

Milly Ryan-Harshman, PhD

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Fostering a deep understanding of health literacy and ethics among next-generation practitioners

One of the greatest challenges facing health care today lies in understanding the rights and responsibilities of patients and practitioners. Taking the moral high ground in its delivery is critical to safeguarding patients' rights. Milly Ryan-Harshman, PhD, has long been fascinated by health literacy and ethics, and has made it her duty to empower the next generation of healthcare practitioners with the knowledge and understanding to adhere to the highest of ethical practices.

A Senior Lecturer and Associate Graduate Faculty Member, Dr. Ryan-Harshman joined UOIT in 2005 and has been actively involved in developing and teaching health literacy and ethics courses in its Faculty of Health Sciences. Her passion for end-of-life care resulted in her widely regarded research paper Perspectives in Biology and Medicine – Refusing Technology, Accepting Death.

Dr. Ryan-Harshman's keen interest in scientific writing, nutrition, and health literacy culminated in her role as a public health nutritionist with the Durham Region Health Department, and in her role as a consultant within the agriculture and food industry. As an expert in program development, she established numerous continuing education programs on nutritional supplementation for physicians and pharmacists. She has also collaborated on nutritional genomics and dietetic professional practice research with colleagues across Canada, and co-authored a series of articles on the Dietary Reference Intakes, a literature review on the impact of nutritional genomics on dietetic practice, and a book chapter on nutritional genomics. She has been an invited speaker to the International Congress of Dietetics (Manila and Chicago), The Nutrition Society (London), and various national conferences in Canada.

Born and raised in Mississippi, her appetite for lifelong learning has taken her across the U.S. in pursuit of higher education. Recently, Dr. Ryan-Harshman earned her Master of Arts in Bioethics and Health Policy from Loyola University Chicago in 2015. She previously completed her Doctorate at the University of North Carolina at Greensboro in 1987, and her Master of Science at Mississippi State University, both in Human Nutrition. Her keen interest in the dissemination of information prompted her Bachelor of Arts in Journalism from the University of Louisiana at Monroe.

Education/Learning, Health and Wellness, Program Development

Health Promotion Ethics, Bioethics and Social Justice, End-Of-Life Care, Teaching Strategies

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University of North Carolina at Greensboro
PhD Human Nutrition

Mississippi State University
MS Human Nutrition

University of Louisiana at Monroe
BA Journalism

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