

CURRICULUM VITAE

Jessica C. Bridgman, MPH, RDN, LDN

Department of Maternal and Child Health
Carolina Global Breastfeeding Institute
Gillings School of Global Public Health
University of North Carolina at Chapel Hill
Telephone: (919) 760-9952
Email: jbridgman@unc.edu

EDUCATION

<i>Dates</i>	<i>Institution and Location</i>	<i>Degree</i>
2004	University of Michigan Ann Arbor, Michigan	MPH – Human Nutrition
2002	North Carolina State University Raleigh, North Carolina	BA – Psychology Nutrition (Minor)

INTERNSHIP

2005	New York-Presbyterian Hospital The University Hospitals of Cornell and Columbia New York, New York	50-week Dietetic Internship Program
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LICENSURE AND CERTIFICATIONS:

2006-Present	Registered Dietitian Nutritionist (CDR: 957265)
2006-Present	Licensed Dietitian Nutritionist, North Carolina
2008	Certificate of Training in Childhood and Adolescent Weight Management
2007	Certificate of Training in Adult Weight Management
2005	NDSR: Nutrition Data Systems for Nutrition Research

PROFESSIONAL POSITIONS:

2020 – Present	Social/Clinical Research Specialist, Breastfeeding Child Care and Communities Specialist, Carolina Global Breastfeeding Institute, Department of Maternal and Child Health, Gillings School of Global Public Health, Chapel Hill, North Carolina
2015-2019	Nutrition Program Consultant, Nutrition Training and Policy Team, Special Nutrition Programs, North Carolina Child and Adult Care Food Program (NC CACFP), Nutrition Services Branch, North Carolina Division of Public Health, North Carolina Department of Health and Human Services, Raleigh, NC
	Lead Administrator (2016-2019), North Carolina Breastfeeding Friendly Child Care Designation Initiative.

2011 - 2015	Project Manager, A Randomized Controlled Trial of SPIRIT: A Representational Intervention to Promote Preparation for End-of-Life Decision Making (NIH/NINR, R01NR011464), School of Nursing, University of North Carolina at Chapel Hill.
2013 - 2015	Project Manager, Mapping Multidimensional Illness Trajectories of Patients with ESKD (NIH/NINR, R01NR013359), School of Nursing, University of North Carolina at Chapel Hill.
2011 - 2014	Project Manager, Decision-Making about Starting Dialysis and Its Relationships to End-of-Life Treatment Preferences (NIH/Office of the Director, R01Nr011464-03S1 Bioethics Supplement), School of Nursing, University of North Carolina at Chapel Hill.
2005 – 2010	Research Dietitian, HEALTHY: A School-Based Primary Prevention Trial for Type 2 Diabetes (NIH/NIDDK, American Diabetes Association, ClinicalTrials.gov number, NCT00458029), School of Nursing, University of North Carolina at Chapel Hill.
2003	Graduate Student Intern, Physical Activity and Nutrition Branch, North Carolina Division of Public Health, North Carolina Department of Health and Human Services, Raleigh, North Carolina
2003	Research Assistant, REACH 2010: Reducing Health Disparity in Infant Mortality-Healthy Eating Project, Department of Nutritional Sciences, School of Public Health, University of Michigan at Ann Arbor.
2003	Teaching Assistant, Department of Nutritional Sciences, School of Public Health, University of Michigan at Ann Arbor.
2002 - 2004	Research Assistant, March of Dimes: Health Promotion Folic Acid Education Project, Department of Nutritional Sciences, School of Public Health, University of Michigan at Ann Arbor.
2002	Assistant Research Scientist, Paradigm Genetics, Raleigh, North Carolina.

LEADERSHIP AND HONORS:

2020	President, Emerging Professionals, North Carolina Division of Public Health
2018 - 2019	Executive Board, Emerging Professionals, North Carolina Division of Public Health
2007 - 2009	Executive Board, Raleigh District Dietetic Association
2004	Delta Epsilon Iota, Academic Honor Society
2002	North Carolina State University Leadership Award Certificate
2001 - 2002	Executive Board, Circle K International
2000 - 2002	Vice President, Psi Chi Honor Society

MEMBERSHIPS:

Current

International Lactation Consultant Association
American Public Health Association

Academy of Nutrition and Dietetics

Former

Raleigh District Dietetics Association

School Nutrition Association

Girls on the Run of the Triangle, Inc.

