

# Public Health/Community Nutrition Practice Group

# Member Spotlight

## Kay Sisk, MS, RD, LD

*2014 PHCNPG Outstanding Member of the Year*

Kay Sisk is a registered dietitian in Saint Louis, Missouri. She currently serves as Newsletter Editor for the Public Health/Community Nutrition Practice Group (PHCNPG), as well as Liaison to the [Association of State Public Health Nutritionists \(ASPHN\)](#) and project co-chair for the revision of the [Guidelines for Community Nutrition Supervised Experiences](#). Kay previously worked as an Instructor in the [M.S. in Public Health Nutrition Dietetic Internship Program](#) in the Department of Nutrition at Case Western Reserve University, where she also served as the campus dietitian. As faculty, Kay enjoyed the variety that her job offered through teaching, program management, research, and direct patient care. She was motivated by her students' enthusiasm for learning and her dedication to helping patients make healthy changes. As a member of the PHCNPG, Kay values the opportunities for leadership, professional growth, and connecting with dietitians in the field of public health and community nutrition.



Kay was recognized as the 2014 PHCNPG Outstanding Member of the Year for her dedication to improving member involvement and member benefits, her leadership in developing student leadership and award opportunities, her contributions to the newsletter, her service with the Website & Technology Committee, and her involvement in the PHCNPG's partnership with ASPHN. The award was presented during the PHCNPG Networking & Business Meeting at the Academy's annual [Food & Nutrition Conference & Expo™ \(FNCE®\)](#). Kay has been a member of the PHCNPG since 2011 and previously served as Technology Chair (2012-2013) and Website Chair (2013-2014).

Kay grew up in Springfield, Missouri. Her interest in nutrition began to develop early in her undergraduate studies at the University of Missouri-Columbia where she earned a Bachelor of Science in Nutritional Sciences. She was drawn to the field of nutrition because it incorporated her interests, science and health. According to Kay, "One of the most exciting aspects of a career in nutrition and dietetics is that it requires me to use many different skill sets. In public health nutrition, I have the greatest opportunity to use these skill sets to make a larger impact on the well-being of others." She completed her dietetic internship and earned a Master of Science in Public Health Nutrition as well as a Certificate of Gerontology from Case Western Reserve University.

In her free time, Kay enjoys spending time with her family, playing music, hiking, and traveling. She also enjoys spending time with her toddler in the kitchen, teaching him how to cook and exposing him to a variety of foods. With the perspective that "your pantry is your kid's grocery store", Kay stocks her shelves with a wide variety of foods (both healthy and fun!).

PHCNPG is proud of Kay's work and appreciates her passion for public health nutrition!