

Molly Jones Mills, RDN, LD

HEALTHY SCHOOLS REGIONAL PROGRAM MANAGER
SCAND PUBLIC POLICY COORDINATOR

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Education

Medical University of South Carolina, Charleston, SC

Dietetic Internship, August 2011-June 2012

The University of Georgia, Athens, GA

Bachelor of Science in Dietetics, May 2011

Professional Memberships

Academy of Nutrition and Dietetics (AND), Membership #1091666, Aug 2011-Present

South Carolina Academy of Nutrition and Dietetics (SCAND), Aug 2011-Present

Charleston Trident Dietetic Association (CTDA), Aug 2011-Present

Licensed Dietitian, South Carolina #1074, Aug 2012 - Present

American Society for Metabolic & Bariatric Surgery (ASMBS), Jan 2017-Present

Weight Management Dietetic Practice Group, July 2016 - Present

Dietitians in Business and Communication Dietetic Practice Group, June 2021- Present

Certificates & Certifications

Certificate of Training, Commission on Dietetic Registration (CDR):

- **Childhood and Adolescent Weight Management**, completed Nov 2013
- **Policy and Advocacy**, currently in process

CITI course completion, University of Miami, Sept 2014- Present

Professional Experience

Nov 2021-
Present

Alliance for a Healthier Generation, South Carolina

Healthy Schools Regional Program Manager

- Provides individualized support to South Carolina schools and districts participating in the Healthy Schools initiative
- Serves as a reliable resource on school-based wellness, providing education on Healthier Generation's 6-Step Process and Action Center, as well as wellness-related opportunities such as grants, events, or community-based wellness trainings.
- Plans, coordinates, schedules, prepares, and delivers individualized workshops and professional development for school and district staff members
- Contributes to the [annual impact report](#), with the goal of ensuring every mind, every body, every young person is healthy and ready to succeed

July 2016-
Nov 2021

Medical University of South Carolina (MUSC) / Sodexo, Charleston, SC

Registered Dietitian 3, Adolescent Program Coordinator, MUSC Metabolic & Bariatric Surgery

- Increased adolescent bariatric surgery volume by over 200% from 2018 to 2019 by streamlining program process and offering virtual pre-op nutrition education
- Led monthly interdisciplinary care meetings to ensure adolescent bariatric candidates are psychologically, behaviorally, and medically optimized prior to surgery
- Provided intensive behavioral counseling to adolescent and adult bariatric patients in a high-volume GI Surgery clinic and group nutrition classes to pre- and post-operative patients
- Screened for nutritional deficiencies and recommended appropriate vitamin/ mineral supplementation based on repletion protocols
- Facilitated monthly support groups and contributed content to the [MUSC Health Blog](#)

Medical University of South Carolina (MUSC) / Sodexo, Charleston, SC (continued)**July 2016-
Nov 2021***Registered Dietitian 3, MUSC Center for Telehealth*

- Offered telenutrition to 76 primary care and specialty clinics in 21 South Carolina counties
- Provided medical nutrition therapy via telehealth to improve health outcomes for pediatric and adult patients with chronic conditions including obesity, diabetes, and chronic kidney disease
- Marketed telenutrition services through webinars, media appearances, and annual reports
- Conducted outcomes research to demonstrate the value of telenutrition and justification for improved insurance reimbursement

**July 2021-
Nov 2021***Lead Dietitian in Telehealth and Billing*

- Developed and delivered telehealth training to increase the adoption of telemedicine
- Acted as liaison between Sodexo and MUSC's Center for Telehealth
- Provided ongoing billing training for 25 pediatric and adult outpatient dietitians
- Served as Sodexo "charge champion," collaborating with MUSC's revenue integrity team to increase charge timeliness, decrease deleted charges, and maximize hospital revenue
- Communicated state and federal legislative changes impacting billing guidelines

