



MURIEL BOWSER
MAYOR

May 22, 2024

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 individual:

Ms. Emily Arkin
Farragut Street, NW
Washington, DC 20011
(Ward 4)

for appointment as a dietician licensed in the District member of the Board of Dietetics and Nutrition, filling a vacant seat formerly held by Kimberly Thompson, for the remainder of an unexpired term to end March 12, 2025.

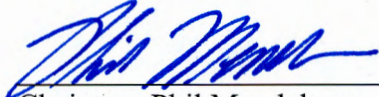
Enclosed, you will find biographical information detailing the experience of the above-mentioned nominee, together with a proposed resolution to assist the Council during the confirmation process.

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,

A handwritten signature in black ink that reads "Muriel Bowser".

Muriel Bowser
Mayor


Chairman Phil Mendelson
at the request of the Mayor

A PROPOSED RESOLUTION

IN THE COUNCIL OF THE DISTRICT OF COLUMBIA

To confirm the appointment of Emily Arkin 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 Emily Arkin Confirmation Resolution of 2024”.

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

Ms. Emily Arkin
Farragut St, NW
Washington, DC 20011
(Ward 4)

as a dietician licensed in the District member of the Board of Dietetics and Nutrition, established by 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 vacant seat formerly held by Kimberly Thompson, for the remainder of an unexpired term to end March 12, 2025.

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.

Emily Arkin, MS, RDN, LD

EDUCATION

Teachers College, Columbia University, New York, NY

Master of Science in Nutrition & Public Health

May 2016

Dietetic Internship

Aug. 2016

University of North Carolina, Chapel Hill, NC

Bachelor of Science in Nutrition, Bachelor of Arts in Spanish, Minor in Chemistry

May 2013

Universidad de Sevilla, Seville, Spain

Spanish proficiency (reading, writing, conversational)

2012 spring semester

RELATED EXPERIENCE

RD Emily & Team

Washington, DC (Mar. 2018-Present)

Private Practice Dietitian, Owner

- Provide nutrition counseling and medical nutrition therapy to clients at the outpatient level of care, specializing in the treatment of eating disorders and gastrointestinal disorders
- Communicate regarding and advocate for clients with members of interdisciplinary care team, as needed
- Manage and provide clinical supervision for associate dietitians within the group practice

EDGI Training Project

Remote (Jun. 2023-Present)

Contributing Member

- Develop textbook and coursework to train clinicians on the treatment of co-occurring eating disorders and gastrointestinal disorders

The Body Image Therapy Center

Washington, DC (Nov. 2016-Apr. 2018)

Clinical Dietitian

- Assess nutritional status of clients to develop appropriate meal plans and food/exercise-related goals
- Provide eating disorder-specific nutritional counseling, education, and meal support for clients in both the Intensive Outpatient Program (IOP) and Partial Hospitalization Program (PHP)
- Oversee menu execution, kitchen inventory, and allergy/dietary modifications

Wellness Corporate Solutions

Washington, DC (Sep. 2016-Mar. 2019)

Health Educator

- Provide nutritional counseling and health-focused seminars to the employees of corporate clients, as needed

Studio-in-A-School

New York, NY (Sep. 2014-Mar. 2015)

Nutrition Educator

- Taught Art & Healthy Living nutrition curriculum to improve the eating behaviors of NYC public school students
- Increased students' nutrition-related knowledge through exploration of concepts such as plant anatomy, "eating the rainbow", and eating five servings of fruits and vegetables each day

Compass Nutrition

New York, NY (May 2014-May 2015)

Clinical Aide

- Managed patient caseload by communicating with patients, the provider, and insurance companies
- Designed educational handouts and condition-specific meal plans for patients to support health goals
- Promoted healthy eating habits by contributing to monthly newsletter and social media accounts

DIETETIC INTERNSHIP

Food & Friends

Washington, DC (Jun. 2016-Jul 2016)

- Provided phone-based nutrition counseling to help clients manage HIV, cancer and other life-challenging illnesses
- Assisted with weekly Cooking Matters class to increase participants' knowledge and skills related to nutrient-dense foods, cooking techniques, and shopping on a budget
- Developed original content for client educational handouts and the organization's monthly newsletters

Esсен Medical Associates

New York, NY (Jul. 2016)

