



MURIEL BOWSER  
MAYOR

October 23, 2024

The Honorable Phil Mendelson  
Chairman  
Council of the District of Columbia  
John A. Wilson Building  
1350 Pennsylvania Avenue, NW, Suite 504  
Washington, DC 20004

Dear Chairman Mendelson:

In accordance with section 2 of the Confirmation Act of 1978, effective March 3, 1979 (D.C. Law 2-142; D.C. Official Code § 1-523.01), and pursuant to section 202 of the District of Columbia Health Occupations Revision Act of 1985, effective March 25, 1986 (D.C. Law 6-99; D.C. Official Code § 3-1202.02), I am pleased to nominate the following individual:

Dr. DeAnna Nara  
Connecticut Avenue, NW  
Washington, DC 20008  
(Ward 3)

for reappointment as a licensed nutritionist member of the Board of Dietetics and Nutrition, for a term to end March 12, 2028.


Enclosed, you will find biographical information detailing the experience of the above-mentioned nominee, together with a proposed resolution to assist the Council during the confirmation process.

I would appreciate the Council's earliest consideration of this nomination for confirmation. Please do not hesitate to contact me, or Steven Walker, Director, Mayor's Office of Talent and Appointments, should the Council require additional information.

Sincerely,

A handwritten signature in black ink, appearing to read "Muriel Bowser", written over the printed name and title.

Muriel Bowser  
Mayor

  
Chairman Phil Mendelson  
at the request of the Mayor

A PROPOSED RESOLUTION

IN THE COUNCIL OF THE DISTRICT OF COLUMBIA

To confirm the reappointment of Dr. DeAnna Nara to the Board of Dietetics and Nutrition.

RESOLVED, BY THE COUNCIL OF THE DISTRICT OF COLUMBIA, that this resolution may be cited as the "Board of Dietetics and Nutrition Dr. DeAnna Nara Confirmation Resolution of 2024".

Sec. 2. The Council of the District of Columbia confirms the reappointment of:

Dr. DeAnna Nara  
Connecticut Avenue, NW  
Washington, DC 20008  
(Ward 3)

as a licensed nutritionist member of the Board of Dietetics and Nutrition, established by section 202 of the District of Columbia Health Occupations Revision Act of 1985, effective March 25, 1986 (D.C. Law 6-99; D.C. Official Code § 3-1202.02), for a term to end March 12, 2028.

Sec. 3. The Council of the District of Columbia shall transmit a copy of this resolution, upon its adoption, to the nominee and to the Office of the Mayor.

Sec. 4. This resolution shall take effect immediately.

# DEANNA M. NARA

## EDUCATION

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- PhD** Howard University; Nutritional Sciences May 2019  
*Dissertation: "Food as Medicine (FAM): Nutritional Management of Chronic Diseases-A Pilot Study"*
- MSc** Maryland University of Integrative Health; Botanical & Culinary Medicine May 2013  
*Thesis: "The Multi-Dimensional Relationship between Sleep and Immunity, and the Facilitation of Homeostasis with the Use of Adaptogenic Phytotherapy"*
- BS** Howard University; Psychology May 2009  
Graduated Magna cum Laude, Phi Beta Kappa  
Minored in Biology

## PROFESSIONAL TRAINING

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- Nutritionist (NU)**  
Government of the District of Columbia  
Department of Health; Board of Dietetics & Nutrition
- Licensed Dietitian-Nutritionist (LDN)**  
State of Maryland  
Maryland Department of Health & Mental Hygiene
- Certified Nutrition Specialist (CNS)**  
Board for Certification of Nutrition Specialists
- National Certified Professional Food Manager (CPFM)**  
American National Standards Institute & the Conference for Food Protection
- Food Safety Manager**  
Government of the District of Columbia  
Department of Health; Food Safety & Hygiene Inspection Services Division

## RESEARCH & EXPERIENCE

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2020-Present

### **Center for Science in the Public Interest, Washington, DC**

#### **Senior Policy Associate**

- Policy lead on state and local initiatives to reduce sugary drink consumption, including warning labels and sugary drink taxes.
- Create and lead initiatives to support historically disenfranchised communities that experience health disparities and are disproportionately targeted by unhealthy beverage and food marketing.
- Provide technical assistance, materials, and strategic advice to organizations and coalitions, mobilize grassroots, utilize digital advocacy platforms, coordinate state and local lobbying efforts and use social media and press outreach in support of campaign goals.
- Develop well-written, persuasive materials, such as reports, fact sheets, letters, testimony, talking points, and social media.
- Cultivate partnerships with national, state, and local groups to grow support for campaign goals, including groups advocating for communities of color, public health, social justice, and antihunger.

