



2019 APR 30 PM 3:38  
OFFICE OF THE  
SECRETARY

MURIEL BOWSER  
MAYOR

2019 APR 30 2019

The Honorable Phil Mendelson  
Chairman  
Council of the District of Columbia  
John A. Wilson Building  
1350 Pennsylvania Avenue NW, Suite 504  
Washington, DC 20004

Dear Chairman Mendelson:

In accordance with section 2 of the Confirmation Act of 1978, effective March 3, 1979 (D.C. Law 2-142; D.C. Official Code § 1-523.01), and pursuant to section 202 of the District of Columbia Health Occupations Revision Act of 1985, effective March 25, 1986 (D.C. Law 6-99; D.C. Official Code § 3-1202.02), I am pleased to nominate the following person:

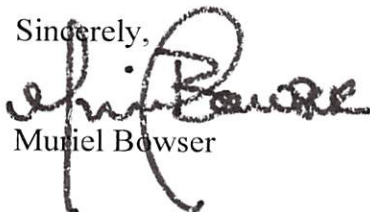
Ms. DeAnna Nara  
4455 Connecticut Avenue NW #301  
Washington, DC 20008  
(Ward 3)

for appointment as a licensed nutritionist member of the Board of Dietetics and Nutrition, filling a new seat, for a term to end March 12, 2022.

Enclosed, you will find biographical information detailing the experience of the above-mentioned nominee, together with a proposed resolution to assist the Council during the confirmation process.

I would appreciate the Council's earliest consideration of this nomination for confirmation. Please do not hesitate to contact me, or Steven Walker, Director, Mayor's Office of Talent and Appointments, should the Council require additional information.

Sincerely,



Muriel Bowser



Chairman Phil Mendelson  
at the request of the Mayor

A PROPOSED RESOLUTION

IN THE COUNCIL OF THE DISTRICT OF COLUMBIA

Chairman Phil Mendelson, at the request of the Mayor, introduced the following resolution,  
which was referred to the Committee on \_\_\_\_\_.

To confirm the appointment of Ms. DeAnna Nara to the Board of Dietetics and Nutrition.

RESOLVED, BY THE COUNCIL OF THE DISTRICT OF COLUMBIA, That this resolution may be cited as the "Board of Dietetics and Nutrition DeAnna Nara Confirmation Resolution of 2019".

Sec. 2. The Council of the District of Columbia confirms the appointment of:

Ms. DeAnna Nara  
4455 Connecticut Avenue NW #301  
Washington, DC 20008  
(Ward 3)

as a licensed nutritionist member of the Board of Dietetics and Nutrition, pursuant to section 202 of the District of Columbia Health Occupations Revision Act of 1985, effective March 25, 1986 (D.C. Law 6-99; D.C. Official Code § 3-1202.02), filling a new seat, for a term to end March 12, 2022.

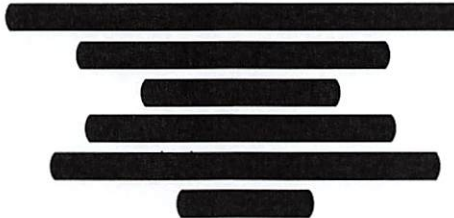
Sec. 3. The Council of the District of Columbia shall transmit a copy of this resolution, upon its adoption, to the nominee and to the Office of the Mayor.

Sec. 4. This resolution shall take effect immediately.

# DeAnna Marie Nara

PhD Candidate, MS, CNS, LDN, NU

*Clinical Herbalist ❖ Educator ❖ Nutritionist*



## PROFESSIONAL SUMMARY

Licensed Dietician-Nutritionist and Complementary Alternative Medical practitioner experienced in the use of herbs, whole foods, stress management, mindfulness practices, and dietary supplements to support health & wellness. Areas of interest include health disparities research, preventative medicine, chronic disease, and nutrigenomics.

## EDUCATION

PhD Nutritional Sciences-Community Focus; Howard University, Washington, D.C., USA  
2016-Expected graduation May 2019.

M.S. Herbal Medicine & Nutrition; Maryland University of Integrative Health, Columbia, MD,  
USA; 2010-2013.

B.S. Psychology/Biology, Magna cum Laude, Phi Beta Kappa, Howard University, USA  
Washington, D.C., 2006-2009.

