

## PARTICIPANT BIOGRAPHY

**Name: Shana Patterson, RD**  
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Shana Patterson is a registered dietitian with the American Dietetic Association and is the current President of the Colorado Dietetic Association. She is also the past President-Elect and past President of the Austin Dietetic Association and the Denver Dietetic Association. Shana is the past Association spokesperson & speaks nationally on various nutrition topics. She received a BS in nutrition/dietetics and has been practicing in the field since 1994. In 2004, she joined the Colorado Dept. of Health and Environment as the Nutrition Coordinator for the Colorado Physical Activity and Nutrition (COPAN) program, the Nutrition State Coordinator, and Early Childhood Task Force Chair. The Early Childhood Task Force has also developed an assessment-based program and guidebook called Child Care Champions Best Practices, and the accompanying Self Assessment, which is now being used statewide for nutrition and physical activity improvements in centers and homes. As the Nutrition Coordinator, Shana created the Smart Meal Seal restaurant program to support the food service and hospitality industry, as well as raising customer awareness of healthy menu options. The Smart Meal program is now being recognized by CDC on a national level as a recommended practice-based intervention. Since joining the Department of Health, she has also conducted or participated in over 30 national and local media events, covering topics such as National Nutrition Month, healthy dining, weight management and childhood obesity. Still, she is able to maintain a healthy passion for balance, which includes a deep fondness for chocolate cake and french fries.