

Julie M. Parrott, PhD, MS, RD / RDN

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EDUCATION / TRAINING

Doctor of Philosophy (PhD) in Health Sciences and Wellbeing

“The Reciprocal Relationship of Nutrition Research into Clinical Practice
in Metabolic and Bariatric Surgery”
School of Nursing and Healthcare Sciences
University of Sunderland, UK

Master of Science (MS) in Human Nutrition and Dietetics

“Dietary Intake and Growth Patterns of Children with PDD-NOS”
Acquired all prerequisites for PhD in Clinical Psychology
University of Illinois at Chicago, Chicago, IL

Bachelor of Science (BS) Scientific Nutrition

Completed all courses for BA in Exercise Physiology
Texas A&M University, College Station, TX

LICENSES/ REGISTRATION

Registered Dietitian Nutritionist (RDN) CDR 2003-current
Licensed Dietitian Nutritionist (LDN) PA 2018-current

CERTIFICATIONS

Cochrane Systematic Review Standard Author Training
CITI Biomedical Responsible Conduct of Research, Good Clinical Practice
CITI Protection of Human Subjects Research Training
Academy of Nutrition and Dietetics (AND) Level 2 Adult Weight Management
AND Childhood and Adolescent Weight Management Certificate of Training
American Council on Exercise (ACE) Certifications for Personal Trainer,
Group Fitness Instructor and Health Coach
ACE Specialist in Behavior Change

HONORS AND AWARDS

Faculty and Speaker	2024	International Bariatric Club (IBC) University of Oxford Integrated Health Sessions 1 and 2
Educational Committee Member	2023	International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO)
Chair, Integrated Health (IH) Education and Training Committee	2023	IFSO Integrated Health (IH)
Top Ten Paper Award Naples, Italy	2023	IFSO 2023 World Congress
IH Emerging Scientist Award - Miami	2022	IFSO 2022 World Congress
Visiting Research Fellow	2021 -current	University of Sunderland, UK, Faculty of Health Sciences and Wellbeing
IH Scholarship Recipient - Madrid, Spain	2019	IFSO 2019 World Congress
Support Group, Committee Member	2015-2017	American Society for Metabolic and Bariatric Surgery (ASMBS) IH
Expert Work Group Member	2014-2015	Academy of Nutrition and Dietetics (AND) Evidence Analysis, Nutrition Care in Bariatric Surgery
ASMBS representative	2012-2014	ASMBS Connect, Editorial Board
Committee member	2013-2015	ASMBS IH Support Group
Committee member	2013 - 2014	ASMBS IH Professional Education Committee
Chair, Nutrition Subcommittee	2014-2022	ASMBS IH Clinical Issues and Guidelines Committee (CIGC)
Secretary	2012-2014	ASMBS IH Executive Council
Representative for IH, ASMBS	2011-2013	The Obesity Society (TOS) and ASMBS Marketing Subcommittee
Member at Large	2010-2012	ASMBS IH Executive Council
Committee member	2010-current	ASMBS IH CIGC
Panel member	2008	ASMBS Annual Nutrition Conference Post-Graduate Nutrition Expert Panel
Committee member	2006-2008	ASMBS Nominating Committee

Editorial Board Member	2005-current	Surgery for Obesity and Related Diseases (SOARD)
Member	2005-2008	ASMBS committee to develop National Bariatric Surgery Nutrition Guidelines
Chair, Pediatric Weight Management and Bariatric Surgery Sub-units	2004-2005	American Dietetic Association (ADA) Weight Management Dietetic Practice Group (WM DPG)
Evidence Analyst	2004-2006	ADA Evidence Analysis Expert Work Group, Nutrition Care in Bariatric Surgery
Outstanding Graduate Student	1995	Autism Society of Illinois
Research Fellow	1993-1995	Institute on Disability and Human Development, University of IL at Chicago

