

Jo Ann Hattner, MPH, RDN
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Introduction

Jo Ann Hattner has over thirty years experience as a Registered Dietitian in clinical academic settings primarily at Stanford University Medical Center where she focused on gastroenterology and nutrition. She has managed a nutrition consulting business for over ten years and has extensive experience in writing, research, teaching, public speaking and working with the media.

Present Position

Owner, Hattner Nutrition. San Francisco, California. A nutrition consulting business which provides science-based nutrition communication services to agricultural and food related industries, trade associations, public relations and advertising firms. Responsibilities include advising on issues related to public policy and promoting that policy in academic, professional, legislative and other public forums. Specialty interest digestive health and the science and application of probiotics and prebiotics throughout the life cycle. 1990 to present.

Education and Degrees

Bachelor of Science, University of Idaho, Moscow, Idaho (Food and Nutrition).

Internship in Dietetics, University of California Medical Center, San Francisco, California.

Master of Public Health, University of California, Berkeley, California

Professional Experience

Consultant. Research: SPRIM Advanced Life Sciences Inc. San Francisco, California. Primary Investigator and Consultant for Clinical trials of pre- and probiotic supplement use in Irritable Bowel/Constipation. 2012-2015.

Developer, instructor and content writer for Stanford University School of Medicine Stanford online nutrition courses part of an N.I.H. Nutrition Academic Award Program. 2000-2014.

Member. Pediatric Advisory Board, Nestle USA. (1997-2014)

Owner. Hattner-Coulston Nutrition LLC , Palo Alto, California.

Clinical Nutritionist. Board Certified Specialist in Pediatric Nutrition. Department of Nutrition. Stanford University Medical Center and Lucile Packard Children's Hospital, Stanford, California.

Clinical Nutritionist. High Risk Pregnancy and Obstetrics, Pediatrics Stanford University Medical Center, Stanford California.

Lecturer. St. George's University School of Medicine, Grenada West Indies.

Nutrition Instructor. Graduate nutrition seminars San Jose State University, San Jose, California.

Public Health Nutritionist. Family Planning, Maternity and Child Development Clinics, Idaho State Health Department, Idaho Falls.

Books

Gut Insight: probiotics and prebiotics for digestive health and well-being. Jo Ann Hattner, MPH, RD with Susan Anderes, MLIS. Hattner Nutrition. 2009. A consumer oriented book; with scientific references, which presents the use of food sources of probiotics and prebiotics and their potential impact on health. www.gutinsight.com

Help! My Underwear is Shrinking: One woman's story of how to eat right, lose weight, and win the battle against diabetes. Jo Ann Hattner RDN, Ann Coulston RDN, Michael Goodkind BA. Hattner Nutrition. Revised edition 2013 Kindle Version www.helpmyunderwearisshrinking.com

¡Auxilio! Que se me encogen las pantaletas: La historia de una mujer que supo comer bien, perder peso y ganar la batalla contra la diabetes. Jo Ann Hattner MPH, RDN, Ann Coulston, MS RDN, Mike Goodkind, BA. Hattner Nutrition. 2014. Translation: Maria Alamo, MPH RD L/d, Jorge Baldizon/Salud Consulting Inc. Spanish translation of: Help! My Underwear is Shrinking: 2nd edition 2013. <http://www.helpmyunderwearisshrinking.com/espanol.html>

Help! My Underwear is Shrinking: One woman's story of how to eat right, lose weight, and win the battle against diabetes. Jo Ann Hattner RDN, Ann Coulston RDN, Michael Goodkind BA. 2003. American Diabetes Association.

Media Experience

National Media Spokesperson for the American Dietetic Association, now Academy of Nutrition and Dietetics. Represented 70,000 members of the association in the media. Completed over 1800 interviews in national and international media markets.

MD-RD Nutrition Spokesperson Team, American Academy of Family Physicians Foundation. Team members represent geographical areas of the country.

Spokesperson and Nutrition Consultant to the Milk Alliance and Californian's for Nutritious Milk. Represented the dairy industry of California.

