

Sarah Muntel, RD, FASMBS-IH

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PROFESSIONAL SUMMARY

Passionate and dedicated Registered Dietitian with 25 years of bariatric experience and ten years as a Bariatric Coordinator. Patient focused and dedicated to advocacy, outreach, and the field of bariatrics through multiple positions. Effective communicator, collaborator, and leader to work with a team to maintain an exceptional high volume bariatric surgery practice.

EXPERIENCE

MBS Program Coordinator

July 2023 to present, Carmel, IN

Indiana University Health North- General and Bariatric Surgery

- Oversee clinical functions of MBS Program at IU Health North including a high volume surgical practice.
- Work with team to Establish an Adolescent MBS Program and obtain MBSAQIP designation for Adolescent Care
- Lead IH Staff to modify existing educational materials to meet best practice standards.
- Modify preoperative patient protocols to improve access to care as well as decrease the timeframe from seminar to surgery.
- Collaborate with hospital team to improve patient surgical experience.
- Expand current Back on Track program to incorporate the addition of Anti-Obesity Medications.
- Add to current patient support by increasing in person support offering, fitness classes, and online support.

MBS Program Coordinator

2013- 2023 Indianapolis, IN

Community Health Network – Bariatric and Medical Weight Loss

- Oversee clinical functions of Community Hospital North and Community Hospital South's surgical and medical weight loss programs, with a combined surgical volume of 550 primary surgical procedures per year.
- Collaborate with a clinical team, including five surgeons, two bariatricians, and five APPs to establish best practices through monthly clinical team meetings, M and M, and frequent communication with surgeons and staff.
- Establish patient pathways, education protocols, and clinical standards for each hospital.
- Education clinic and hospital staff on new procedures (SADI and DS) to maximize patient safety.
- Modify protocols based on clinic and patient needs.
- Modification of SWL protocol due to COVID 19
- Revise Back on Track Program to maximize use of weight loss medication post op
- Establish one week post op class to maximize clinic efficiency.
- Develop medical weight loss protocols using meal replacements, medication, and meal plans.
- Collaborate with Information Technology staff to develop a Bariatric Dashboard to monitor weight loss, pull through rate and comorbidity resolution.
- Successfully completed five bariatric site visits and maintained centers' MBSAQIP Certification and standards at both hospitals.

- Lead hospital Quality Initiatives to improve patient care yearly based on SAR, clinic needs and surgeon's collaboration.
- Facilitate patient outreach events (Walk From Obesity, special events, and group support)

Blogger/Content Producer

2021- 2023 Tampa, FL

Obesity Action Coalition (www.obesityaction.org)

- Produce two original weekly blogs on the topics of nutrition, fitness, and wellness.

Bariatric Dietitian

2009-2013 Indianapolis, IN

IU Health Bariatric and Medical Weight Loss

- Provide pre- and post-operative nutritional support for surgical patients
- Develop, implement and facilitate support group
- Create a patient ambassador and mentor program including outside support groups facilitated by successful post op patients.
- Modify nutritional meal plans and vitamin protocols for post-surgical patients

Bariatric Program Coordinator/Dietitian

2004 -2009 Indianapolis, IN

Community Health Network Bariatric Services, Community Hospital

- Implementation of program components including educational protocol, clinic schedule, pre-operative testing and inpatient protocols
- Supervised day to day clinic functions including patient acquisition, marketing, insurance approvals, re imbursement, and program follow up
- Developed new menus to implement in hospital system
- Educated surgical patients pre surgically with individual and group education sessions
- Counseled patients post surgically through regular follow up visits, phone calls and email
- Lead information sessions, seminars, support groups and education sessions

Bariatric Program Director/Dietitian

2001-2004 Indianapolis, IN

WinLife Bariatric Center, Winona Memorial Hospital

- Supervision of complete surgical weight management program
- Coordinated efforts of surgical staff and hospital administration to increase surgeries by 20%
- Maintained current budget by effectively reducing costs and developing creative alternatives
- Developed support group, newsletter, and patient activities to increase post-surgical follow-up
- Consolidated insurance portion of program to obtain optimal reimbursement.
- Initiated patient database to better assess clinical outcomes.
- Marketed program via television and radio appearances, print, website, informational seminars and health fairs
- Continued dietary support listed below

WinLife Dietitian

1999-2001 Indianapolis, IN

WinLife Bariatric Center, Winona Memorial Hospital

- Provided nutritional counseling for surgical weight loss patients pre and post-surgery
- Developed nutrition education classes and materials to assist with teaching lifestyle modification.

