

Alyssa H. Fritz

EDUCATION

Master of Public Health (MPH), 2016-2018

Johns Hopkins University – Bloomberg School of Public Health
Baltimore, MD

- Delta Omega – Alpha Chapter Inductee
- Master’s Thesis: “Identifying nutrition-related predictors of early academic success among Head Start students in Eagle County, Colorado: A proposal for secondary data analysis” (Advisor: Dr. Susan Gross)
- Finalist, Student Award for Excellence in Public Health Practice
- Practicum Experience #1: Collaborated with Summit County WIC Program Director in the planning and implementation of a community garden program to increase access to fresh produce among low-income and immigrant community members in Summit County, Colorado.
- Practicum Experience #2: Engaged with MPH program leadership at an underground university in Iran – the Baha’i Institute of Higher Education (BIHE) - and Johns Hopkins University faculty to conduct a comprehensive review of the BIHE MPH curriculum.

Bachelor of Science (BS), 2008-2012

University of Minnesota – Twin Cities
Minneapolis, MN

- Major: Nutrition-Dietetics
- Minor: Sustainability Studies
- Graduated *summa cum laude*
- Graduated with High Distinction
- Awarded Dean’s List all semesters
- Honors Thesis: “Dietetics Education for the 21st Century: Suggestions for the revitalization of a Didactic Program in Dietetics through coalescence of the educational priorities of the program’s home institutions with the projections of the future needs of the dietetics profession” (Advisor: Dr. Leonard Marquart)
- Minor Capstone: Engaged community leaders in the City of Sauk Rapids, MN in documenting sustainability efforts, leading to the city earning designation by the Minnesota Pollution Control Agency as a GreenStep City.

CLINICAL CERTIFICATIONS

Registered Dietitian (RD), 2013 – Present

Commission on Dietetic Registration

Certified Lactation Counselor (CLC), 2014 – Present

Academy of Lactation Policy and Practice

PROFESSIONAL EXPERIENCE

UNIVERSITY OF MINNESOTA SCHOOL OF PUBLIC HEALTH – Minneapolis, MN

Research and Policy Fellow, Rural Health Research Center (August 2022 – Present)

- Support the design, implementation, and policy impact of research projects that address systemic and structural determinants of health, with a focus on maternal health and rural health.
- Develop, maintain, and coordinate policy relationships and disseminate policy-relevant research findings to a variety of audiences.
- Advise colleagues on government relations and legislative processes.
- Contribute to research writing and analysis.
- Advise staff and stakeholders on policy development and legislative relations.
- Provide executive administrative support to Center Director, Dr. Katy Backes Kozhimannil.

Manager of Research Translation and Policy, Center for Antiracism Research for Health Equity (January 2021 – August 2022)

- Supported Dr. Rachel Hardeman, Founding Director, in numerous aspects of launching a new research center, including managing external and internal requests for collaboration, developing project management systems, and hiring seven full-time staff.
- Project managed multiple sponsored projects aimed at improving maternal health and racial equity.
- Coordinated the drafting, submission, and management of research grant applications and contracts, including successful application for a \$1.25 million private foundation grant.
- Supported Center Director and other team members in preparing for legislative testimony and meetings with legislators; drafted letters of support for legislative committee hearings.

MINNESOTA HOUSE OF REPRESENTATIVES – Saint Paul, MN

Committee Administrator (January 2020 – January 2021)

- Planned and executed public hearings for the Education Policy Committee (Chair: State Rep. Cheryl Youakim), Early Childhood Finance and Policy Division (Chair: State Rep. Dave Pinto), and Select Committee on Racial Justice (Co-Chairs: State Reps. Rena Moran and Ruth Richardson).
- Advanced Chairs' legislative agendas by guiding bills through the legislative process, coordinating stakeholder strategy, and assisting in final negotiations.
- Supported legislative successes with health equity implications, including the Peacetime Emergency Child Care Grant program, an increase in Child Care Assistance Program (CCAP) reimbursement rates, and a law to significantly limit the suspension and expulsion of preschool students.

