

Executive Profiles

Kortney Patriquin, BSc RD CDE, Co-chair



Based in Miramichi, NB – Kortney has been on the Executive since 2017. She completed her BSc in Human Nutrition and Integrated Dietetic Internship through Saint Francis Xavier University. She is the sole owner of Kortney Patriquin, Nutrition and Wellness which is a local private practice focused on managing chronic conditions in a client-centered, weight neutral, intuitive eating approach. Kortney is also a Clinical Dietitian working in Long Term Care and utilizes her experience as a Certified Diabetes Educator to improve diabetes management through staff education and advocating for deprescribing guidelines and liberalized diets. As an active member of Diabetes Canada, she spends her time volunteering within her community and provides expert consultation for the development and revision of various resources and programs.

Maria Baranowski, MSc RD, Co-chair



Based in Winnipeg, MB - Maria joined the Executive in 2011 and took on the co-chair role in 2019. She completed her BSc and MSc degrees in Human Nutritional Sciences at the University of Manitoba, and a dietetic internship with the Manitoba Partnership Program. Her MSc project investigated the effects of dietary flaxseed oil on inflammatory markers and adiposity in a rodent model of obesity. Maria has worked in primary care, academia, government and research. In 2014 she created her own private practice business with a focus on health promotion and disease prevention across the life span.

Jennifer Brown, MSc RD



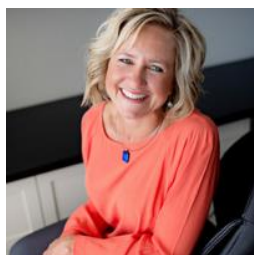
Based in Ottawa, ON - Jennifer joined the Executive in 2014. She has a BSc. in human nutrition from St. Francis Xavier University and a MSc in human kinetics from the University of Ottawa. She specializes in bariatric nutrition, micronutrient deficiencies, appetite regulation and the pathophysiology of weight change while using non-weight goals to support individuals before and after bariatric surgery. Jennifer is involved with several initiatives across North America, including her involvement as a steering committee member and author on the 2019-2020 Canadian Obesity Clinical Practice Guidelines, chair and executive members of USA and Canadian dietetic groups, a national representative for the Canadian Obesity Advocacy Network and has been an invited speaker at national and international conferences and author of a number of publications. She is passionate about changing the healthcare system's approach by moving away from weight or body size ideals while addressing weight bias and using non-judgmental approaches.

Katie Buhler, GD



Based in Swan River, MB - Katie joined the Executive in September 2019. She completed her BSc. in Human Nutritional Sciences from the University of Manitoba and a dietetic internship with the Manitoba Partnership Program. As a new Graduate Dietitian she is excited to get involved with Dietitians of Canada. She is passionate about providing weight-inclusive client-centred care. She looks forward to receiving her RD status after writing the upcoming CDRE.

Kristyn Hall, MSc RD



Based in Calgary, AB -- Kristyn has been on the Executive since January 2004. She is the Chief Energizing Officer and consulting dietitian with Energize Nutrition, helping men and women in midlife become healthier versions of themselves, one bite at a time. Kristyn offers nutrition and health coaching, health-inspired cooking classes and consulting services, specializing in weight management and lifestyle change. Prior to this, Kristyn consulted with the internationally recognized Practice-based Evidence in Nutrition® for seven years where she was an Evidence Analyst and communications lead. Kristyn lead and managed the PEN® social media strategy. Kristyn was the Editor of the PEN eNews, PEN's bi-monthly newsletter. She has also worked in public health and community nutrition. She is a past Director, with the Dietitians of Canada Board of Directors. Kristyn has led several projects for the Network, including the development of the *Instigating and Implementing Eating and Leisure-Time Activity Behaviour Change: A Lifestyle Intervention Manual and Toolkit*, and several evidence-based backgrounders.

Stephanie Krug, MAdEd RD



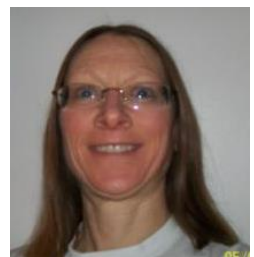
Based in Calgary, AB – Stephanie joined the Network Executive in September 2019. She is an Alberta Healthy Living Program dietitian with Alberta Health Services working in outpatient one-on-one nutrition counseling and nutrition education group classes. Stephanie has a diploma in culinary arts, a BSN from Acadia University and obtained her Master in Adult Education (MAdEd) in 2018 from St. Francis Xavier University. She is a proponent of lifelong learning and believes in the importance of community involvement as a way to balance all areas of life and support ongoing learning. Annually, Stephanie volunteers with the University of Calgary Cumming School of Medicine as an Allied Health File Reviewer to give back to the medical community, and also enjoys acting as an External Referee with the Cochrane Collaboration. Stephanie provides nutrition support through the use of Motivational Interviewing techniques and strives to enrich her practice by taking an Intuitive Eating approach to care while advocating for Health At Every Size® (HAES®).

Maria Ricupero, MHSc RD CDE



Based in Toronto, ON - Maria has been an active member of the DOC Network since 2004. She is a Certified Diabetes Educator since 2005 and has a Master of Health Science (MHSc) degree in Nutrition Communication from Ryerson University where she is adjunct faculty for the Internationally Educated Professionals in Nutrition (IEPN). Maria specializes in the prevention and management of diabetes, cardiovascular health, and weight inclusive care. As a consulting dietitian, Maria is frequently approached to participate in various nutrition and health related projects and is a sought out speaker at professional conferences both nationally and internationally. Maria has also been involved in cardiovascular research and is published in peer reviewed journals. As a nutrition and health communicator, Maria advocates for a weight inclusive approach and makes a personal commitment to raise awareness around weight stigma by sharing her expertise with patients, colleagues, students and the media whenever the opportunity arises.

Audrey Shackleton, BAsc RD CDE CPT



Based in Toronto, ON – Audrey has been an Executive member since 2009. She has been an Outpatient dietitian at Michael Garron Hospital and Certified Diabetes Educator since 1992. She has a lot of experience counseling and managing patients with diabetes (both type 1 and type 2). She also works in the Gestational Diabetes clinics and the Hemodialysis unit. Aside from the hospital work, she is a Certified insulin Pump Trainer with Omnipod. This involves starting patients on insulin pumps in their homes and doing demonstrations at various diabetes events.