JOan Guthrie Medlen, MEd, RDN

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Career Objective: To work with a team that is person-centered to promote quality lives, quality health, and connected communities through my role as a Registered Dietitian.

Education

University of Massachusetts - Boston

Masters in Education 2010

Adult Education and Instruction Design

Kansas State University  
Manhattan, Kansas

B.S. Dietetics 1987

Coordinated Undergraduate Program in Dietetics serves as internship

Registration And License

Commission of Dietetic Registration #709397 2013 – 2018

State of Oregon License # 520 (currently inactive)

Current

*Oregon Home Care Commission, Salem Oregon*  11/13 to present

Personal Support Worker Training Coordinator

Responsible for creating and managing training program for Personal Support Workers providing in-home support to individuals with intellectual and developmental disabilities across the lifespan receiving in-home and K-Plan services and adults receiving State Plan Personal Care services (Medicaid services).

*Medlen Consulting, LLC*

Portland, Oregon 2005-present

[www.DownSyndromeNutrition.com](http://www.DownSyndromeNutrition.com)  
An inclusive nutrition counseling practice for people with and without developmental disabilities and their families. Provide nutrition and lifestyle coaching, adapted materials and systems to promote success, recipe redesign—both visual and for healthful living—program consultation and group education and presentations. Also provide freelance writing, editing, material and lesson design, health literacy editorial services, training programs and public speaking.

*University of Illinois – Chicago, RRTC-ADD*

Research Associate 4/2011 – 12/2013

Assist with projects related to the Health Matters Community-Academic Partnership. Co-Author of the HealthMessages Peer-to-Peer Curriculum.

*Community Vision, Inc.*  
Compass Project 7/2008-12/2010

Responsible for the management of activities the project, Disability Compass including managing the dissolution of the project.

*Special Olympics, Inc. Healthy Athletes Health Promotion Program* 10/2005- 8/2010  
Global Director, Health Literacy and Communications

Consultant to the Health Promotion Program of Special Olympics International. Develop educational materials, conduct training and educational workshops, assist with program development, and write articles for the organization, participants and the lay public.

*The Enoch-Gelbard Foundation*  
Projects and Grant Director 10/1995- 11/2006

Created the on-going project of the foundation, *Disability Solutions: A Resource for Families and Other Interested in Down Syndrome and Related Disabilties. Disability Solutions* was a free publication that provided an in-depth look at topics of interest to families such as apraxia of speech, weight management, wandering (elopement). *Disability Solutions* was the first publication to provide tangible information to families on the topic of dual diagnoses in Down syndrome through a focus on Down syndrome and Autism Spectrum Disorders. The publication reached over 10,000 readers in print and thousands more through the website. Also responsible for screening grant applications to forward to the board of directors for consideration, coordinating over $800,000 in grant awards in ten years.

*Providence Newberg Hospital, Newberg, OR*

Dietitian 1993-1995

Provided on-call inpatient, outpatient, and community nutrition programs.

*Providence Health Systems*  
Diabetes Education Instructor 1994-1995

Provided nutrition education at various Providence hospitals for the Diabetes Education Program as an extension of Providence Newberg Hospital.

*Tuality Community Hospital* 1989-1991  
Clinical Dietitian 1992-1993

Kaiser Sunnyside Medical Center 1988-1989  
On-call Dietitian

Consultation Services

Ross, Feller, Casey, LLP. Phildelphia, PA

Expert Witness Services 2013 (ongoing)

Maney and Gordon, PA, Tampa, FL 2013

Expert Witness Services

Barrett Law Office, Pittsburgh PA 2006

Expert Witness Services

STRIVE U, PSL Services, Portland, ME 2003-2005

Nutrition and Wellness Consultant

*STRIVE U is a Post-Secondary Program for people with Developmental Disabilities  
that opened August 2004*

Awards and Honors

Award of Excellence, Behavioral Health Nutrition 2015  
Global Down Syndrome Foundation