2015 to 2020

### **Terrific Inc., Washington, DC**

#### **Nutrition Program Director**

- Developed and managed logistics of project programming, including implementation plans, staffing plans, budgets, timelines, and measurement/evaluation
- Conducted research and provided technical assistance with healthcare policy, specifically Medicare clients with chronic conditions
- Actively served on state committees including: DC Health's Board of Dietetics & Nutrition, SNAP-ED Committee, DACL Nutrition Task Force
- Ensured compliance with federal nutritional standards by conducting required reviews, preparing review reports and complying with record retention of food safety and federal menu requirements
- Developed & implemented relationships with foodservice vendors reflective of the Administration on Aging nutritional guidelines
- Had oversight of twenty Senior Citizen Community Dining & Wellness Sites within Wards 1,2, and 4
- Recruited, trained, and supervised nutrition education staff, student volunteers, and community volunteers within Community Dining & Wellness Sites
- Trained and managed projects for student interns and volunteers from local Universities
- Interfaced with the District of Columbia's Department on Aging & Community Living, community partners & stakeholders, Executive Office of the Mayor, DC Council and the Mayor's Office of Community Relations and Services to direct older adults nutrition policy & share pertinent information



- Oversaw the development of communication concerning all nutritional policies
- Managed grants - tracked deliverables and budgets for grants, managed grant proposal preparation and timetable, helped to prepare board proposal summaries and completed grant reports
- Executed and planned innovative programming and policies in all aspects of healthcare delivery for senior citizens in the District

2016 to 2019

**Howard University, Washington, DC**  
**“Food as Medicine” Program Director**

- Planned and created “Food as Medicine” curriculum for Graduate and Undergraduate students around evidence based nutritional management of chronic disease; including cooking skills, lifestyle modifications, mindfulness, and nutrition education
- Implemented and conducted “Food as Medicine” evidence based culinary medicine programming within the DC Community in Wards 7 & 8 in partnership with THE ARC and other stakeholders
- Implemented and conducted “Food as Medicine” evidence based culinary medicine programming for medical professionals, food service professionals, and meal program directors
- Developed all “Food as Medicine” courses including: recipes with nutritional analysis, all print and web materials, activity reports, online learning platform, social media
- Managed all aspects of class registration and attendance
- Developed and presented all oral and cooking presentations, including mindfulness courses

2016 to 2019

**Research Assistant, Howard University; Washington, DC**

- Designed, conducted, published, and secured funding for several qualitative and quantitative research studies related to evidence informed policymaking, specifically health policy.
- Research included Medicaid enrollment trends, measure of quality of services, of minorities, and system reform for minorities

2013 to 2015

**Public Health Nutritionist, Whole Health Medical Center, Alexandria, VA**

Provides Nutritional Services & Culinary Medicine Classes for a large client base for:

- Weight Management
- Diabetes
- High Blood Pressure
- Lifestyle Diseases

Aug 2012 to May 2013

**Clinical Intern**, *Natural Care Clinic*, Maryland University of Integrative Health; Laurel, MD

- Completed 400 clinical training hours including physiology, pathophysiology, phytochemistry, materia medica, herbal formulation, medicine-making, herb safety and efficacy, botany, clinical assessment, nutrition (including macro and micronutrient metabolism, biomedical nutrition, mineral nutrition, and biochemistry)

2010 to 2011

**Post Baccalaureate Intramural Training Program**; *National Institute of Mental Health*, Bethesda, MD

- Worked under Dr. Lee Eiden, within the Laboratory of Cellular & Molecular Regulation, with a focus on pathological and pathophysiological alterations in rat hippocampus in mild traumatic brain injury.

2009 to 2011

**Health Communications Specialist**; *Henry M. Jackson Foundation for the Advancement of Military Medicine*, Bethesda, MD

- Served as a liaison between the Department of Defense, the Office of the Secretary of Defense, and the National Institutes of Health to support communication of research on Post-Traumatic Injury of soldiers in the United States Military.

2006 to 2008

**Psychiatric Interview Assistant**; *Howard University College of Medicine*, Washington, DC

- Interviewed both clinical patients & volunteers under a grant from the National Institute of Mental Health focusing on the epidemiological link between genetics & depression within the African American community.

