

Speaker Biographies

Diabetes Prevention Program Strategic Plan Lunch



Nicole Bissonette, MPH, MCHES, Program Manager

EPICC Program

Nicole received a Master of Public Health from the University of Northern Colorado (1998) and a Bachelors degree from Utah State University. She is a Master Certified Health Education Specialist (MCHES) who has worked in a variety of governmental, non-profit, clinic, and university health settings. Currently, Nicole is the program manager for the Healthy Living through Environment, Policy and Improved Clinical Care Program (EPICC) at the Utah Department of Health (UDOH). She has been at the UDOH since 2000, holding the positions of Heart Disease and Stroke Prevention Program Manager, Utah Arthritis Program Manager, Training Coordinator for the Training & Education Center, and Health Program Specialist for the Utah Arthritis Program. Nicole was an adjunct lecturer from 2005-2007 in the Department of Health Promotion and Education at the University of Utah. She has provided public health evaluation consulting services to the National ALS Association.

McKell Drury, BS, CHES, Community Clinical Linkages Coordinator

EPICC Program

McKell Drury is the Community Clinical Linkages Coordinator for the Healthy living through environment policy and improved clinical care (EPICC) program at the Utah Department of Health. She earned her undergraduate degree in Health Promotion and Education from the University of Utah, after which she became a Certified Health Education Specialist. She began her career at the Utah Department of Health in 2003 as a health program specialist in the Environmental Epidemiology program where she worked for 10 years educating Utah residents on the hazards of heavy metal contamination. Most recently, she has joined the EPICC program where her focus is primarily on pre-diabetes, diabetes and community health workers.

Jaime Fitzgerald, RN-BSN, Nurse Care Coordinator

Exodus Healthcare Network

Jaime Fitzgerald is the Nurse Care Coordinator at Exodus Healthcare. Jaime graduated from Westminster College in 2011 with a bachelor's degree in nursing. In 2013 she earned a certification in forensic nursing at the University of Utah. Jaime joined Exodus Healthcare in 2014. Jaime is originally from Australia and has lived in the United States since 1999. She enjoys traveling, hiking, volunteering, writing, and spending time with family. Her services include transitional care, care management, Patient education and self-management as well as addressing population health issues related to our patient community.

Sheldon Smith, MS, CDE, Clinical Director

University of Utah Diabetes Prevention Director

Sheldon Smith is the Clinical Director for the University of Utah Diabetes Prevention Program. Sheldon got her MS in Exercise Physiology (1986) from the University of Massachusetts, She worked as an Exercise Specialist in Cardiac Rehabilitation Programs for 11 years then as the Exercise Specialist for the Utah Diabetes Center (2001-2004), after which time she became a CDE (2004). She was the Diabetes and Senior Health (DASH) Exercise Program Director at the University of Utah, Rehabilitation and Wellness Clinic (2006-2016).

She worked with a team at the University of Utah to get funding for the Diabetes Prevention Program Pilot Research Study in the fall of 2013, became a CDC- certified Diabetes Prevention Program Lifestyle Coach in March 2014, and began enrolling participants for the DPP Pilot Research Study in September 2014. DPP Pilot study groups rolled out from Jan-June 2015. In September 2015 the University opened up the first NDPP classes for the public. In May 2017 the Program rolled out its 9th DPP cohort. The NDPP Program director has become her fulltime job at the University of Utah.

Holly Budge, MS, CHES, Public Health Resource Manager

Bear River Health Department

Holly Budge is the Public Health Resource Manager at the Bear River Health Department (BRHD) in Northern Utah. Holly has worked at BRHD for 23 years in several different prevention programs. She received her Masters Degree from Utah State University in 1995 where her thesis research evaluated the impact of weight management curricula on female body image. Holly has been adjunct faculty for Utah State and has been a Prevent T2 lifestyle coach for just over a year. She has a passion for fitness, nutrition and inspiring others to live a healthier life.

Maria Givler, M. Ed., RD, Registered Dietitian

PEHP/Healthy Utah

Maria Givler is a registered dietitian at Public Employee Health Plan (PEHP). Maria has enjoyed the field of nutrition professionally for seventeen years. She earned her undergraduate degree in Dietetics from Brigham Young University and her master's degree in Education from Framingham State University. Her work experience includes maternal and child nutrition with the WIC (Women, Infants, and Children) program, foodservice management at Primary Children's Medical Center, and wellness with PEHP. Her philosophy on nutrition: Food is meant to be savored and enjoyed! All foods can fit with moderation and balance. One of her deepest joys is helping people find healthy foods and forms of activity that are truly satisfying, so they honor health for the long term.

Maria is a native of beautiful and historic Pennsylvania. She credits her mother, grandmothers, and aunts for her love of good food, as they were (and are) exquisite cooks. Her father taught her to love the outdoors and physical activity. Maria's other hobbies include cooking, reading, journaling, traveling, exploring, and learning.

Celsa Bowman, MS, AAS

Health Program Specialist III, EPICC Program

Celsa is a Health Program Specialist III at the Utah Department of Health EPICC Program. Celsa has a Master of Science (MS) degree from the University of Utah in Exercise Physiology and an Associate of Applied Science (AAS) degree from the Salt Lake Community College in Visual Art and Design, with an emphasis in Graphic Design. She has over twenty-five years of experience in health promotion and diabetes prevention.

Eddie Zamora, MPH, Epidemiologist & Evaluator

EPICC Program

Eddie Zamora is an Epidemiologist & Evaluator in the Healthy Living through Environment, Policy and Improved Clinical Care (EPICC) Program at the Utah Department of Health. In EPICC he supports statewide prediabetes, diabetes, and community health worker efforts. He has been providing evaluation and research support to underserved communities in hospitals, academic centers, nonprofits and government for almost 10 years. He is particularly passionate about prevention and management of chronic diseases among diverse communities. He is curious about exploring and implementing creative solutions to challenging systemic health issues and recently started a PhD program.