

Public Health/Community Nutrition Practice Group

Member Spotlight

Amy Headings, PhD, RD, LD

Amy Headings is currently the Director of Nutrition and Research for [Mid-Ohio Foodbank](#), a member food bank of [Feeding America](#). Since 2011, she has coordinated multiple nutrition-related initiatives from the development of a crock-pot cooking curriculum to a produce prescription program in partnership with [Columbus Neighborhood Health Centers](#). Amy also recently established an exciting collaboration with the [Kirwan Institute for the Study of Race and Ethnicity](#) with a charge to develop new solutions to address hunger-related issues in Central Ohio.



An undergraduate double major in Dietetics and Spanish at [The Ohio State University](#), Amy has long had an interest in nutrition-related health outcomes specific to underserved populations. One of Amy's first positions as a RD was as a Research Assistant on the Lifestyle, Eating and Fitness Study and Women's Health Initiative Cancer Survivor Cohort Study. In her capacity, she conducted year-long individual weight-loss counseling with participants to test the effects of diet composition on biomarkers for breast cancer. As a Graduate Fellow and then Research Associate at The Ohio State University's [Department of Human Nutrition](#), her doctoral research focused on the Glycemic Index, Opportunities and Lifestyle study (GOAL). There, she tested goal setting as a model for behavioral change in combination with a low glycemic index diet to improve type 2 diabetes clinical outcomes. To read more about the results of GOAL click [here](#) and [here](#). Recently Amy designed, implemented and assessed the impact of low glycemic index food boxes on diabetes-related measures for participants in the [Bristol Myers Squibb Foundation Together on Diabetes Initiative](#) (FEED study).

With extensive service and leadership skills, Amy has significantly contributed to our profession. A few examples of her service include Dietetic Intern Preceptor, Ohio State Science Day judge, Creating Healthy Communities Chronic Disease Prevention Advisory board member, and Ohio Youth Institute World Food Prize paper reviewer. She also has many invited professional presentations and webinars including *Fresh is the Future – Connecting Patients to Produce* for the Ohio Dietetic Association's 92nd Annual Conference and *Foodbank-Healthcare Partnerships: Addressing Chronic Disease and Promoting Community Health* for the 2013 Feeding America Agency Capacity, Programs and Nutrition Conference. In her free time Amy keeps busy with her husband and two young children, Miriam and Jacob, and stays active with her church.

PHCNPG is proud of Amy's work and appreciates her contributions to public health and community nutrition!