

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)
 - ❖ Develop a new on-line nutrition course on commonly used diets in popular culture to be offered at the SON in the fall semester of 2022.
- June 2010 – Present** **University of Rochester, Rochester NY**
Nutrition Research Group, Clinical Research Center, CTSI
Nutrition Research Manager/Study Coordinator
- ❖ Consult with investigators on developing and implementing nutrition components of research protocols
 - ❖ Manage the nutrition component of certain research protocols including creating a manual of operations, developing interventions, identifying appropriate assessment tools
 - ❖ Develop nutrition curriculum and participant educational materials for researchers
 - ❖ Perform nutrition counseling and nutrition assessments on research subjects
 - ❖ Assist in nutrition data analysis and interpretation for research studies using NDSR software data system
 - ❖ Provide study coordinator services for research protocols with primary nutrition components and outcomes
- 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
- ❖ Supported and updated nutrition classes in the current medical school curriculum
 - ❖ Integrated nutrition in the existing medical school curriculum
 - ❖ Developed self-paced nutrition learning modules
 - ❖ Identified 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 URMIC 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