
KAMARIA MASON

With over 15 years of experience in clinical, public health, academic and government sectors, my work is focused on strategic planning and implementation of community-centered interventions. I am passionate about advocating for sustainable solutions that promote equitable access to healthy and affordable foods while educating current and future nutrition professionals to embrace culturally inclusive practices.

EDUCATION

Adult Weight Management Certificate, November 2017

Commission on Dietetic Registration.

Academy of Nutrition and Dietetics.

Licensed Dietitian Nutritionist

May 2016- Present

North Carolina Board of Dietetics Nutrition (NCBDN)

University of North Carolina, December 2015

Chapel Hill, NC

Master of Public Health-Nutrition and Dietetics Credential

Barry University, January 2010

Miami Shores, FL

Master of Science- Biomedical sciences

University of Michigan, April 2007

Ann Arbor, MI

Bachelor of Arts Women's Studies (focus on Women's Health)

PROFESSIONAL EXPERIENCE

Durham County Department of Public Health

December 2017- Present

Adolescent Nutrition Specialist

- Nutrition Education & Community Engagement
 - Serves as the Lead Dietitian for the adolescent nutrition team.
 - Collaborates with school staff facilitate nutrition education that complements existing Durham Public Schools (DPS) curriculum standards.
 - Practices inclusive teaching modalities for nutrition education and cooking skill classes, expands existing community programs to address needs expressed by parents and community partners, evaluates existing programs to improve food access through community-centered grass-top initiatives.

The Culture of Wellness, LLC.

January 2016- Present

Co-founder and Consultant

- *Strategic Planning & Training:*
 - Informs grassroots campaigns and health initiatives with a culturally inclusive wellness approach.
 - Facilitates cultural sensitivity and inclusivity workshops with practical tools for adopting person- centered approaches that promote health equity.
- *Community Partnerships:*
 - Informs strategies by gaining insight from key opinion leaders through roundtable discussions and local engagement events.

- Designs and implements an advocacy plan and evaluation strategy to ensure sustainable change.
- *Cultural Sensitivity Review & Consulting:*
 - Develops and reviews resources (curricula, presentations, publications, etc.) for cultural inaccuracies, bias, stereotypes, and other charged language.
 - Provides conscious language guidance to assist with developing inclusive training and workshops.
- *Nutrition Counseling & Consulting:*
 - Develops and implement dietary-care plans according to the Nutrition Care Process and provides Medical Nutrition Therapy, nutrition counseling, and coaching using motivational interviewing techniques.
 - Presents on nutrition and wellness topics at corporate and community events.

UNC Gillings School of Public Health

August 2020- April 2023

Adjunct Instructor

- *Teaching:*
 - Facilitates live weekly sessions for NUTR 701: MPH Practicum Preparation Course for Dietetics Internships. Maintains regular communications with students and the lead faculty about student experiences, potential barriers, and ideas for enhancement.
 - Guest lecturer for NUTR 712: Nutrition Communication, Counseling, and Culture
- *Mentorship:*
 - Advises students and connects them with resources and Registered Dietitians who can help them explore their interests within the field of nutrition and dietetics. Serves as a preceptor for dietetic students.
- *Interdepartmental & Inter-institutional Collaboration:*
 - Serves as a guest panelist for PUBH781: Community Engagement and Leadership in Health.
 - Serves as a guest speaker - N366: Cultural Competency in Nutrition Education at Indiana University

North Carolina Department of Health and Human Services

July 2016 to June 2022

Raleigh, NC

Program Specialist

Minority Diabetes Prevention Program Specialist (January 2017- June 2022)

- *Leadership & Technical Assistance*
 - Oversaw a \$2.1 million award from the North Carolina General Assembly for the North Carolina Minority Diabetes Prevention Program (NC MDPP) by preparing annual legislative reports for the General Assembly, assisting grantees with contract administration, annual budget development, and quarterly budget revisions.
 - Supervised and mentored 10 regional teams consisting of program coordinators, lifestyle coaches, and lay leaders. Developed logic models, established annual goals and evaluation protocols, conducted annual site visits, quarterly audits. Monitored and analyzed monthly and bi-annual reporting measures.
 - Developed an onboarding curriculum and protocol for NC MDPP staff and regional partners transitioning to an electronic monitoring system for regional funding.
- *Strategic Planning & Implementation*
 - Collaborated with internal departments to coordinate regional efforts through state and local partnerships to execute the shared vision for NC MDPP activities and goals.
 - Facilitated Community Conversations to identify the needs of community members.
 - Led monthly strategic planning workgroups focused on mobilizing existing resources to overcome community-identified barriers.

