

Natalie Sehi, MS, RD, LMNT
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Educational Degrees

Master of Science. 2003. University of Nebraska–Lincoln.

Major: Nutritional Science and Dietetics

Thesis Topic: The impact of a school/family nutrition education program on dietary intake and physical activity

Bachelor of Science. 2001. University of Nebraska–Lincoln.

Major: Nutritional Science and Dietetics

Associate of Science. 1998. Northeast Community College.

Major: Biology

Professional Experience

NEP Special Extension Educator. Youth Curriculum Coordinator. University of Nebraska–Lincoln Extension Nutrition Education Program (NEP), 2003-present*

- Provide strong local, state, and regional leadership for focused, comprehensive educational programs of excellence in nutrition education, with a focus on child and infant/maternal nutrition.
- Presentations, webinars, etc. to NEP staff and the community as requested.
- Coordinate the development of nutrition education materials for NEP.

*Hired as NEP Curriculum Coordinator in May 2003. The position was reclassified as a NEP Special Extension Educator in October 2008.

Teacher/Consultant, MilkWorks Community Breastfeeding Center, Lincoln, NE, 2011-2015

- Teach monthly “Introduction to Solids” class to parents.
- Facilitate “Return to Work” Event for new moms twice a year.

Dietetic Intern. University of Nebraska–Lincoln, August 2001-July 2002.

- Preparation for entry-level registered dietitian position. Received learning experiences in clinical dietetics, community nutrition, and food service management.

Graduate Research Assistant. University of Nebraska–Lincoln, August 2001-May2003

- Research focused on limited resource audiences participating in the Food Stamp Nutrition Education (FSNE) Project and Expanded Food and Nutrition Education Program (EFNEP).

Publications

- Vierregger, A., Hall, J., Albrecht J.A, Sehi, N., Anderson-Knott, M., Koszewski, W.M. Implementation of Growing Healthy Kids school enrichment program in kindergarten-2nd grade. A supplement to the Journal of the Academy of Nutrition and Dietetics. 2013, 113(9):A-77.
- Koszewski, W., Sehi, N., Behrends, D., and Tuttle E. The Impact of SNAP-Ed and EFNEP on Program Graduates Six Months after Graduation. Journal of Extension. Accepted, in press.

- Koszewski, W., Behrends, D., Sehi, N., Jones, G., and Nichols, M. Patterns of Family Meals and Nutritional Intake in Limited Resource Families. *Family of Consumer Sciences Research Journal*, June 2011, Volume 34, Issue 4, pages 431-441.
- Sehi, N., Koszewski, W., Albrecht, J., Hlavacek, M. Are You a Nutritious Grill Master? February, 2011.
- Koszewski, W., Sehi, N., Henneman, A., Peterson, A., Good Nutrition at Farmer Markets. November, 2010.
- Sehi, N., Nichols, M., Koszewski, W.M. Patterns of family meals and nutritional intake in participants of the Nebraska Nutrition Education Program. Supplement to the *Journal of Nutrition Education and Behavior*. 2010, 42(45):S86.
- Koszewski, W., Hudson, K., Sehi, N., Speer, J. 2004 and 2005 Food Stamp Nutrition Education Mountain Plains Regional Report.

Presentations

- Sehi, N., Krehbiel, M., Sjolie, S. 2013. *5-4-3-2-1 Go!*@ Campaign Inspires Healthy Habits in Nebraska Kids. Kansas Nutrition Council. Salina, KS.
- Sehi, N., Losey, A. *Fitting Nutrition in Afterschool Programs*. The Power of Afterschool and the Future of Learning. A Nebraska Afterschool Conference. September 2012.
- Koszewski, W., Doerneman, S., Behrends, D., Sehi, N. 2009. Teacher Feedback based on Nutrition Education Program's School Enrichment Project: A Descriptive Study. Society for Nutrition Education Annual Conference. New Orleans, Louisiana. (Poster Presentation)
- Sehi, N., Koszewski, W., Goshorn, C., Sather, J. 2006. The Impact of Using a Behavior Checklist to Follow Up with Food Stamp Nutrition Education and Expanded Food and Nutrition Education Program Graduates at Six Months Post-Graduation. Society for Nutrition Education Annual Conference. San Francisco, California. (Poster Presentation)
- Sehi, N., Koszewski, W., Sather, J. 2005. English/Spanish Nutrition Education Fact Sheets for the Food Stamp Eligible Audience. Society for Nutrition Education Annual Conference. Orlando, Florida. (Poster Presentation)
- Sehi, N., Koszewski, W., Boecker, L., 2004. The impact of a school/family nutrition education program on dietary intake and physical activity. Society for Nutrition Education Annual Conference. Salt Lake City, Utah. (Poster Presentation)

