

Elizabeth M. Madison, MA, CRC
Registered Dietitian
Certified Nutrition & Wellness Consultant
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Summary

Registered Dietitian and Certified Nutrition & Wellness Consultant specializing in nutrition education, weight and emotional eating management. Utilizes nutrition expertise, and twenty-year leadership and management experience to develop effective healthy lifestyle interventions for nutritionally at-risk groups: seniors, children, and low-income populations. Provides healthy product marketing support for retail supermarkets.

Consultant Projects

Blanche Community Progress Day Care Centers – September 2013 – Present

- Develop and monitor systems to ensure compliance with Head Start program nutrition standards
- Design and deliver nutrition and wellness education training to staff and parents
- Provide consultation support to staff working with families/children experiencing nutrition issues
- Create and distribute nutrition-related materials for children, parents, and staff

Bronx Lebanon Hospital HealthCare System – September 2013 Present

- Facilitate weekly nutrition and wellness presentations to at-risk patients within the hospital network
- Develop nutrition and education materials for distribution to hospital staff and patients

Gemstone Supermarkets - October 2012 to Present

- Assist owners with product development and promotion, and market analysis of health-promoting foods
- Complete nutrition analysis of store prepared, ready-to-eat foods
- Provide individual nutrition consultation for customers
- Conduct *Healthy Shopping* Supermarket Tours and disease specific-food shopping assistance, e.g. diabetes management
- Create and publish bi-weekly Nutrition & Wellness newsletter; develop social media content

E-Joy Community Resource Center – April 2012 to Present

- Develop menus for senior citizen day program. Conduct quality assurance reviews. Oversee food service staff.
- Conduct monthly nutrition and wellness seminars for senior wellness program.
- Assist with wellness program for food pantry participants. Create materials for distribution. Topics include healthy eating, budget management, community health resources, and recipes.

ElizabethMadisonNutrition/ *Weight Loss Transformation!* - 2007 to Present

Founder and CEO

Specialize in weight and emotional eating management. Individual and group weight management services include:

- Comprehensive assessments for anthropometry (weight, height, age, body type, activity level, BMR etc.), diet history, lifestyle assessment, and emotional/coping skills
- Realistic goal development and customized food plans that address medical concerns, and incorporate personal preferences and lifestyle challenges
- Individual and group nutrition coaching to provide faith-based support, motivation and guidance. Utilize Motivational Interviewing, Stages of Change, Cognitive Behavioral Therapy, and mindful eating strategies to promote weight loss program compliance
- Ongoing support through online and onsite nutrition and wellness seminars, newsletters, and social media
- Communication with other care providers as part of the multidisciplinary plan of care

Nutrition Education Training and Development

- 2013 – Present **Worship Central International, Inc., NY**
Facilitate monthly faith-based wellness seminars
- 2012 – Present **Mental Health Agency (MHA), New York**
Develop and facilitate nutrition and wellness seminars for mental health program participants
- 2012 **Christian Cultural Center, NY**
Developed and facilitated healthy eating seminars for CCC Get Fit program
- 2010-Present **Friendship Baptist Church, Roslyn, NY**
▪ Facilitate nutrition and wellness seminars for seniors and women's groups
- 2011-2012 **Resource Training Group, New York, NY**
Developed and facilitated nutrition and wellness seminars for 35 Certified Alcoholism and Substance Abuse Counselor trainees
- 2011 **Hunter College, Graduate Rehabilitation Counseling Program, New York, NY**
▪ Facilitated health and wellness seminar for 35 work-study students
- 2010 **Progressive International Christian Church, Queens, NY**
▪ Facilitated a nutrition education program, *Smart Shopping*, for congregation members
- 2010 **Hollis Presbyterian Church, Queens, New York**
▪ Facilitated nutrition and wellness seminars for senior members

Publications – contributing writer

The Love Express Christian Newspaper – monthly Nutrition & Wellness Article
Marriage Ministry Newsletter - monthly Nutrition & Wellness Article

Education

Didactic Program in Dietetics Brooklyn College, Health and Nutrition Sciences
M.A. New York University
B.A. John Jay College of Criminal Justice

Professional Work Experience (all positions in New York)

7/07 – 12/11 NADAP – Vice President of Employment, Case Management and Training Programs
7/05 – 6/07 NADAP – Managing Director, Employment and Case Management Programs
1/01 – 6/05 NADAP – Program Director, Project ACE (Assessment, Case Management, Employment)
1/00 – 6/05 National Drug Research Institute – Clinical Supervisor for five year research project (part-time)
12/97 – 1/01 Addiction Research & Treatment Corporation (ARTC) – Director of Vocational and Educational Services
7/94 – 12/97 Promesa – Director of Vocational and Educational Services
10/92 – 7/94 Create, Inc. – Vocational Services Coordinator
8/91 – 10/92 Create, Inc. – Vocational Counselor

Certifications

Certified Nutrition and Wellness Consultant (CNWC), American Fitness Professionals and Associates
Certified Rehabilitation Counselor (CRC), Commission on Rehabilitation Counselor Certification

Professional Memberships

- Academy of Nutrition and Dietetics (AND)
- Dietetic Practice Group (DPG) memberships – Behavioral Health Nutrition, Diabetes Care and Education, Weight Management, Nutrition Entrepreneurs
- Greater New York Dietetic Association (GYNDA)
- Long Island Dietetic Association (LIDA)