

## CURRICULUM VITAE

**CINDY L. SWANN, M.S., R.D., C.D.E.**

**Email:**

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**Education:**

- 2001 *Certified Diabetes Educator, American Diabetes Association*
- 1988 *Academy of Nutrition and Dietetics, Chicago, IL  
Passed national Registered Dietitian exam. Became eligible through a self-written program of 6 months experience with Master's degree.*
- 1988 *San Diego State University, San Diego, CA  
Master of Science - Nutritional Sciences*
- 1981 *San Diego County, San Diego, CA  
Certified - Food Service Manager Training*
- 1979 *State University College at Buffalo, NY  
B.S. in Home Economics*

**Professional Experience:**

- 2005 – Pres. *Director of Dietetics / Associate Professor, Point Loma Nazarene University.  
Direct accredited dietetics major, and teach full time.*
- 2002 – 2005 *Instructor, Pt. Loma Nazarene University. Teach nutrition courses to dietetic majors and non-majors, including FCS 305 Nutrition Throughout the Lifecycle, FCS 335 Nutrition Research, FCS 345 Human Nutrition, FCS 415 Medical Nutrition Therapy, FCS 425 Child Nutrition, FCS 450 Advanced Nutrition.*
- 2002 - Pres. *Outpatient Dietitian/Diabetes Educator, Scripps Wellness Clinics/Whittier Institute. Physician referred, one-on-one and group outpatient nutrition/diet therapy counseling. Also provide lectures to area business' employees.*
- 2002 - 2003 *Facilitator, Coalition on Children and Healthy Weight, County of San Diego. Facilitate monthly meetings, obtain speakers and prepare meeting agenda.*
- 1990 - 2003 *Instructor, University of California at San Diego. Teach Nutrition course (3 units) as part of their Health Certificate Program through the Extended Studies Dept.*
- 1989 - 2002 *Consultant, Sharp Rees-Stealy Medical Clinics. Physician referred, one-on-one outpatient nutrition/diet therapy counseling and group classes.*
- 1993 - 2001 *Dietetic Internship Director, San Diego State University. Coordinate and supervise dietetic internship program for post baccalaureate students.*
- 1988 - 2001 *Instructor, San Diego State University. Taught 3-12 units/semester including Food Principles Lecture (205/3 units), Food Principles Laboratory (205/2units), Advanced Nutrition Lecture (302/3 units), Advanced Nutrition Laboratory*

(302L/2 units), *Quantity Food Production Lecture* (303/3 units), *Quantity Food Production Laboratory* (303L/1 unit), *Food Service Management* (404/3 units), *Experimental Food Science* (405/4 units) *Community Nutrition* (510/3 units) and *Nutrition Through the Lifecycle* (208/2 units) to dietetic majors, and *Nutrition and Fitness Lecture* (311/3 units) to ENS majors.

Sep-Dec 1998 *Lecturer, University for Humanistic Studies. Taught Sports Nutrition Topics to students earning PhD/MS degree in Sports Psychology.*

1997- 2000 *Consultant/Lecturer, Personal Physicians. Provided one-on-one dietary counseling, taught a series of weight management classes and gave nutrition related lectures.*

1990 - 1997 *Instructor, Mesa Community College. Taught Nutrition for Fitness (3 units).*

1991 *Summer - Lecturer/Instructor, Sharp Hospital Preventive Healthcare Program. Taught weight loss classes and gave nutrition lectures.*

1988 *American College of Sports Medicine, San Diego, CA  
Participated in Exercise Specialist Workshop*

**Publications:**

June 2007 *Silver Gate Elementary School Newsletter, San Diego – article on being a role model for our children*  
May 2007 *Silver Gate Elementary School Newsletter, San Diego – article on feeding cues for children*  
Nov 2006 *Silver Gate Elementary School Newsletter, San Diego – article on importance of feeding your children breakfast*  
Apr 2001 *YMCA Senior Newsletter - article on how to evaluate supplements*  
June 1994 *Senior World Newspaper, San Diego - article on produce*  
Feb 1991 *Senior World Newspaper, San Diego - article on sodium*  
Dec 1990 *Senior World Newspaper, San Diego - article on holiday eating*  
Aug 1990 *Senior World Newspaper, San Diego - article on drinking water*