- Provided continued support through phone, email and personal consultations for over 400 patients per year

EDUCATION

Bachelor of Science, 1999 Purdue University, West Lafayette, IN Major: Dietetics

Bachelor of Science, 1999 Purdue University, West Lafayette, IN Major: Nutrition, Fitness and Health

Coordinated Program in Dietetics, 1999 Purdue University, West Lafayette, IN

CONTINUED EDUCATION and Certifications

IH Fellow of the ASMBS	2024
ASMBS IH Leadership Academy	2024
CDR Certificate of Training in Adult and Pediatric Weight Management	2024
Certificate of Advanced Metabolic and Bariatric Nutrition	2025

AWARDS

TREO IH Excellence in Nutrition Award	2023
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VOLUNTEER POSITIONS

American Society of Metabolic and Bariatric Surgery

- Member of American Society of Metabolic and Bariatric Surgery
- Member of Integrated Health Support Group Committee for ASMBS (2010-2014)
- Member of Access to Care Committee ASMBS (2020-Present)
- Member of Integrated Health Communication Committee (2018- present)
- Co-Chair IH Communications Committee (2022-2024)
 - Meet monthly to discuss and implement committee goals
 - Lead and moderate networking IH events and participate as a speaker
 - Administer of the IH Facebook Page for members
- IH Chair of Communications Committee (2024- Present)
 - Collaborate with IH and Surgeon members
 - Providing networking opportunities for members, webinars, and SOARD Journal Clubs
- Member of Integrated Health Executive Council (2022-present)
 - Member at Large (2022)
 - Work with other IH individuals nationwide to implement goals set by the society
 - Assist as a liaison with other IH Committees
 - Collaborating with other committee members for various projects
- Advanced Bariatric Nutrition Task Force, Co-Chair, (2024)
 - Development of Certificate Based Course – Advanced Bariatric Nutrition
- Co-Chair Registered Dietitian Committee (2025- Present)
- Co-Chair MBS Coordinator Committee (2026- Present)
- Speaking
 - Present at ASMBS Virtual Conference, 2021 – *ERAS Nutrition*
 - Course Director ASMBS Annual Conference, 2022 – *Leveraging Virtual Platforms in your Practice*

- Course Director and Presenter ASMBS Annual Conference 2023- *Medical Weight Loss and Obesity*
- Presenter ASMBS MBS Coordinator Session 2023- *Quality Improvement*
- ASMBS/IFSO Obesity Summit 2024 - Presenting on "*Metabolic Surgery for the High Risk Patient*"
- Course Director and Speaker at ASMBS Annual Conference 2024 – *Support Group – Who’s Talking Now*
- Presenter ASMBS Weekend 2024
 - *Pre operative planning for incarcerated patients*
 - *Walk from Obesity*
 - *Dietary factors affecting weight recurrence*
 - *Protein Calorie Malnutrition for Malabsorptive Surgery*
- Presenter at ASMBS 2025 Conference
 - *Dietary Considerations in Multidisciplinary Care*
 - *Maximize Your Involvement- Host a Walk and Join Committees*
 - *Diagnosing Protein Calorie Malnutrition*
 - *Weight Recurrence Post MBS: Causes, Assessment, Prevention and Treatment*
- Presenter at ASMBS Weekend Conference 2025
 - *Nutrition Barriers*
 - *Dietitian Reimbursement*
 - *Course Director: Nutrition*

Obesity Action Coalition

- Member of the OAC Education Committee (2015- 2019)
- Speaking
 - OAC National Convention 2015, 2016, 2022
 - Health Talks- *Why Eating Less and Moving More is Not the Simple Solution to Obesity, 2022*
- Content Development
 - Frequent contributor for *Your Weight Matters Magazine- 2013- Present*
 - Developer of Nutrition Portion of *Living Well – Your Guide, Your Journey - 2015*

TREO Foundation

IH Board Member

2025- Present

- Work with foundation to implement updates to The Walk to increase participation, sponsorship and outreach leading to increased walk participation in 2025.

Indianapolis Walk Coordinator (2012-present)

- Raise on average \$10,000 for Treo yearly
- Collaborate with all Indianapolis hospitals for optimal engagement for city wide event for patients, staff, surgeons and community members.

Academy of Nutrition and Dietetics

- Weight Management DGP – Networking Committee (2018)
- Weight Management DPG- Bariatric Meet Up Coordinator (2020-2023)
 - Facilitate quarterly meet up educational and networking meetings for bariatric dietitians.
- Weight Management DPG – Bariatric Subunit Coordinator (2023-2025)
 - Develop content and engage with potential speakers for Bariatric Meet Up

- Facilitate Bariatric Meet Ups to connect IH professionals nationwide via zoom
- Development and Implementation of Bariatric Mentor Program (2023-2024)
 - Match over 70 RDs with various content
 - Provide evidence-based content to members monthly for discussion.
 - Work with members to improve connection with mentor or mentee.
- Facilitate Virtual Symposium - Breakout Room, 2024
- Article for Winter Member Newsletter 2023- *Breaking Down Bariatric Meet Ups*, 2024
- Weight Management DPG- Professional Development Director (2025- Present)
 - Collaborate with team to develop evidence based “Quick Guides” for a variety of topics used in everyday practice
 - Offer monthly webinars for members with relevant topics of RDNs in Weight Management

Indiana State Chapter ASMBS

- Member of Indiana Chapter ASMBS (2013- Present)
- Board Member, Integrated Health (2017- Present)
 - Plan and implement Indiana Chapter ASMBS Annual Conference 2023
 - Coordinate education opportunities for IH Members