

PAULA THOMPSON JACOBS, MPH

EDUCATION

Master's in Public Health Nutrition. R.D. eligible.

2005 **Loma Linda University** Loma Linda, CA
MPH

2001 **Oakwood College** Huntsville, AL
B.S. Dietetics

QUALIFICATIONS

Other Skills:

Nutrition Consultant with combined background in clinical nutrition, public health, and corporate wellness settings. Over five years experience as a chronic disease management specialist and nutritional counselor to hyperlipidemic, diabetic, and obese clients and groups. Special abilities include recipe development & modification, diet planning, program planning, assessing nutrition status, and providing one-on-one counseling to clients with metabolic disorders. Currently, a freelance writer and consultant for **LIVESTRONG/ Demand Studios**.

- Curriculum & Seminar Development
- Presentations & Health Marketing
- Research / Protocols & Literature Review
- Nutrition Analysis via **ESHA & Nutritionist Pro Software**
- Recipe Development & Culinary Consulting/Vegetarian Cuisine

RELEVANT EXPERIENCE

**Lifestyle Nutritionist
(Remote)**

10/2010 - present
Watkins Lifestyle Institute Washington, D.C.

Dr. Theodore Watkins, M.D.

- Administered Medical Nutrition Therapy to hyperlipidemic, diabetic, and obese patients.
- Developed comprehensive nutrition interventions based on NIH Therapeutic Lifestyle Change Guidelines, and American Dietetic and American Heart Associations.

Lifestyle Nutritionist

- Planned and implemented nutrition, lifestyle, and wellness seminars and programs.
- Assisted with disease management via nutrition intervention.
- Taught vegan cooking classes for clients and personnel.
- Consulted with clients on dietary plan including hypertension, weight loss, diabetes and other metabolic conditions. Health coaching.
- Conducted nutrition assessments utilizing computerized nutritional analysis.
- Developed personalized programs consistent with clients goals, patient labs, & test results.
- Implemented medical nutrition therapy and nutrition care plans.
- Consulted with program physician on clinical patient goals.

Nutrition Consultant / Independent Contractor

Spring / Summer 2010

CSC Wellness Group

Huntsville, AL

- Planned and implemented nutrition, lifestyle, and wellness seminars and programs for corporate wellness entities.
- Developed corporate wellness curriculums and seminars for private entities.
- Presented nutrition and lifestyle seminars for “Lunch & Learn” meetings.
- Incorporated safety awareness into daily activities.
- Recommended general nutrition guidelines for wellness & lifestyle change.

Public Health Nutritionist

5/2006 – 5/2009

County of San Bernardino

San Bernardino, CA

Dept. of Public Health

- Delivered presentations for diabetic, hypertensive, and prostate cancer patients. Gave lifestyle modification counseling. Designed seminars addressing childhood obesity for low-income mothers.
- **Developed, implemented, and evaluated** nutrition seminar series for Kaiser Permanente.
- Nutrition counseling to low-income WIC recipients and other women.
- Drafted 300 research related surveys for California Gardens Project.
- Implemented and designed curriculums, survey and evaluation tools for projects.
- Participated in media related events by conducting TV interviews and writing media releases for publication.

Visiting Nutritionist

Fall 2005 **Lifestyle Center of America** Sulphur, OK

- Provided nutrition counseling to insulin resistant clients preventive care facility regarding carb counting, diabetic menu planning, and vegetarian meals.
- Participated in lifestyle interventions including cholesterol reduction, cardiac care, smoking cessation, and diabetes classes.

Clinical Intern

Summer 2005 **Loma Linda Medical Center** Loma Linda, CA

- Provided specialized catheter based nutrition consults/assessment for patients receiving intravenous nutritional solutions known as total parenteral nutrition and/or catheter based specialized solutions known as enteral nutrition (EN).enter. Also performed metabolic measurements using indirect calorimetry to determine appropriate goals for catheter-based nutrition. Conducted performance Improvement (PI) reviews for appropriate infusion solutions, catheter placement, reviews programs and processes to improve patient care outcomes, and reduce potential therapy complications.
- Participated in unit based patient care rounds and served as educational interface in clinical nutrition rotations for Loma Linda University Medical Center surgical, medical and pharmacy residents/fellows, graduate and Allied Health nutritional students.

ACCOMPLISHMENTS

October 2017 Theodore Watkins, M.D. Fairfax, VA

The No Disease Project – 30 Days to Wellness

Provided nutrition consults. Developed & Presented vegan cooking class/lectures .

June 2010 Intuitive Research & Technology Huntsville, AL

Developed & Implemented Lunch & Learn “Intro to Healthy Cooking” classes for technology and engineering professionals.

Feb. 2007 County of San Bernardino San Bernardino, CA

Presented Healthy Lunches for Busy People lunch seminar for mayor of Fontana, California and local city officials.

Oct. 2006 County of San Bernardino San Bernardino, CA

Designed, drafted and implemented 300 surveys, case studies, evaluation tools, along with final state grant report for the California Gardens Community Project.

Sept. 2006 Kaiser Permanente Fontana, CA
Presenter
Optimal Nutrition: Prevention and Post- Diagnostic Intervention of Prostate Cancer

April 2004 Diabetes Center Loma Linda, CA
Presenter
Diabetes and food demo presentation given to ~50 adults.

March 2004 SACH Norton WIC Clinic San Bernardino, CA
Student Community Nutritionist
One on one diabetes and nutritional counseling to low-income clients.

COMPUTER SKILLS

ESHA software, PowerPoint, Windows XP,

PROFESSIONAL MEMBERSHIPS

Academy of Nutrition and Dietetics

NETWORKS

LinkedIn, Elance