

Christina (Mignano) Aguilar, MS, RD, CD, CHES

E-MAIL: ChristinaAguilar@weber.edu
LINKEDIN: <https://www.linkedin.com/pub/christina-mignano-rd/29/a4b/203>

PROFILE:

I am a professional, ambitious, educated, and dedicated dietitian and health educator. I am a full time Instructor in the Health Promotion Program at Weber State University and serve as the Health Promotion Club Faculty Adviser.

EDUCATION & CERTIFICATIONS

University of Connecticut- Storrs, CT: College of Agriculture, Health, & Natural Resources (CAHNR)

- **Registered Dietitian** Aug 2012
- **Certified Health Education Specialist** Oct 2014
- **M.S. in Health Promotion Science: Allied Health**
 - Overall GPA: 4.145/4.2 July 2014
 - Awarded 2-year Research Assistantships
- **B.S. Dietetics, Coordinated Undergraduate Dietetics Program**
 - Overall GPA: 3.909/4.0 May 2012
 - Connecticut Dietetics Association 2012 Award for Outstanding Dietetics Student in a Coordinated Program Aug 2012
 - Ann Lupo Clinical Dietetics Scholarship for excellence in nutrition Dec 2011
 - National Diabetes Prevention Program Lifestyle Coach 2016

TEACHING EXPERIENCE

Instructor Aug 2017-present

- Weber State University
 - HLTH 1030: Healthy Lifestyles Aug 2017-present
 - HLTH 4990: Senior Seminar Spring 2018- present
 - HLTH 4220: Women's Health Issues Fall 2018- present
 - NUTR 2220: Prenatal and Infant Nutrition Spring 2018-present
 - HLTH 4920: CHES Prep Course In preparation
 - NUTR 2240: Child and Adolescent Nutrition In preparation
 - Health Promotion Club Faculty Adviser Spring 2017-present
 - BIS Faculty Adviser
 - Cheryl Seely "Educating Low-Income Hospitalized Families on the Importance of Healthy Eating Habits" Spring 2018
 - Sarah Terry "Nutrient Deficiencies Contributing to Postpartum Depression" Fall 2018

Adjunct Instructor

- Weber State University
 - NUTR LS1020: Science and Application of Human Nutrition Spring & Fall 2016
 - NUTR 1240: Nutrition and Sustainable Cooking (co-taught) Summer 2016
- University of Utah
 - NUTR 1020: Scientific Foundations of Human Nutrition and Health Fall 2016

Guest Lecturer (Selected)

- NUTR 1020: Science and Application of Human Nutrition Fall 2017, Spring 2018

- OREC 2500: Introduction to Outdoor Pursuits Fall 2017
- PHARM 6140: Foundations of Patient Centered Care, University of Utah Spring 2016
- NUTR 3420: Multicultural Health & Nutrition, Weber State University Fall 2015
- HE 120: Health and Nutrition, Worcester State University Spring 2015
- NUSC 3150: Medical Nutrition Therapy I, University of Connecticut Spring 2014

Professional/Community Presentations (Selected)

- “The Obesity Challenge” Total Joint Conference McKay-Dee Hospital Dec 2015
- “Nutrition in Dialysis” Rhode Island Hospital Nephrology Fellows March 2015
- “Vitamin B12 Deficiency in Refugees” International Rescue Committee Nov 2015

PROFESSIONAL SERVICE *(selected)*

- Health Promotion Club Faculty Adviser 2017-present
- WSU Community of Practice: Community Engaged Learning Spring 2018
- Utah Academy of Nutrition & Dietetics Scholarship & Awards Chair 2016-present
- 1 month Ghana Medical Education and Humanitarian Services Trip and Study May, 2018
- Utah Academy of Nutrition & Dietetics Annual Conference Sponsorship Committee 2015-2016
- OWPAC Employee Health Fair Spring 2018
- CAHNR Graduate Student Council Committee Member 2012-2014
- Health, Workplace, & the Environment Conference Coordinator 2013
- University of Connecticut Real Slow Food Student Organization Secretary 2010-2012
- University of Connecticut Students Helping to Achieve Positive Esteem (SHAPE) peer educator 2009-2012

RESEARCH *(selected)*

- Aguilar-Alvarez, D. & **Aguilar, C.** PI: “Evaluation of Food Intake and Serum Iron Related Biomarkers in Ghanaians”
 - Moyes Travel Endowment- awarded \$2000
 - RSPG Research & Travel funding- awarded \$2000

WORK EXPERIENCE

Weight to Health Program Support Oct 2016-present
 Intermountain HealthCare Salt Lake City, UT

- Develop curriculum for a 12-month weight loss program administered in group and individual sessions by Registered Dietitians.
- Improve curriculum based on best practices of behavior change including consideration of the Transtheoretical model, cognitive behavioral therapy, and motivational interviewing.
- Ensure curriculum meets standards for accreditation by the CDC’s Diabetes Prevention Program.
- Coordinate logistics of implementing the 12-month lifestyle change program throughout each Intermountain Healthcare Region including data collection, instructor training, and program quality improvement.

