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Contributing author:

Chap 14: “Effective Communication is Tailored for Different Ages”

During a decade-long career as a K-12 health educator and curriculum specialist, Kristin refined development and delivery of fun and effective lessons. Diverse audiences throughout the St. Louis metropolitan area served as excellent teachers for what works (and what does not!). Although she recently shifted away from work with the K-12 audience, the communication skills she gained have continued to serve her well in crafting her new role as the first dietitian to join the Division of Gastroenterology at Washington University in St. Louis School of Medicine.

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

Seeing colleagues and students needlessly struggle to communicate information they hold expertise in encouraged me to join this project. I enjoyed sharing what I had learned myself through years of experience, mistakes, skilled mentorship, and collaboration. The scarcity of communications-focused resources in the field of nutrition makes me wish this book had been available previously as required reading for interns in rotation with me, or for dietitians whose experience in communications is limited.

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

In my experience, the most compelling communicators interject their time, energy, and joy before *and* after the main event, not just during. Be willing to learn from your audience by offering opportunities for interaction and feedback, truly listening, admitting when you do not know something, and then providing a pathway for your audience to acquire the desired information. Reflect and refine afterwards.

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