Excellence in Practice, Behavioral Health Nutrition 2011   
Academy of Nutrition and Dietetics

Medical Professional of the Year 2011  
Oregon Disability Megaconference

Exceptional Meritorious Service Award 2009  
National Down Syndrome Congress

Legacy of Excellence Public Advocacy Award 2006

Kansas State University

Tehodore D. Tjossem Research Award 2002

National Down Syndrome Congress

Lynda Pollack, MD Advocacy Award 2001

Gold Coast Down Syndrome Association

Selected Publications

Marks, B., Sisirack, J., Medlen, J., Magallanes, E. *HealthMessages Program Healthy Lifestyle Coaches: Coaching Manual.*  Chicago, IL: Health Matters Community Academic Partnership, 2011

Phelps, R., Pinter, J., Medlen, J., Bethell, C. *“Health Care Needs of Children with Down Syndrome and Impact of Health System Performance on Children and their Families*.” J Dev Behav Pediatr 33:3, April 2012

Medlen, J.E.G. Felton, J (Illustrations). *Cooking by Color: Recipes for Independence.* Portland, OR: Phronesis Publishing, 2011.

Medlen, JEG. *My Tasting Journal. Keeping Track of Foods I Try.* E-book. Portland, OR: Pronesis Publishing, 2009.

Medlen, J.E.G. *Health Literacy for People with Special Needs.* Exceptional Parent Magazine, Feb 2009.

Medlen, J.E.G. Creating support for families of children with Down syndrome with a co-diagnosis: A survey. Down Syndrome Research and Practice, In Press (2008).

Medlen, J.E.G. *The Down Syndrome Nutrition Handbook: A Guide to Promoting Healthy Lifestyles*, 2nd Edition. Portland, OR: Phronesis Publishing, 2006.

Medlen, J.E.G. Learning At Home. *Down Syndrome News and Update,* 2005: 4:5, 6-9.

Medlen, J.E.G. Food, Feeding and Family: On the Road to Healthy Lifestyles. In: w. Cohen, L. Nadel, M. Madnick, eds, *Down Syndrome: Visions for the 21st Century*. New York: Wiley-Liss, Inc.; 2002:317-325.

Selected Presentations

Medlen, J.E.G., *Eating Well and Living Well for People who Experience Down Syndrome at Every Age*. *It’s a Journey, Not a Destination.*  Global Down Syndrome Foundation 2015 Education Series, November 2015.

Medlen, J.E.G., *“What’s for Dinner?” Planning for Success and Healthy Eating.* The Arc HealthMeets Webinar. November 20, 2013.

Medlen, J.E.G., *“Weight! Wait! Don’t Tell Me!” Weight Management for Adults with Down Syndrome.*  The National Down Syndrome Congress Convention. July 2013

Medlen, J.E.G., *Opening the Doors of Health Literacy to People with Intellectual and Developmental Disabilities*. Institute of Healthcare Advancement Health Literacy Conference, Irvine, CA. May 2012.

Medlen, J.E.G., *Nutrition-Related Concerns for People with Down Syndrome*. National Down Syndrome Society Webinar Series, January 2012.

Medlen, J.E. G., *Promoting Healthful Living for People with Intellectual Disabilities.* DDNA Convention, Orlando, FL, May 2009.

Medlen, J.E. G*., What’s on Your Plate? Promoting Healthful Living for People with Down Syndrome*. World Down Syndrome Congress, Dublin, Ireland. August 2009

Medlen, J.E.G, Rimmer, J. *Eat, Walk, Sit, Run! Healthful Eating and Exercise Opportunities for Persons with Disabilities.* The American Dietetic Association Food and Nutrition Convention and Exhibition, St. Louis, MO, October, 2005.

Memberships

Academy of Nutrition and Dietetics

Behavioral Health Nutrition Dietetic Practice Group

Healthy Aging Dietetic Practice Group

Down Syndrome Medical Interest Group – USA

National Association of Dual Diagnosis

TASH (formerly the Association for People with Severe Handicaps)