

Public Health/Community Nutrition Practice Group

# Member Spotlight

## Katrina Holt, MPH, MS, RD, FAND

*2014 Academy of Nutrition and Dietetics Medallion Award Recipient*

Katrina Holt has over 25 years of experience in public health and community nutrition. She is currently a project director at [Georgetown University's Health Policy Institute](#) in Washington, DC. Throughout her career, she has worked on numerous nutrition, oral health, and physical activity initiatives focusing on health promotion and disease prevention for pregnant women, infants, children, adolescents, and their families. In this capacity, she works closely with staff from federal agencies and national organizations, as well as experts in the field, to convene national conferences and advisory committee meetings and to develop educational resources for health professionals, program administrators, policymakers, and families.



Katrina enjoys the diverse range of projects she works on at the Health Policy Institute. For example, through the national [Bright Futures](#) initiative, she coordinated the development of several publications, including [Bright Futures in Practice: Nutrition](#) and [Bright Futures in Practice: Physical Activity](#), and she contributed to [Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents](#). She also participated in conducting a content validation of the [Healthy Start, Grow Smart](#) series of educational booklets designed for pregnant women and parents of children enrolled in Medicaid, and she served on the planning committee that convened the [Surgeon General's Conference on Children and Oral Health](#). Additionally, Katrina coordinated and convened an expert committee to develop criteria for overweight and obesity to be integrated into preventive screening of adolescents ages 11–21 in clinical and public health settings.

Before joining the faculty at Georgetown University, Katrina provided nutrition care to patients and clients in a variety of settings, including prenatal clinics, refugee clinics, school-based health centers, city and county health departments, and programs such as [Head Start](#) and the [Special Supplemental Nutrition Program for Women, Infants and Children \(WIC\)](#). Katrina also served as a Head Start consultant, conducting site visits and providing education and training to nutrition staff at local Head Start programs in Maryland, Pennsylvania, Virginia, Washington, DC, and West Virginia. For Katrina, the most rewarding part of providing community-based services was seeing how much support these programs offered families.

Katrina developed an interest in public health, and specifically in the area of maternal and child health, while working on her Master of Science degree at the University of Nebraska-Lincoln. While conducting a literature review for her thesis, Katrina learned about the important role of health professionals in preventing and reducing the incidence of cardiovascular disease through preventive measures in childhood. From this experience she gained a profound appreciation for public health, and it became her chosen field.

Katrina earned a Bachelor's degree in nutritional sciences and food from the University of Washington. She completed a dietetic internship and earned a Master's Degree in human nutrition and foodservice management from the University of Nebraska-Lincoln. Katrina also earned a

Master of Public Health degree with an emphasis in maternal and child health from the University of Minnesota. She also completed a fellowship in adolescent nutrition at the Adolescent Health Training Program at the University of Minnesota. Later, she completed a dual fellowship in adolescent health and nutrition at the [National Center for Education in Maternal and Child Health](#) at Georgetown University.

Katrina has been a member of the Public Health/Community Nutrition Practice Group (PHCNPG) since 1990. Following the advice of her academic advisor, Mary Story, who was currently serving as chair of PHCNPG, Katrina joined the practice group and became extremely involved. Katrina is the current nominating committee chair and previously served as advisor (2010-2012), membership committee chair (2007–2010), past chair and Mothers' Room coordinator (2006–2007), chair (2005–2006), chair-elect (2004–2005), treasurer (1999-2001), and secretary (1999-2000). In 2001–2003, Katrina served as a community nutrition professional issues delegate in the House of Delegates and represented PHCNPG and the Hunger and Environmental Nutrition Practice Group.

Katrina has also been deeply involved with the Academy and has received several awards and recognitions for her contributions. In 2014, she was honored with one of the Academy's highest recognitions, the Medallion Award. The award was presented at the Academy's annual [Food & Nutrition Conference & Expo™ \(FNCE®\)](#). Katrina has also received the President's Circle Nutrition Education Award from the Academy of Nutrition and Dietetics Foundation and the Award for Excellence in the Practice of Community Nutrition from the Academy. She also received the Outstanding Member of the Year Award from PHCNPG and the Outstanding Dietitian of the Year Award from the District of Columbia Metropolitan Area Dietetic Association. Additionally she received the Excellence in Dietary Guidance Award from the [American Public Health Association, Food and Nutrition Section](#).

In her free time, Katrina enjoys skiing, biking, hiking and kayaking with family and friends. She has taught alpine and adaptive skiing for over 30 years in three different states—Washington (Stevens Pass), Minnesota (Buck Hill), and currently Pennsylvania (Liberty Mountain). Additionally, Katrina serves as a volunteer clinician for the Maryland Special Olympics, training coaches in teaching athletes how to improve their skiing and racing skills in preparation for the winter games.

Since she grew up in the dairy-farming community of Snohomish, Washington, on a small family farm with many fruit trees, Katrina's favorite food is locally made ice cream with fresh fruit.

PHCNPG is proud of Katrina's work and appreciates her contributions to the Academy, our practice group, and public health and community nutrition!