Circle K International

SCHOLARSHIP:

Grants/Contracts

Infant Feeding in Child Care Study (Palmquist, A.E.L. & Sullivan, C.S.)

Co-Investigator

North Carolina Department of Health and Human Services, Division of Child Development and Early Education (DHHS Contract #43102)

Total Costs: \$478,279

Funding Period: 11/15/2021-11/14/2023

Products

- 2023 Carolina Ten Steps to Breastfeeding Friendly Child Care Lactation & Infant Feeding in Emergencies (L.I.F.E.™) for Early Care and Education: *Considerations for implementation of Infant and Young Child Feeding in Emergencies (IYCF-E) practices through enhanced health and safety measures*. Carolina Global Breastfeeding Institute.
- 2021 Continuity of Care (CoC) Toolkit. Carolina Global Breastfeeding Institute. (Available: <https://sph.unc.edu/cgbi/resources-continuity-of-care-toolkit/>)
- 2020 10 Steps to Breastfeeding Friendly Child Care COVID-19 Considerations. Carolina Global Breastfeeding Institute. (Available: <https://bit.ly/3cmIy2R>)

Publications

Peer-Reviewed

1. Wouk, K., Parry, K.C., **Bridgman, J.**, Palmquist, A.E.L., Perkins, M., Smetana, A., Woods-Barr, A., Sullivan, C.S. Evaluation of an Evidence-Based Prenatal Breastfeeding Education Curriculum Adapted for the COVID-19 Pandemic: Ready, Set, Baby Live COVID-19 Edition. *J Perinat Educ.* 2023 Jan 1;32(1):48-66.
2. Song, M.K., Ward, S., Hladik, G., **Bridgman, J.**, & Gilet, C. (2016). Depressive symptom severity, contributing factors, and self-management among chronic dialysis patients. *Hemodialysis International*, 20 (2): 286-292.
3. Song, M.K., Ward, S., Fine, J.P., Hanson, L.C., Lin, F-C., Hladik, G.A., Hamilton, J.B., & **Bridgman, J.C.** (2015). Advance care planning and end-of-life decision making in dialysis: A randomized controlled trial targeting patients and their surrogates. *American Journal of Kidney Diseases*, 66 (5): 813-822.

4. Song, M.K., Ward, S., Weiner, L., **Bridgman, J.**, Hladik, G., & Gilet, C. (2015). Patient-reported cognitive functioning and daily functioning in chronic dialysis patients. *Hemodialysis International*, 19 (1): 90 – 99.
5. Lutz, E., Costello, K., Jo, M., Gilet, C., Hawley, J., **Bridgman, J.**, & Song, M.K. (2014). A systematic evaluation of websites offering information on Chronic Kidney Disease. *Nephrology Nursing*, 41 (4): 355 – 364.
6. Song, M.K., Ward, S., **Bridgman, J.**, Gilet, C., & Hladik, G. (2014). Depressive symptoms and self-management among chronic dialysis patients. *Journal of American Society of Nephrology*.
7. Song, M.K., Ward, S., Bair, E., Weiner, L., **Bridgman, J.**, Hladik, G., & Gilet, C. (2014). Relationships of objective and subjective cognitive impairment to daily functioning among maintenance dialysis patients. *Palliative Medicine*. 28 (6): 818-819.
8. Song, M.K., Lin FC, Gilet, C., Arnold, R., **Bridgman, J.**, & Ward, S. (2013). Patients' perspectives on informed decision-making surrounding dialysis initiation. *Nephrology Dialysis Transplantation*, 0: 1 – 8.
9. Song, M.K., Ward, S., Hanson, L., Lin, FC, Hamilton, J., Hladik, G., Fine, J., **Bridgman, J.**, Sun, S., & Miles, M. (2012). Psychological symptoms and end-of-life decision making confidence in surrogate decision-makers of dialysis patients. *Journal of Nephrology Social Work*, 36:A3.
10. Siega-Riz AM, El Ghormli L, Mobley C, Gillis B, Stadler D, Hartstein J, Volpe SL, Virus A, **Bridgman J**; the HEALTHY Study Group. The effects of the HEALTHY study intervention on middle school student dietary intakes. *Int J Behav Nutr Phys Act*. 2011 Feb 4;8(1):7.
11. Gillis, B., Mobley, C., Stadler, D.D., Harstein, J., Virus, A., Volpe, S.L., El Ghormli, L., Staten, M.A., **Bridgman, J.**, & McCormick, S. (2009). Rationale, design and methods of the HEALTHY study nutrition intervention component. *International Journal of Obesity*, 33 (4), S29-36.

