Experience

Assistant Professor, Department of Nutrition and Integrated Physiology, University of Utah,
August 2020-present

Associate Instructor, Department of Nutrition and Integrated Physiology, University of Utah,
July 2015-August 2020

Clinical Dietitian, Neurobehavior HOME Program, Huntsman Mental Health Institute,
University of Utah, September 2015-present

Licensure

Registered Dietitian, Commission on Dietetic Registration

Certified Dietitian, Utah Division of Occupational and Professional Licensing Board

Courses Taught

University of Utah, Department of Nutrition and Integrated Physiology

Fall 2022

NUIP 1020 Scientific Fundamentals of Nutrition and Health (Main Campus)

NUIP 1020 Scientific Fundamentals of Nutrition and Health (Continuing Education)

NUIP 3620 Cultural Aspects of Food

Summer 2022

NUIP 1020 Scientific Fundamentals of Nutrition and Health (Continuing Education)

NUIP 3620 Cultural Aspects of Food

Spring 2022

NUIP 3620 Cultural Aspects of Food

NUIP 6210 Food Systems Management

Fall 2021

NUIP 1020 Scientific Fundamentals of Nutrition and Health (Main Campus)

NUIP 1020 Scientific Fundamentals of Nutrition and Health (Continuing Education)

NUIP 3620 Cultural Aspects of Food

Summer 2021

NUIP 1020 Scientific Fundamentals of Nutrition and Health (Continuing Education)

NUIP 3620 Cultural Aspects of Food

Spring 2021

NUIP 3620 Cultural Aspects of Food

NUIP 6210 Food Systems Management

Fall 2020

NUIP 1020 Scientific Fundamentals of Nutrition and Health (Main Campus)

NUIP 1020 Scientific Fundamentals of Nutrition and Health (Continuing Education)

NUIP 3620 Cultural Aspects of Food

Summer 2020

NUIP 1020 Scientific Fundamentals of Nutrition and Health (Continuing Education)

NUIP 3620 Cultural Aspects of Food

Spring 2020

NUIP 3620 Cultural Aspects of Food

NUIP 6210 Food Systems Management

Fall 2019

NUIP 1020 Scientific Fundamentals of Nutrition and Health (Main Campus)

NUIP 1020 Scientific Fundamentals of Nutrition and Health (Continuing Education)

NUIP 3620 Cultural Aspects of Food

Summer 2019

NUIP 3620 Cultural Aspects of Food

Spring 2019

NUIP 3620 Cultural Aspects of Food

NUIP 6210 Food Systems Management

Fall 2018

NUTR 1020 Scientific Fundamentals of Nutrition and Health
NUTR 3620 Cultural Aspects of Food

Summer 2018

NUTR 3620 Cultural Aspects of Food

Spring 2018

NUTR 3620 Cultural Aspects of Food
NUIP 6210 Food Systems Management

Fall 2017

NUTR 1020 Scientific Fundamentals of Nutrition and Health
NUTR 3620 Cultural Aspects of Food

Summer 2017

NUTR 3620 Cultural Aspects of Food

Spring 2017

NUTR 3620 Cultural Aspects of Food
NUIP 6210 Food Systems Management

Fall 2016

NUTR 1020 Scientific Fundamentals of Nutrition and Health
NUTR 3620 Cultural Aspects of Food

University of Utah, Division of Nutrition

Summer 2016

NUTR 1020 Scientific Fundamentals of Nutrition and Health
NUTR 3620 Cultural Aspects of Food

Spring 2016

NUTR 1020 Scientific Fundamentals of Nutrition and Health
NUTR 3620 Cultural Aspects of Food
NUTR 6210 Food Systems Management

Fall 2015

NUTR 3620 Cultural Aspects of Food

Graduate Committees

Department of Nutrition and Integrated Physiology

Development of a Sport Nutrition Content Library for Physically Active Individuals. Estimated project completion Spring 2023.

Development of Employee Pediatric Nutrition Education Guidebook and Client Handouts for DDI Vantage. Committee Chair. Project completed May 2022.

Evaluating the Effects of Mindful Eating within the Salt Lake City Veteran Population. Madeline French and Emily Prieb. Project completed May 2020.

Improving the Nutrition Knowledge and Behavior of Healthcare Employees Using Online Interactive Modules. Sarah Boyt and Allison Schneggenburger. Project completed May 2020.

Cultural Aspects of Food Online Course Conversion. Kaitlyn Pacada. Project completed May 2017.

Development of Nutrition Modules to Supplement Cognitive Behavior-Focused Parent Training Education Sessions for Parents of Patients with Feeding Difficulties at the Neurobehavior HOME Program. Bronwyn Knaebe. Project completed April 2017.

Development of Online Administrative Training Modules for Utah School Board of Education Summer Food Service Program Sponsors. Tacie Hall. Project completed April 2017.

Department of Educational Psychology

Using Telepresence Robot Problem-Solving Consultation with Parents to Treat Avoidant Restrictive Food Intake Disorder in Pediatric Populations. Racheal Clark. Project ongoing with Project completed May 2019.

Community Engagement

Utah Academy of Nutrition and Dietetics, Nominating Committee Member, May 2021-Present

Utah Disability Advisory Committee Education and Awareness Work Group, Chair, June 2019-Present

Nutrition and Integrated Physiology Scholarship Committee, Member, May 2019-Present

Utah Disability Advisory Committee for the Utah State Health Department, Member, August 2018-Present

Nutrition and Integrated Physiology Equity, Diversity, and Inclusion Work Group, Member, August 2018-Present

Presentations and Projects

Presenter: "Nutritional Considerations of Early Childhood". Early ECHO, Institute for Disability Research, Policy, and Practice, Utah State University, June 2022.

Presenter: “Addressing Selective Feeding Behaviors in Children”. University Developmental Assessment Clinics, September 2021.

Presenter: “Tobacco Use Among Utahns with Disabilities”. Utah Tobacco Control and Prevention Conference, November 2019.

Presenter: “Selective Feeding, Obesity, and Nutritional Deficiencies in Children with Autism Spectrum Disorder”. Pediatrics teleECHO, University of Utah, April 2019.

Project Contributor and Author: Neurobehavior HOME Program Performance Improvement Project for the State of Utah: "Impact of clinical and educational interventions on progression of pre-diabetes to Type II Diabetes Mellitus?", 2018

Certifications and Skills

ServSafe Certified Instructor & Registered Proctor
CPR/AED for Health Care Providers Certification
Antidiscrimination Response Training
Nutrition Focused Physical Exam Training
Telemedicine and Telehealth Skills
EPIC EMR Experience

Professional Affiliations

Academy of Nutrition and Dietetics, Member
Association of State Public Health Nutritionists, Member
Behavioral Health Nutrition Dietetics Practice Group, Member
Nutrition Educators of Health Professionals Dietetics Practice Group, Member
Utah Academy of Nutrition and Dietetics, Member