

DINA METTI, MS

5500 Campanile Dr. | San Diego, CA 92182 | 619.739.5629 | dinametti@gmail.com

EXPERIENCE

LECTURER, SAN DIEGO STATE UNIVERSITY, San Diego, CA, 2015-present
School of Exercise and Nutritional Sciences

- Instructor for Advanced Nutrition Laboratory course for nutrition students
- Develop a syllabus for the course and ensure it meets college and department standards
- Evaluate students' progress by grading research proposals, manuscripts, exams, and other work
- Design and deliver teaching material, including lecture plan, power point presentations, study material and exams
- Plan a research project for the semester, involving 40 students
 - Train students to conduct all aspects of the project
 - Manage a limited budget to ensure project completion
- Initially hired as a Teaching Assistant for Advanced Nutrition Lecture and upon completion of graduate degree was promoted to Lecturer

CLINICAL RESEARCH COORDINATOR, SAN DIEGO STATE UNIVERSITY, San Diego, CA, 2012 – 2016

School of Exercise and Nutritional Sciences

- Co-authored the proposal for the grant, Impact of apple on adiposity, glucose regulation and appetite in overweight and obese children, awarded \$100K to conduct research project
- Developed all components of research protocol, including study proceedings, timelines, recruitment strategy, workflow process, and step-by-step lab procedures
- Managed and trained over ten interns in different roles for the project, including screening, interview process, and data entry
- Strategically analyzed and evaluated research data for publication and conference presentations
 - Selected to present multiple research projects at Experimental Biology Conference, 2013-2015
- Worked 20 hours per week, while attending school full-time
- Promoted from Research Assistant in less than two years

RESEARCH ASSISTANT, SAN DIEGO STATE UNIVERSITY RESEARCH FOUNDATION, San Diego, CA, 2012 – 2014

Institute of Behavioral and Community Health (IBACH)

- Recruited and screened over 500 potential participants on-site for eligibility, ensured federal IRB regulations were in compliance by consenting participants prior to enrollment
- Administered over 150 multiple time-point interviews, 30 pages long
- Created study material that helped ensure a 90% retention rate of study participants
- Worked 20 hours a week while attending school full-time
- Hired on after interning for three months

EDUCATION

SAN DIEGO STATE UNIVERSITY—San Diego, CA 2015

- ◆ Master of Science in Nutritional Sciences; School of Exercise and Nutritional Sciences

SAN DIEGO STATE UNIVERSITY—San Diego, CA 2013

- ◆ Bachelor of Science in Foods and Nutritional Sciences; School of Exercise and Nutritional Sciences
-

PUBLICATIONS

- ◆ N Nagarajan P, Tunstall A, Almainan L, Cabalbag C, **Metti D**, Hong ME, Kern M, Hooshmand S. Effects of dried apple consumption on body composition, inflammatory markers and lipid profile in overweight and obese children. *FASEB J.*, 2017.
- ◆ Cabalbag C, **Metti D**, Tunstall A, Almainan L, Hong MY, Kern M, Hooshmand S. Effects of apple snacking on body weight status and metabolic profiles of overweight and obese children. *FASEB J.*, 2016.
- ◆ Hooshmand S, Kern M, **Metti D**, Shamloufard P, Chai SC, Johnson SA, Payton ME, Arjmandi BH. The Effect of Two Doses of Dried Plum on Bone Density and Bone Biomarkers in Osteopenic Postmenopausal Women: A Randomized, Controlled Trial. *Osteoporos Int.*, 2016.
- ◆ **Metti D**, Shamloufard P, Cravinho A, Cuenca PD, Kern M, Arjmandi BH, Hooshmand S. Effects of low dose dried plum (50 g) on bone mineral density and bone biomarkers in older postmenopausal women. *FASEB J.*, 2015.
- ◆ **Metti D**, Ortiz D, Cravinho A, Vereda Y, Garcia S, Clayton Z, Kern M, Arjmandi BH, Hooshmand S. The effectiveness of daily consumption of 50 g dried plum on improving indices of bone turnover in osteopenic postmenopausal women. *FASEB J.*, 2014.
- ◆ Hooshmand S, Garcia S., **Metti D**, Vereda Y, Chai SC, Arjmandi BH. Long term effects of dried plum consumption on insulin and glucose levels in postmenopausal women. *FASEB J.*, 2013.
- ◆ Hooshmand S, **Metti D**, Garcia SD, Vereda YS, Chai SC, Saadat RL, and Arjmandi BH. Negative association between habitual dietary calcium intake, BMI, and body fat mass in postmenopausal women. *FASEB J.*, 2012.

CERTIFICATIONS/SKILLS

Language: English, Native or Bilingual Proficiency. Spanish, Native or Bilingual Proficiency.

Phlebotomy Certification: Beckford Health Services, attained September 2012

Lab Techniques: ELISA kits for protein detection, Real-time polymerase chain reaction (RT-PCR) for gene expression analysis

Software: Microsoft Office Suite, Statistical Analysis Software Package (SPSS), Food Processor Nutrition Analysis Software ESHA Research, Remark OMR (Optical Mark Recognition)