EMPLOYMENT HISTORY

Bariatric Nutrition Care Coordinator, Temple University Hospital, Philadelphia, PA	2021-current
Adjunct Assistant Professor, Rutgers University Department of Clinical and Preventive Nutrition Sciences, Newark, NJ	2018-2023
Clinical Dietitian Specialist, Metabolic and Bariatric Surgery Program, UPenn Health System, Philadelphia, PA	2018-2021
Wellness Coach Coordinator, Health and Awareness Center, Centrastate Medical Center, Freehold, NJ	2016 - 2020
Clinical Sciences Specialist for USA and Global Obesity Platform, Nestle Health Sciences, Florham Park, NJ	2014-2016
Registered Dietitian, Central Jersey Bariatrics, Freehold, NJ	2009-2014
Adjunct Instructor, Tarrant County College, Fort Worth, TX	2008-2009
Owner and Bariatric Nutrition and Research Consultant, Formulas for Fitness, TX, NJ, PA, NY	2006-current
<ul style="list-style-type: none"> • Providing expert witness review and services for bariatric nutrition litigation • Consulting for complex patients with bariatric surgery 	
Bariatric Surgery Coordinator and Manager, Baylor University Medical Center, Dallas, TX	2004-2006
Clinical Research Associate, Magellan Medical Services	2002-2004
Nutrition Specialist and Lap Band Study Coordinator, Nutrition and Wellness Center and the Department of Surgery at the University of Illinois at Chicago	1999-2002

MEMBERSHIPS

Academy of Nutrition and Dietetics (AND)

Weight Management Dietetic Practice Group (WMDPG)

Nutrition Educators of Health Professionals (NEHP)

American Council on Exercise (ACE)

American Society for Metabolic and Bariatric Surgery (ASMBS)

American Society for Parenteral and Enteral Nutrition (ASPEN)

International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO)

International Bariatric Club (IBC)

PUBLICATIONS

PEER REVIEWED PUBLICATIONS:

Parrott JM, Parrott AJ, Parrott JS, Williams NN, Dumon KR. Predicting Recurrent Deficiency and Suboptimal Monitoring of Thiamin Deficiency in Patients with Metabolic and Bariatric Surgery. *Nutrients* 2024 Submitted ID-3100150.

Parrott JM, Benson-Davies S, O'kane M, Sherf-Dagan S, Ben-Porat T, Moize Arcone V, Leite Faria S. Parrott JS. Show Me the Evidence to Guide Nutrition Practice: Scoping Review of Macronutrient Dietary Treatments After Metabolic and Bariatric Surgery. *Obesity Reviews*. 2024 Under Review.

Parrott JM, Parrott AJ, Rouhi AD, Parrott JS, Dumon KR. What We Are Missing: Using Machine Learning Models to Predict Vitamin C Deficiency in Patients with Metabolic and Bariatric Surgery. *Obesity Surgery* 2023Jun; 33(6):1710-1719. doi: 10.1007/s11695-023-06571-w. Epub 2023 Apr 15. PMID: 37060491

Graham Y, Fox A, Mahawar K, Parrott JM, Khalil F, Hayes C. Developing a long-term follow-up service for bariatric surgical patients in the community: patient and professional perspectives. *Obes Sci Pract*. 2023 Jan 12;9(4):346-354. doi: 10.1002/osp4.658. PMID: 37546285; PMCID: PMC10399522.

Parrott JM. Comment on: New Concepts in the Diagnosis and Management Approach to Iron Deficiency in Candidates for Metabolic Surgery: Should We Change Our Practice? *Surg Obes Relat Dis*. 2021 Jan;17(1):e3-e4. doi: 10.1016/j.soard.2020.10.006. Epub 2020 Oct 13. PMID: 33250424

Parrott JM, Craggs-Dino L, Faria SL, O'Kane M. The Optimal Nutritional Programme for Bariatric and Metabolic Surgery. *Curr Obes Rep*. 2020 Sep;9(3):326-338. doi: 10.1007/s13679-020-00384-z. PMID: 32451780.

Tewksbury C, Crowley N, Parrott JM, Andromalos L, Isom KA, Smith E, Allison KC. Weight Loss Prior to Bariatric Surgery and 30-Day Mortality, Readmission, Reoperation, and Intervention: an MBSAQIP Analysis of 349,016 Cases. *Obes Surg*. 2019 Nov;29(11):3622-3628. doi: 10.1007/s11695-019-04041-w.

Parrott J, Frank L, Rabena R, Craggs-Dino L, Isom KA, Greiman L. American Society for Metabolic and Bariatric Surgery Integrated Health Nutritional Guidelines for the Surgical Weight Loss Patient 2016 Update: Micronutrients. *Surg Obes Relat Dis*. 2017 May;13(5):727-741. doi: 10.1016/j.soard.2016.12.018. Epub 2017 Jan 19. PMID: 28392254.