Committee Legislative Assistant (January 2019 – January 2020)

- Facilitated communications between State Representatives Rena Moran (St. Paul) and Shelly Christensen (Stillwater) and their constituents, state agencies, advocacy groups, media outlets, and other elected officials.
- Conducted policy research and tracked bills to assist State Representatives in advancing legislation.
- Executed Health and Human Services Policy Committee hearing logistics, ensuring accuracy of committee documentation for over 110 bills.
- Coordinated district outreach and resolved constituent concerns on behalf of legislators.
- Served as aide to the People of Color and Indigenous (POCI) Caucus and the Legislative Task Force on Child Protection.

CHISAGO COUNTY PUBLIC HEALTH DEPARTMENT – North Branch, MN

Community Health Specialist (July 2018 – January 2019)

- Coordinated county Statewide Health Improvement Partnership (SHIP) initiative: recruited and collaborated with community partners (e.g. schools, health care systems, municipalities, businesses) to expand access to healthy eating, active living, and tobacco-free environments.

- Developed educational materials, work plans, and communication tools to support community health.

DAKOTA COUNTY PUBLIC HEALTH DEPARTMENT – Apple Valley, MN

WIC Dietitian (September 2013 – October 2016)

- Conducted comprehensive assessment of the nutrition and socioeconomic needs of pregnant and postpartum people, infants, and children.
- Provided culturally-responsive nutrition and breastfeeding counseling to WIC participants.
- Coordinated client case management in collaboration with health care and social service providers.

FELLOWSHIPS AND TRAINING PROGRAMS

Political Leaders of Tomorrow Internship, 2018

Women Winning, St. Paul, MN

Health Equity Fellowship, 2017 – 2018

Eagle River Youth Coalition, Edwards, CO

Dietetic Internship, 2012 – 2013

Maricopa County Department of Public Health, Phoenix, AZ

PROFESSIONAL ORGANIZATION MEMBERSHIP

- Minnesota Population Center (2023 – Present)
- Minnesota Public Health Association (2018 – Present)
 - Governing Council At-Large Representative (2021-2022)
 - Health Equity Committee Member
- National Conference of State Legislatures (2019 – 2021)
- Delta Omega Honorary Society in Public Health, Alpha Chapter (2018 –2019)
- American Public Health Association (2017 – 2019)
- Academy of Nutrition and Dietetics (2011 – 2017)
 - Public Health/Community Nutrition Dietetic Practice Group, Newsletter Committee Member

BOARD AND ADVISORY COMMITTEE SERVICE

- Board Member, Twin Cities Food Justice (2021 – 2023)
 - Vice Chair (2021, 2023)
 - Governance and Operations Committee Member
- District 2 Representative, Ramsey County Community Health Services Advisory Committee (2019 – 2022)

VOLUNTEER SERVICE AND CIVIC ENGAGEMENT

- Peer Reviewer, *Journal of Critical Dietetics* (2024 – Present)
- Pro Bono Consultant, Twin Cities Food Justice (2024 – Present; 2016 – 2018)
- Treasurer and Canvasser, Jamie Becker-Finn for MN State Representative (2018 – 2021)
- Deputy Communications Manager, Aric Putnam for MN State Senate (2019 – 2020)
- Assistant Coach, Girls on the Run Twin Cities, Galtier Elementary, St. Paul, MN (2019)

- Mentor, University of Minnesota College of Food, Agricultural, and Natural Resource Science (CFANS) Mentor Program (2015 – 2019)
- Family Support Volunteer, Catholic Charities of Denver (2017 – 2018)

