

MARGARET S. WING-PETERSON, MS, RD
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EDUCATION AND CERTIFICATION

University of California, Davis, California. M.S., Nutrition Science, 1980. Thesis title: “*Source Credibility Effects on Consumer Perceptions of Nutrition Claims Made in Food Advertisements.*”

Mercy Hospital and Medical Center; San Diego, California. American Dietetic Association-accredited Dietetic Internship, 1975.

University of Arizona, Tucson, Arizona. B.S., Home Economics, with High Distinction, 1974. Major: Foods and Human Nutrition.

Registered Dietitian, Academy of Nutrition and Dietetics, 1975-present

PROFESSIONAL EXPERIENCE – Academic Instruction

Point Loma Nazarene University; San Diego, California

Adjunct Professor, 1/17-present

Department of Family and Consumer Sciences

Update instructional materials and teach students for upper-division requirement “Cultural Foods,” a course in nutritional anthropology which includes didactic and laboratory applications. Assist with departmental administrative tasks as needed, including curricular reviews and student life activities.

Adjunct Professor, 11/16-12/16

College of Extended Studies/Degree Completion Program

Edited and implemented coursework “Child and Adolescent Nutrition and Health” for two sections/cohorts. Collaborated with instructional designer in the evaluation and modification of course materials. Rated positively in student evaluations and other performance feedback.

Affiliated Faculty, 8/15-8/16

Department of Family and Consumer Sciences

Advised all students majoring in nutrition-health and food service management regarding academic coursework and graduation requirements, internships, graduate school and other issues encompassing personal growth and professional preparation. Counseled and referred students to campus resources as needed for additional support.

Assistant (Full-time) Professor, 8/12-8/15

Department of Family and Consumer Sciences

Instruction: Designed, implemented and evaluated coursework for Academy of Nutrition and Dietetics-accredited didactic dietetics and nutrition-foods program; classes taught:

FCS 225: “Fundamentals of Nutrition”

FCS 300: “Food Economics and Management”

FCS 303: “Cultural Foods”

FCS 305: “Life Cycle Nutrition”

FCS 330/331: “Community Nutrition” and “Community Nutrition Practicum”

FCS 340: “Nutrition for Women’s Well-Being”

FCS 414: “Practices in Nutrition Education and Dietary Counseling”

FCS 435: “Food Service Production and Management”

FCS 445: “Catering”

Received consistently positive student evaluation ratings for quality of instruction and support. *Student Service:* Advised all nutrition-health and food service management majors regarding academic coursework and graduation requirements, internships, graduate school and other issues encompassing personal growth and professional preparation. Assessed students for referral to university support services for additional assistance. Assisted students with Honors Projects and departmental student activities. Provided nutrition and health workshop sessions for Student LEAD Week (2013, 2014.) *University Service:* Assisted in data collection and curricular assessment for the successful professional recertification of PLNU Dietetics Program by the Academy of Nutrition and Dietetics, now accredited for 5 more years (2014.) Contributed actively to departmental curricular evaluation, institutional assessment and prioritization processes. Member of PLNU Faculty Resources Committee (2014-15) and Employee Wellness Committee (2014-15.) Guest speaker for PLNU Early Childhood Learning Center parent education sessions (2014.) Provided culinary-nutrition session for PLNU Employee Wellness programming (2015.)

Adjunct Faculty, 8/02-8/12

Department of Family and Consumer Sciences

Developed and implemented coursework, taking up to an 11-unit load for a semester:

FCS 225: "Fundamentals of Nutrition"

FCS 300: "Food Economics and Management"

FCS 303: "Cultural Foods"

FCS 325: "Food Management and Economics"

FCS 330/331: "Public Health Nutrition"/

"Community Nutrition" and "Community Nutrition Practicum"

FCS 340: "Nutrition Issues for Women in Disease Prevention in Health"/

"Nutrition in Women's Well-Being"

FCS 440: "Advanced Foods"

FCS 445: "Catering"

FCS 455: "Food Science"

Received consistently positive student evaluation ratings for quality of instruction and support. Assisted in curricular development for transition of PLNU pre-dietetics academic program to professionally accredited Didactic Program in Dietetics. Provided student support for internships and graduate school applications. Contributed actively to department administrative and spiritual activities, dietetics program governance and departmental student social activities. Assisted in the development of marketing materials for department and dietetics program, including print and website formats. Guest speaker for PLNU Early Childhood Learning Center parent education sessions.

University of California-San Diego Extension Program; La Jolla, California

Course Coordinator/Instructor, 9/83-9/85

Designed and team-taught "Nutrition for Lifestyle Educators," certification course for fitness instructors, exercise physiologists and other physical activity-health promotion specialists.

Successful, well-received course became a core class for Extension certificate program in fitness-lifestyle education. Coordinated instructional team activities and evaluated course with team members.

PROFESSIONAL EXPERIENCE - Health Care, Health Education and Administration

Program Nutritionist, 12/95-6/07 San Diego State University Foundation; San Diego, California
Designed, implemented and evaluated curricula for community education project addressing nutrition and oral health in culturally diverse, underserved families throughout San Diego County. Activities included classroom and after-school sessions and parenting workshops. Planned and provided in-service for educators, medical/dental/nursing professionals and childcare providers. Developed educational displays, brochures and professional presentations. Initiated and cultivated collaborative with community social services, professional practitioners, and health and nutrition agencies. Team editor for grant proposals, resulting in successful financing for two five-year cycles. Instructed, mentored and oversaw graduate/undergraduate students and dietetic interns in field placement. Designed and piloted youth peer educator training project for oral health education.