Faithful Families Program Specialist (July 2016-December 2016)

- Provided technical assistance to the regional staff as they implement the Faithful Families program.
- Maintained collaborative partnerships with multiple stakeholders statewide.

- Provided oversight for data collection, drafted reports, and monitored progress and program benchmarks for over 70 statewide facilitators.

American Diabetes Association

September 2019

Content Reviewer and Panelist

- Reviewed content for a live webinar series informing health practitioners on strategies for establishing and implementing the National Diabetes Prevention Program (DPP).
- Remodeled the presentations to include strategies for promoting health equity among diverse populations with culturally inclusive imagery.
- Reviewed resources for cultural inaccuracies, bias, stereotypes, and other charged language.
- Served as a panelist for a live webinar series: What HCPs Need to Know about the National Diabetes Prevention Program and the Benefits of a Structured Lifestyle Change Program for Patients and What HCPs Need to Know about Referring Patients to a CDC-recognized Lifestyle Change Program.

North Carolina State University

January 2017 to August 2019

Raleigh, NC

Registered Dietitian Nutritionist and Instructor

- Taught a 15-week weight loss online curriculum to adult participants in the Eat Smart, Move More, Weigh Less program. Taught a 12-month diabetes prevention program (DPP) online curriculum to adult participants in the Eat Smart, Move More, Prevent Diabetes program.
- Served as a Diabetes Prevention Program Lifestyle Coach.
- Motivated participants and provides weekly individualized feedback.
- Administered participant program evaluations and reports.

WakeMed Hospital

March 2016 to August 2017

Raleigh, NC

Registered Dietitian Nutritionist and Education Specialist

Education Specialist

- Taught nutrition education classes for ENERGIZE, a 12-week family-based healthy weight class series.
- Advised patients and their families on nutritional principles, dietary plans and diet modifications, and food selection and preparation.
- Facilitated interactive cooking demonstrations.
- Counseled families using motivational interviewing on various nutrition topics including mindful eating, reducing sugar sweetened beverage consumption, and the MyPlate method.
- Presents at corporate wellness and community events on weight management and chronic disease topics. Conducted metabolic screening and provides individual nutrition counseling to employees at corporate events.
- Maintained collaborative relationships with internal and external partners.
- Collaborated with technical staff to achieve program objectives and goals.
- Developed curriculum and health promotion materials.
- Developed an intervention protocol for participant engagement.

East Carolina University

August 2015

Blounts Creek, NC

Camp Counselor- Camp Needles in the Pines

Camp Boddie, Boy Scout Camp at Blounts Creek, NC

- Provided 24-hour care for children with Type 1 diabetes, including glucose monitoring and crisis management.
- Educated participants on healthy eating behaviors and diabetes self-management.

UNC Center for Health Promotion and Disease Prevention **September 2011 to September 2015**
Chapel Hill, NC

Project Coordinator

Multiple projects: Shaping Health by Influencing Food Trends (SHIFT), New Connections Project, Shape NC- Shape it Up for Spring, Keys to Healthy Family Childcare Homes (H3), Physical Activity and Nutrition Assessment (PANDA), and Nutrition and Physical Activity Self- Assessment for Childcare Centers (NAPSACC).

- Project management and budget management for several in-state and multi-state interventions.
- Engaged and maintained collaborative partnerships with multiple stakeholders.
- Recruited, screened, and enrolled study participants, and conducted on-site interviews, focus groups, and health risk and fitness assessments.
- Conducted literature reviews and developed nutrition education materials.
- Organized and facilitated health fairs and large community events.
- Maintained and provided personalized feedback for a 6-week web-based nutrition and fitness program.
- Maintained a national survey database for Farm-to-School programming.
- Conducted DOCC certification training.

