Allegany County
HEALTH DEPARTMENT
"Healthy People, Healthy Communities"

Gena M. Spear, Health Officer
12501-12503 Willowbrook Road, SE
Cumberland, MD 21501-1745

301-759-5000 Phone
1-866-909-9629 Toll Free
https://myalleganyhealth.org

# *FOR IMMEDIATE RELEASE*

**DATE:** June 11, 2026
**MORE INFORMATION:** Brenda K. Caldwell, Public Information Coordinator: 301-759-5239

## THERESA STAHL NAMED 2026 DIETITIAN OF THE YEAR

CUMBERLAND, MD — The Maryland Academy of Nutrition & Dietetics (MAND) has named Allegany County Health Department Nutritionist Theresa Stahl, RDN, LDN, FAND, the Outstanding Dietitian of the Year for 2026 for the state of Maryland. One recipient is chosen from each state for this national Academy of Nutrition and Dietetics (AND) honor that recognizes exceptional leadership, service, impact on nutrition across the state, and distinguished contributions to advancing the profession.

The Outstanding Dietitian of the Year award is MAND's highest professional honor. Stahl received the award during MAND's Centennial Celebration at M&T Bank Stadium, where the organization marked 100 years of advancing nutrition science and support of Maryland's dietetic professionals.

A longtime advocate for community health, Stahl is known for her passion for helping people improve their wellbeing through evidence-based nutrition, mind-body medicine practices, and her commitment to local food access for all. Her philosophy centers on empowering people to use food as a foundation for lifelong health.

She authored the book, I'm Full: Remindful Eating Tips to Feel Great and Make Peace with Your Plate. In addition to heading Nutrition Programs with the Allegany County Health Department, Theresa serves as vice-chair of the Western Maryland Food Council and is a member of both the Maryland Food System Resiliency Council and the Appalachian Farm and Food Alliance.

"Throughout her career, Theresa has promoted a positive image of the profession through innovative outreach creating nutrition tips and videos, collaborating with farmers markets, and through community partnerships. She has been a dedicated educator and speaker, presenting at numerous professional meetings, including regional, state, national, and international conferences," MAND leadership noted during the ceremony. "Her work reflects both scientific excellence and genuine compassion."

Theresa can be reached at theresa.stahl@maryland.gov. Visit the nutrition page of the Allegany County Health Department for information about community nutrition programs at myalleganyhealth.org/nutrition.

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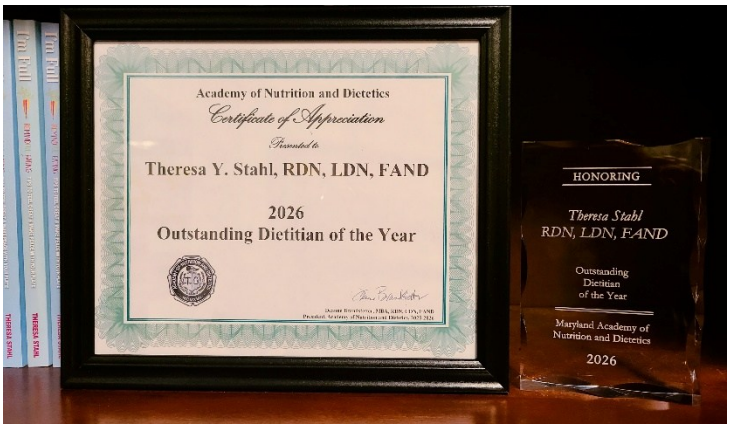
**[Photos and captions appear on the following page.]**



**Above:** Maryland Academy of Nutrition and Dietetics Outstanding Dietitian of the Year Certificate and Plaque. **Right:** Theresa Stahl (left) with MAND past president, Kristina Buescher.
**Below:** Theresa Stahl (center) accepts the Outstanding Dietitian of the Year award from MAND president Joanna Reagan (left) and past president, Kristina Buescher at the MAND 100th Anniversary Gala.