Associate Instructor Jan 2016-Oct 2016
 University of Utah Wellness Program Salt Lake City, UT

- Provide wellness services including health coaching, nutrition education, exercise testing and prescription, wellness presentations, newsletters, and programming direct to clients including University employees, students, and community members.

- Work in conjunction with Nurse Practitioners to review patient bioinformatics information, interview/assess patient strengths, barriers, & goals to encourage health behavior change.
- Supervise and evaluate students and trainees.
- Research Assistant for Dr. John Hurdle & Dr. Patricia Gunther for QualMart Nutrition Bioinformatics research project funded under two USDA grants.

Clinical Dietitian, Per Diem Sept 2015-Present
 McKay-Dee Hospital and Medical Center *Ogden, UT*

Clinical Dietitian Aug 2014-Aug 2015
 Rhode Island Hospital, Level I Trauma Center *Providence, RI*

Clinical Dietitian, Per Diem Jan 2013-Aug 2014
 University of Connecticut Health Center, Sodexo *Farmington, CT*

- Provide patient care through nutrition assessment, diagnosis, intervention, monitoring, & evaluation utilizing the Nutrition Care Process for patient floors including medical, surgical, oncology, cardiac, psychiatric, Intensive Care Unit, newborn Intensive care unit, pediatric, renal, & transplant.
- Provide counseling & education based on each patients' specific therapies & nutritional requirements.
- Communicate with other health professions & attend interdisciplinary meetings.
- Assist in community outreach including media presentations, health fairs, and developing of health education materials.
- Precept & train new dietitians & dietetic interns.

Dialysis Dietitian Sept 2014-Aug 2015
 Outpatient Dialysis Center of Rhode Island Hospital *East Providence, RI*

- Monitor nutrition status, adherence to diet & medications, & bi-weekly labs to determine appropriate nutrition recommendations & goals for each patient.
- Provide counseling based on each patients' specific therapies, nutritional requirements, medical, economic, & social situations & covering topics of renal, diabetes, weight loss/gain, wound healing, nutrition support, & general wellness.
- Communicate with patient, family, & caregivers regarding nutritional status & health needs.
- Create nutrition education including written handouts, bulletin boards, meal plans, & recipes.
- Work in interdisciplinary teams alongside physicians, registered nurses, clinical social workers & technicians.
- Precept two students for two-week rotations & train one new dialysis dietitian.

Research Assistant for Dr. Pouran Faghri Aug 2012-Aug 2015
 University of Connecticut *Storrs, CT*

- Assistant for the Center for Promotion of Health in the New England Workplace (CPH-NEW) NIOSH funded Center for Excellence, focused on participatory action research for health promotion among Correctional Officers & Staff.
- Serve as the project Dietitian in charge of varied initiatives including facilitating a 16-week worksite weight loss program.
- Collect & analyze physical & survey assessment data to answer research questions related to employee health.
- Author scientific research publications & provide oral presentations at scientific conferences.
- Prepare grant proposal to assess structural equation modeling techniques for compiling multiple sources of secondary data.

- Aid in editing journal articles & conducting literature reviews concerning employee health.
- Serve as assistant coordinator for Health, Workplace, & the Environment Conference, 2013.

SKILLS

- English: native language
- Spanish: intermediate (speaking, reading); basic (writing)
- Computer Programs: Windows, Microsoft Office, Canvas, Blackboard, ICentra, EPIC, Patient Links, Velos, NuCard, Tandem, SPSS, AMOS, R, SAS, Mplus, Internet, Chrome, Access, Wellsource Health Risk Assessment (HRA) data processing, Nutribase
- Clinical Equipment: Bioelectrical Impedance Analysis, BodPod, Metabolic Rate Testing, Finger-stick lipid panel
- American Heart Association - Heartsaver Certification in First Aid, CPR, & AED
- Certified Professional Food Manager- Prometric
- Collaborative Institutional Training Initiative (CITI) Program training on human subjects research

