

Catalina Vlad-Ortiz, MS, RD, CD

Instructor of Nutrition
Seattle Pacific University
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EDUCATION

- M.S. Eastern Illinois University** 2010
Family Consumer Sciences, Nutrition and Dietetics Program
Specialization in Nutrition Education
- B.S. Oregon State University** 2007
Health and Human Sciences, Food and Nutrition Management
Program
Option in Dietetics

ACADEMIC APPOINTMENTS

Instructor of Nutrition Jan. 2015-
Family and Consumer Sciences Department Present
Seattle Pacific University, Seattle, WA.

Teaching Responsibilities

- Instructs courses designated for nutrition and dietetics majors.
- Develop course content and instructional materials related to course objectives and profession competencies.
- Evaluate yearly course load for relevance, update current practices, and implement best practices in education.

Administrative Responsibilities

- Advise and mentor nutrition students on program requirements, quarter loads, and progress towards graduation.
- Participate in all department meetings and events.
- Participate and volunteer in committees towards developing new programs, improving department practices, and developing/improving instructional approach to current courses.

Nutrition Instructor Jan. 2012-
Health Sciences Department Sept. 2014
Clackamas Community College, Milwaukie, OR.

Teaching Responsibilities

- Instructed basic/applied nutrition course (FN 110 Personal Nutrition) and nutrition for allied health students (FN 225) in face-to-face and online formats.
- Developed, designed and implemented course content and instructional materials to meet course outcomes and accommodate students' learning needs.
- Reviewed and revised course descriptions, student-learning outcomes, course outcomes and content topic outline.
- Designed and developed new course grading system to accurately reflect student knowledge and criteria for learning outcomes.

Nutrition Instructor

Food and Nutrition Program

Portland Community College- Sylvania and Rock Creek Campuses, Portland, OR.

*Apr. 2013-
June 2014*

Teaching Responsibilities

- Instructed basic/applied nutrition course (FN 110 Personal Nutrition) and nutrition for allied health students (FN 225) in face-to-face formats.
- Developed, designed and implemented course content and instructional materials to meet course outcomes and accommodate students' learning needs.

Administrative Responsibilities

- Served on the Nutrition Subject Area committee. Reviewed and revised course descriptions, student-learning outcomes, course outcomes and content topic outline.

OTHER: INVITED PRESENTATIONS, PANELS AND PROFESSIONAL WORKSHOPS

Complimentary Nutrition Assessments- Tigard High School, OR. 2014

Utilized medical nutrition therapy knowledge to conduct nutrition assessment and nutrition education on high school athletes prior to the start of the athletic season. Provided individualized feedback on assessment results for about 20 athletes.

2B Well Community Clinic's Complimentary Medicine Health Fair – Portland, OR. 2014

Served as principle event organizer for unique complimentary medicine health fair, which included health screenings by naturopathic physicians, fifteen-minute massage therapy and acupuncture sessions, and nutrition screenings. Supervised summer dietetic student on nutrition screening and provided nutrition education to health fair participants. About fifty participants attended the health fair.

Healthy Kids Talk (Work Out with a Firefighter Event) – Lake Oswego, OR. 2013

Invited by the Lake Oswego Fire Department to provide brief fifteen-minute presentation to children 6-12 years old on healthy eating. Presentation included a food group quiz and audience-led discussion of healthy food choices. Provided brochures, handouts, and healthy-eating coloring sheets to participants. About 30 participants enthusiastically and actively engaged in the discussion.

2-Get-Fit Weight Loss Workshops – Lake Oswego, OR. 2012-2013

Designed, marketed and implemented an 8-week structured weight loss program using whole foods, effective eating strategies and emotional support to promote healthy weight loss and lasting lifestyle change. Active Participants (n=10) lost on average 7-10 pounds after the 8-week intervention.

Surviving Holiday Eating- Seminar November 2010

Invited as a guest speaker to 2BWell Clinic Monthly Health Talks. Presentation explored theories behind holiday weight-gain and social eating, strategies for mindfulness, plating, and saying “no” politely.

PEER REVIEW EXPERIENCE

McGraw Hill Nutrition Essentials: A Personal Approach Peer Review. April 2013

Served as a reviewer for personal nutrition book. Carefully reviewed and evaluated content for accuracy, level of detail, appropriate chapter organization, level of comprehension, writing style and overall design.

RELATED WORK EXPERIENCE

Registered Dietitian

ATI Physical Therapy, Seattle, WA.

*Apr. 2015-
June 2016*

Provided nutrition counseling with specialization in medical nutrition therapy, behavior modification as related to eating habits, and coached in lifestyle changes to promote better wellness for patients.

Responsibilities included:

- Assessed and diagnosed nutritional issues of each patient.
- Created individualized nutritional care plan
- Provided appropriate counseling and teaching to learn/improve diet habits
- Followed up and monitored patients after each session.
- Collaborated with PCP to communicate nutritional progress and further needs of each patient.

Nutrition Consultant

2B Well Clinic, Lake Oswego, OR.

*Jan. 2011-
June 2014*

Specialization in medical nutrition therapy with a focus on preventative medicine in areas such as: weight management/obesity treatment, food intolerances, gastrointestinal conditions, cardiovascular conditions and diabetes. Additional responsibilities include:

- Planned and implemented the nutrition care process for each client including assessment, nutrition diagnosis (PES statements), intervention, monitoring and evaluation at each session.

- Provided patient-centered nutrition consultation using medical nutrition therapy, motivational interviewing, self-monitoring, cognitive restructuring, nutrition education and diet prescription.

- Selected and utilized appropriate insurance CPT and ICD-9 codes for billing and reimbursement of services.

- Consulted with multi-disciplinary team and/or other clinic practitioners as pertinent to patient care.

Designed, developed and implemented nutrition education activities such as workshops, presentations, brochures, newsletter articles, nutrition health screenings and grocery store tours.

PROFESSIONAL ASSOCIATIONS

Academy of Nutrition and Dietetics- member since 2008

Greater Seattle Academy of Nutrition and Dietetics- member since 2014

OTHER INFORMATION

Avid foodie, enjoys elegant, innovative, inspired, and even “ugly” food. Will try any food at least three times.