Aills, L., Blankenship, J., Buffington, C., Furtado, M., Parrott, J. M. (2008), ASMBS Allied Health Nutritional Guidelines for the Surgical Weight Loss Patient. *Surg Obes Relat Dis*, Sep-Oct;4(5 Suppl):S73-108. doi: 10.1016/j.soard.2008.03.002

Mahady, Gail, PhD, RPh, Parrot, Julie, Lee, Cathy, Yun, Gina, Dan, Alice. Botanical dietary supplement use in peri- and postmenopausal women. *Menopause*. 2003;10(1):65-72.

BOOK CHAPTERS

Parrott JM. (2024). Preoperative Nutritional Assessment In: Brethauer S, Ponce J, LaMasters, T, Hutter, M, Rogers, A, Morton, J. The ASMBS Textbook of Metabolic and Bariatric Surgery, 3rd Edition. *In process*

Elfadil M, Parrott JM, Mundi MS. Supplementation Strategies for the Bariatric Population In: Roberts K, Nahikian-Nelms M, Estes-Doestch H. *Micronutrients and Human Health Pocket Guide: Treatment Strategies for the Practicing Clinician. Academy of Nutrition and Dietetics 2024*. Chapter 13: In-publication with Academy of Nutrition and Dietetics.

Parrott JM. Nutrition After Bariatric Surgery And Preoperative Nutritional Screening. In: World Gastroenterology Organization (WGO) *Obesity Guidelines Update 2022*.

Parrott JM, Parrott J.S. (2014) Nutrition Care Across the Weight Loss Surgery Process. In: Still C., Sarwer D., Blankenship J. (eds) *The ASMBS Textbook of Bariatric Surgery*. Springer, New York, NY.

POSTER INTERNATIONAL

Parrott JM, Parrott JS. How do Guidelines for Nutrition Care in Bariatric Surgery Measure Up to USA IOM Guidelines? Poster presented at the 22nd World Congress of the International Federation of Surgery for Obesity and Metabolic Disorders; 2017 Aug 29-Sept 2; London, United Kingdom.

INVITED PRESENTATIONS

INTERNATIONAL

Integrated Health – Averting Danger: Using Common Labs to Identify Risk of Thiamine Deficiency	2024	5 th International Bariatric Club (IBC) World Congress , Oxford UK
Integrated Health – Un ‘C’een Patterns of Vitamin C Deficiency and Scurvy via Machine Learning	2024	5 th International Bariatric Club (IBC) World Congress , Oxford UK
Advanced Bariatric Nutrition Course “Post-operative micro-nutrient supplementation”	2023	International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO), Obesity Surgery Society of India (OSSI) and The Upper GI Surgeons (TUGS)
Integrated Health – The Importance of Multidisciplinary Care in Optimizing Metabolic and Bariatric Surgery Outcomes: “SIBO Detection and Treatment”	2023	2023 World Congress, IFSO Napoli, Italy
Integrated Health - Building post-operative momentum: “Preventing and Managing Nutritional Deficiencies”	2022	2022 World Congress, IFSO Miami, FL
Haematological Monitoring after Bariatric Surgery: Are we doing too much?	2022	The Upper Gastrointestinal Surgery (TUGS) Bariatric Nutrition
The Impact of COVID-19 Pandemic on Patients with Obesity	2021	World Gastroenterology Association, World Digestive Health Day
Bariatric Surgery: Supplementation, Repletion and Monitoring	2020	Advances in Surgery (AIS) and Khirus - Online Medical Training, Online Course: Nutritional and

		Behavioral Management Before and After Bariatric Surgery
Nutrition in Bariatric Surgery Early Post-Operative Care	2019	IFSO Integrated Health (IH) Section, Madrid
Diabetes Prevention: Overview of the Initiative in the U.S. with Lessons Learned	2018	Canadian Nutrition Society Integrated Health Webinar

