

Jo Ann Hattner, MPH, RDN
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www.gutinsight.com

Introduction

Jo Ann Tatum Hattner has over thirty years of experience as a Registered Dietitian Nutritionist in clinical academic settings primarily at Stanford University Medical Center where she focused on gastroenterology and nutrition. Since 2008, she has managed a nutrition consulting business in San Francisco. Probiotics and prebiotics are her expertise and she wrote *Gut Insight* to share her knowledge. She has extensive experience in public speaking, writing, research, teaching, and working with the media.

Present Position

Owner, Hattner Nutrition. San Francisco, CA. A nutrition consulting business which provides science-based nutrition communication services. Present activities are primarily professional consultation and expert advisory positions.

Education and Degrees

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

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

Master of Public Health, University of California, Berkeley.

Professional Experience

Member. Scientific Advisory Working Group of the Alliance for Education on Probiotics (AEProbio). 2018-present.

Scientific Advisor. Cerebelly, an organic baby food company with a focus on brain development. Scientific Advisory Board 8/2019-9/2021

Research Consultant. SPRIM Advanced Life Sciences. San Francisco, CA. Primary Investigator for Clinical trials of pre- and probiotic supplement use in irritable bowel syndrome. 2012-2018.

Developer, instructor, and content writer. Online Nutrition Project for courses for medical students as part of an NIH Nutrition Academic Award. Stanford University School of Medicine. 2000-2014.

Member. Pediatric Nutrition Advisory Board, Nestlé USA. 1997-2014.

Partner. Hattner-Coulston Nutrition LLC, Palo Alto, CA. 1990 -2004

Visiting Nutrition Instructor. St. George's University School of Medicine St Vincent, Grenada West Indies. 1980-1991

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

Books

Gut Insight: probiotics and prebiotics for digestive health and well-being. Jo Ann Hattner, MPH, RD with Susan Anderes, MLIS. Hattner Nutrition. 2009. Written for consumers and health professionals, and with scientific references, the book emphasizes the use of food sources of probiotics and prebiotics and their impact on health.

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

¡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.

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.

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, MA. 2014

Media and Spokesperson Experience

National Media Spokesperson for the American Dietetic Association, now Academy of Nutrition and Dietetics. Completed over 1800 interviews.

Professional Speaking on Probiotics and Prebiotics

Jo Ann has presented at professional conferences in the US, Canada and Europe. Conference topics have included the complete life cycle including The First 1000 days, Pregnancy, The Newborn, Children, Teens, Adults and the Elderly.

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 Academy of Nutrition and Dietetics

Publications

Preston K, Krumian R, Hattner J, de Montigny D, Stewart M, Gaddam S. *Lactobacillus acidophilus* CL1285, *Lactobacillus casei* LBC80R and *Lactobacillus rhamnosus* CLR2 improve quality-of-life and IBS symptoms: a double-blind, randomised, placebo-controlled study. *Beneficial Microbes*. Published Online: June 11, 2018. <https://doi.org/10.3920/BM2017.0105>

Hattner JAT, Anderes S. The Dietitian's Prebiotic Probiotic Toolbox Nutrition. Education for the Public a dietetic practice group of the Academy of Nutrition and Dietetics Networking News. Spring 2018

Hattner JAT. Feeding Your Microbes for a Healthy GI Tract. *Dry bean quarterly*. Vol. 5, No. 4 Winter 2015. <http://beaninstitute.com/volume-5-number-4/>

Hattner JAT. Fear of Fermentation. *Dry bean quarterly*. Vol. 5, No. 4 Winter 2015. [http://beaninstitute.com/volume-5-number-4/CMed. 2014 Sept;87\(7\) p 28-29.](http://beaninstitute.com/volume-5-number-4/CMed.2014Sept;87(7) p 28-29)

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. *Food & Nutrition Magazine*. Winter 2012.

Hattner J, Kerner J. Pediatric Formula Composition. Published every two years: 1989-2012. Center for Pediatric Gastrointestinal Diseases and Nutrition. Stanford University Medical Center.

Hattner J. Human Milk and Pediatric Formula Update. *Nutrition Focus University of Washington, Seattle Washington* 1994, 1998, 2001, 2004, 2005, 2009, 2011

Web and Social Media

www.gutinsight.com

www.facebook.com/Gut-Insight-109118279495

www.linkedin.com/in/jo-ann-hattner-4387a314/