Memorandum

Date: November 5, 2026

TO: Jon Pennell, Chairman, State Board of Health

FROM: Andrea Rivers, Secretary, State Board of health

RE: NAC 640E.300 Appointment of Dietician Advisory Group Members

The Dietician Advisory Group was established pursuant to NRS 640E.130, wherein the Board of Health is authorized to appoint members. Pursuant to NAC 640E.300(4), if a vacancy occurs in the membership of the Advisory Group, the Board will appoint a qualified person to fill the vacancy.

This is a request to appoint one new general public member to the Dietician Advisory Group to fill one vacant position. Individual would serve a four-year term, if appointed. Staff recommends that the Board appoint Stephanie Russ, Nutrition Science Student, UNLV.

The Dietician Advisory Group met on November 5, 2026, to review the candidates and provide a recommendation for appointment to the Board of Health. The recommendation following the November 5, 2026, meeting was as follows:

- The Dietician Advisory Group hereby recommends the appointment of Stephanie Russ, Nutrition Science Student, UNLV.

Staff Review

Pursuant to NAC 640E.300(4), if a vacancy occurs in the membership of the Advisory Group, the Board will appoint a qualified person to fill the vacancy.

There is currently one position, representing the public, vacancy. Staff recommends filling this vacant position pursuant to the recommendation provided by the Dietician Advisory Group in the previous section.

Public Comment Received

None.

Staff Recommendation

- Staff recommends that the Board appoint Stephanie Russ, Nutrition Science Student, UNLV.

Presenter

Rebecca Heidker, Ph.D.

Health Facilities Inspection Manager | Medical Laboratories

Nevada Health Authority

Division of Health Care Purchasing and Compliance

Stephanie Russ

Objective

Active, full-time Nutrition student with 18-years of professional cooking and food knowledge seeking a position in a master's program which will offer me the opportunity to continue to learn and achieve my ultimate goal of becoming a Registered Dietitian Nutritionist to help people thrive and live fuller lives through my love of food.

Career Skills

Gourmet cooking, healthy and nutritional cooking, meat cutting and butchery, large-scale cooking, presentation, food preparation and costing, menu planning and design, sanitation, training.

Career History

Honest Hospitality, Las Vegas

6/2020 – 3/2021, *Line Cook at Las Vegas Raiders training facility*

- Menu development.
- Worked directly with players to ensure meals were prepared in accordance with individual nutritional needs.

Aria Hotel & Casino, Las Vegas

11/2015 – 3/2020, *Master Cook at Carbone*

- Oversaw morning pre-team of 6-8 staff.
- Received and stored product.
- Followed precise corporate menus to ensure adherence to standards.

03/2012 – 11/2015, *Line Cook at Jean George Steakhouse*

- Organized and ran off-site events, taking care of all facets of the event.
- Responsible for managing day-to-day operations of all food service operations, including ordering and inventory.

05/2010 – 03/2012, *Line Cook at Sage Restaurant*

- Executed private parties of up to 300 people.
- Gastronomy.

10/2009 – 05/2010, *Master Cook for In-room Dining*

- Oversaw the day-to-day production.
- Food preparation and organization.

Upstairs2, Los Angeles

08/2008 – 03/2009, *Line Cook*

- Worked as part of the award-winning team for best new restaurant 2010, part of a team of five at a Zagat-rated tapas and wine bar.
- Created unique Mediterranean cuisine specially designed to complement a wide variety of wines.
- Worked on the pantry and hot line preparing dishes using the following techniques: sautéing, broiling, grilling, deep-frying, boiling, blanching, steaming, poaching, braising, baking, and roasting.
- Created both classical and cutting-edge food presentations.

Education

2023 - Present – BS Nutrition Science, University of Nevada, Las Vegas; Expected graduation term: Spring 2026

2021 - 2024 – Associate of Science, College of Southern Nevada

2003 - Culinary Certificate, National Culinary School

References

Available upon Request