Acknowledgements

Contributor National Association of County and City Health Officials & United States Breastfeeding Committee. (2021). Continuity of Care in Breastfeeding Support: A Blueprint for Communities. Supported with funds from the Centers for Disease Control and Prevention through award number: 5 NU38OT000306-03-00. Available from: <http://www.breastfeedingcontinuityofcare.org/blueprint>

External Reviewer *Feeding Infants in the Child and Adult Care Food Program*. United States Department of Agriculture. Food and Nutrition Service. FNS 786 (Updated 2021). https://www.fns.usda.gov/sites/default/files/resource-files/FI_FullGuide_2021.pdf.

CACFP Meal Pattern Training Tools. United States Department of Agriculture. Food and Nutrition Service. (2016-2019). <https://www.fns.usda.gov/tn/training-tools-cacfp>.

- CACFP Grains Oz Eq Resources
- Posters
- Training Worksheets
- Training Slides
- CACFP Trainer's Tools: Feeding Infants
- Infographics

Study Group Member HEALTHY Study Group. (2010). A school-based intervention for diabetes risk reduction. *New England Journal of Medicine*, 365(5):443-453. PMC2924187.

HEALTHY Study Group. (2009). HEALTHY study rationale, design and methods: Moderating risk of type 2 diabetes in multi-ethnic middle school students. *International Journal of Obesity*, 33 (4), S4-20.

Presentations

1. **Bridgman, J.** Huntley, D. (2023) Breastfeeding at CACFP Sites (oral). 37th Annual National Child Nutrition Conference. National CACFP Sponsors Association. San Diego, California. (refereed)
2. **Bridgman, J.** Huntley, D. (2022) First Food Continuity: Bridging Healthcare and Child Care Industries (oral). Food and Nutrition Conference and Expo (FNCE). Academy of Nutrition and Dietetics. Orlando, Florida. (refereed)
3. Huntley D, **Bridgman J.** (2022) Continuity of Care (CoC): Increasing Supports for Breastfeeding Families (oral). Mary Rose Tully Training Initiative. (invited)
4. Huntley D, **Bridgman J.** (2022) Chest/Breastfeeding Friendly ECE (oral). Nutrition Learning Collaborative. North Carolina Health and Safety Resource Center. (invited)
5. **Bridgman, J.** Huntley, D. (2022) Breastfeeding at CACFP Sites (oral). 36th Annual National Child Nutrition Conference. National CACFP Sponsors Association. New Orleans, Louisiana. (refereed)
6. Huntley D, **Bridgman J.** (2022) Identifying Lactation CoC in the context of Early Care and Education (ECE) (oral). Webinar 3: Advancing Continuity of Care through Lactation-Friendly Environments and Breastfeeding Policies, Systems and Environmental (PSE) Solutions. Every Step of the Way through the 1,000 Days 8-part Webinar Series. National Association of City and County Health Officials. (invited)
7. Huntley D, **Bridgman J.** (2021) Continuity of Care (CoC): Increasing Supports for Breastfeeding Families (oral). Mary Rose Tully Training Initiative. (invited)
8. Huntley D, **Bridgman J.**, Wouk K. (2020). Enhancing the Early Care and Education (ECE) technical assistance framework through quality improvement tools and community engagement to support breastfeeding (poster). American Public Health Association Annual Meeting, Virtual. (refereed)
9. Huntley D, **Bridgman J.** (2020) 10 Steps to BFCC Emergency and Disaster Considerations (oral). Shape North Carolina Breastfeeding and Infant feeding Learning Collaborative. (invited)
10. Huntley D, **Bridgman J.** (2020) CGBI Activities Beyond the Birth: Connecting Strategies to Increase Supports for Breastfeeding Families (oral). Mary Rose Tully Training Initiative. (invited)
11. Huntley D, **Bridgman J.** (2020) Enhancing Breastfeeding Supports in Child Care: Rethinking the Technical Assistance Approach (oral). Nebraska Go NAP SACC Learning Collaborative. (invited)
12. **Huntley D, Bridgman J.** (2020) Supporting Breastfeeding Families (oral). Nebraska Go NAP SACC Professional Development. (invited)
13. **Bridgman, J.** (2019) Expanding Support for Families in Early Care and Education: The North Carolina Breastfeeding-Friendly Child Care Designation (oral). The North Carolina Child Care Health Consultant Association Annual Conference. Chapel Hill, North Carolina. (invited)
14. Bowden, N., **Bridgman, J.** (2019) Breastfeeding Friendly Child Care Across NC: How to Create Breastfeeding Friendly Child Care and Networks In Your Region and Community (oral). National Smart Start Conference. Greensboro, NC. (refereed)
15. **Bridgman, J.** (2019) North Carolina Breastfeeding-Friendly Child Care Designation Initiative (oral). North Carolina Infant Toddler Specialist Spring Conference, Salisbury, North Carolina. (invited)