## LICENSURE

Licensed Dietician-Nutritionist (LDN)

State of Maryland; Department of Health & Mental Hygiene

Nutritionist (NU)

Government of the District of Columbia

Department of Health; Board of Dietician & Nutrition

Certified Nutrition Specialist (CNS)

Certified Board of Nutrition Specialists

## **SELECTED AREAS OF EXPERIENCE**

***Terrific Inc., 1438 Kennedy St NW, Washington, DC***

***(202)882-1824; 40 hours per week***

***Ward 4 Supervisory Health & Wellness Nutritionist, 2014-Present***

- Implement and conduct nutrition assessments, counseling, and education to assist in the promotion of optimal health, and control and management of chronic disease for low income, at-risk senior citizens in the Washington, DC area.
- Supervision & Oversight of Seven, Ward 4 Health & Wellness Centers in the DC Area
- Organize, Develop & Design Health & Wellness Programming across Seven Wellness Centers within the Ward 4 DC area
- Coordination of Community Vendors and Community Wellness Supports within each of the Seven Ward 4 Centers including Nutrition Education, stress management, mindfulness & meditation, chronic disease management, and family health
- Integration of District Government's DC Office on Aging's Health & Wellness Programming

***Mid-Atlantic School of Herbal Medicine, 4908 Berwyn Road, College Park, MD***

***(301)474-8791; 2014-Present; 16 hours per month***

- Instructor & Clinical Supervisor
- Instructor of The Professional Herbalist Program, a two and a half year certificate program in Advanced Herbal Studies with advanced studies in clinical Nutrition and Therapeutic Herbalism.

***Graduate Assistant/Teaching Assistant; Howard University, 2400 Sixth St NW,***

***Washington, DC; August 2016-Present; 20 hours per week***

***(202) 806-6100***

- Teaching Assistant for Undergraduate Courses:
  - Introduction to Nutrition for Health Majors
  - Introduction to Nutrition for Non-Health Related Majors
  - Community Nutrition

***Smile Herb Shop, 4908 Berwyn Road, College Park, MD***

***(301)474-8791; 2012-2014; 40 hours per week***

- Resident Herbalist/Nutritionist
- Provided herbal, nutrition, and wellness counseling services to clients in the DC, Maryland, and Virginia areas.

- Leads classes in nutrition, general wellness, mindfulness, children's health, & assisted weight loss/detoxification group courses.
- Writer and contributor to Smile Herb Shop's newsletters and industry publications.

***Whole Health Medical Center, 6910 Richmond Hwy, Alexandria, VA  
(571) 357-2229; 2013-2015, 40 hours per week***

- Nutritionist
- Provides Nutritional Services for a large client base for Weight Management, Diabetes, High Blood Pressure, and other Lifestyle Diseases. Provide Detoxification & Cleansing Programs and personalized meal plans.

***Maryland University of Integrative Health-Natural Care Center  
Clinic, 7750 Montpelier Rd, Laurel, MD, (410) 888-9048; 2012-  
2013***

- Clinical Herbalist Intern
- Clinical herbalist & nutrition counselor in the herbal medicine student clinic

***National Institute of Mental Health, 6001 Executive Boulevard Bethesda, MD, (866) 615-  
6464; 2010-2011, 20 hours per week***

- Post-Baccalaureate Intramural Research Training Program, 2010-2011
- Worked under Dr. Lee Eiden, within the Laboratory of Cellular & Molecular Regulation, with a focus on pathological and pathophysiological alterations in rat hippocampus in mild traumatic brain injury.

***Henry M. Jackson Foundation for the Advancement of Military Medicine, 6720A Rockledge  
Dr, Bethesda, MD; (240) 694-2000; 2010-2011***

- Served as a liaison between the Department of Defense & the National Institutes of Health to support communication of research on Post-Traumatic Injury of soldiers in the United States Military.

***Howard University College of Medicine, 520 W St NW, Washington, DC; (202) 806-6690;  
2006-2008; 20 hours per week***

- Psychiatric Interview Assistant, 2006-2008
- Interviewed both clinical patients & volunteers under a grant from the National Institute of Mental Health focusing on the epidemiological link between genetics & depression within the African-American community.

***Monocacy Counseling, 6910 Bowers Road, Frederick, MD, (301) 473-4505; 2004-2005; 30  
hours per week***

- Intern, 2004-2005
- Trained in addictive substance & recovery counseling with specific focus on twelve-step recovery and led assisted group therapy sessions.

## **SCIENTIFIC PRESENTATIONS**

- 8<sup>th</sup> Annual Integrative Medicine For The Underserved Conference, Presenter, “*Community Based Nutrition Interventions In Chronic Disease*”; George Washington University; Milken School of Public Health; Washington, DC; 2018
- TERRIFIC, Inc.’s Unique; Solutions Unique Populations Care Conference, Presenter, “*The New Diabetes: Type 3*” Washington, DC; 2017
- CVS Health & Living Well Lecture Series, Presenter, Washington, DC; 2016
- Maryland University of Integrative Health Community Health Series, 2013
- Smile Herb Shop Course & Lecture Series, 2012-Present

## **PUBLICATIONS**

“Perspectives on Advancing Preventative Medicine Through Vaccinology at the Comparative Veterinary, Human, and Conservation Medicine Interface: Not Missing the Opportunities”, Vaccine. 2008, August 14.

