

Lydia (Stinnett) Ballenger, MA, RD, LD

EDUCATION

Master of Arts – Family and Consumer Science: Nutrition. July 2009. Ball State University. Muncie, Indiana.

Bachelor of Science – Dietetics. May 2005. Ball State University. Muncie, Indiana.
Honors Thesis: "Observed plate waste in hospitalized patients: length of stay and diet order"

TEACHING EXPERIENCE

Dietetic Internship Director, Ball State University. Muncie, Indiana.

- ❖ Department of Nutrition and Health Science. July 2016 to present.
- ❖ Department of Family and Consumer Sciences. May 2012 to June 2016.

Courses taught related to the Dietetic Internship Program:

NUTR 642 – Nutrition Assessment

NUTR 680 – Supervised Practice in Food Systems Management

NUTR 681 – Supervised practice in Nutrition Therapy

NUTR 682 – Supervised Practice in Community/Business/Entrepreneur

Associate Clinical Lecturer, Ball State University. Muncie, Indiana.

- ❖ Department of Nutrition and Health Science. August 2019 to present.

Assistant Clinical Lecturer, Ball State University. Muncie, Indiana.

- ❖ Department of Nutrition and Health Science. July 2016 to July 2019.
- ❖ Department of Family and Consumer Sciences. May 2012 to June 2016.

Courses taught:

FCFN 247 – Foodservice Sanitation and Purchasing

NUTR 275 – Personal Nutrition

NUTR 455 – Lifecycle Nutrition

RELATED EXPERIENCE

Consultant Dietitian – Ann Overmyer Nutrition Consulting. Indiana. April 2019 to present.

Consultant Dietitian – Youth Opportunity Center. Muncie, Indiana. May 2018 to present.

WIC Nutritionist – Marion County Public Health Department. Indianapolis, Indiana. May 2007 to May 2012.

Graduate Assistant: Quantity Foods Lab – Ball State University: Department of Family and Consumer Sciences. Muncie, Indiana. August 2006 to May 2007.

Graduate Assistant/Nutrition Office Assistant – Ball State University Residence Halls Dining Service. Muncie, Indiana. March 2004 to December 2005.

GRANTS RECEIVED

April 2019 – Summer Assessment Grant. Ball State University Office of Institutional Effectiveness. \$2000.00. **Ballenger, L.**, Pike, K.

April 2018 – Summer Assessment Grant. Ball State University Office of Institutional Effectiveness. \$2000.00. **Ballenger, L.**, Pike, K.

April 2017 – Summer Assessment Grant. Ball State University Office of Institutional Effectiveness. \$2000.00. **Ballenger, L.**, Pike, K.

2015-2018 – MA.MS Nutrition and Dietetics Graduate Enrollment Recruitment Proposal. Ball State University Graduate School. \$20,550.00. Friesen, C., **Ballenger, L.**, Pike, K.

April 2015 – Summer Assessment Grant. Ball State University Office of Institutional Effectiveness. \$2000.00. **Ballenger, L.**, Pike, K.

2013-2015 – MA.MS Nutrition and Dietetics Graduate Enrollment Recruitment Proposal. Ball State University Graduate School. \$12,608.00. Friesen, C., **Ballenger, L.**, Pike, K.

March 2005 – Ball State University Undergraduate Research Grant, Office of Academic Research and Sponsored Programs. \$300.00. Kandiah, J, **Stinnett L.**

REFEREED PUBLICATIONS

Kandiah, J, **Stinnett L.** and Lutton D. Observed plate waste in hospitalized patients: length of stay and diet order. *J Am Diet Assoc.* 2006; 106:1663-1666.

INVITED PRESENTATIONS

Invited lecturer: National Kidney Foundation of Indiana: The Future of Education in Nutrition and Dietetics (October 7, 2016).

CERTIFICATIONS

Registered Dietitian – November 2006 to present.

Licensed Dietician in Indiana – November 2006 to present.

REVIEWER

Accreditation Council for Education in Nutrition and Dietetics (ACEND) Program Reviewer, June 1, 2018 to May 31, 2021.

- Central Washington University DI – November 2018
- Saint Louis University MS-DI – April 2019

AWARDS

Outstanding Contract Faculty Teaching Award. Department of Nutrition and Health Science. April 2019.

Outstanding Dietetics Educator Award. IAND. April 2017.

