

EXPERIENCE

COMMUNICATIONS

- Authored numerous nutrition blog articles and provided podcast interviews for national sports club chain, ongoing.
- Conducted group presentations for weight loss, nutrition, healthy eating, diabetes, heart disease, wellness, fitness, and current health and nutrition topics in multiple settings.
- Presented informative and lively weekend seminars in health club for members and guests.
- Presented dynamic academic classes utilizing audio/visual tools, in-class activities, and open discussion. Developed courses: selected text, designed lectures, improved exams and created student assignments.
- Conducted staff training and inservice education as manager and consultant.
- Authored relevant nutrition articles for local magazines as freelance writer.
- Various corporate, community and professional presentations, ongoing.

NUTRITION COUNSELING

- Advised clients on proper nutrition, exercise, and behavior modification. Successfully encouraged 78% of health club clients to lose weight.
- Assessed clients' nutrition status, including body composition measurement and metabolism testing. Created customized menus and individualized eating plans tailored to clients' personal styles and health objectives.
- Planned and educated patients on therapeutic diets in hospital and outpatient settings. Participated in interdisciplinary team case reviews. Conducted phone and home visit consultations with non-ambulatory patients.
- Effectively counseled parents whose children required special diets. Educated low-income families on economical food shopping and meal preparation.

MARKETING / SALES

- Developed nutrition counseling program for health club. Evaluated and selected products and designed display for nutrition center. Assisted in creating marketing tools: client handouts, nutrition workbook, forms and brochures.
- Wrote press releases/advertorials. Coordinated scheduling and promotions. Adhered to advertising budget and deadlines. Negotiated pricing on print ads.
- Performed timely retail QA audits, consumer product retrievals/recalls, and market research.
- Tested new food products and prototypes: evaluated taste, flavor, aroma, visual appeal, packaging and pricing.
- Motivated clients to continue national weight loss program and sold optional food products.
- Coordinated resources (nutrition products and services) for social workers, nurses and doctors.



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WORK CHRONOLOGY

- 2004-present **REGISTERED DIETITIAN NUTRITIONIST** Self-employed. *National*
- 2020-present **WEBINAR FACILITATOR** ACI Specialty Benefits. *National*
- 2014-present **HEALTH EDUCATOR** Wellness Corporate Solutions/LabCorp Employer Services. *Southern CA*
- 2011-present **HEALTH EDUCATOR** Cigna Onsite Health/ProUnlimited. *Southern CA*
- 2008-present **CONSULTANT DIETITIAN** Fitness International, LLC. *Irvine, CA*
- 2001-2014 **INSTRUCTOR** Santa Ana College, Fire Technology Department. *Southern CA*
- 2012-2013 **REGISTERED DIETITIAN** Pechanga Resort and Casino. *Temecula, CA*
- 2004-2007 **REGISTERED DIETITIAN**** The Sports Club/LA – Orange County. *Irvine, CA*
- 2005-2006 **CONSULTANT DIETITIAN** Geriatric Nutrition Management. *Orange County CA*
- 2003-2004 **REGISTERED DIETITIAN; MARKETING COORDINATOR**** Fitness International, LLC. *Irvine, CA*
- 2001-2008 **INDEPENDENT CONTRACTOR** Retail Quality Assurance, Inc.; Peryam & Kroll - Sensory Research; PKM Research Services; Service Check. *Southern CA*
- 2001-2003 **CONSULTANT DIETITIAN** Crandall & Associates; Heartland Home Health and Hospice; J.M. Hubbard RD & Associates; Professional Directions for Health Care; Orange County Head Start Inc.; Registered Dietitian Consultants. *Southern CA*
- 2001 **INSTRUCTOR** California State University Fullerton, Department of Kinesiology. *Fullerton, CA*
- 1997-2006 **INDEPENDENT CONTRACTOR** Service Evaluation Concepts; Mystery Guest, Inc. *Southern CA*
- 1997-2001 **CLINICAL DIETITIAN II**** Saddleback Memorial Medical Center. *Laguna Hills, CA*
- 1994-1996 **GRADUATE TEACHING ASSISTANT** University of Utah, Division of Foods and Nutrition. *Salt Lake City, UT*
- 1993-1994 **NUTRITION SPECIALIST**** Orange County Head Start Inc. *Santa Ana, CA*

** Denotes Full-Time

EDUCATION

MASTER OF SCIENCE in Foods and Nutrition 1996 University of Utah, Salt Lake City, UT

- Outstanding Graduate Student, 1996 class, Division of Foods and Nutrition

BACHELOR OF SCIENCE in Kinesiology, Cum Laude 1993 College of William and Mary, Williamsburg, VA

PROFESSIONAL POSITIONS

- Academy of Nutrition and Dietetics, Registration Number: 838266
- California AND, Orange County District, Board Member 2001-2013
- Orange County Nutrition Council, Board Member 1999-2001

MEDIA

- Twitter: @DebbieJamesRD
- Instagram: DebbieJamesRDN