State Media Representative California Dietetic Association. Represented California Dietetic Association in the media promoting the message: Registered Dietitians are your best source of nutrition information.

Spokesperson and Nutrition Consultant, Alliance for Food and Fiber. Agricultural Foundation Dolphin Group, Los Angeles California. Represented California growers.

Certifications

Registered Dietitian (R 173582)

Board Certified Specialist in Pediatric Nutrition 1994-2001

Professional Society Memberships

American Society for Nutrition

Academy of Nutrition and Dietetics

California Dietetic Association

Honors

Distinguished Alumna Award 2003. College of Agricultural and Life Sciences. University of Idaho, Moscow, Idaho

Stanford University Medical Center, Outstanding Contribution and Achievement

California Dietetic Association Continuous Service Certificate

Podcasts

Melinda Hemmelgarn [KOPN Food Sleuth](#) 03-05-15 — guest Jo Ann Hattner, MPH, RD, dietitian and author of Gut Insight: probiotics and prebiotics for digestive health and well-being, describes foods that nourish and protect gut microorganisms. [Podcast Link](#)

Prebiotics, probiotics and the digestive system. Stanford School of Medicine. Interview with Paul Costello Chief Communications Officer, Office of Communication & Public Affairs. <http://med.stanford.edu/121/2012/hattner.html>

Journal Articles

Feeding Your Microbes For a Healthy GI Tract Jo Ann Tatum Hattner MPH, RDN.

Hattner JAT, Anderes S. Pre-and Probiotic Foods for a Healthy Gut. Dry bean Quarterly Vol. 5, No. 4 Winter 2015

Hattner JAT, Anderes S. Fear of Fermentation Dry bean Quarterly Vol. 5, No. 4 Winter 2015 4 Sept;87(7)

Hattner JAT, Anderes S. Pre- and Probiotic Foods: Eating for a Healthy Gut. San Franc Med. 2014 Sept;87(7) p 28-29
http://issuu.com/sfmedsociety/docs/september_cb3d1486510565/29?e=3533752/9284249

Hattner JAT. Stool Gazing Jo Ann Hattner MPH, RD Food & Nutrition Magazine Winter 2012

Hattner J. Kerner J. Pediatric Formula Composition July 2012. Center for Pediatric Gastrointestinal Diseases and Nutrition. Stanford University Medical Center.

Hattner J. Human Milk and Pediatric Formula Update May/June 2011.

Nutrition Focus University of Washington, Seattle Washington 26:3.

Hattner J. Digestive Health: Probiotics and Prebiotics for Children May/June 2009. Nutrition Focus University of Washington, Seattle Washington 24:3.

Hattner J. Part 1: Human Milk and Pediatric Formula Update 2006 Nutrition Focus University of Washington, Seattle Washington, 20:5.

Hattner J. Part 2: Human Milk and Pediatric Formula Update 2006 Nutrition Focus. University of Washington, Seattle Washington, 20:6.

Book Chapters

Hattner J., Kerner J., Infants, Children, and Adolescents Malnutrition and Refeeding Syndrome in Children. In Hark L and Morrison G (Eds). Medical Nutrition and Disease. (5th ed.) Blackwell Publishing, Malden, Massachusetts. 2014

Hattner J., Kerner J., Infants, Children, and Adolescents Malnutrition and Refeeding Syndrome in Children. In Hark LH and Morrison G (Eds). Medical Nutrition and Disease: A Case-Based Approach (4th ed.) Malden MA: Wiley- Blackwell; 2009

Hattner J., Kerner J., Infants, Children, and Adolescents Malnutrition and Refeeding Syndrome in Children. In Hark L and Morrison G (Eds). Medical Nutrition and Disease. (3rd ed.) Blackwell Publishing, Malden, Massachusetts. 2003

Hattner J, Kerner J. Nutritional assessment of the pediatric patient. In Kerner (ed): Manual of Pediatric Parenteral Nutrition, John Wiley Publishing, New York 1983.

Contributor

I like to eat Treats: Building Healthy Habits for Young Children. Annye Rothenberg. 2009. Nutrition for Preschoolers and Kindergartners section.

May 2016