

ALISON MEAGHER, MS, RD

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EXPERIENCE

Dietitian at Tri City Medical Center, Oceanside, CA **September 2018 - Present**

- Assist in the kitchen as supervisor and perform administrative duties, as needed
- Perform nutritional analyses using Food Processor and label calories for the Prime Project
- Conduct nutrition screening and assessment and evaluate health and disease conditions
- Educate patients using nutrition medical therapy, both inpatient and outpatient settings
- Perform Nutrition Focused Physical Exams to assess malnutrition diagnoses
- Collaborate with a multi-disciplinary team to ensure optimal patient care using evident based practice
- Teach classes and lead support groups for cardiac and pulmonary rehabilitation patients

Lecturer at San Diego State University, San Diego, CA **August 2018 - Present**

- Courses: Quantity Food Production (124 students) and Experimental Food Science and Technology Lab
- Lecture planning, research, creation, preparation, and presentation
- Instruct, lead, and teach students during lectures, lab sections, office hours, and online communication
- Monitor research design and studies
- Create and evaluate student assignments, projects, and presentations

Director Sports Nutrition Cooperative, San Diego, CA **August 2018 - Present**

- Direct and organize a group of 12-15 graduate and undergraduate students
- Apply evidence-based nutrition education to Division I and recreational athletes at SDSU
- Communicate directly and serve as nutrition resource for Aztec Warrior Wellness Director, team coaches, and Athletic Department staff
- Develop and oversee nutrition policies and procedures and continuing education for group members
- Address nutritional challenges to performance including healthy snacking, supplements, and hydration
- Educate and mentor group members to enhance their experience in, and knowledge of, Sports Nutrition
- Support and assist members for educational presentations, grocery store tours, and dietary analyses

Dietitian II, University of California, San Diego UCSD **July 2018 - October 2018**

- Worked in the Housing, Dining, and Hospitality Department to increase health and wellness at foodservice establishments
- Developed and organized the food production, planning and control software system- FoodPro
- Performed nutritional analyses, created food labels, and identified food allergens
- Identified and labeled items for healthier choices to increase awareness for customers and better meet newly implemented wellness criteria for on campus dining

Dietetic Intern, VA San Diego Healthcare System, San Diego, CA **August 2017- June 2018**

- Completed 41 weeks of rotations in inpatient and outpatient settings, foodservice, management, and public health
- Practiced the nutrition care process to monitor and evaluate problems, etiologies, signs/symptoms, and nutrition impact
- Counseled patients with complex diseases and comorbidities and implemented medical nutrition interventions
- Taught education classes to patients with Pre-Diabetes Mellitus and Type 2 Diabetes Mellitus
- Researched and presented a complex patient case study and clinical and administrative seminars
- Designed and implemented a theme meal for all inpatients, modified the menu for therapeutic diets and supervised the ordering, production, and distribution of the meal.

Intern SDSU Sports Nutrition Cooperative, San Diego, CA **April 2016 - May 2017**

- Educated Division I, club sports and recreational athletes on proper nutrition for optimal performance and health
- Scheduled and organized meetings, presentations, tabling, and events at the Aztec Recreation Center.
- Designed and presented PowerPoint lectures to athletic teams and coaches
- Performed one on one counseling sessions with a diet analysis concerning weight loss, performance and health goals

Teaching Associate at San Diego State University, San Diego, CA **January 2015 - May 2017**

- Led group of six coworkers, set meetings, and assist in scheduling of 10-12 lab sections of Exercise Physiology Lab
- Prepared and led weekly laboratory experiments and lectures
- Created quizzes and laboratory protocols and graded final research presentations and papers
- Motivated, mentored and supported students in their educational pursuits
- Taught scientific writing and research methods

Graduate Assistant at San Diego State University, San Diego, CA **August 2014 - May 2017**

- Managed and corresponded with 900 students in the online Contemporary Nutrition course
- Created quizzes and grade assignments and final paper
- Managed the course on Blackboard
- Instructed, assisted and guided students during office hours
- Performed administrative duties including student athlete grade checks and disabled student accommodations

Research Intern at UC San Diego, La Jolla, CA **May 2015 - January 2017**

- Examined effects of SUP on cardiovascular response and energy expenditure in the Exercise & Physical Activity Resource Center lab
- Recruited and scheduled 20 participants.
- Designed protocol and performed testing protocols in-lab and on-water.
- Analyzed data using statistical analyses software, SPSS
- Wrote a manuscript and publication for American Council on Exercise (ACE)

Personal Trainer, Encinitas, CA

September 2012 - March 2015

- Served as interim supervisor position for 15 personal trainers
- Evaluated fitness levels and performed anthropometric measures
- Created individualized exercise prescriptions for clients of ages between 13-85 yrs
- Determined appropriate exercises for varying health conditions including smoking and muscular dystrophy
- Built rapport and build relationships to increase program adherence and improve the health of others

EDUCATION

San Diego State University, San Diego, CA- 2017

- Dual MS in Exercise Physiology & Nutritional Science
- Didactic Program in Dietetics

University of California, Santa Barbara, Santa Barbara, CA- 2012

- BA in Psychology
- Minor in Education
- Minor in Exercise and Health Science

PROFESSIONAL ASSOCIATIONS AND CERTIFICATIONS

- Commission on Dietetic Registration, Registered Dietitian, obtained 07/03/2018
- Academy of Nutrition and Dietetics
- California Academy of Nutrition and Dietetics, San Diego
- San Diego Food Handler Education Certification
- National Academy of Sports Medicine Certified Personal Trainer
- American Heart Association CPR and AED certification

SOFTWARE EXPERIENCE

- FoodPro
- Food Processor
- Computrition Hospitality Suite Software