

Kerri Heckert, MS, RD, LDN, CEDS-S

Main Line Center for Eating Disorders – Co-Founder & Director of Nutrition

Registered Dietitian

Certified Eating Disorder Specialist – Approved Supervisor

Curriculum Vitae

November 2023

Employment:

2023-present	Main Line Center for Eating Disorders, Co-Founder & Director of Nutrition
2012-April 2023	Children’s Hospital of Philadelphia (CHOP) - Advanced Practice Dietitian; Department of Clinical Nutrition; Eating Disorder Assessment and Treatment Program. (EDATP)

Education:

2011	M.S.	Drexel University (Human Nutrition)
2007	B.A.	University of Delaware (Mass Communication)

Licensure:

Registered Dietitian, Academy of Nutrition and Dietetics (AND), CDR ID 1066995
Licensed Dietitian-Nutritionist, Commonwealth of Pennsylvania, DN004909
Licensed Dietitian/Nutritionist, State of Delaware, DH-0000008
Licensed Dietitian/Nutritionist, Maryland, DX6667
Licensed Dietitian Nutritionist, Illinois, 164.010657

Specialty Certifications:

2020	Certified Eating Disorder Specialist – Approved Consultant (CEDS-C), International Association of Eating Disorder Professionals (iaedp)
2012	Registered Yoga Teacher (RYT-200), Yogaworks
2008	Exercise Physiologist, American College of Sports Medicine

Professional Memberships:

Academy of Eating Disorders (AED)

- Nutrition Special Interest Group – Co-Chair, 2023-present
- Medical Care Standards Committee Special Interest Group - member

International Association of Eating Disorder Professionals (iaedp)

- Vice President, Greater Philadelphia Chapter

American College of Sports Medicine (ACSM)

Research, Development, Projects & Trainings:

June 2022-June 2023	Rapid Intervention for Supporting Eating Issues (RISE) – Pilot for reducing hospital admissions and providing expedited care for high-risk patients with malnutrition.
April 2022-June 2023	Pilot program development of a model for early intervention and referral pathway for pediatric and adolescent eating disorder within the Primary Care setting.

Fall 2021-Fall 2022	Development of caregiver and clinician resources for Pediatric Eating Disorder unit at Main Campus and King of Prussia Hospital.
March 2020-June 2023	Develop Return to Play diagnostic and clinical guidance tool for returning previously malnourished athletes back to activities and athletics and pilot usage of Flowsheet and SmartText in EPIC within the EDATP.
March 2016	Develop Just in Time Training on the Malnutrition Pathway for CHOP Clinical Nursing staff

Publications:

March 2024	<i>Rapid Intervention in Support of Eating Issues: A Pilot.</i> Poster Presentation at 2024 International Conference on Eating Disorders (ICED). New York, NY.
January 2024	<i>The buffet challenge: a behavioral assessment of eating behavior in adolescents with an eating disorder.</i> Cooper M, Mears C, Heckert K, et al. <i>J.Eat.Disord.</i> 2024; 12:8.
Summer 2023	<i>Return to Play: A Clinician's Guide to Reintroducing Activity and Exercise for Children and Teens Recovering from Malnutrition.</i> Heckert K, Benner E, Peebles R, Mack A, Renjilian C. Academy of Nutrition and Dietetics. Expeditions – A Publication of the Sports and Human Performance Nutrition Dietetics Practice Group in collaboration with the Behavioral Health Nutrition Dietetics Practice Group. Summer 2023; Vol.2, No.4.
January 2023	<i>Preventing Weight-Based Harm. Eating Disorders, weight-cycling and combatting weight stigma..</i> Guest on CHOP Podcast “Primary Care Perspectives.”
Fall 2022	<i>Assessment of patients with ARFID presenting to multi-disciplinary tertiary care program.</i> Richmond TK et al. <i>J. Pediatr. Gastroenterol. Nutr.</i> Review of manuscript.
May 2022	<i>Modifying an Open Science Online Grocery for Use in Nutrition Education for Parents of Youth with Anorexia Nervosa.</i> . Makara A, Howe H, Copper M, Heckert K, et al. <i>Int J Eat Disord.</i> 2023; 1-10.
May 2022	<i>Biobehavioral correlation between Vitamin D and EDE-Q scores in Anorexia Nervosa.</i> Alexander E, Heckert K, Peebles R. Poster for the International Conference on Eating Disorders (ICED) hosted by the Academy of Eating Disorders (AED), 2022.
March 2022	<i>Making Nutrition Education for Teens Accurate, Comprehensive and Inclusive.</i> Adolescent Health and Wellbeing; CHOP Policy Lab. April 7, 2022.
February 2022	Malnutrition/Eating Disorders Standards of Care at CHOP. Revision.
September 2021	<i>What about groceries? Parents' perception of an immersive grocery shopping tool to maximize caloric density.</i> Makara A, Howe H, Copper M, Heckert K, et al. Eating Disorder Research Society, poster presentation.
January 2021	<i>The shifting perspectives study protocol: Cognitive remediation therapy as an adjunctive treatment to family based treatment for adolescents with anorexia nervosa.</i> Timko CA, Bhattacharya A, Fitzpatrick KK, Howe H, Rodriguez D, Mears C, Heckert K, Ubel PA, Ehrenreich-May J, Peebles R. <i>Contemp Clin Trials.</i> 2021 Feb 1;103:106313.
March 2021	<i>Pediatric and Adolescent Eating Disorders.</i> Guest on the Sunnyside Up Nutrition Podcast.
January 2021	<i>Pediatric and Adolescent Eating Disorders and the CHOP EDATP.</i> Guest on CHOP Podcast “Primary Care Perspectives.”