**Presentations:**

Jan 2017 *PLNU – Gave mock class to high school, Encuentro 2017, Admissions*  
Oct 2013 *PLNU – Spoke on diabetes at the Community Days Fall Festival*  
May 2013 *Point Loma Community Presbyterian Church – spoke to seniors on diabetes*  
Mar 2013 *PLNU – Spoke to Ann Davis’ health class about nutrition and weight.*  
Apr 2013 *Point Loma High School – gave career talk on dietetics*  
Sept 2012 *Point Loma High School – spoke to the women’s field hockey team on nutrition*  
May 2012 *Correia Middle School – represented dietitians at Career Fair*  
Apr 2012 *Point Loma High School – gave career talk on dietetics*  
Mar 2012 *CA-AAFCS conference – gave presentation on What is Pre-Diabetes?*  
Jan 2012 *PLNU – Spoke to Ann Davis’ health class about nutrition and weight.*  
May 2011 *Correia Middle School – represented dietitians at Career Fair*  
Mar 2011 *PLNU – Spoke to Ann Davis’ health class about nutrition and weight.*  
Mar 2010 *PLNU – Spoke on nutrition and weight to a health/PE class.*  
May 2010 *Correia Middle School – represented dietitians at Career Fair*  
Apr 2009 *PLNU - Taught sports nutrition topics in two kinesiology classes.*  
Jan 2009 *PLNU – spoke to the Wellness Peer Educators on overall good nutrition and weight management strategies*

Dec 2008 San Diego State University – spoke to a Master’s Child Nutrition class on Type 1 and Type 2 diabetes

Nov 2008 Peninsula YMCA –spoke to the youth (6-14 yrs) swim team on good nutrition for athletic training

May 2008 Correira Middle School – gave a Diabetes lecture to over 90 7<sup>th</sup> and 8<sup>th</sup> grade science students.

Mar 2008 PLNU – Spoke to Ann Davis’ health class about nutrition and weight.

July 2006 Scripps Whittier Diabetes and Nutrition Program – gave three lectures to clinic employees on appropriate dieting methods.

Feb 2005 Scripps Whittier Diabetes and Nutrition Program – spoke on diet myths, fads and truths to employees of the Union-Tribune Newspaper.

Feb 2005 San Diego ARCO Olympic Training Center – spoke to the Women’s Rowing Team on nutrition for endurance and power, and supplements

Feb 2005 PLNU – Participated in panel discussion following showing of “SuperSize Me” film to student body.

Nov 2004 University of San Diego – spoke to the baseball team on sports nutrition topics.

Feb 2004 Scripps Whittier Diabetes and Nutrition Program – spoke on fad diets to employees of the Union-Tribune Newspaper.

Jan 2004 Temecula Gymnastics Program – spoke to gymnasts aged 7-17 and their parents on the importance of healthy eating and sensible weight loss programs.

Mar 2003 Scripps Whittier Diabetes and Nutrition Program - spoke at Ovarian Cancer Support Group on using nutrition to counteract cancer side effects.

Aug 2003 Scripps Mercy Medical Group – spoke on Women and Heart Disease to employees of the Union-Tribune Newspaper.

Aug 2001 San Diego ARCO Olympic Training Center - spoke to Jr. Elite Track & Field Camp for female jumpers/vaulters on sports nutrition topics.

May 2000 San Diego ARCO Olympic Training Center - spoke to Women’s Olympic Soccer Team about eating on the road, supplements and body image, and reviewed 3-day diet average intakes.

May 2000 Cuyamaca Gymnastics Program - spoke to gymnasts aged 7-17 yrs. about good nutrition and healthy snacks

Aug 1999 San Diego ARCO Olympic Training Center - spoke to Jr. Elite Track & Field Camp for female throwers on sports nutrition topics

Aug 1999 San Diego ARCO Olympic Training Center - spoke to Jr. Elite Track & Field Camp for female sprinters and hurdlers on sports nutrition topics

Aug 1999 San Diego ARCO Olympic Training Camp - spoke to Jr. Elite Track & Field Camp for male and female race walkers on sports nutrition topics

June 1999 San Diego ARCO Olympic Training Camp - spoke to elite collegiate female cyclists on sports nutrition topics

Feb 1999 NCAA Champs Lifestyle Annual Symposium - spoke on nutrition for stressed, busy professionals.

July 1998 San Diego ARCO Olympic Training Center - spoke to Jr. Elite Track & Field Camp for female throwers on sports nutrition guidelines

Jun 1998 San Diego ARCO Olympic Training Center - spoke to women’s collegiate cyclists on sports nutrition guidelines

Feb 1998 San Diego ARCO Olympic Training Center - spoke to women’s national field hockey team on nutrition principles.