## HONORS AND AWARDS

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|---|--------------|
| • <b>Edward Alexander Bouchet Doctoral Fellowship</b>                                     | 2016 to 2019 |
| • <b>Edward Alexander Bouchet Graduate Honors Society</b>                                 | 2019         |
| • <b>Ardmore Institute of Health-Grant</b>  | 2017         |
| Food as Medicine: Nutritional Management of Chronic Disease in Low Income Residents in DC |              |
| • <b>Howard University International Study Abroad Award</b>                               | 2006         |
| Travel award to study at The University of Dar es Salaam in Tanzania                      |              |

## TEACHING EXPERIENCE

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**Howard University**, Washington, DC  
**Teaching Assistant**, Department of Nutritional Sciences

Aug 2016 to May 2019

- Teaching assistant for *Community and Public Health Nutrition*, an undergraduate course averaging 60 students per semester, covering the following topics: strategies for working in community settings and engaging different populations, healthy eating and active living equity issues and social determinants of health, public health interventions to improve healthy eating and active living
- Developed content for quizzes, exams, and homework
- Assisted in revising the syllabus to meet accreditation standards
- Coordinated and completed grading and labs according to department procedures
- Oversight of nutrition education practicum and field visits

Aug 2016 to May 2019

**Howard University, Washington, DC**

**Teaching Assistant, Department of Nutritional Sciences**

- Teaching assistant for *Introduction to Nutrition for Health Majors*, an undergraduate course averaging 50 students per semester, covering the following topics: role of micronutrients and macronutrients in maintaining health, nutrition and the disease processes, application of nutritional guidelines to meet individual dietary needs
- Developed content for quizzes, exams, and homework
- Coordinated and completed grading according to department procedures

Aug 2014 to Present

**Associate Professor, Mid-Atlantic School of Botanical Medicine College Park, MD**

- Professor and Clinical Supervisor for *Nutrition, Diet and Health; Advanced Botanical Studies, and Clinical Nutrition, & Physiology*, a course averaging 30 students per semester, covering the following topics: culinary medicine, botanical medicine, pathophysiology, healthy physiology
- Developed content for quizzes, exams, and homework
- Coordinated and completed grading

## **PUBLICATIONS**

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### ***Journal Publications***

“Perceived effectiveness of added-sugar warning label designs for U.S. restaurant menus: An online randomized controlled trial.” *Preventive medicine* vol. 160 (2022): 107090.

A "Food as Medicine" Program and Its Effects on Healthy Eating and Cooking Confidence; *Current developments in nutrition*, 3 (2019).

“Perspectives on Advancing Preventative Medicine Through Vaccinology at the Comparative Veterinary, Human, and Conservation Medicine Interface: Not Missing the Opportunities”, *Vaccine*. 2008, August 14.

### ***Journal Papers in Review***

“Online Randomized Controlled Trial of Icon Added Sugar Warning Labels for Restaurant Menus”

“Recruitment Strategies of Minorities in a Community Based, Nutrition Intervention Study Supporting Chronic Disease”

“Strategies to Improve Eating Behaviors among African Americans with Chronic Disease”

### **PRESENTATIONS AND INVITED LECTURES**

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**Poster Presentation**, “Strategies to Improve Eating Behaviors among African Americans with Chronic Disease,” Nutrition 2019-American Society for Nutrition, June 2019.

**Keynote Address**, “A “Food as Medicine” Program and Its Effects on Healthy Eating and Cooking Confidence,” 16<sup>th</sup> Annual Yale Bouchet Conference on Diversity and Graduate Education, Yale University; New Haven, CT; 2019

**Presenter**, “*Community Based Nutrition Interventions in Chronic Disease*,” 8<sup>th</sup> Annual Integrative Medicine for the Underserved Conference; George Washington University; Milken School of Public Health; Washington, DC; 2018

**Presenter**, “*The New Diabetes: Type3*”, 3<sup>rd</sup> Annual Caregiver Conference (The DC Department of Aging and Community Living); Washington, DC; 2017

**Presenter**, “Health & Living Well Lecture Series”, CVS Health, Washington, DC; 2016

**Presenter**, “Community Health Series”, Maryland University of Integrative Health; 2013

### **PROFESSIONAL AFFILIATIONS**

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- Phi Beta Kappa National Honors Society, 2009-Present
- The District of Columbia Nutrition Board of Dietetics & Nutrition; Chair of the Board, DC Department of Health, Washington DC; 2017-Present
- The Nutrition Society, Member; 2013-Present
- American Society of Nutrition, Member; 2013-Present
- American Herbalists Guild, Member; 2012-Present
- Beta Kappa Chi Honors Society of Science, Member; 2007
- Golden Key International Honors Society, Member; 2007
- Psi Chi National Honors Society, President; 2006