NATIONAL

The Preoperative Role of the Team Dietician: Optimizing Postoperative Outcomes	2020	American Society for Metabolic and Bariatric Surgery (ASMBS) 2020 Virtual Fellows in Minimally Invasive Bariatric Surgery Bootcamp
Quality in Nutrition Care	2018	Obesity Week by ASMBS, Nashville, TN
Post Bariatric Surgery Hypoglycemia	2017	Obesity Week by ASMBS and The Obesity Society (TOS), Washington, DC
Non-responder to Bariatric Surgery and Weight Gain	2017	Obesity Week by ASMBS and TOS, Washington, DC
Nutrient Deficiencies in Sleeve Gastrectomy	2017	Obesity Week by ASMBS and TOS, Washington, DC
Nutrition for the Advanced Level Practitioner	2017	Obesity Week by ASMBS and TOS, Washington, DC
Certified Bariatric Nurse (CBN) course	2016	Obesity Week by ASMBS and TOS, New Orleans, LA
CBN course	2015	Obesity Week by ASMBS and TOS, Los Angeles, CA
IH Bariatric Support Groups: "Patient Engagement and IH Support Group Manual	2015	Obesity Week by ASMBS and TOS, Los Angeles, CA
Beyond the Basics: Exploring Best Practices for Better Bariatric Surgery Outcomes	2015	Academy of Nutrition and Dietetics Weight Management Dietetic Practice Group Spring Symposium, Portland, OR
CBN course Nutrition	2014	Obesity Week by ASMBS and TOS, Boston, MA
"IH: ASMBS Nutrition Guidelines 2014 Update"	2014	Obesity Week by ASMBS and TOS, Boston, MA
Plenary Session: "Update on the Update: Nutritional guidelines"	2014	Obesity Week by ASMBS and TOS, Boston, MA
IH Pre-conference: "Case Study: Revision from AGB to SG"	2013	Obesity Week by ASMBS and TOS, Atlanta, GA
IH Symposium: How You and Your Patients Can be Physically active Without the Sports Club"	2013	Obesity Week by ASMBS and TOS, Atlanta, GA
Evidence –based Update on Nutrition	2013	ASMBS Fall Conference, Las Vegas, NV
"Let's Get Moving: Personal Trainer, RD Program Perspectives"	2013	ASMBS Fall Conference, Las Vegas, NV

“Get Moving! Activity is Part of the Solution-Program, RD, and Personal Trainer Perspectives”	2012	ASMBS annual conference, San Diego, CA
“Gastric Band Challenges and Strategies”	2011	ASMBS annual conference, Orlando, FL
“Bariatric Surgery Vitamin/Mineral Recommendations”	2011	ASMBS annual conference, Orlando, FL
Practice Tips for Sleeves and Bands AM and PM sessions	2009	ASMBS annual conference, Grapevine, TX
IH ASMBS Nutritional Guidelines	2009	ASMBS annual conference, Grapevine, TX
Pre-operative Weight Loss Strategies	2008	ASMBS Fall conference, Chicago, IL
Evolution of the Adjustable Gastric Band	2008	ASMBS Fall conference, Chicago, IL

REGIONAL

Helping Your Patients to Achieve Individual Health Goals: A Patient-Forward Approach: Understanding that there’s more to health than weight	2022	Temple University First-Year Medical School Residents Philadelphia, PA
Nutrition in Bariatric Surgery Difficult Case Study: Reversal After RYGB	2020	University of Pennsylvania Hospital Philadelphia, PA
Nutrition in Bariatric Surgery	2020, 2019	University of Pennsylvania Hospital Bariatric Education Day Philadelphia, PA
Bariatric Surgery and Health Outcomes	2020, 2019	University of Pennsylvania, Obesity and Society Under-Graduate course: NURS 313-401 Philadelphia, PA

PRESENTATION OF ORIGINAL RESEARCH

Predicting Chronic B1 Deficiency and Suboptimal B1 Monitoring in Patients with Metabolic and Bariatric Surgery	2023	International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO), Napoli, Italy
Vitamin C Deficiency in Patients with Metabolic and Bariatric Surgery	2023	Penn Medicine, Department of Surgery Philadelphia, PA
Screening for Vitamin C Deficiency: Why and When?	2022	IFSO Miami, FL
ASMBS 2016 IH Nutritional Guidelines	2017	Obesity Week by ASMBS Washington, DC