Perinatology Research Branch, Hutzel Women's Hospital

April 2010 to May 2011

Detroit, MI

Research Data Abstractor

Multiple projects: Biological Markers, Cervix Microbiome, Progesterone Study

- Extracted data from medical records.
- Worked directly with faculty and other healthcare professionals.
- Collected, cleaned and managed data.
- Abstracted data from medical records and physician notes.

Barry University

December 2009 to December 2010

Miami Shores, FL

Graduate Teaching Assistant

Anatomy and Physiology

- Facilitated weekly group recitation sessions.
- Graded assignments and assisted in the anatomy laboratory.

Henry Ford Health System

September 2007 to June 2008

Detroit, MI

Research Assistant

Multiple projects: Puff City Asthma Management Program, Michigan Bariatric Collaborative Study and the Bariatric Outcomes Longitudinal Database

- Recruited, screened, and enrolled study participants.
- Conducted on-site interviews using structured questionnaires.
- Collected, cleaned and managed data.
- Promoted positive health behaviors and educated students about managing their Asthma.
- Worked independently as well as directly with teachers and other healthcare professionals.

University of Michigan, Campus Computing Sites

August 2006 to August 2008

Ann Arbor, MI

Senior Computer Technician and Consultant

- Maintained network access and printing for various computer sites within the university.
- Conducted new hire training, supervised and delegated tasks to other computer technicians.
- Trained and supervised staff.
- Provided technical assistance to staff students and staff with campus technology.

- Recruited, screened and enrolled clinical study participants.
- Conducted on-site interviews.
- Facilitated encopresis groups educating children and their families on various nutrition topics related to healthy eating behaviors and toileting.
- Worked interdisciplinary with faculty and healthcare professionals.

MEMBERSHIPS

- North Carolina Academy of Nutrition and Dietetics (NC AND) Summer 2016- Present
- Academy of Nutrition and Dietetics (AND) Summer 2016- Present

BIBLIOGRAPHY

Editor (Entire book):

1. K. Briggs (Eds.), R. Duff (Eds.), **K.Mason (Eds.)**, S.Robinson (Eds.), *Culture, Foodways, and Counseling: A Guide to Culturally Sensitive Nutrition Care in the United States*. (Accepted and will publish in mid-2024).

Author (Chapter):

1. **Mason, K.**, Robinson, S., Cultural Inclusion: Challenges and Actions for Nutrition Professionals. In K. Briggs (Eds.), R. Duff (Eds.), K.Mason (Eds.), S.Robinson (Eds.), *Culture, Foodways, and Counseling: A Guide to Culturally Sensitive Nutrition Care in the United States*. (Accepted and will publish in mid-2024).

Article (Subject for Interview):

1. Smith, J. (2023, September 14). Cultivating Food and Nutrition Security: Meet Registered Dietitian **Kamaria Mason**. Healthier Generation.
<https://www.healthiergeneration.org/articles/cultivating-food-and-nutrition-security-meet-registered-dietitian-nutritionist-kamaria>.

Peer-reviewed publications (Posters):

1. **Mason, K.L.**, Grimes, S., Wright, C.P., Hodges, L., Blackwell, C., King-Edwards, R., (2019). Diabetes prevention through a multicultural, community-centered approach: The North Carolina Minority Diabetes Prevention Program (NC MDPP). Presented at the 2019 American Association of Diabetes Educators Conference. Houston, TX.
2. Samuel-Hodge, C., Constantino, M., Isom, S., Blackwell, C., Wright, C., **Mason, K.**, Reese, A., Harrison, L., Grimes, S., Hodges, L., (2018). Scaling up the Diabetes Prevention Program (DPP) in rural North Carolina (NC): Region 7 experience. Presented at the 2018 American Public Health Association Annual Meeting & Expo. San Diego, CA.
3. Temitope, E.O., **Mason, K.L.**, Morris, E., Schwartz, M.B., Ward, DS., (April 2014). Evaluating the presence of formal nutrition and physical activity policies in childcare centers in North Carolina. Presented at the 2014 American Society for Nutrition Experimental Biology Conference. San Diego, California.
4. Kichler, J., Opiari-Arrigan, L., Ametrano, R.M., **Mason, K.**, & Foster, C (April 2005). Body image dissatisfaction predicts maladaptive eating attitudes and behaviors among adolescent females with type 1 diabetes mellitus. Presented at the 2005 Great Lakes Regional Conference on Child Health. Columbus, Ohio.