PUBLICATIONS

Refereed/peer-reviewed journal articles – Published

1. Sheffield EC, **Fritz AH**, Interrante JD, Kozhimannil KB. **The availability of midwifery care in rural United States communities.** Accepted for publication at *Journal of Midwifery and Women's Health*.
2. Interrante JD, Pando C, **Fritz AH**, Kozhimannil KB. **Perinatal Care among Hispanic Birthing People: Differences by Primary Language and State Policy Environment.** Accepted for publication at *Health Services Research*.
3. Kozhimannil KB, Sheffield EC, **Fritz AH**, Interrante JD, Henning-Smith C, Lewis V. **Health insurance coverage and experiences of intimate partner violence and postpartum abuse screening among rural US residents who gave birth 2016-2020.** *Journal of Rural Health*. Published online May 10, 2024. doi:10.1111/jrh.12843.
4. Interrante JD, **Fritz AH**, McCoy MB, Kozhimannil KB. **Effects of breastfeeding peer counseling on county-level breastfeeding rates among WIC participants in Greater Minnesota.** *Women's Health Issues*. Published online 2024 Jan 8. doi:10.1016/j.whi.2023.12.001
 - Media coverage: [Daily Yonder](#), [MinnPost](#), [Minnesota News Network](#)
5. Kozhimannil KB, Sheffield EC, **Fritz AH**, Henning-Smith C, Interrante JD, Lewis VA. **Rural/urban differences in rates and predictors of intimate partner violence and abuse screening among pregnant and postpartum United States residents.** *Health Services Research*. Published online 2023 Aug 8. doi:10.1111/1475-6773.1421
6. Basile Ibrahim B, Interrante JD, **Fritz AH**, Tuttle MS, Kozhimannil KB. **Inequities in Availability of Evidence-Based Birth Supports to Improve Perinatal Health for Socially Vulnerable Rural Residents.** *Children (Basel)*. 2022;9(7):1077. Published 2022 Jul 19. doi:10.3390/children9071077
 - Awarded 2022 Yale School of Medicine Office of Health Equity Research Award for Yale Research Excellence

Non-refereed/peer-reviewed content – Published

1. **Fritz AH**, Sheffield EC, Chastain P, Henning-Smith C, Lewis V, Kozhimannil KB. **Intimate Partner Violence in Rural Communities: Perspectives from Key Informant Interviews.** UMN Rural Health Research Center Policy Brief. March 2024. https://rhrc.umn.edu/wp-content/uploads/2024/03/UMN-Policy-Brief_Intimate-partner-violence_3.8.pdf
 - Media coverage: [Daily Yonder](#), [MinnPost](#)
2. Sheffield EC, **Fritz AH**, Kozhimannil KB. **Racial/Ethnic Differences in Experiences of Intimate Partner Violence and Postpartum Abuse Screening Among Rural US Residents who Gave Birth**

- 2016-2020.** UMN Rural Health Research Center Policy Brief. March 2024. https://rhrc.umn.edu/wp-content/uploads/2024/03/UMN-Policy-Brief_Racial-ethnic-differences-IPV.pdf
3. **Fritz A,** Interrante J, Kozhimannil KB. **WIC funding gap could endanger rural mothers.** *Star Tribune* commentary. January 25, 2024. <https://www.startribune.com/wic-funding-gap-could-endanger-rural-mothers/600338646/>
 4. Lamb E, Merwin M, Mumford Q, Thach S, **Fritz A,** Henning-Smith C. **Obstetric Readiness in Rural Communities Lacking Hospital Labor and Delivery Units.** National Rural Health Association Policy Brief. February 2023. https://www.ruralhealth.us/NRHA/media/Emerge_NRHA/Advocacy/Government%20affairs/2023/NRHA-Policy-Brief-Final-Draft-OB-readiness.pdf
 5. Chastain PL, Tuttle MS, **Fritz AH,** Basile Ibrahim B, and Kozhimannil KB. **Evidence-Based Supports for Maternal and Infant Health in 133 Rural US Counties with and without Hospital-Based Obstetric Care.** UMN Rural Health Research Center Infographic. December 2022. <https://rhrc.umn.edu/publication/a-comparison-of-evidence-based-supports-for-maternal-and-infant-health-in-133-rural-us-counties-with-and-without-hospital-based-obstetric-care/>
 6. Basile Ibrahim B, Tuttle M, **Fritz AH,** Interrante J, and Kozhimannil KB. **Racial Inequities in the Availability of Evidence-Based Supports for Maternal and Infant Health in 93 Rural US Counties with Hospital-Based Obstetric Care.** UMN Rural Health Research Center Policy Brief. June 2022. <https://rhrc.umn.edu/publication/racial-inequities-in-the-availability-of-evidence-based-supports-for-maternal-and-infant-health-in-93-rural-us-counties-with-hospital-based-obstetric-care/>
 7. **Fritz A.** **Breastfeeding Research 2015: A Year in Review.** Article in *The Digest*, the newsletter of the Public Health and Community Nutrition Practice Group of the Academy of Nutrition and Dietetics. March 2016.