ASMBS IH Nutrition Guidelines: For the Weight Loss Surgical Patient: Micronutrient Update	2017	Academy of Nutrition and Dietetics Weight Management Dietetic Practice Group Chicago, IL
Update on Nutrition Guidelines	2016	ASMBS and The Obesity Society (TOS) New Orleans, LA
Update on Nutrition Guidelines	2015	Obesity Week by ASMBS and TOS Los Angeles, CA
Specialized Bariatric RD Counseling Improves Pre-Surgery Weight Loss and Post-Surgical Excess Weight Loss	2012	Academy of Nutrition and Dietetics Annual Conference, Philadelphia, PA
Flirting with Danger: Botanical Dietary Supplements in Bariatric Surgery	2002	ASMBS annual conference, Las Vegas, NV
Dietary Intake and Growth Patterns of Children with Autism	1995	Federation of American Societies for Experimental Biology (FASEB) Atlanta, GA
Differences in Perceived Body Weight vs Ideal Body Weight in Co-ed College Students”	1987	Southwest Sociological annual conference, Houston, TX

CONFERENCE FACULTY

IFSO IH 5 th Webinar	2024	Virtual Seminar	Moderator
International Bariatric Club (IBC)	2024	World Congress University of Oxford Oxford, UK	Faculty and Speaker
IFSO and Obesity Surgery Society of India (OSSI) and The Upper GI Surgeons (TUGS)	2023	Advanced Nutrition Course Virtual	Faculty
Integrated Health (IH) - -The Road to satiety – Understanding Interrelationships of biology and behaviour in appetite and eating regulation after metabolic and bariatric surgery	2023	IFSO Napoli, Italy	Moderator
IH – Chrono-behaviours for weight maintenance /effective weight regulation	2022	IFSO Annual Conference Miami, FL	Co-Facilitator
RD/RDN Professional Networking	2017	Obesity Week by ASMBS, Washington, DC	Co-Facilitator
Professional Networking for RDs	2016	ASMBS and The Obesity Society (TOS), New Orleans, LA	Co-Facilitator

Panel Session: What to Do with Weight Regain?	2015	ASMBS and TOS	Moderator
Meet the Experts Roundtable: Aging and Bariatric Surgery	2015	Obesity Week by ASMBS and TOS, Los Angeles, CA	Co-Facilitator
Professional Networking for RDs	2015	Obesity Week by ASMBS and TOS, Los Angeles, CA	Co-Facilitator
Roundtable - Data Collection: Are We Collecting the Right Data for MBSAQIP?	2014	ASMBS Spring Conference, New Orleans LA	Co-Facilitator
RD Professional Networking	2013	ASMBS Fall conference, Las Vegas, NV	Course Director
Post-graduate Nutrition Section	2013	ASMBS Fall conference, Integrated Health (IH), Las Vegas, NV	Facilitator
Special Interest Group for Dietitians	2013	ASMBS annual conference, Atlanta, GA	Facilitator
Nutrition pre-sessions I and II	2013	ASMBS annual conference Integrated Health (IH), Los Atlanta, GA	Course Co-Director
IH Nutrition Session 1, 2 and 3	2012	ASMBS annual conference, San Diego, CA	Course Director
IH Nutrition Session: Optimizing Metabolic, Physiological and Psychological Outcomes	2012	ASMBS annual conference, San Diego, CA	Moderator
RD Professional Networking	2012	ASMBS annual conference, San Diego, CA	Facilitator
Special Interest Group for Dietitians	2006	ASMBS annual conference, San Diego, CA	Facilitator
Dietitian Special Interest Group	2005	ASMBS annual conference, Orlando, FL	Panel Discussion

PROFESSIONAL SERVICE

International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO) 2022-current

Guest Faculty for Fall 2024 Advanced Clinical Nutrition, NUTR 6601 course in the Department of Clinical and Preventive Nutrition Sciences, Rutgers School of Health Professions "Nutrition Management of Patients Undergoing Bariatric Surgery"

Cookbook Recipe Review 2023, 2024,

Surgery and Obesity Related Disorders IH Editorial Board 2010-current

American Society for Metabolic and Bariatric Surgery (ASMBS) 2008-2022

Reviewer for: Nutrients, SOARD, Journal of the Academy of Nutrition and Dietetics, SAGE, Digital Health, BMC, Elsevier, Dove Press, Obesity Surgery, Obesity Reviews, Scholar One Bioinformatics, other journals as requested.