



Heidi Katte MS, RDN, CD, FAND

Program Coordinator/Lead Faculty/Instructor

Milwaukee Area Technical College

Contributing author:

Chapter 8: “Nutrition Communicators Properly Reference Sources”

Chapter 16: “Create High-Impact Presentations”

Chapter 23: “Reach Target Audiences with Newsletters and Handouts”

Heidi Katte is a graduate of the University of Wisconsin Green Bay with a bachelor's degree in Human Nutrition and holds a master's degree in Dietetics from Mount Mary University. She worked in the dietetic field as a WIC Nutritionist, Clinical Dietitian, Consultant Dietitian and Published Author. As a published author, co-author and research adviser she brings her experience with referencing sources for publication to the book. From television to local, state and national platforms, Heidi has presented for a variety of nutrition related associations and research symposiums. In addition, she possesses over 20 years teaching to culturally and age-diverse populations. It is with this expertise she provides a broad array of presentation flare to the writings within her high-impact presentations work. It is from these experiences as well as her own nutrition consulting business that she has had extensive work creating handouts and newsletters. Ms. Katte is now an Instructor, Lead Faculty and Program Coordinator for the Nutrition and Dietetic Technician Program at Milwaukee Area Technical College in Milwaukee, Wisconsin.

What led you to contribute your time and expertise to writing *Communicating Nutrition*?

After having worked on professional and personal publications, I found this opportunity especially intriguing as I would be able to work with other authors equally passionate about sharing their expertise in the area of nutrition communications for the Academy. The fact that this pioneering text was very innovative and forthcoming, I found myself very excited to be a part of something new.

What is the impact you hope this book, and specifically the portion you helped write, has on the profession of nutrition and dietetics?

This is a reference desperately needed in the profession. As an instructor of Nutrition Counseling, and having limited resources to share with my students, having a timely and thorough resource for them to learn from was an opportunity I could not pass by.

What is one piece of advice you would like to share with current and future nutrition communicators?

Find your references, be consistent with the message you share and in the process don't forget to express your passion. It is with this excitement and care that the population you will serve can identify the integrity and compassion you convey. It is with this sincerity and truth that trust will build and the information you are providing will carry weight and find a way to make a true impression. This is the key to ensuring that a difference can be made and an impact on lifelong behavior change can be influenced.

Connect with Heidi:

LinkedIn: <https://www.linkedin.com/in/heidi-katte-4651114b/>