

Kristen Chang, MS, RDN

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Mission	To be an ambassador of health and wellness by making proper nutrition an achievable goal for all.
Websites	KristenChangRD.weebly.com Realfoodforfuel.com
Education	Dietetic Internship Virginia Tech- Northern Virginia Campus, Falls Church, VA (May 2012) M.S. Human Nutrition, Foods and Exercise: Nutrition Education and Behavior Virginia Tech, Blacksburg, VA (December 2010) B.S. Human Nutrition, Foods and Exercise: Dietetics Virginia Tech, Blacksburg, VA (May 2010)
Dietetics Experience	Clinical Dietitian II, Sodexo, Warm Hearth Village Blacksburg, VA, November 2012- Present <ul style="list-style-type: none">▪ Direct collaboration with the interdisciplinary medical team, residents and family members to implement effective medical nutrition therapy and optimize the wellness of over 200 long-term care, assisted living and skilled rehabilitation residents, with main dietary goals being the prevention of malnutrition and weight loss, chronic disease management and quality of life.▪ Initiator of activities to increase resident satisfaction and engagement with nutrition, including monthly 'Chef Stage Center' demonstrations and 'Food is Fuel' nutrition wellness series.▪ Assist in the management of the food service department of Kroontje Health Care Center; host of undergraduate students and dietetic interns to provide hands-on field experience. Adjunct Instructor, Virginia Tech Department of Human Nutrition, Foods and Exercise Blacksburg, VA, August 2014-Present <ul style="list-style-type: none">• Teaching assignment for 2014-2015 academic year is Medical Nutrition Therapy I and Medical Nutrition Therapy II for senior dietetics students and graduate students.• Development of course curriculum, educational materials, assignments and class lectures according to ACEND standards; Management of a Graduate Teaching Assistant. Consulting Dietitian Princeton Health and Fitness Center, November 2012-November 2013 The Weight Club, Blacksburg, VA, September 2013- Present Moore's Electrical & Mechanical, Altavista, VA, PRN <ul style="list-style-type: none">▪ Provide individual nutrition counseling for weight management, sports nutrition and wellness▪ Contribute to facility wellness events and social media outreach Wellness & Triathlon Coach, TriAdventure Multisport Coaching and Fitness Blacksburg, VA, January 2008 - March 2010 <ul style="list-style-type: none">▪ Provided group-based nutrition counseling and wellness seminars while inspiring youth adults achieve their athletic goals.▪ Participated in quarterly planning meetings to address program goals and objectives, increase customer satisfaction, adjust marketing campaigns and expand community outreach efforts.

**Leadership &
Volunteer
Experience**

Newsletter Chair, Southwest Academy of Nutrition and Dietetics

December 2013-Present

Trip Leader: Community Coalition for Haiti

Jacmel, Haiti, January 2014 (1 week)

- Lead a team of six physical therapy students to provide a free medical clinic for rural communities with main goals of providing acute medical care and nutrition education to reverse or prevent malnutrition, anemia and chronic disease

Short Term Missionary: Joni and Friends Family Retreats

Canadensis, PA, 2007 – 2013 (200 hours)

- Volunteer for families affected by physical and mental disabilities by leading group activities and programs in a camp environment. Leader of cooking class for two years (2012, 2013)

President, Virginia Tech Triathlon Club

Blacksburg, VA, 2007-2008

- Oversaw the development of advanced training programs, organized travel logistics, cultivated team sponsorships and community outreach efforts, including a youth mentorship program in partnership with TriAdventure Multisport.
- Sports Club Officer of the Year: Awarded May 2008

**Professional
Organizations**

Academy of Nutrition and Dietetics

Southwest Virginia Academy of Nutrition and Dietetics

Collegiate and Professional Sports Dietitians Association

Sports, Cardiovascular and Wellness Nutrition Dietetic Practice Group

Vegetarian Nutrition and Medical Nutrition Dietetic Practice Groups

Certifications

- American Dietetic Association Certificate in Training in Childhood and Adolescent Weight Management, March 2010
- ServSafe certified, April 2014

**Presentations &
Publications**

- **The Paleo Diet in a Nutshell:** Southwest Virginia Fall Meeting, September 2014
- **Fuel Right, Train Hard: Optimizing Nutrition for Recovery & Performance:** High Performance Distance Academy, June 2012
- **Eat Well, Live Sustainably:** NRV Eco Expo, May 2014
- **Food for Fuel Series,** Warm Hearth Village, September 2013-Present. Features a monthly presentation on a relevant nutrition topic, recipe demo and tasting, provision of educational material [For details visit e-portfolio].
- **Burn n' Learn- Fueling for Physical Activity:** The Weight Club; November 2013
- **Reduction of Inappropriate Parenteral Nutrition Use: Outcomes with Team Collaboration, Poster Presentation:** American Society of Parenteral and Enteral Nutrition Conference (January 2012); Virginia Dietetics Association Annual Meeting (March 2012)-Honorable Mention
- **9-5-2-1-0 for Health!™,** Valley Health Obesity Committee, February 2012
- **School Health Environment and Student Outcomes Related to Childhood Overweight in Southwest Virginia,** Virginia Tech Master's Thesis Defense, December 2010
- **Power of Nutrition,** Virginia Tech Center for Translational Obesity Research, October 2010