Program Nutritionist, 2/91-11/95 San Diego County Dept of Health Services; San Diego, California
Assessed needs, designed and implemented nutrition training and education for 220+ pediatric health care providers and in-house staff. Topics included pediatric nutrition, dental health, dietary assessment, anthropometry, client nutrition counseling and community resources. Evaluated clinical outcomes, interpreted nutrition surveillance data and prepared analyses for program planning. Designed education materials for professional and lay audiences. Coordinated local programming with regional and state resources. Supervised graduate and undergraduate field placement students.

Clinical Dietitian, 5/90-11/03 San Diego Cardiac Center; San Diego, California
Assessed and counseled outpatients regarding health risk reduction and wellness promotion in an eight-cardiologist private practice. Designed food, nutrition and consumer education materials. Created educational materials and trained visiting cardiology specialists for nationwide lipid management preceptorship. Participated in professional symposia for nutrition interventions in hypertension, women's cardiovascular health and dietary modification for lipid management.

Program Representative II, 4/90-1/91 UC Cooperative Extension; San Diego, California
Updated nutrition and consumer education curriculum for the University of California Cooperative Extension Service's Expanded Food and Nutrition Education Program (EFNEP), a federal- and state-funded consumer education program for county-wide low-income families. Revised community outreach system and provided in-service to teaching staff.

Syndicated Columnist, 1/89-2/92 Copley News Service; San Diego, California
Authored "Diet and Health," weekly syndicated newspaper column regarding healthful food, nutrition and consumer information for nationwide news service.

Weekly Food Columnist, 6/87-2/92 American Heart Association; San Diego, California
Authored weekly food and nutrition column with healthful recipes, "The Heart Line," for regular feature in the **Evening Tribune**, a major daily newspaper for the metropolitan San Diego region. Column selected for national syndication by Copley News Service.

Coordinator, Program Development/Training, 3/85-2/90 DANNIS Group; San Diego, California
Developed program administration and client education materials for multi-disciplinary lifestyle education/weight management programs. Produced marketing pieces, medical and business forms, equipment specifications, personnel guidelines, resource lists, curricula and client handouts for this turn-key program. Coordinated materials production/distribution for 30+ U.S. sites. Trained and supervised clinical staff in program administration and classroom facilitation. Oversaw daily operations at pilot site.

Nutritionist Counselor, 12/81-3/85 Kaiser-Permanente Health Programs; San Diego, California
Counseled patients individually and facilitated group education in lifestyle change for outpatient wellness program. Classroom topics included stress management, physical activity, self-image and healthful nutrition. Designed and evaluated curricular and patient materials. Provided staff training and supervised junior staff members.

Dietitian, 1/81-12/81 San Diego County Department of Health Services; San Diego, California
Provided individual bilingual English/Spanish nutrition assessment and dietary counseling, planned and provided group education for nearly 2,000 mothers and caregivers in the Special Supplemental Food Program for Women, Infants, and Children (WIC). Designed and evaluated client educational materials, including visual aids and newsletters, for culturally diverse, economically at-risk populations. Compiled and evaluated program outcomes, authored funding grants. Provided staff in-service and coordinated outreach with public and private community resources.

ADDITIONAL GROUP EDUCATION/FACILITATION EXPERIENCE

Volunteer nutrition facilitator, "Take Control of Your Diabetes" Conference, Department of Veterans' Affairs Medical Center; La Jolla, California. Provided individualized nutrition evaluation and guidance for conference participant-patients

"Fall Festival" volunteer, San Diego County Chapter, American Heart Association; San Diego, California. Provided worksite consumer education in heart-healthy nutrition

Speakers' Bureau volunteer, San Diego County Chapter, American Heart Association; San Diego, California. Addressed community groups regarding heart-healthy nutrition and food preparation. Regularly demonstrated healthful food selection and preparation on local television series, "Saturday Morning."

Chefs de Cuisine; San Diego, California.

Created and instructed eight-week course for professional chefs in this executive chefs' association, examining healthful food preparation techniques and optimal nutrition. Course became part of chefs' professional certification program through Mesa College in the San Diego Community College District.

Professional Affiliations, Activities and Committees, Recognition

- Member, California Dietetic Association, Academy of Nutrition and Dietetics (AND), Food and Culinary Professionals AND Practice Group
- Roundtable Moderator, Third Annual Oral Health Conference; San Diego Oral Health Initiative, 2008
- Selection Committee, San Diego State University Foundation WIC Dietetic Internship, 2007
- Member, Advisory Committee, San Diego State University Foundation WIC Dietetic Internship, 2001-2002
- Chair-Elect and Chair, Membership Committee, San Diego District Dietetic Association, 2000-2002
- Member, (School Food) Quality Work Force, San Diego Unified School District, 1999-2000
- Member, Health Services Advisory Board, Neighborhood House Head Start Program, 1998-2002
- Chair, Nominations Committee, San Diego District Dietetic Association, 1998-99
- Mentor, San Diego District Dietetic Association Student Mentoring Program, 1997-1999
- Grant Reviewer, U.S. Centers for Disease Control and Prevention, Minority Health/Women's Health, 1996
- Nominee, California District Dietetic Association's "Excellence in Community Nutrition" Award, 2000
- Robie Gold Medal Award, Outstanding (University-Wide) Senior Woman, University of Arizona, 1974