Spring 2018	<i>Eating and Feeding Disorders</i> . Konek S and Becker P. Eating and Feeding Disorders chapter in Pediatric Nutrition in Clinical Care, 5 th Edition.
January 2018	<i>Higher Calorie Refeeding: Challenging the “Start Low, Go Slow” Mentality</i> . Heckert, K. PNPG Building Block for Life. Vol.41, No. 1.
Jan 2017	<i>Outcomes of an Inpatient Medical Nutritional Rehabilitation Protocol in Children and Adolescents with Eating Disorders</i> . Peebles R et al. J Eat Disord. 2017 March 1; 5:7
August 2015	Pediatric Nutrition Care Manual. Revision of Eating Disorders section
Fall 2014	<i>Family Based Treatment: Getting Parents Involved in the Outpatient Treatment of Eating Disorders</i> . Heckert K. PNPG Building Block for Life. Vol.37, No. 4.
October 2014	<i>Five Signs of an Eating Disorder</i> . 90-Second Nutrition video for CHOP Care Network
June 2014	Malnutrition/Eating Disorders Standards of Care at CHOP. Revision.
Spring 2014	<i>Getting Parents Involved in the Outpatient Treatment of Eating Disorders</i> . Heckert K. Family Based Treatment: SCAN’s Pulse, Vol 33, No 2.

Presentations:

March 2023	<i>The Adolescent Athlete</i> . Presentation for the Eating Disorder Assessment and Treatment Program Department of Child and Adolescent Psychiatry and Behavioral Sciences at The Children’s Hospital of Philadelphia.
February 2023	<i>Prevention, detection and intervention of pediatric eating disorders – A GI clinician’s perspective</i> . Children’s Hospital of Philadelphia – Department of Gastroenterology Professional Training.
February 2022	<i>Preventing Weight-Based Harm. Eating Disorders, weight-cycling and combatting weight stigma</i> . Children’s Hospital of Philadelphia – Healthy Weight Program Clinical Training.
Jan 2023	<i>Pediatric and Adolescent Eating Disorders and the CHOP EDATP</i> . Presentation for Suburban Community Hospital.
December 2022	<i>Setting Goal Weights</i> . Presentation for the Eating Disorder Assessment and Treatment Program Department of Child and Adolescent Psychiatry and Behavioral Sciences at The Children’s Hospital of Philadelphia - Quarterly Training for Intensive Outpatient Program and Partial Hospitalization Program.
December 2022	<i>Nutrition Rehabilitation Pathway & Care of Pediatric and Adolescent Patients with Eating Disorders</i> . Clinical training for CHOP Dietitians and Dietitian Technicians Registered.
December 2022	<i>Eating Disorder Didactic</i> . Leadership in Education and Adolescent Health (LEAH) presentation to interdisciplinary fellows.
December 2022	<i>Preventing Weight-Based Harm. Eating Disorders, weight-cycling and combatting weight stigma</i> . Children’s Hospital of Philadelphia - Department of Clinical Nutrition Professional Training.
November 2022	<i>Prevention, detection and intervention of pediatric eating disorders</i> . Children’s Hospital of Philadelphia Medical Resident Training.
November 2022	<i>Prevention, detection and intervention of pediatric eating disorders in primary care</i> . Children’s Hospital of Philadelphia - Department of Clinical Nutrition; Nutrition Seminar.
October 2022	<i>Prevention, detection and intervention of pediatric eating disorders in primary care</i> . Children’s Hospital of Philadelphia Medical Resident Conference.