PROFESSIONAL MEMBERSHIPS AND PRACTICE GROUPS

The Academy of Nutrition and Dietetics (AND)

Nutrition and Dietetics Educators and Practitioners (NDEP)

The Indiana Academy of Nutrition and Dietetics (IAND)

Central Indiana Academy of Nutrition and Dietetics (CIAND)

Indiana Dietetics in Health Care Communities (IN-DHCC)

ACADEMIC COMMITTEES/GROUPS

- College of Health: Inter-professional Education and Practice Committee – August 2019 to present
- Clinical Space: Department of Nutrition and Health Science Representative – August 2019 to present
- College of Health: Memorandum of Understanding Committee, member – January 2018 to present
- Department of Nutrition and Health Science: Contract Salary Committee
 - Chair – August 2017 to May 2019
 - Member – August 2016 to May 2017; August 2019 to present
- Department of Nutrition and Health Science: Website Sitecore Publisher – January 2019 to present
- Ball State Dietetics Association (BSDA), faculty co-advisor – August 2016 to present
- Ball State Internship Coordinator Group, member – September 2014 to present
- Ball State Dietetic Internship Steering Committee, chair – May 2012 to present
- College of Health: Director of Simulation Laboratories Search Committee, member – August 2018 to May 2019
- Interdepartmental Scholarship Committee, department representative – May 2018 to May 2019
- Department of Nutrition and Health Science: Contract Faculty Titles and Promotion Committee, member – August 2017 to August 2018
- Department of Nutrition and Health Science: Honors and Award Committee
 - Chair – August 2017 to May 2019
 - Member – August 2016 to May 2017
- Canvas Pilot Program through iLearn, member – August 2016 to May 2018
- Ball State Dietetic Internship Scholarships Committee, member – Summer 2016, Summer 2017, Summer 2018
- Ball State Committee: Simulation Suite Operations: College of Health, member – March 2016 to May 2016
- Department of Family and Consumer Sciences: Contract Salary Committee, member – August 2013 to May 2015
- Thesis Committee: Tarrah MrCreary, member – January 2013

CONTINUEING EDUCATION AND PROFESIONAL DEVELOPMENT (past 5 years)

- August 22, 2019 – IN DHCC Summer Seminar. Anderson, IN.
- August 2019 – “Current Topics in Nutrition: Dietetic Internship Case Studies”. Muncie, IN.
- April 2019 – IAND Annual 2019 Meeting. Anderson, IN.
- March 13-15, 2019 – NDEP Annual Meeting. Cleveland, OH.
- March 2019 – Sharpen Your Skills with NCP & ANDHII. On-line.
- March 2019 – NDEP: Getting Started: Designing and Using the Standardized Patient for Simulation Experiences. On-line.
- March 2019 – ACEND Reviewer Training on Microaggressions. On-line.
- December 2018 – “Current Topics in Nutrition: Dietetic Internship Case Studies”. Muncie, IN.
- November 2018 – Nutrition Education Needs of the Nurse and NP. On-line.
- October 20-23, 2018 – AND. Food and Nutrition Conference and Expo. Washington D.C.
- October 2018 – CIAND, Orchard Outing. Greenfield, IN
- October 2018 – Nutrition Education Needs of the Physician Assistant. On-line.
- September 2018 – Implementing IPE to Serve the Underserved. On-line.
- August 2018 – Nutrition Education Needs of the Athletic Trainer. On-line.
- August 2018 – “Current Topics in Nutrition: August 2018”. Muncie, IN.
- August 2018 – Malnutrition, Protein, and the Role of Early Enteral Nutrition. On-line.
- July 2018 – Harnessing the Opportunities & Building Return on Investment of Medicare Diabetes Prevention Program Services. On-line.
- June 2018 – Accreditation Council for Education in Nutrition and Dietetics (ACEND) Program Reviewer Training Workshop. Chicago, IL.
- May 2018 – Promoting Health & Wellness Through Collaboration. On-line.
- May 2018 – Accreditation Council for Education in Nutrition and Dietetics (ACEND) Program Reviewer Training. On-line.
- April 2018 – IAND Annual 2018 Meeting. Fishers, IN.
- April 18-20, 2018 – NDEP Annual Meeting. Clayton, MO.
- March 2017 – NDEP Spring Area Meeting. Clayton, MO.
- December 2017 – “Current Topics in Nutrition: Dietetic Internship Case Studies”. Muncie, IN.
- November 2017 – “Parenteral Nutrition Therapy: Applying New Guidance to Practice”. On-line.
- October 21-24, 2017 – AND. Food and Nutrition Conference and Expo. Chicago, IL.
- October, 21, 2017 – AND. NFPE Hands-On Training Workshop- Rush University Medical Center. Chicago, IL.
- October 17, 2017 – Abbott Nutrition Health Institute. “Patient Simulation: Putting Malnutrition Screening, Assessment, Diagnosis, and Intervention into Practice”. On-line.
- August 2017 – “Current Topics in Nutrition: Dietetic Internship Case Studies”. Muncie, IN.
- August 2017 – NDEP. “Webinar- Guide to Being an Effective Preceptor”. On-line.
- April 2017 – IAND Annual 2017 Meeting. Fishers, IN.