16. **Bridgman, J.** (2019) The North Carolina Breastfeeding-Friendly Child Care Designation Initiative (oral). Working Together To Help Parents Meet Their Breastfeeding Goals. North Carolina WIC Region V Quarterly Meeting. Troy, North Carolina. (invited)
17. **Bridgman, J.** (2019) The North Carolina Breastfeeding-Friendly Child Care Designation Initiative (oral). North Carolina WIC Regional Meeting. Raleigh, North Carolina. (invited)
18. **Bridgman, J.** (2019) The North Carolina Breastfeeding-Friendly Child Care Designation Initiative (oral). North Carolina Breastfeeding Coalition, Regional Meeting. Raleigh, North Carolina. (invited)
19. Sundermann, J., Weeks, E., Hawkins, R., Chappell-Strickland, S., Kozaczek, J., **Bridgman, J.**, Lainez Rubi, K., Strickland, J. (2019) From “Tacos” to “Black Bean Tacos on Whole Wheat Tortillas”: Tools for Effective, Systematic Menu Assessments of Compliance with Updated Child & Adult Care Food Program Child Meal Pattern Requirements (poster). Food and Nutrition Conference and Expo, Academy of Nutrition and Dietetics. Philadelphia, PN. (refereed)
20. **Bridgman, J.** (2019). North Carolina Breastfeeding Friendly Child Care Designation (poster). Lactation Science Fair, Breastfeeding Summit. North Carolina Lactation Consultant Association, Wilmington, North Carolina. (invited)
21. **Bridgman, J.** (2018). North Carolina Breastfeeding Friendly Child Care Designation (poster). 6th Annual Breastfeeding Forum, Winston-Salem, North Carolina. (invited)
22. **Bridgman, J.** (2018). Child Care Centers and Breastfeeding (oral). Quarterly Breastfeeding Peer Counselor Update Training. Perinatal Region IV Lactation Training Center. Raleigh, North Carolina. (invited)
23. Rivera, G., **Bridgman, J.** (2017) North Carolina Public Health Breastfeeding Program Initiatives (oral). 12th Breastfeeding and Feminism International Conference. Chapel Hill, North Carolina. (refereed)
24. Song, M.K., Ward, S.E., Bair, E., Weiner, L.J., **Bridgman, J.C.**, Hladik, G.A., & Gilet, C.A. (2014). Relationships of objective and subjective cognitive impairment to daily functioning among maintenance dialysis patients (poster). 8th World Research Congress of the European Association for Palliative Care, Lleida, Spain. (refereed)

SERVICE:

State North Carolina Breastfeeding Friendly Child Care Designation, 2020-Present.