September 2022 *Multidisciplinary care for transgender teens and young adults with eating disorders.* Workshop presented at the annual World Professional Association for Transgender Health conference, Virtual.

May 2022 *Preventing Weight-Based Harm. Eating Disorders, weight-cycling and combatting weight stigma.* CHOP Adolescent Research Seminar

April 2022 *Pediatric and Adolescent Eating Disorders and the CHOP EDATP.* Presentation for Center City Pediatrics.

March 2022 *Down with Diet Culture: fighting weight stigma and eating disorders.* Cystic Fibrosis Consortium.

March 2022 *Teaching nutrition to combat weight stigma and eating disorders.* Drexel University Eat.Right.Now. Nutrition Education Program.

March 2022 *The Adolescent Athlete.* Presentation for the Eating Disorder Assessment and Treatment Program Department of Child and Adolescent Psychiatry and Behavioral Sciences at The Children's Hospital of Philadelphia.

March 2022 *Pediatric and Adolescent Eating Disorders and the CHOP EDATP.* Presentation for Drexel Hill CHOP Primary Care.

February 2022 *Adolescent Nutrition, Eating Disorders and HAES.* Presentation for Using Evidence-Based Strategies to Improve Adolescent and Young Adult Health course (PUBH570) at the University of Pennsylvania.

January 2022 *Diet culture and adolescents: how families can promote resilience. Q&A with Virginia Sole-Smith.* Collaborative Models of Youth Centered Care: Promoting Shared Decision Making and Equity in Health Outcomes. Annual Leadership and Education in Adolescent Health (LEAH) Conference.

November 2021 *Pediatric and Adolescent Eating Disorders: Early Detection and Full Recovery.* CHOP Resident Education.

November 2021 *Eating Disorder Didactic.* Leadership in Education and Adolescent Health (LEAH) presentation to interdisciplinary fellows.

September 2021 *Pediatric and Adolescent Eating Disorders: Early Detection and Full Recovery.* CHOP at Virtua Fall Pediatric Symposium.

May 2021 *The Clinical Art of Navigating Treatment of Pediatric Eating Disorders.* International Conference on Eating Disorders (ICED) hosted by the Academy of Eating Disorders (AED), 2021.

March 2021 *Pediatric and Adolescent Eating Disorders and the CHOP EDATP.* Presentation for Behavioral Health Education Committee (BHEC) for Primary Care providers.

March 2021 Eating Disorders and COVID-19 – presentation and discussion with University of Pennsylvania Foundations in Culinary Medicine class

March 2021 *The Adolescent Athlete.* Presentation for the Eating Disorder Assessment and Treatment Program Department of Child and Adolescent Psychiatry and Behavioral Sciences at The Children's Hospital of Philadelphia.

February 2021 *Pediatric and Adolescent Eating Disorders and the CHOP EDATP.* Updates in Primary Care town hall at the Children's Hospital of Philadelphia.

February 2021 *Adolescent Nutrition, Eating Disorders and HAES.* Presentation for Using Evidence-Based Strategies to Improve Adolescent and Young Adult Health course (PUBH570) at the University of Pennsylvania.

October 2020 *Pediatric and Adolescent Nutrition.* Virtual lecture at the University of Georgia; Nutrition Course.

October 2020 *Pediatric and Adolescent Eating Disorders and the CHOP EDATP*. Presentation for Grand Rounds at Chester County Hospital.

September 2020 *Pediatric and Adolescent Eating Disorders and the CHOP EDATP*. Presentation to CHOP Norristown Primary Care office.

May 2020 Eating Disorders and COVID-19 – presentation and discussion with University of Pennsylvania Foundations in Culinary Medicine class

February 2020 *Pediatric and Adolescent Eating Disorders and the CHOP EDATP*. Presentation to CHOP Newtown Primary Care office.

November 2019 *Eating Disorder Didactic*. Leadership in Education and Adolescent Health (LEAH) presentation to interdisciplinary fellows.

October 2019 *The Adolescent Athlete*. Presentation for the Eating Disorder Assessment and Treatment Program Department of Child and Adolescent Psychiatry and Behavioral Sciences at The Children’s Hospital of Philadelphia.

September 2019 *Setting Goal Weights*. Presentation for the Eating Disorder Assessment and Treatment Program Department of Child and Adolescent Psychiatry and Behavioral Sciences at The Children’s Hospital of Philadelphia.

June 2019 *How to Lose 30 Pounds in 60 Minutes – The Evidence Behind the Headlines*. Presentation for Fellow’s Association Seminar at The Children’s Hospital of Philadelphia.