PRESENTATIONS

1. Kozhimannil KB and **Fritz A.** **Intimate Partner Violence in Rural Communities: Perspectives from Advocates.** Presentation to the Planned Parenthood North Central States Extended Leadership Team. May 2024; virtual.
2. **Fritz A.** **Supporting Rural Victims of Intimate Partner Violence.** Podium presentation at the National Rural Health Association Health Equity Conference. May 2024; New Orleans, LA.
3. **Fritz A.** **WIC Breastfeeding Peer Counseling Programs in Rural Minnesota.** Presentation to University of Minnesota Lactation Advocacy Committee. April 2024; virtual.
4. **Fritz A.** **Food Waste, Food Insecurity, and Food Justice.** Presentation to incoming Twin Cities Food Justice board members. February 2023, January 2024; virtual.
5. **Fritz A.** **Preparing Legislative Testimony.** Presentation to University of Minnesota Rural Health Program Project REACH participants. March 2022, March 2023; virtual.

6. **Fritz A. Racism is a Public Health Crisis Declaration in Minnesota.** Panel presentation for the Institute for Public Health Innovation Racism is a Public Health Crisis Webinar Series: The National Landscape and Next Steps for Virginia. June 2021; virtual.
7. **Fritz A. Overview and Discussion of the Minnesota House Select Committee on Racial Justice Final Report.** Presentation to members of the Minnesota Public Health Association Health Equity Committee. March 2021; virtual.
8. **Shefveland A. Suggestions for the Revitalization of a Dietetics Curriculum. Luncheon presentation.** Whole Grains Summit, Grains for Health Foundation. May 2012; Minneapolis, MN.
9. Skoro R and **Shefveland A. How Different Disciplines Talk About the Green Revolution.** Poster presentation. How We Talk about Feeding the World Symposium, University of Minnesota Institute for Advanced Study. April 2011; Minneapolis, MN.

MEDIA ENGAGEMENT

1. **Rural Victims of Intimate-Partner Violence Need More Resources and Support, Study Finds.** The Daily Yonder. May 14, 2024. Available at: <https://dailyyonder.com/rural-victims-of-intimate-partner-violence-need-more-resources-and-support-study-finds/2024/05/14/>
2. **University of Minnesota studies reveal disparities in intimate partner violence between rural and urban areas.** MinnPost. May 8, 2024. <https://www.minnpost.com/greater-minnesota/2024/05/university-minnesota-studies-disparities-rural-urban-intimate-partner-domestic-violence/>
3. **Advocates: Too Early to Judge Effectiveness of Federal Investments in Rural Maternity Care.** The Daily Yonder. March 26, 2024. Available at: <https://dailyyonder.com/advocates-too-early-to-judge-effectiveness-of-federal-investments-in-rural-maternity-care/2024/03/26/>
4. **Advocates of WIC-funded breastfeeding programs concerned about funding levels.** MinnPost. February 21, 2024. Available at: <https://www.minnpost.com/greater-minnesota/2024/02/advocates-of-wic-funded-breastfeeding-programs-concerned-about-funding-levels/>
5. **U of M Study Shows Peer Counseling Groups Help WIC Participants Breastfeed Longer.** Minnesota News Network. January 30, 2024. Radio story.
6. **Last spring, Hennepin Healthcare System demoted the Filipino American head of its OB-GYN department. In a newly filed discrimination lawsuit, Dr. Tara Gustilo says she was penalized for her ‘colorblind’ political beliefs and her opposition to ‘racially segregated’ health care.** Sahan Journal. March 21, 2022. Available at: <https://sahanjournal.com/health/tara-gustilo-ob-gyn-hennepin-healthcare-discrimination-lawsuit/>

AWARDS AND HONORS

University of Minnesota School of Public Health (Staff)

Staff SPOT Award, 2024

Johns Hopkins Bloomberg School of Public Health (Masters)

Inductee, Delta Omega Honorary Society in Public Health, Alpha Chapter, 2018

Finalist, Student Award for Excellence in Public Health Practice, 2018

University of Minnesota (Undergraduate)

Graduation with Latin Honors, *summa cum laude*, 2012

Graduation with High Distinction, 2012

Outstanding Student Employee Award, 2012

President's Student Leadership and Service Award, 2012