- March 2017 – NDEP Spring Area Meeting. Louisville, KY.
- March 13, 2017 – Ball State University, IPE event facilitator. “The Safety Room”. Muncie, IN.
- February 2017 – AND. “Best Practices: Implementation of the Nutrition Focused Physical Assessment in the Acute Care Setting”. On-line.
- January 2017 – Ball State University, iLearn. “Tips & Tricks: Grading in Canvas”. Muncie, IN.
- December 2016 – “Current Topics in Nutrition: December 2016”. Muncie, IN.
- November 2016 – Ball State University, iLearn. “Bb2Canvas: Transitioning your Course”. Muncie, IN.
- October 15-18, 2016 – AND. Food and Nutrition Conference and Expo. Boston, MA.
- October 2016 – BSDA Farm Tour- Union Go Dairy. Winchester, IN.
- October 2016 – Ball State University, iLearn. “Putting Your Blackboard Files in One BOX”. Muncie, IN.
- October 2016 – CIAND. “Tour of Market District”. Carmel, IN.
- October 2016 – American Dairy Association of Indiana. “Leading Out Loud”. Indianapolis, IN.
- September 2016 – Ball State University, iLearn. Blended Learning Certificate Course. On-line.
- August 2016 – “Current Topics in Nutrition: August 2016”. Muncie, IN.
- June 2016 – AND. “Beyond the Role Play: Tips and Tricks for Teaching Motivational Interviewing”. On-line.
- April 2016 – IAND Annual 2016 Meeting. Indianapolis, IN.
- April 2016 – NDEP Spring Area Meeting. Buffalo, NY.
- April 2016 – “Critical Care Nutrition: Taking Guidelines to the Bedside”. On-line.
- March 2016 – Nutricia. “Hypocaloric, High Protein for Obese Patients”. On-line.
- March 2016 – CIAND. “Functional Nutrition Assessment, Physical Exam Process and Being a Nutrition Detective”. Danville, IN.
- December 2015 – “Current Topics in Nutrition: Dietetic Internship Case Studies”. Muncie, IN.
- October 3-6, 2015 – AND. Food and Nutrition Conference and Expo. Nashville, TN.
- October 2015 – CIAND. “Malnutrition in Healthcare”. Indianapolis, IN.
- September 2015 – Ball State University, iLearn. “Learn to Use WebEx for Online Meetings”. Muncie, IN.
- September 2015 – Ball State University, iLearn. “Creating Effective Tests in Blackboard and Controlling Test Options”. Muncie, IN.
- September 2015 – AND. “Webinar: The Academy/A.S.P.E.N. Malnutrition Consensus Criteria: Applying Them in Your Practice”. On-line.
- August 2015 – “Current Topics in Nutrition: Dietetic Internship Case Studies”. Muncie, IN.
- May 2015 – NDEP. “Webinar: Service Learning: Getting the Most from It”. On-line.
- April 2015 – IAND Annual Spring 2015 Meeting. Indianapolis, IN.

- March 2015 – Northeast Indiana Area Health Education Center. “Interprofessional Education: Building a Framework”. Muncie, IN.
- March 2015 – “Nutrition Focused Physical Assessment: Helping Students Make the Clinical Connections”. On-line.
- March 2015 – AND. “Webinar: Recommended Model for Future Education”. On-line.
- March 2015 – Ball State University, iLearn. “Webinar: Getting the Most from Online Assessment with Blackboard Test Options”. On-line.
- February 2015 – Cengage. “Why Isn't Anyone Following Me?: Basic Leadership Do's, Don'ts, and Best Practices”. On-line.
- February 2015 – DIFM DPG. “Connecting Educators in Integrative Medicine Initiative: Integrative and Functional Medicine 101”. On-line.
- February 2015 – CBORD. “Webinar: Caring for Malnutrition in Your Hospital: Identifying and Quantifying”. On-line.
- February 2015 – Ball State University, iLearn. “On-line Teaching Certificate”. On-line.
- January 2015 – “Nutrition Care Manual Overview Review for NDEP”. On-line.
- December 2014 – “Current Topics in Nutrition: Dietetic Internship Case Studies”. Muncie, IN.
- August 2014 – “Current Topics in Nutrition: Dietetic Internship Case Studies”. Muncie, IN.