## **PUBLICATIONS IN PROGRESS**

“Recruitment Strategies of Minorities in a Community Based, Nutrition Intervention Study Supporting Chronic Disease”

## **ACHIEVEMENTS/MEMBERSHIPS**

- Edward Alexander Bouchet Doctoral Scholars Fellowship, Howard University; 2016-2019
- The District of Columbia Nutrition Board of Dietetics & Nutrition Sub-Committee Member, DC Department of Health, Washington DC; 2017
- The Nutrition Society, Member; 2013-Present
- American Society of Nutrition, Member; 2013-Present
- Community Herbal Clinic at Smile Herb Shop, Founder; 2012-Present
- American Herbalists Guild, Member; 2012-Present
- Phi Beta Kappa National Honors Society, Member; 2009
- Beta Kappa Chi Honors Society of Science, Member; 2007
- Golden Key International Honors Society, Member; 2007
- Psi Chi National Honors Society, President; 2006
- Howard University International Study Abroad Award, 2006
- American Cancer Society-Cancer Research Award- “Is there an epidemiological link between ground water and cancer in Maryland?”

## **GRANTS AWARDED**

Ardmore Institute of Health- August 2017

Food as Medicine: Nutritional Management of Chronic Disease in Low Income Residents in DC

## **FUNDRAISING & COMMUNITY SERVICE**

- Thanksgiving Basket Drive, TERRIFIC Inc., supporting low income, homebound and frail Senior Citizens living in Ward 4; 2015=Present
- TERRIFIC Inc.'s Annual Health Fair; Supporting Prevention of Chronic Disease in the District of Columbia Senior Citizen Population; Presenter; 2015-Present
- Maryland University of Integrative Health, Silent Auction to benefit The Herbal Clinic for all, and a donation based community wellness program, 2014, 2015
- Petition Effort: Moratorium on Fracking of Southeastern Ohio Lakes, 2012-Present  
Petition Effort: Opposition of Unlimited Horsepower of Watercraft, 2003  
Seneca Lake, Senecaville, Ohio
- Brookhill United Methodist Church, Frederick, MD  
Appalachian Service Project Volunteer, 1999-2001

## **CERTIFICATIONS**

- CPR/First Aid
- ServSafe- Certified Food Manager

## **INTERESTS**

Food as Medicine, Local Food Movement, International Culture, Culinary Arts, Piano, Botany, Health Disparities, Global/Community Outreach, Competitive Slalom & Barefoot Waterskiing, Extreme Snow Skiing, Waterfowl Hunting & Sustainable Fishing

## **REFERENCES AVAILABLE UPON REQUEST**



Executive Office of the Mayor - Office of Talent and Appointments  
John A. Wilson Building | 1350 Pennsylvania Avenue, Suite 600 | Washington, DC 20004

## DeAnna Nara



DeAnna Nara is the Ward 4 Supervisory Health and Wellness Nutritionist for Terrific, Inc.

Ms. Nara is responsible for providing nutrition counseling and education for low income, at-risk senior citizens, including the management of chronic diseases and preventative and nutritional care. Ms. Nara also serves as an instructor and clinical supervisor for the Mid-Atlantic School of Herbal Medicine. Previously, she also presented at conferences on integrative medicine and healthy living.

A Ward 3 resident, Ms. Nara received a Bachelor of Science in Psychology and Biology from Howard University, a Master of Science in Herbal Medicine and Nutrition from Maryland University of Integrative Health, and is currently pursuing a Doctor of Philosophy in Nutritional Sciences at Howard University.





GOVERNMENT OF THE DISTRICT OF COLUMBIA  
Executive Office of Mayor Muriel Bowser



Office of the General Counsel to the Mayor

**To:** Alana Intrieri, Steve Walker  
**From:** Betsy Cavendish  
**Date:** April 22, 2019  
**Subject:** Legal sufficiency review of Resolutions nominating Njeri Jarvis and DeAnna Nara as members to the Board of Dietetics and Nutrition

---

**This is to Certify that** this office has reviewed the above-referenced legislation and found them to be legally unobjectionable. If you have any questions in this regard, please do not hesitate to call me at 202-724-7681.

A handwritten signature in black ink that reads 'Elizabeth A. Cavendish'.

---

Elizabeth Cavendish