**Sept 2019-
June 2021***Interim Clinical Nutrition Manager*

- Managed credentialing process for outpatient dietitians
- Coordinated orientation and training for newly hired dietitians
- Assumed all telehealth and billing lead roles (see description above)

**June 2012-
July 2016***Outpatient Dietitian, MUSC Heart Health Pediatric Weight Management Program*

- Conducted one-on-one nutrition education, behavioral counseling, and weekly group sessions for children, adolescents, and families with overweight/obesity
- Organized outcomes data for statistical analysis, presentations, and funding justification
- Planned three annual Heart Health 5K Fun Runs to raise awareness for childhood obesity and to generate financial support for the non-profit weight management program
- Organized and conducted a two-week annual summer camp for four consecutive years
- Recruited and enrolled research subjects for the pediatric metabolic syndrome study

Leadership Experience

State Coalitions:

- SC Food Policy Council, Nov 2021- Present
- Healthy Palmetto Leadership Council, Nov 2021- Present
- SC Schools Network and the SC Governor's Council on Physical Fitness, Jan 2022- Present

Academy of Nutrition and Dietetics

- Bariatric Teleforum Coordinator, Weight Management Dietetic Practice Group, June 2017- May 2020

South Carolina Academy of Nutrition and Dietetics

- Public Policy Coordinator, June 2021- Present
- Co-Nutrition Services Payment Specialist, June 2021-Present
- Immediate Past President, June 2020- May 2021
- Committee member for development of Diversity Mini-Grant, June 2020- May 2021
- President, June 2019- May 2020

South Carolina Academy of Nutrition and Dietetics (continued)

- President Elect, June 2018- May 2019
- Membership committee, voting board member, June 2017- May 2018
- Public Policy Partner, 2015-present

Charleston Trident Dietetic Association

- Immediate Past President, June 2018- May 2019
- President, June 2017- May 2018
- President Elect, June 2016- May 2017
- Education/Legislative Chair, June 2015- May 2016
- Education/Legislative Chair Elect, June 2014- May 2015

Medical University of South Carolina/Sodexo

- Subject Matter Expert for Sodexo Bariatric Feeding Program, 2017 - 2018
- Elected mentor for MUSC's dietetic internship program, 2014-2017
- Member of MUSC Interview and Selection Committee for Dietetic Interns, 2013-2021
- Preceptor for MUSC dietetic interns, 2012 - 2021

Awards & Recognition

Palmetto Care Connections

- Poster Award Programmatic Winner, South Carolina Telehealth Summit 2020 "Telenutrition Decreases Barriers to Surgery for Adolescents with Severe Obesity"

South Carolina Academy of Nutrition and Dietetics

- Outstanding Dietitian of the Year, 2019 nominee

Charleston Trident Dietetic Association

- Outstanding Dietitian of the Year, 2018 recipient
- Outstanding Dietetics Educator, 2016 nominee
- Recognized Young Dietitian of the Year, 2015 recipient

Community Outreach

Building Healthy Communities 5K Run/Walk & Wellness Expo, 2015-2022: Volunteer coordinator, assisting with race registration, expo donations, and logistics for 7 consecutive years.

Health Promotion, 2012-2021: Developed nutrition-related handouts and interactive activities to represent MUSC / Sodexo at the following events:

Sanders-Clyde Nutrition Night, Miller-Motte Winter Wake Up, Dubose Middle School Walking Club, Kids Fair at Burke High School, Fam Jam at Marion Square, Family Nutrition Presentation to US Naval SSC Atlantic employees, Boulder Bluff Elementary Career Fair, Sullivan's Island Elementary Wellness Fair, Slim Down the South Softball Tournament, St. Andrews Health & Wellness Fair, Charleston Farmer's Market with "Lighten Up Charleston"

Lowcountry Heart Walk, 2013-2014: Recruited and organized a "MUSC Heart Walk" team, including 30+ children/adolescents and their families in September 2013 and 2014

