

Evidence-based Nutrition Practice Guidelines (EBNPG): a Targeted Approach to Interventions

Dr Deepa Handu

Academy of Nutrition and Dietetics (United States)

Deepa Handu, PhD, serves as a Senior Scientific Director for the Academy of Nutrition and Dietetics Evidence Analysis Library. Dr. Handu earned her Ph.D. in Human Nutrition from Michigan State University. She has methodological expertise in conducting systematic reviews and quantitative analysis in the field of nutrition. In her position at the Academy, she has led the development of a number of systematic reviews and clinical practice guidelines, and conducted research to improve evidence-based methods for the EAC. Most of her research publications reflect evidence generation and synthesis to inform clinical practice guidelines and position statements. Dr. Handu's research also focuses on conducting methodological studies to improve methods for evidence synthesis and guideline development in Nutrition Research. Currently, she is working on transition/testing the effectiveness of using GRADE method in the field of nutrition and testing the use of Evidence to Decision framework in clinical and public health guideline development. Dr. Handu previously has served as the Dietetic Internship Director at Edward Hines Jr. VA Hospital, Director of the Master of Science in Nutrition and Wellness program at Benedictine University, and Assistant Clinical Professor at Loyola University. Dr. Handu's research interests lie in the areas of evidence-based methods/research methodology, public health nutrition, youth overweight prevalence and obesity risk, and diabetes. Her work has been published in refereed journals, she has published a book on Research Methodology, and she has delivered numerous professional presentations at the local, state, and national level. Dr. Handu earned her Ph.D. in Human Nutrition from Michigan State University.

Dr Alison Steiber

Academy of Nutrition and Dietetics (United States)

Dr. Steiber is a Registered Dietitian Nutritionist and the Chief Science Officer at the Academy of Nutrition and Dietetics. As Chief Science Officer, Dr. Steiber leads the Research, International, and Scientific Affairs team in both research efforts, including conducting nutrition related research, systematic reviews, position statements, and Evidence Based Nutrition Practice Guidelines and the Dietitian Outcomes Registry. Additionally, Dr. Steiber oversees the Academy's international efforts, standardized language development and resources and supports the research fellowship program. Dr. Steiber holds an adjunct faculty position at Case Western Reserve University and prior to the Academy was Director of the Coordinated Dietetic Internship. She is an author on dozens of scientific research papers, represents the Academy at key research, scientific and/or policy conferences, is a member of both the Scientific Advisory Panel for the American Council on Exercise and the Executive Committee for the International Society for Renal Nutrition and Metabolism. Dr. Steiber completed her Dietetic Internship and received her Masters of Science in Dietetics at the University of Kansas Medical Center and her Doctorate in Human Nutrition from Michigan State University.