CONTINUING PROFESSIONAL DEVELOPMENT:

General

2022	Food and Nutrition Conference and Expo (FNCE). Academy of Nutrition and Dietetics, Orlando, Florida.
2022	International Lactation Consultant Association Annual Conference (virtual)
2022	National Breastfeeding Conference and Convening (virtual)
2022	36 th Annual National Child Nutrition Conference, New Orleans, Louisiana
2022	Project Management Boot Camp
2021	International Lactation Consultant Association Annual Conference (virtual)
2021	Commercial Milk Formula Marketing: Organizing for Impact. United States Breastfeeding Committee. (virtual)

2021	Physician Training and Engagement: Optimizing Breastfeeding and Early Nutrition at the Point of Care. CDC Breastfeeding Workgroup and AAP's Institute for Healthy Weight. (virtual)
2021	National Breastfeeding Conference and Convening (virtual)
2020	American Public Health Association (virtual)
2020	North Carolina Infant and Early Childhood Mental Health, Home Visiting, and Parent Education Conference (virtual)
2019	Compassion and Clinical Skills: Improving the Breastfeeding Experience for All Families. Breastfeeding Summit. North Carolina Lactation Consultant Association, Wilmington, North Carolina.
2019	33 rd Annual National Child Nutrition Conference, Chicago, Illinois
2019	Healthy Kids, Healthy Future, Train-The-Trainer. Pre-Conference Training Academy. 33 rd Annual National Child Nutrition Conference, Chicago, Illinois
2019	Breastfeeding and Feminism International Conference, Chapel Hill, NC
2019	Planting the Seeds of Healthy Child Care. The North Carolina Child Care Health Consultant Association Annual Conference. Chapel Hill, North Carolina.
2019	29 th Annual Art of Breastfeeding Conference, Raleigh, North Carolina
2019	The Science of Making Milk. Pre-Conference Event, 29 th Annual Art of Breastfeeding Conference, Raleigh, North Carolina.
2018	6 th Annual Breastfeeding Forum 2018: Practices for the Future. Winston-Salem, North Carolina
2018	28 th Annual Art of Breastfeeding Conference, Raleigh, North Carolina
2018	Practical and Ethical Travels Through Breastfeeding. Pre-Conference Event, 28 th Annual Art of Breastfeeding Conference, Raleigh, North Carolina
2018	Healthy Eating in Practice, Asheville, North Carolina
2018	Nutrition Education for Young Children. National Center on Early Childhood Health and Wellness. 1.0 CPEUs (virtual)
2017	Breastfeeding and Feminism International Conference, Chapel Hill, NC
2016	26 th Annual Art of Breastfeeding Conference, Raleigh, North Carolina
2016	North Carolina Dietetic Association, Annual Conference, Charlotte, North Carolina
2015	Food and Nutrition Conference and Expo, Academy of Nutrition and Dietetics, Nashville, TN.
2015	North Carolina Dietetic Association, Annual Conference, Durham, North Carolina
2014	Food and Nutrition Conference and Expo, Academy of Nutrition and Dietetics, Atlanta, GA
2014	North Carolina Dietetic Association, Annual Conference, Raleigh, North Carolina
2012	Spring Clinical Meetings, National Kidney Foundation, Washington D.C.
2009	Food and Nutrition Conference and Expo, American Dietetic Association, Denver, CO
2007	School Nutrition Association Annual Conference, Chicago, IL

Diversity, Equity, and Inclusion

2023	Minority Health Conference, Chapel Hill, North Carolina
2022	We All Count: Data Equity Framework Workshop, 4-Part Series. United States Breastfeeding Committee (virtual)
2022	Minority Health Conference, Chapel Hill, North Carolina (virtual)
2021	Shifting Power Through Racial Equity-Centered Evaluation (virtual)
2021	Factuality: Crash Course on Structural Inequality in America (virtual)
2021	Minority Health Conference, Chapel Hill, North Carolina (virtual)
2020	Adaway Group, Whiteness at Work 4-Part Series (virtual)
2020	Minority Health Conference, Chapel Hill, North Carolina
2018	Charting the Course Together: Breastfeeding and Public Health Equity. National Association of County and City Health Officials. 1.5 CPEUs (virtual)
2018	Charting the Course Together: Maternity Care Practices at the Nexus of Hospitals, Providers, States and Communities. National Association of County and City Health Officials. 1.5 CPEUs (virtual)