- Screened English- and Spanish-speaking patients prior to nutrition consults to collect dietary and medical history
- Developed and translated meal plans for patient use (specific calorie goals, general and renal diets)

Flik @ NBC Universal (Compass Group)

New York, NY (May 2016-Jun. 2016)

- Worked with Exec. Chef to create smoothie/juice recipes and seasonal, low-fat salad dressings for in-house sales
- Organized allergen- and safety-related presentations to provide continual training for employees

Hoboken University Medical Center

Hoboken, NJ (Feb. 2016-May 2016)

- Assessed nutritional status of patients at a 333-bed hospital to determine appropriateness of diet
- Developed and documented care plans using MediTech and HealthTouch to ensure proper resident care
- Conducted a cost-benefit analysis to determine the utility of expanding the hospital's formulary options

The New Jewish Home

New York, NY (Jan. 2016-Feb. 2016)

- Assessed residents' nutritional status at a 514-bed LTC/sub-acute facility to determine appropriateness of diet
- Developed and documented care plans using Vision/eCare and GeriMenu to ensure proper patient care

Natural Gourmet Institute

New York, NY (Nov. 2015-Dec. 2015)

- Developed plant-focused recipes and original content as a contributing writer for the *Simply Six* cookbook, NGI blog and social media accounts
- Collaborated with NYU Langone Medical Center to provide a "Winter Wellness" workshop for cancer survivors

United Way of NYC

New York, NY (Oct. 2015-Nov. 2015)

- Oversaw 2015 Seed Grant application process by evaluating written and presented proposals requesting up to \$30,000 for urban gardening projects
- Provided support for food pantry members by assisting with educational workshops, designing resources for the Client Choice model, and contributing to the monthly "Healthy Bites" newsletter

East River Gastroenterology & Nutrition

New York, NY (Sept. 2015-Oct. 2015)

- Observed all patient appointments to learn skills related to one-on-one counseling and condition management
- Drafted patient notes and letters to collaborating providers to ensure continuation of proper care
- Developed and revised condition-specific patient handouts to provide relevant nutrition education

AFFILIATIONS

Academy of Nutrition and Dietetics (Member)

Behavioral Health Nutrition DPG (Member)

Dietitians in Medical Nutrition Therapy DPG (Member, contributor to DIGID Disordered Eating Working Group)

D.C. Metro Academy of Nutrition and Dietetics (past Professional Development Committee Chair)

International Association of Eating Disorder Professionals (Member)

International Federation of Eating Disorder Dietitians (Member)

Association for Size Diversity and Health (Member)



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

Emily Arkin



Ms. Emily Arkin, MS, RD, LD is a registered dietitian nutritionist based in Washington, D.C. Her group practice, RD Emily & Team, specializes in eating disorders and medical nutrition therapy for gastrointestinal disorders, blood sugar concerns, and other illnesses across various life stages. She cares deeply about helping clients discover (or rediscover) joy in food while managing chronic conditions.

Ms. Arkin has worked at IOP and PHP levels of care for eating disorder treatment and is a member of the International Association of Eating Disorder Professionals. She is involved with GI OnDemand and is also a member of Dietitians in Gluten and Gastrointestinal Disorders (DIGID), a dietetic practice subgroup within the Academy of Nutrition and Dietetics. Under DIGID, she contributes to the “Disordered Eating” working group that is developing MNT resources for GI dietitians who encounter eating disorders in their practice.

A Ward 4 resident, Ms. Arkin earned her Bachelor of Science from the University of North Carolina at Chapel Hill and her Master of Science in Nutrition and Public Health from Columbia University at New York.



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



Office of the General Counsel to the Mayor

To: Tomas Talamante, Steve Walker
From: Betsy Cavendish
Date: May 9, 2024
Subject: Legal sufficiency review of Resolutions nominating India James as members of the Board of Dietetics and Nutrition

This is to Certify that this office has reviewed the above-referenced resolutions and found them to be legally unobjectionable. If you have any questions in this regard, please do not hesitate to call Erika Satterlee, Deputy General Counsel, Executive Office of the Mayor, at 202-724-1303, or me at 202-724-7681.

A handwritten signature in black ink that reads 'Elizabeth A. Cavendish'. The signature is written in a cursive, flowing style.

Elizabeth A. (Betsy) Cavendish