Junior Girls Day Out: Food and Nutrition Olympics, 2014: Managed a team of volunteers to create an event teaching 80+ young girls (age 6-12) the importance of healthy eating and exercise while providing enriching experiences including: a cooking competition with local chefs, a salad building competition, and a beach run/relay

Invited Presentations

- "Upgrade Your Virtual Connection: Strategies to be an Ethical and Effective Communicator." South Carolina Academy of Nutrition and Dietetics Annual Meeting. Columbia, SC. April 2022.
- "Healthy Holidays." Louisiana Healthy Schools Virtual Presentation. November 2021.
- "There's an App for that: A Hands-on Look at Digital Health Tools." Obesity Action Coalition, Your Weight Matters, Virtual Convention. July 2021.
- "A Guide to Successful Telehealth Implementation." SC Department of Health and Environmental Control. Columbia, SC. March 2020.
- "TikTok: It's Time to Enhance Your Tech-Knowledgey." Academy of Nutrition and Dietetics Weight Management Dietetic Practice Group. Live Webinar, January 2020.
- "From A to Gen Z: The Path To Actual Behavior Change." Pennsylvania Association of Community Health Centers. Live Webinar, December 2019.
- "Tech Tools: The Pros and Woes of Living in a Connected World." Obesity Action Coalition, 2019 Your Weight Matters Convention. Tampa, FL, August 2019.
- "Support Through the Continuum of Care with Telehealth." American Society for Metabolic and Bariatric Surgery's Annual Meeting at Obesity Week 2018. Nashville, TN, November 2018.
- "Nutritional Deficiencies After Bariatric Surgery." American College of Surgeons' Integrated Health Chapter Meeting. Myrtle Beach, SC, July 2018.
- "Exploring Telenutrition: Evidence, Operationalization and Opportunities." Villanova University College of Nursing and the MacDonald Center for Obesity Prevention and Education. Live Webinar, December 2017.
- "Supporting Patients Before, During, and After Weight Loss Surgery." South Carolina Area Health Education Consortium (AHEC) Presentation. Charleston, SC, October 2017 and 2018 and December 2019.
- "Medical University of South Carolina Telehealth Update." Sodexo Regional Meeting, Charleston, SC, December 2016.
- "Childhood Nutrition: Your picky eater, nutrition from infancy and beyond, making healthier choices and preventing obesity." National Nanny Training Day, April 2015
- "Family Nutrition Made Simple." US Space and Naval Welfare Systems Center (SSC) Atlantic Employees and Military Wellness Event. Charleston, SC, October 2014
- "Childhood Obesity: Prevention, Assessment, and Treatment." Frontiers in Pediatrics Conference, Charleston, SC, December 2013

Scholarly Publications

"What is the Relationship Between Dairy Intake and Blood Pressure in Black and White Children and Adolescents Enrolled in a Weight Management Program?" DellaValle, D. Carter, J. Jones, M. and Henshaw, M., Journal of the American Heart Association. 2017; 6:e004593, originally published August 14, 2017.

"Factors Related to Weight Perception Accuracy among Obese Children and Adolescents at-Risk for Cardiovascular Disease." Haselden, L., Carter, J., Jones, M., Henshaw, M., DellaValle, D., Archives of Cardiology and Cardiovascular Diseases. Volume 1, Issue 1, 2018, PP: 40-48.

Peer-Reviewed Abstracts & Poster Presentations

"Telenutrition Decreases Barriers to Surgery for Adolescents with Severe Obesity." Mills, M., Hales, S., Crowley, N., McElligott, J., Dr. Leshner, A., Virtual Telehealth Summit, Oct 2020.

"Evaluating the Family Nutrition and Physical Activity (FNPA) Survey in Adolescents Preparing for Metabolic and Bariatric Surgery." Berner, A., Crowley, N., Mills, M., Wedin, S., Martin, K., Christon, Lilian., South Carolina Academy of Nutrition and Dietetics Annual Meeting, April 2020.