June 1996 San Diego ARCO Olympic Training Center - spoke to decathlon team on protein, carbohydrates and supplements.

May 1996 San Diego ARCO Olympic Training Center - counseled a synchronized swim team member on diet for weight (fat) loss.

- June 1995 San Diego ARCO Olympic Training Center - spoke to disabled decathlon team on sports nutrition.
- Apr 1993 Chart House Elite Running Team - gave lecture on fuel use during exercise and hydration.
- June 1991 San Diego Marathon Association - gave lecture on hydration to marathon participants.
- Feb 1990 San Diego Dietetics Association - participated on panel - spoke on carbohydrates vs. fats for fuel use during exercise.
- Dec 1990 San Diego Marathon Association - spoke on supplements and carbohydrate loading.

**Awards:**

- Mar 2011 Awarded Outstanding Dietetic Educator by California Dietetic Association. Nominated by the San Diego Dietetic Association chapter.
- Nov. 2000 Nominated as Outstanding Dietetic Educator to California Dietetic Association by the San Diego Dietetic Association chapter, and the California Sports, Cardiovascular and Wellness Nutritionists practice group.
- Apr 1993 Recognized Young Dietitian of the Year (RYDY) by California Dietetics Association

**Professional Membership:**

- 1985 - Pres. Academy of Nutrition and Dietetics (AND), member
- 1985 - Pres. California Dietetic Association (CDA), member
- 1985 - Pres. San Diego Dietetic Association (SDDA), member
- 1986 - Pres. Sports, Cardiovascular and Wellness Nutritionists (SCAN), ADA practice group member
- 1986 - 2010 Community Nutrition Task Force (CNTF), member
- 1987 - 1990 SCAN Southern California Division, Treasurer
- 1988 - 1990 CNTF, Historian
- 1989 - 1990 CNTF, Co-Chairman
- 1991 - 1992 SCAN, Regional Meeting Program Co-Chair for October Meeting
- 1991 - 1992 SDDA Nominating Committee
- 1992 - Pres. Dietitians in Education Practitioners (DEP), member
- 1992 - 1993 SCAN, Southern Division Chairperson
- 1992 - 1993 SCAN, Local Chairperson for National Symposium's 4/92 meeting in San Diego
- 1992 - 1993 CNTF, Secretary
- 1993 - 1994 SCAN State Chairperson
- 1994 - 1995 SCAN, Southern Division, Co-Chairperson
- 1994 - 1995 CNTF, changed name to San Diego Nutrition Council (SDNC), Secretary
- 1997 - 1998 SDNC, Historian
- 1998 - 1999 SCAN, Local Operations Committee Member for Regional meeting in San Diego
- 1998 - 1999 SDDA, Awards Committee Co-Chair
- 1998 - 1999 SDNC, Historian
- 1999 - 2000 SDDA, Awards Committee Chair
- 1999 - 2000 SDNC, Historian
- 2000 - 2001 SDNC, Historian
- Apr. 2001 Co-Chair for Kids' Race, 6<sup>th</sup> Annual San Diego Dietetics Association Nutrition Fuels Fitness 5K/10K Run/Walk, and Kids' ½ Mile and 1 Mile.
- 2001 - 2002 SDNC, Historian and Nominating Chairperson
- 2001 - 2002 California Dietetics Association, Awards Committee
- 2002 - Pres. Member, Coalition on Children and Weight
- 2002-2003 SDNC, Co-Chair

2003-2004 *SDNC, Co-Chair*  
2004-2005 *SDNC, Co-Chair*  
2004-2005 *SDDA, Nominating Committee*  
2006-Pres. *SDDA, Mentoring Chair, organizer of annual Career Night*  
2006 – Pres. *Member, American Association of Family & Consumer Sciences (AAFCS)*  
2007-2013 *SDNC, Treasurer*  
2007-2010 *PLNU Voting Member, Graduate Studies Committee*  
2010-Pres. *Diabetes Care and Education practice group, member*  
2011 *Appointed to American Dietetic Association’s Advisory Committee for 2011 annual Food and Nutrition Conference held in San Diego*  
2011 – Pres *PLNU, Advisor to Student Dietetic Association club*  
2011-2014 *PLNU Voting Member, Graduate Studies Committee*  
2012 *PLNU Task Force for On-line Learning*  
2013-Pres. *California Dietetics Association, Education Council Committee*  
2014 *Completed PLNU’s HOLD course for building online courses*  
2014- Pres *PLNU, Wellness Committee*  
Fall 2015 *PLNU, CTL’s TNT program*