## PROFESSIONAL SERVICE

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### **Conference Co-Organizer**

Unique Solutions Unique Populations Care Annual Conference, 2017-2019

- Planned and executed on-location cooking and nutrition education events, presentations, and customized menus for over 350 participants
- Developed and built nutrition event protocol and managed vendor payments
- Planned and developed multiple clinical, nutritional, and community food service tracks for annual Conference
- Managed logistics of physical space rental, conference set up, food and beverage vendor procurement, transportation and lodging of participants, speaker/presenter travel, and Continuing Medical Education accreditation, as well as CEU's for Clinical Social Workers

## COMMUNITY SERVICE

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### **AARP Foundation**

[Celebration of Service/to bring the community together and pack 1 million meals for hungry seniors in Washington D.C.], [Washington, DC], 2015-Present

### **Centers for Spiritual Living**

[Holiday Healthy Food Drive/delivery of fresh produce for families in need], [Washington, DC], 2013-Present

### **Terrific Inc.**

[Thanksgiving Basket Drive/delivery of Thanksgiving meals to low income, homebound and frail Senior Citizens living in DC], [Washington, DC], 2015-Present

### **Terrific Inc.**

[Annual Health Fair/Supporting Prevention of Chronic Disease in the District of Columbia Senior Citizen Population], [Washington, DC], 2015-Present

### **Maryland University of Integrative Health**

[Silent Auction to benefit The Herbal Clinic for all, and a donation based community wellness program], [Washington, DC]; 2014, 2015

## LANGUAGES

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**English:** Native Language

**Swahili:** Beginning Listener, Beginning Speaker, Beginning Reading and Writing



## **COMPUTER SKILLS**

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**Applications:** Proficiency in SPSS, Excel, PowerPoint

**Platforms:** PC/Windows, MAC

## **OTHER**

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- Food as Medicine, Local Food Movement, International Culture, Culinary Arts, Piano, Botany, Health Disparities, Global/Community Outreach, Competitive Slalom & Barefoot Waterskiing, Extreme Snow Skiing, Waterfowl Hunting & Sustainable Fishing



## REFERENCES

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**Dr. Garth Ehrlich, PhD, FAAAS**

Professor

Microbiology and Immunology; Otolaryngology-Head and Neck Surgery

College of Medicine; Drexel University

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245 N. 15<sup>th</sup> Street

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**Dr. Linda Thompson, Ph.D., LN**

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**Dr. Oyonumo Ntekim, MD, MHSA, PhD**

Associate Professor

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**Claudia Wingo, MPH, RN, FNHAA**

Maryland University of Integrative Health

Department Chair, Health Promotion

Faculty-Nutrition, Herbal, Acupuncture & Health Promotion Programs

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Executive Office of the Mayor – Mayor’s Office of Talent and Appointments  
John A. Wilson Building | 1350 Pennsylvania Avenue, Suite 600 | Washington, DC 20004

**Dr. DeAnna Nara**



Dr. DeAnna Nara is the Ward 4 Supervisory Health and Wellness Nutritionist for Terrific, Inc, and a current member of the Board of Dietetics and Nutrition.

Dr. Nara is responsible for providing nutrition counseling and education for low income, at-risk senior citizens, including the management of chronic diseases and preventative and nutritional care. Dr. Nara also serves as an instructor and clinical supervisor for the Mid-Atlantic School of Herbal Medicine. Previously, she also presented at conferences on integrative medicine and healthy living.

A Ward 3 resident, Dr. Nara earned her Bachelor of Science in Psychology from Howard University, her Master of Science in Botanical and Culinary Medicine from Maryland University of Integrative Health, and her PhD in Nutritional Sciences from Howard University.



GOVERNMENT OF THE DISTRICT OF COLUMBIA  
Executive Office of Mayor Muriel Bowser



Office of the General Counsel to the Mayor

**To:** Tomas Talamante, Steve Walker  
**From:** Betsy Cavendish  
**Date:** October 11, 2024  
**Subject:** Legal sufficiency review of Resolutions nominating Emily Arkin, Njeri Jarvis, Jessica Swift, and Dr. Deanna Nara as members of the Board of Dietetics and Nutrition

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**This is to Certify** that this office has reviewed the above-referenced resolutions and found them to be legally unobjectionable. If you have any questions in this regard, please do not hesitate to call Erika Satterlee, Deputy General Counsel, Executive Office of the Mayor, at 202-724-1303, or me at 202-724-7681.

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Elizabeth A. (Betsy) Cavendish