

# ALISON MEAGHER, MS, RDN-AP, CSO, CPT

(760) 271-5022 | ameagher@sdsu.edu

---

## EXPERIENCE

---

### **Senior Dietitian at Scripps Cancer Center, San Diego, CA** **November 2020- Present**

- Establish an outpatient oncology nutrition program in a multidisciplinary cancer center
- Develop and modify a department and documentation within the electronic medical record system
- Build patient education handouts and PowerPoint in-services using evidence-based information
- Provide individualized nutrition counseling sessions with patients throughout their cancer journey
- Create and give presentations to patients in group settings and educate multidisciplinary providers
- Collaborate with interdisciplinary teams, including pharmacists, oncologists, nurses, speech language pathologists, and social workers for optimal patient care

### **Lecturer and Internship Coordinator at SDSU, San Diego, CA** **August 2018 - Present**

- Courses: Quantity Food Production lecture, Exercise and Nutrition for Health and Fitness lecture, Experimental Food Science and Technology Lab, Graduate Exercise Specialist Internship, Nutrition and Exercise for Health, Fitness, and Performance
- 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 graduate and undergraduate nutrition 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 at Tri City Medical Center, Oceanside, CA** **September 2018 – May 2022**

- Performed nutritional analyses using Food Processor and labeled calories for the Prime Project
- Conducted nutrition screening and assessment and evaluated health and disease conditions
- Educated patients using nutrition medical therapy, both inpatient and outpatient settings
- Performed Nutrition Focused Physical Exams to assess malnutrition diagnoses
- Worked with a multidisciplinary team for optimal patient-centered care using evidence-based practice
- Taught classes and led support groups for cardiac and pulmonary rehabilitation patients

**Dietitian II, University of California, San Diego UCSD**

**July 2018 - October 2018**

- Worked in the Housing, Dining, and Hospitality Department to increase health and education at on-campus 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 rotations in inpatient and outpatient settings, foodservice, management, and public health
- Monitored and evaluated problems, etiologies, signs/symptoms, and nutrition impact
- Counseled patients with complex diseases and comorbidities and implemented medical nutrition therapies
- 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

**Intern SDSU Sports Nutrition Cooperative, San Diego, CA**

**April 2016 - May 2017**

- Educated Division I, club sports, and recreational athletes on nutrition for optimal performance and health
- Designed and presented PowerPoint lectures to athletic teams and coaches
- Performed one-on-one counseling sessions with a diet analysis for weight loss, performance and health

**Teaching Associate at San Diego State University, San Diego, CA**

**January 2015 - May 2017**

- Led group of six coworkers and assisted in scheduling of 10-12 lab sections of Exercise Physiology Lab
- Created quizzes and laboratory protocols, and graded final research presentations and papers
- Prepared and led weekly laboratory experiments and lectures
- 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 graded assignments and a final paper
- Instructed, assisted, and guided students during office hours

**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
- Designed protocol, recruited 20 participants, and performed testing protocols in-lab and on-water
- Analyzed data using statistical analysis software, SPSS
- Wrote a manuscript and publication for the American Council on Exercise (ACE)

**Personal Trainer, Encinitas, CA**

**September 2012 - March 2015**

- Served as interim supervisor for 15 personal trainers
- Evaluated fitness levels and performed anthropometric measures
- Created individualized exercise prescriptions for clients between 13-85 yrs
- Determined appropriate exercises for varying health conditions and disease states

---

## RESEARCH

---

Alison Meagher, B.S., Danica Ito, M.S., David Wing, M.S., and Jeanne F. Nichols, Ph.D., FACSM  
Cardiovascular Response and Energy Expenditure in Stand Up Paddleboarding. 2016.

[Summary](#)

---

## EDUCATION

---

**San Diego State University**, San Diego, CA- 2017

- MS in Exercise Physiology
- MS in 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

---

- Advanced Practitioner Certification in Clinical Nutrition, obtained 6/1/2024
- SDSU Academic Application of AI Micro-credential (Level 1), obtained 2/28/24
- Certified Specialist in Oncology Nutrition, obtained 5/20/23
- Commission on Dietetic Registration, Registered Dietitian, obtained 07/03/2018
- Board Certified Specialist in Oncology Nutrition, obtained 05/20/2023
- 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, Obtained 2012
- American Heart Association CPR and AED certification
- Inclusive Teaching Strategies for Dietetic Educators In Higher Education, CEU completed 2/10/23

---

## SOFTWARE EXPERIENCE

---

- Clinical: Epic, Cerner, Cerner Community Worx, CPRS
- Food analysis/food production: Food Processor, FoodPro, Computrition
- Educational: Canvas, Blackboard, Zoom, G Suite, Word, Excel, PowerPoint, Nuventive