REFERRED OTHER PRODUCTS OF SCHOLARSHIP

Oral Presentations:

1. **Culturally Competent Care**
October 2023- New York, NY (In-person Presentation)
Dietary and Lifestyle Strategies for Cardiovascular Risk Reduction- NYU Langone Health
2. **Exploring the Field of Nutrition and Dietetics through a Culturally Inclusive Lens**
October 2023 (Webinar)
Indiana University: SPH-N336 Public Health Nutrition
3. **Cultural Competency: Providing Inclusive & Equitable Care**
February 2023 (Webinar)
North Carolina Academy of Nutrition and Dietetics
4. **Cultural Sensitivity: Moving Beyond Awareness to Provide Inclusive & Equitable Care**
October 2022- Orlando, FL (In-person Presentation)
Academy of Nutrition and Dietetics 2022 Food & Nutrition Conference & Expo
5. **Understanding the Role of Cultural Competency in Nutrition Practice**
October 2022 (Webinar)
Indiana University: SPH-N336 Public Health Nutrition
6. **Understanding the Role of Cultural Competency in Nutrition Education**
October 2021 (Webinar)
Indiana University: SPH-N336 Public Health Nutrition
7. **Understanding the Food Environment and the Root Causes of Food Insecurity**
October 2021 (Webinar)
Junior League of Baltimore
8. **What HCPs Need to Know about Referring Patients to a CDC-recognized Lifestyle Change Program- Panelist**
October 2019 (Webinar)
American Diabetes Association
9. **What HCPs Need to Know about the National Diabetes Prevention Program and the Benefits of a Structured Lifestyle Change Program for Patients- Panelist**
September 2019 (Webinar)
American Diabetes Association

Technical Reports (Primary author and overseer for NC OMHHD):

1. North Carolina Office of Minority Health and Health Disparities. (2021). Joint Legislative Report on Evidence-Based Diabetes Prevention Program to Eliminate Health Disparities.
2. North Carolina Office of Minority Health and Health Disparities. (2020). Joint Legislative Report on Evidence-Based Diabetes Prevention Program to Eliminate Health Disparities.
3. North Carolina Office of Minority Health and Health Disparities. (2019). Joint Legislative Report on Evidence-Based Diabetes Prevention Program to Eliminate Health Disparities.

4. North Carolina Office of Minority Health and Health Disparities. (2018). Joint Legislative Report on Evidence-Based Diabetes Prevention Program to Eliminate Health Disparities.
5. North Carolina Office of Minority Health and Health Disparities. (2017). Joint Legislative Report on Evidence-Based Diabetes Prevention Program to Eliminate Health Disparities.

TEACHING ACTIVITIES

Courses (UNC):

- NUTR 701- Nutrition Practicum Preparation: 01/2023-04/2023, 2 credits, 0 students, required.
- NUTR 701- Nutrition Practicum Preparation: 09/2022-12/2022, 2 credits, 2 students, required.
- NUTR 701- Nutrition Practicum Preparation: 04/2022-07/2022, 2 credits, 4 students, required.
- NUTR 701- Nutrition Practicum Preparation: 01/2022-04/2022, 2 credits, 4 students, required.
- NUTR 701- Nutrition Practicum Preparation: 09/2021-12/2021, 2 credits, 3 students, required.
- NUTR 701- Nutrition Practicum Preparation: 04/2021-07/2021, 2 credits, 6 students, required.
- NUTR 701- Nutrition Practicum Preparation: 01/2021-04/2021, 2 credits, 9 students, required.
- SPHG 701- Nutrition Practicum Preparation: 09/2020-12/2020, 2 credits, 12 students, required.