February 2019 *Adolescent and Young Adult Biological Development*. Presentation for Using Evidence-Based Strategies to Improve Adolescent and Young Adult Health course (PUBH570) at the University of Pennsylvania.

November 2018 *Eating Disorder Prevention in a Weight-Biased World*. Leadership in Education and Adolescent Health (LEAH): Interdisciplinary Collaboration Works; Conference at the Children’s Hospital of Philadelphia.

September 2018 *Eating Disorder Didactic*. Leadership in Education and Adolescent Health (LEAH) presentation to interdisciplinary fellows.

January 2018 *Nutritional Health and Health Policy ages 10-26*. Presentation for Adolescent and Young Adult Health and Health Policy, Master of Public Health course (PUBH570) at the University of Pennsylvania.

September 2017 *Setting the Bar High: Using Exposures and Distress Tolerance to Support Growth in Malnourished Patients*. Nutrition Seminar at Children’s Hospital of Philadelphia.

July 2017 Introduction to the *Malnutrition Pathway for Registered Nurses*. RN Grand Rounds at Children’s Hospital of Philadelphia.

May 2017 *Admission Nutrition Labs for Patients on the Malnutrition Protocol*. Presentation to Adolescent Medicine department at Children’s Hospital of Philadelphia.

October 2016 *Malnutrition and Eating Disorders*. Presentation to Adolescent Medicine Fellows at Children’s Hospital of Philadelphia.

October 2015 *Pediatric and Adolescent Eating Disorders: Family-Based Treatment to Achieve Full Remission*. Food & Nutrition Conference & Expo (FNCE)

September 2015 *Malnutrition Pathway – Nutrition Intervention*. Training for Psychiatric Technicians

February 2015 *Optimizing Wellness*. Presentation to GI department at Children’s Hospital of Philadelphia.

December 2014 *Anorexia Nervosa Pediatric Case Study*. Presentation at Children’s Hospital of Philadelphia Dietetic Intern Day

August 2014 *Malnutrition Pathway Survival Guide*. Lecture for CICU Registered Nurses

May 2014 *Eating Disorders*. Delaware Dietetic Association Annual Conference

Recognitions:

June 2021 Excellence in Leadership Award, Clinical Nutrition Department, Children's Hospital of Philadelphia
April 2017 Today's Dietitian – Dietitian of the Week
June 2016 Today's Dietitian – Dietitian of the Week
September 2015 Today's Dietitian - Dietitian of the Week

Professional Committees:

Winter 2022-Spring 2023 School District of Philadelphia Nutrition Curriculum Revision; coordinated project with the directors of Eat Right Philly and the Health, Safety and Physical Education Department of Pennsylvania
Winter 2022- Spring 2023 Hospital of University of Pennsylvania and Children's Hospital of Philadelphia Coordination Committee for the development and implementation of a protocol for treating adult patients with Eating Disorders.
Fall 2021 Preventing harm through information release under the CARES Act – Eating Disorder Registered Dietitian note protection
Fall 2021-Spring 2023 King of Prussia Hospital Eating Disorder Unit Planning Committee
Fall 2021- Spring 2023 Nutrition Rehabilitation Pathway (NRP) Quality Improvement Committee
Fall 2021- Spring 2023 Academy of Eating Disorders (AED) Medical Care Standards Committee
Fall 2018- Spring 2023 Leadership in Education and Adolescent Health (LEAH) Annual Conference Planning Committee
2017- Spring 2023 Nutrition Faculty, Leadership in Adolescent Health (LEAH) Program
2013-2014 Co-Chair, PNPG Specialty Interest Group (SIG) – Eating Disorders and Adolescent Nutrition

Blogs:

Philly.com Goal Getter

July 2017 To the Bone – Sparking a Conversation about Eating Disorders
July 2017 How to modify a meal to meet the dietary needs of your whole family
June 2017 The facts on dietary fats
April 2017 Are you going overboard with salt?
Seasoning sans salt
December 2016 Do you have a healthy relationship with food?
November 2016 Is your relationship with food on the rocks?
September 2016 If it Fits Your Macros (IIFYM)
June 2016 How to eat healthy at a summer BBQ, Weight Loss Pitfalls, Smoothies for Summer
December 2015 Orthorexia
September 2015 Under-eating and over-exercising
July 2015 5 of the biggest calorie bombs in Philadelphia, What are Genetically Modified Organisms?

May 2015	Tips for Sips: Your happy hour survival guide, 5 Concerns about detox diets, Why you shouldn't skip meals
April 2015	8 yoga poses to improve digestion, Breaking down the great fat debate
March 2015	Fueling up before and after your workout
Fix Your Run	
March 2014	Got a Complex About Carbs?