

**PROFESSIONAL EXPERIENCE:**

- Feb 2004 – Present**     **University of Rochester, Rochester, NY**  
**The School of Nursing**  
**Clinical Instructor**
- ❖ Developed and continue to update and teach three fully on-line nutrition elective courses; Understanding Dietary Supplements in Healthcare (Nursing 328), Clinician’s Guide to Wt Mgt and Nutrition (Nsg 409) and Addressing Childhood Obesity for the Healthcare Professional (Nsg 325)
  - ❖ Teach and update an on-line Fast Track nutrition course offered each semester; Nutrition and Health (Nursing 310)
- June 2010 – Present**     **University of Rochester, Rochester NY**  
**Nutrition Research Group, Clinical Research Center, CTSI**  
**Nutrition Research Manager**
- ❖ Direct the operations of the Nutrition Research Group in the Clinical Research Center
  - ❖ Perform nutrition consults for researchers
  - ❖ Assist researchers in developing nutrition interventions for research studies
  - ❖ Develop nutrition curriculum and participant educational materials for researchers
  - ❖ Perform nutrition counseling and nutrition assessments on research subjects
  - ❖ Manage the nutrition component of certain research studies including developing a manual of operations, identifying appropriate assessment tools and selecting appropriate educational materials
  - ❖ Assist in nutrition data analysis and interpretation for research studies
- July 2016 – June 2019**     **University of Rochester, Rochester, NY**  
**Department of Pediatrics, Greater Rochester Health Foundation Grant**  
**Supervising Registered Dietitian for 3 year grant**
- ❖ Work collaboratively with RCSD and East High foodservice personnel, faculty and staff to market, implement and maintain a Breakfast in the Classroom Program in grades 6-8 at East High School. Identify, trial, and incorporate acceptable breakfast menu items. Conduct ongoing evaluation of the breakfast program
- July 2017 – July 2018**     **University of Rochester, Rochester NY**  
**Co-Theme Director for the Nutrition Theme of the MD Program**
- ❖ Support and update current nutrition classes in the current medical school curriculum
  - ❖ Integrate nutrition in the existing medical school curriculum
  - ❖ Develop self-paced nutrition learning modules
  - ❖ Identify new opportunities to infuse nutrition in the medical school
- Jan 2016 – July 2017**     **University of Rochester, Rochester, NY**  
**UR Medical Center for Employee Wellness**
- ❖ Assisted with the development and implementation of nutrition wellness programs for the UR Medical Center for Employee Wellness
- Aug 1997 - Jan 2010**     **University of Rochester, Rochester, NY**  
**The Nutrition Weight Management Center**  
**Program Director**
- ❖ Managed all program operations

- ❖ Developed and maintained weight management services and programs for adults and children
- ❖ Performed nutrition counseling for weight management to patients on an individual basis and group settings
- ❖ Reviewed and evaluated the financial status of the program
- ❖ Developed and coordinated marketing strategies
- ❖ Pursued insurance carriers to expand insurance coverage for obesity
- ❖ Recruited and supervised staff for all programs
- ❖ Developed and implemented an innovative nutrition wellness program for Corning Incorporated
- ❖ Developed and implemented an on-going group employee weight management program for the University of Rochester employees
- ❖ Presented for a variety of worksite wellness "Lunch and Learn " series
- ❖ Presented obesity and nutrition lectures to a variety of schools to promote and assist in developing school wellness policies
- ❖ Performed public relations activities including lectures, television and print interviews
- ❖ Coordinated, presented and hosted four obesity conferences for health professionals in Buffalo and Rochester

## EDUCATION:

**ROCHESTER INSTITUTE OF TECHNOLOGY**, Rochester, NY  
 BS, Nutrition Management, May 1997  
**GPA: 4.0 Highest Honors**

## PUBLICATIONS/ABSTRACTS:

- ❖ Co-author: "Obesity" by the American College of Physicians-American Society of Internal Medicine, 2001. Chapter entitled 'Nutrition Intervention in the Medical Management of Obesity'.
- ❖ Hoeger KM, Kochman L, **Wixom N**, Craig K, Miller RK, Guzick DS. A randomized, 48-week, placebo-controlled trial of intensive lifestyle modification and/or metformin therapy in overweight women with polycystic ovary syndrome: a pilot study. *Fertil Steril*. 2004;82(2):421-429. doi:10.1016/j.fertnstert.2004.02.104
- ❖ Stevens S, Rackovsky N, **Wixom N**, Weber D.R. (March, 2017). *Assessment of Calcium Intake in the Pediatric Type 1 Diabetes Population (Clinical)*. Platform Session presentation at the Eastern Society for Pediatric Research Annual Meeting.
- ❖ Groth S.W., Stewart P.A., Ossip D.J, Block R.C., **Wixom, N**, Fernandez, D. Micronutrient Intake is Inadequate for a Sample of Pregnant African-American Women. *Journal of the Academy of Nutrition and Dietetics* 117; 4, 589-598. 2017.
- ❖ **Wixom, N**, Walther C, Urbach K, Yussman S. (2018) *Introduction of a Breakfast in the Classroom Program in an Urban Middle School*. Research Poster Abstracts/Journal of Adolescent Health, Volume 62, Issue 2, S123.

**REFERENCES:** Available upon request