Guest Lecturer (UNC):

- NUTR 712- Nutrition Communication, Counseling and Culture: Spring 2023, 3 credits, required.
- PUBH 781- Community Engagement and Leadership in Health: Spring 2022, 3 credits, required.
- PUBH 781- Community Engagement and Leadership in Health: Fall 2021, 3 credits, required.

Guest Lecturer (Indiana University):

- SPH-N366: Cultural Competency in Nutrition Education at Indiana University: Fall 2023
- SPH-N366: Cultural Competency in Nutrition Education at Indiana University: Fall 2022
- SPH-N366: Cultural Competency in Nutrition Education at Indiana University: Fall 2021

Students Supervised:

- Vimbai Tsozdo (UNC): Summer 2022. Preceptor for required advanced placement internship.
- DeAnna High (Meredith): Fall 2019. Preceptor for required public health internship.
- Annie Scott (UNC): Spring 2019. Preceptor for required public health internship.
- Shaneka Grimes (NCCU): Spring 2017. Preceptor for required undergraduate internship.

CONTRACTS & GRANTS

SNAP- Ed Funded- Durham's Innovative Nutrition Education (DINE) Program

December 2017- Present

Adolescent Nutrition Specialist

Durham County Department of Public Health

- Reviews and provides updates as needed to the middle school program sections.
DINE is a \$1.2 million SNAP-Ed Funded program.
- Developed and updates the core component of the DINE Middle school program 3-4 lesson curriculum custom-designed to meet the needs of the Durham Community. The curriculum includes three different grade-appropriate curricula with separate Health/PE and Science DPS-aligned tracks based on the dietary guidelines and MyPlate.
- Improves the core curriculum to incorporate Spanish for English Second Language (ESL) students along with culturally appropriate and inclusive practices for lesson activities, healthy food tastings, and cooking demonstrations.

SERVICE

Alliance for a Healthier Generation

Fall 2023- Present

- Presents strategies for increasing food access in rural and economically marginalized communities.
- Subject-level expert in Listening Sessions on the role of school health as wellness and food access hubs.

Office of Health Equity| NCDHHS

Summer 2022- Present

- Presents strategies for mobilizing and disseminating resources in marginalized communities.
- Serves as subject-level expert and historian for the North Carolina Diabetes Prevention Program (NC MDPP).

Durham County COVID-19 Food Security Taskforce

Spring 2020- Spring 2021

- Collaborated with internal and external partners to mobilize resources and identify gaps and barriers to food access amid the COVID-19 pandemic.
- Developed resource packets including COVID-19 safety protocols for school cafeterias and food pantries, as well as instructional guides for accessing pandemic relief resources.

PRACTICE

Wholistics Health

Fall 2022- Present

- Presents strategies that promote for culturally inclusive person-centered engagement with virtual health platforms.
- Develops and evaluates materials for a mobile chatbot supporting individuals experiencing prediabetes and diabetes.
- Serves as subject matter expert for the Tennessee Statewide Diabetes Coalition.

Academy of Nutrition and Dietetics (AND)

Summer 2021- Present

- Conducts sensitivity reviews addressing the challenges nutrition professionals face to adopt culturally inclusive practices.
- Created a framework for the 'Examining Existing Models of Nutrition Care Practices' that uplifts culturally inclusive practices for Registered Dietitians and other Healthcare Professionals.

American Diabetes Association

Fall 2019

- Provided conscious language guidance to developing inclusive workshops and remodeled the presentations to include strategies for promoting health equity among diverse populations.
- Served as a panelist for a live webinar series on health equity and patient access in Diabetes Prevention Programs.

North Carolina Diabetes Advisory Council

Spring 2017- Winter 2019

- Provided insight on community-identified barriers to Diabetes Prevention Program in North Carolina.
- Brainstormed action plans to address to mobilize resources within marginalized communities to address access barriers.