"Adolescents Proceeding to Weight Loss Surgery Have Higher Parent and Self-rated Quality of Life." Head, W., Crowley, N., Leshner, A., Jones, M., Wedin, S., Christon, Lilian., American Society of Metabolic and Bariatric Surgery Annual Meeting at Obesity Week. E-poster, October 2019.

"Improving Pediatric Weight Management Referral Rates from an Inpatient Setting." Bigus, E. Cundiff, N, Carter J., Jones, M., Mills, D., SanGiovanni, C., South Carolina American Academy of Pediatrics Meeting, August 2019.

"Transition-Readiness In Adolescent Patients With Severe Obesity Presenting For Weight-Loss Surgery." Christon, L., Wedin, S., Crowley, N., Jones, M., Leshner, A., Axiotis, D., Borckardt, J., Byrne, T., American Society of Metabolic and Bariatric Surgery Annual Meeting at Obesity Week. October 2017.

"Is The Positive Effect Of Dairy Intake On Blood Pressure The Same For Black And White Children?" Hasting, J., Henshaw, M., Carter, J., Jones, M., Martin, K., DellaValle, D.
Poster presented at the Food and Nutrition Conference and Expo, Oct 3-6, 2015, Nashville, TN.

"Predictors of Insulin Resistance in Pediatric Obesity." Syn, M., Carter, J., Jones, M., Presented at Food and Nutrition Conference and Expo, Oct 15-18, 2016, Boston, MA.

"Measuring the Impact of Registered Dietitian Intervention on Pediatric Obesity." Sanderson, K., Martin, K., Carter, J., Jones, M., Henshaw, M., Presented at the Food and Nutrition Conference and Expo, Oct 15-18, 2016, Boston, MA.

"Self-management of health behaviors in adolescent and young adult females at-risk for the metabolic syndrome: A subsample of the Pediatric Metabolic Syndrome Study." Christon, L., Henshaw, M., Carter, J., Jones, M., & Serber, E.R., Presented at the Darby Children's Research Institute and Pediatric Research Day at the Medical University of South Carolina, March 2016.

"Self- efficacy for health behaviors in adolescent and young adults with cardiometabolic risk in an outpatient preventative cardiology and weight management program." Christon, L., Henshaw, M., Jones, M., Carter, J., Franz, A., & Serber, E.R. Presented at the Darby Children's Research Institute and Pediatric Research Day, March 2016, Charleston SC and at the American Psychosomatic Society (APS) Conference, March 2016, Denver, CO.

"What Is The Relationship Between Family-Centered Behaviors And Children's Severity Of Obesity Index (SOI)?" Beischel, A., Carter, J., Jones, M., Martin, K., DellaValle, D., Presented at the Food and Nutrition Conference and Expo, Oct 3- 6, 2015, Nashville, TN.

Media Appearances & Publications

MUSC Health Blog, 70+ co-authored nutrition-related posts, 2019-2021.

"Kids Corner: Using Creativity to Inspire Healthy Choices." Obesity Action Coalition Magazine, April 2019.

"Telenutrition Helps Dietitians Connect with Patients Across South Carolina." Sodexo, RDN: Perspectives in Practice. December 2018, Issue 1, page 3.

"A guide to getting kids ready to head back to school." MUSC Catalyst News. August 10, 2018.

"Family Learns Best Health Habits Via Telenutrition." South Carolina ETV. March 5, 2018.

"Childhood Obesity Has More Than Tripled Since the 1970's." Fox 24 News Charleston. Interview with Leyla Gulen. September 8, 2017.

Hobbies & Interests

- Cooking and experimenting with new recipes, especially from Pinch of Yum.
- Adventure races: The Citadel Bulldog Challenge and Ville to Ville Relay (from Asheville to Greenville) are two favorites!
- Hiking in the NC mountains with my rescue dog, who is always up for an adventure!
- Solving a puzzle! I love a good jigsaw puzzle or word game. Wordle is my new daily activity.