PUBLICATIONS, PRESENTATIONS, and ABSTRACTS *(selected)*

- **Mignano C***, Faghri PD, Huedo-Medina T, & Cherniack, M. **Psychological Health, Behavior, and Bodyweight (PBBW) model: An evaluation of predictors of health behaviors and body mass index (BMI)**. Submitted to the Journal of Workplace Behavioral Health.
- **Mignano C***, Faghri PD, Huedo-Medina T, & Cherniack, M. **Psychological Health and Overweight and Obesity Among Correctional Employees**. Submitted to the Journal of Obesity: Open Access.
- Faghri P, **Mignano C*** (2013) **Overweight and Obesity in High Stress Workplaces**. J Nutr Disorders Ther 3: e110. doi:10.4172/2161-0509.1000e110.
- **Mignano C***, Faghri PD, Huedo-Medina T, & Cherniack, M. **Stress and emotions as predictors of health behaviors and bodyweight among correctional employees using the Emotion-Behavior-Weight (EBW) model**. Oral presentation at: University of Connecticut Graduate Student Forum; 2014 Mar 29; Storrs, CT.
- **Mignano C***, Faghri PD, Huedo-Medina T, & Cherniack, M. **An insight to physical and psychological health amongst correctional employees using the Emotion-Behavior-Weight (EBW) model**. Oral presentation at: UCONN-UMASS Sturbridge Research Retreat; 2014 May 22; Sturbridge, MA.
- **Mignano C***, Faghri PD, Huedo-Medina T, & Cherniack, M. **Sleep quality, body weight and health behavior in employees at high stress jobs: Is there a connection?** Accepted for Poster Presentation at: International Symposium to Advance TOTAL WORKER HEALTH™; 2014 Oct 6-8; Bethesda, MD.

*Mignano (maiden name)

CONFERENCE ATTENDANCE *(selected)*

- | | |
|---|----------------------|
| • Utah Society of Public Health Educators (USOPHE) Conference | November, 2018 |
| • Utah Academy of Nutrition and Dietetics (UAND) Annual Conference (<i>coordinator</i>) | March '16, '17, '18 |
| • American Society of Enteral and Parenteral Nutrition (ASPEN) Conference | February 2017 |
| • Sports, Cardiovascular, and Wellness Nutrition (SCAN) Annual Symposium | April 2016 |
| • Intermountain Health Update Nutrition Conference | Sept 2015, 2016 |
| • Council on Renal Nutrition of New England (CRNNE) Conference | Oct 2014, April 2015 |
| • CAHNR Graduate Student Council Research Symposium (<i>coordinator</i>) | Spring 2013, 2014 |
| • Health, Workplace, & the Environment Conference (<i>coordinator</i>) | February 2013 |

- University of Connecticut & Massachusetts Research Retreat Oct, May 2013-2014
- Experimental Biology (EB) Conference April 2013
- Connecticut Academy of Nutrition & Dietetics (CAND) Conference Spring, Fall 2011-2012
- Food and Nutrition Conference and Expo (FNCE) Sept 2011

PROFESSIONAL IMPROVEMENT *(selected)*

- 3 week University of Wisconsin online CHES prep course- in preparation for offering a WSU CHES course for students starting spring of 2019. Fall 2018
- Working Group to Refine High Impact Educational Experiences (HIEE) Fall 2018
- Promoting Student Success: Mary-Ann Winkelmes Fall 2018
- WSU Coach Certification Program Spring 2018
- WSU QPR Suicide Prevention Training Spring 2018
- WSU Teaching and Learning Forum Faculty Symposium Spring 2018
- Promoting Student Success: Jim Donahue Spring 2017
- Promoting Student Success: Todd Zakrajsek Fall 2017
- WSU Last Lecture Fall 2017
- WSU New Faculty Retreat Fall 2017

PROFESSIONAL AFFILIATIONS

- Utah Society of Public Health Educators 2018-present
- Academy of Nutrition and Dietetics (AND) 2010-present
- Utah Academy of Nutrition and Dietetics (UAND) 2015-present
- Council on Renal Nutrition of New England (CRNNE) 2014-2015
- Obesity Research Interest Group (ORIG) 2013-2015
- The Center for Promotion of Health in the New England Workplace (CPH-NEW) 2012-2015
- Member of Sigma Alpha Lambda National Leadership & Honors Organization, Golden Key International Honor Society, & Phi Beta Phi Honor Society