

Kathryn M. Kolasa, PhD, RDN, LDN  
Professor Emeritus

Department of Family Medicine; Professor of Pediatrics; Brody School of Medicine at East Carolina University and Vidant Health, Nutrition Initiative Consultant.

Dr. Kolasa earned her Ph.D. in Food Science from the University of Tennessee, Knoxville in 1974. Her Bachelor's Degree is from the Michigan State University in Home Economics with Communication Arts. She served on the Michigan State University faculty from 1974-1983. At East Carolina University she served as Chair of the Human Nutrition and Hospitality Management Department from 1983-86. She then joined the Department of Family Medicine and has held a joint appointment in the Department of Pediatrics since 2003. Since 2004 she has served as Consultant to Vidant. She was awarded a Kellogg National Leadership Fellowship in 1986. She has worked internationally in more than 20 countries. She has served as a consultant to government and non-profit agencies, trade associations and the food and pharmaceutical industries.

In 2008 she received the Centennial Award for Excellence—Service from East Carolina University. She was named a Master Educator at The Brody School of Medicine at East Carolina University and also received the ECU Board of Governors Distinguished Professor for Teaching Award in 2002. In 2003 she began serving as a consultant to the Nutrition Initiative of the University Health Systems (now Vidant Health). In 2004, she was appointed to “FIT FAMILIES NC, A Study Committee for Childhood Overweight/Obesity”. She provided leadership for the development and implementation of the Pitt County “Achieving Healthy Weight in Children Medical Nutrition Therapy Protocol adopted by pediatric practices throughout the country. Dr. Kolasa directed the Food Literacy Partners, a program that trains volunteers to provide nutrition education in the community setting including health fairs, schools, food stamp offices and free-clinics and shelters from 1998-2008. In 2001-2002 she played a leadership role in the preparation of the North Carolina Blueprint for Changing Policies and Environments in Support of Healthy Eating (<http://www.EatSmartMoveMoreNC.com>) and was a member of the writing team for the NC plans to combat Obesity.

Dr. Kolasa has authored over 225 publications, a textbook, book chapters, curriculum guides, bulletins and training manuals, videotapes and CD-ROMS. She has created educational websites and delivered more than 375 professional presentations including webinars. She enjoys presenting nutrition programs to consumer groups. She has been writing a weekly nutrition column for the Daily Reflector, Greenville, NC since 1986.

Dr. Kolasa was President of the Society for Nutrition Education, 1984-85. In 1986 and in 1996 she was named the Michigan State College of Human Ecology's Outstanding Alumni and in 1997, The University of Tennessee's. In 1995 she received the Career Achievement Award from the Society for Nutrition Education, and was recognized by the Society for Teachers of Family Medicine in 1999. In 2000 she was awarded the Dannon Institute Award for Excellence in Medical/Dental Nutrition Education, administered by the American Society for Clinical Nutrition. In 2010 she was recognized by North Carolina Prevention Partners for career achievement in prevention and she received the American Dietetic Association Medallion Award in recognition of outstanding service and leadership to the dietetics profession. Dr. Kolasa is a Licensed Dietitian Nutritionist and a member of the Society for Nutrition Education, the

American Society for Nutrition, and the Academy of Nutrition and Dietetics. She serves on many advisory committees. In retirement she is a volunteer Affiliate faculty at the Brody School of Medicine where she teaches nutrition to medical students and residents as well as mentors junior faculty in publication and presentation. She is a columnist for Nutrition Today. She maintains interest in consulting. Dr. Kolasa lives in Greenville, North Carolina with her husband Patrick Kelly and enjoys travel, photography, snorkeling and scuba diving, the beach and golf.