Professional Development

- Society for Nutrition Education and Behavior Annual Conference. July 2016.
- NAND Annual Conference. April 2016.
- NAND Annual Conference. April 2015.
- Society for Nutrition Education and Behavior Annual Conference. June 2014.
- NAND Annual Conference. April 2014.
- Clarity, Focus, Action – Coaching Tools and Tactics to Move Forward workshop. Ashland, NE. October 2013.
- Nebraska Action for Healthy Kids Summit. *School Wellness: A Foundation for Academic Success*. Lincoln, NE. March 2013.
- Nutrition and Food Update. *Communities Raising Healthy Children*. University of Nebraska. February 2013.
- ServSafe Certification Training. Omaha, NE. August 2012.
- Nebraska Action for Healthy Kids Summit. *Leading at all Levels*. Lincoln, NE. April 2012.
- Nutrition and Food Update. *Sustainability-Eating for a Better Tomorrow*. University of Nebraska. February 2012.

- Intensive course *Nutrition for Infants, Children, & Adolescents*. University of Alabama at Birmingham (UAB). February 2010.
- Nutrition and Food Update. *Contemporary Issues Affecting Food Choices*. University of Nebraska–Lincoln, September 2009.
- Childhood and Adolescent Nutrition. Nutrition Dimension, Summer 2009.
- Maternal and Infant Nutrition. Nutrition Dimension, Spring 2009.
- *7 Habits of Highly Effective People* Workshop, University of Nebraska–Lincoln Extension, March 2009.
- Breastfeeding Support Specialist Workshop. Lamaze® International Specialty Workshop, April 2008.
- Certificate of Training in Childhood and Adolescent Weight Management. American Dietetic Association, October 2006.

Professional Memberships

- Gamma Sigma Delta Honor Society of Agriculture, 2007-2013
- Nebraska Cooperative Extension Association (NCEA), 2006-present
 - Conference Committee Co-Chair - 2011
 - Conference Committee Co-Chair Elect - 2010
 - Conference Committee Co-Secretary - 2009
 - Conference Committee Member, 2007-present
- Society for Nutrition Education and Behavior(SNEB), 2004-2011
 - SNE – Food and Nutrition Extension Education (FNEE) Division Pre-Conference Workshop Planning Committee Member - 2011
- Academy of Nutrition and Dietetics (AND), 2003-present
- Nebraska Academy of Nutrition and Dietetics (NAND), 2003-present
 - NAND Nominating Chair – 2015-16
 - NAND Nominating Chair-Elect – 2014-15
 - Community Dietetic Practice Representative – 2011
 - NDA Annual Conference Planning Committee Member - 2011
- Nebraska Academy of Nutrition and Dietetics - Lincoln District, 2003-present
 - Nominating Chair – 2014-15
 - Council on Professional Issues Chair - 2008-2009
 - Dial-a-Registered Dietitian Chair - 2007-2008
 - Dial-a-Registered Dietitian Co-Chair - 2006-2007
 - Nominating Chair - 2006-2007

Awards and Honors

- Outstanding New Specialist Award presented by Nebraska Cooperative Extension Association, October, 2010.

Community Involvement

- Community Nutrition Partnership Council (CNPC), 2003-present
 - State Nutrition Action Coalition (SNAC) Co-Chair, 2007-present
- Nebraska Action for Healthy Kids, 2006-present
 - Secretary, 2013-15
 - Summit Planning Committee Co-Chair, 2012-13
 - Structure Committee Co-Chair, 2009-2010