

MARIANA ANAYA JURSS, MPH, RD, LD

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EDUCATION

University of California, Berkeley

Didactic Program in Dietetics

Masters in Public Health, Epidemiology & Biostatistics

Berkeley, CA

May 2009

May 2007

Mount St. Mary's University

B.S. Biological Science, Cum Laude

Los Angeles, CA

May 2003

EXPERIENCE

University of Mississippi

Dietitian II

Oxford, MS

08/2019 - present

- Conduct individualized nutrition counseling and education at the University Health Center for students, staff, and faculty with various conditions such as adult weight management, eating disorders/ disordered eating, celiac disease, irritable bowel syndrome, irritable bowel disease, type 1 & type 2 diabetes mellitus, hyperlipidemia, hypertension, etc.
- Instructor for Medical Nutrition Therapy III (NHM 412) a 3-credit hour course. Lead 90-minute lectures twice a week for a class composed of approximately 20 students.
- Serve as the university wellness dietitian with the goal to promote and lead wellness initiatives on campus such as health challenges, food demos, and nutrition talks.

RebelWell Dietitian (Wellness)

07/2014 - 07/2019

- Conduct individualized nutrition counseling and education for students, staff, and faculty with various conditions such as adult weight management, celiac disease, irritable bowel syndrome, irritable bowel disease, type 1 & type 2 diabetes mellitus, hyperlipidemia, hypertension, etc.
- Develop and lead nutrition talks for university affiliated organizations, departments, and classes on nutrition topics of interest. Topics include "Healthy Eating on Campus", "General Healthy Nutrition", "Nutrition Myths and Facts", etc.
- Create and perform nutrition food demonstrations on topics of interest combined with a tasting. Topics include "Staying Healthy on a Budget", "Soups for the Body and Soul", "Diabetes and the Holidays", "Vegetarian Eating", "Basic Cooking Skills", etc.
- Supervised dietetic graduate student assistant. Planned, trained, and monitored activities and tasks of the graduate assistant position to ensure that the duties enhanced the student's graduate experience and education while meeting expectations of the RebelWell grant.
- Assist in the employee Wellness Health Fairs and lead the nutrition assessment component which includes blood pressure, cholesterol and blood glucose tests, anthropometrics (weight, height, BMI, waist circumference), nutrition counseling, etc.
- Select and publish in social media monthly recipes featuring seasonal produce and nutrition tips.
- Lead a weekly university wellness group, Smart Meals & Smart Moves, which provides nutrition education and encourages healthy lifestyle changes, including bi-weekly walks.
- Composed the Nutrition chapter for the EDHE Freshman experience textbook. The EDHE course is designed to assist first year university students as they transition to college. The Nutrition chapter focuses on nutrition education and developing healthy lifestyle habits in the college setting.
- Managed the budget and grant objectives for the nutrition component of the program.

Adjunct Instructor

Spring 2016

- Instructor for Fundamental Principles of Human Nutrition (NHM 311) a 3-credit hour course. Lead 90-minute lectures twice a week for a class composed of approximately 90 students.

UCSF Benioff Children's Hospital Oakland**Oakland, CA***Healthy Hearts Dietitian*

09/2011 – 05/2014

- Provided individualized pediatric nutrition counseling and education designed to prevent and treat childhood obesity and related illnesses such as type 2 diabetes mellitus, heart disease, nonalcoholic fatty liver disease, hyperlipidemia, etc.
- Developed and lead "Healthy Lifestyle" education classes and food tasting for patients/families.
- Worked with local organizations to provide patients access to healthy eating and physical activity opportunities in their communities.
- Designed patient education handouts: "Healthy Lunch Ideas", "Grade your Cereal", "Power up with Protein", "Healthy Salad: Step-by-Step", "How to Read Food Labels", etc.
- Lead the Healthy Hearts program patient orientation.

Pediatric Clinical Dietitian

10/2013 – 05/2014

- Worked with the gastrointestinal medical team in the fatty liver clinic.
- Served as the on-call inpatient pediatric dietitian.

St. Rose Hospital**Hayward, CA***Clinical Dietitian*

01/2011 - 08/2012

- Conducted comprehensive nutrition assessments for patients with various medical conditions (chronic kidney disease, type 2 diabetes mellitus, cardiovascular disease, obesity, malnutrition).
- Developed individualized nutrition care plans for patients.
- Developed enteral and parenteral nutrition support plans.
- Educated and advised patients on medical nutrition therapy for their diseases.
- Collaborated with physicians for implementation of nutrition care plan.
- Developed bariatric education materials for the hospital's new bariatric program: vitamin and mineral needs, protein needs, and post surgery nutrition complications.

UCSF Medical Center**San Francisco, CA***52-week full-time dietetic internship at a tertiary care, 660-bed teaching hospital*

08/2009 - 09/2010

- 33 weeks in inpatient clinical rotations utilizing the Nutrition Care Process.
- 7 weeks of outpatient nutrition counseling and education for patients with type 2 diabetes mellitus, gestational diabetes, chronic kidney disease, congestive heart failure, and obesity.
- Provided medical nutrition therapy for adult and pediatric patients.
- Completed initial assessments, nutrition monitoring, and follow-up assessments.
- Developed enteral and parenteral nutrition support plans.
- 3 weeks of staff relief in adult bone marrow transplant and adult medicine units.
- Designed patient education handouts: "High Calorie High Protein Ideas" and "Toddler Nutrition: 1,200 Calorie 5-Day Sample Menu".

La Clinica de La Raza: Preventive Medicine**Oakland, CA***Nutritionist II and Program Coordinator*

04/2011 - 02/2013

- Coordinated and developed a "Provider Toolkit" comprised of 16 education handouts (English/Spanish) on healthy eating and physical activity that were age appropriate for adolescents. Topics: dieting myths and facts, emotional eating, body image, mindful eating, healthy weight and lifestyle, healthy grocery list, etc.
- Conducted outpatient nutrition counseling and education for patients with gestational diabetes, type 2 diabetes mellitus, hyperlipidemia, hypertension, metabolic syndrome, fatty liver disease, and adult/pediatric weight management.

Nutritionist I (Women, Infant, and Children)

05/2009 - 09/2009, 09/2010 - 04/2011

- Provided counseling for high-risk level WIC participants and documentation in ISIS (the WIC Integrated Statewide Database Information System).
- Developed and recorded individualized nutrition care plans according to established protocol.
- Submitted required billing documents for reimbursement.
- Assisted in implementing new curricula and a new food package, along with training staff.

ADDITIONAL

Registered Dietitian through the Commission on Dietetic Registration

Servsafe certification 2008 to present, through the National Restaurant Association

Computer Skills: electronic medical record documentation with Epic, UCare, Paragon; Microsoft Office

Native Spanish speaker: proficient in writing, reading, and speaking