



Portfolio
Muhd. Difa Dhiyaul Haq

Nutritionist

Freshgraduate

HELLO!

My name is Muhd. Difa Dhiyaul Haq

A fresh graduate in Nutrition with deep curiosity for research and data analysis in the nutrition field. Skilled in using analytical tools to solve complex problems and deliver evidence-based solutions in health and nutrition.

Committed to continuous growth, I am eager to expand my expertise in team management, human resource development, and food quality control. I also committed to deliver both objective and thoughtful solutions, always grounded in evidence-based approaches.



Experience & Education

Internship

September 2023 - November 2023

Nutrition Intern

At Padang Pariaman State Hospital

- Delivered nutritional education to 40+ inpatients and outpatients, improving awareness of dietary management of chronic diseases.
- Performed comprehensive HACCP analysis on 20+ menu items, identifying and mitigating potential risks to enhance food safety.
- Conducted Clinical Nutrition Care for 15+ patients, addressing diverse condition such as diabetes, hypertension, and anemia.

November 2023 - December 2023

Nutrition Intern

At Belimbing Public Health Center

- Educated 20+ pregnant woman regarding the danger of anemia during pregnancy.
- Conducted nutritional examination around 100+ patients.

Education

2020 - 2024

Bachelor of Nutrition

GPA 3.70/4.00

At Andalas University

- Engaged in various organizations and clubs.
- Collaborated with lecturers on nutrition and health research.

Organizational

January 2022 - December 2022

Chairman of Comission III

DPM KM FKM Unand

- Supervised three divisions of the Student Executive Board, ensuring alignment with organizational goals and efficient program execution.
- Facilitated eight annual inter-organizational meetings, fostering collaboration and maintaining strong networks with other student organizations.
- Led general assemblies involving over 150 Public Health students as the session leader.
- Acted as a speaker for faculty organization event, presenting insight about the student state of Andalas University in front of 100+ audiences.

January 2021 - December 2021

Staff of Comission III

DPM KM FKM Unand

- Managed the organization's social media presence, developing content to enhance visibility.
- Oversaw external relations with other student legislative organizations, strengthening collaboration and exchanging values.
- Supervised three divisions of the Student Executive Board of the Faculty of Public Health

January 2021 - December 2021

Staff of Human Resource

English Club BEM KM FKM Unand

- Organized training sessions to enhance members' English language skills.
- Planned team-building activities to support member growth within the club.

Skills & Proficiencies

Technical Skills

- Proficient in clinical and community nutrition, focusing on health promotion and dietary interventions.
- Skilled in analytical thinking to interpret complex data and deliver evidence-based solutions.

Soft Skills

- Strong interpersonal communication for effective collaboration and relationship building.
- Leadership capabilities honed through managing projects and organizational roles.
- High social awareness to navigate diverse cultural and social contexts.

Organizational Skills

- Experienced in team management, guiding teams to meet objectives and deadlines.
- Adept at resource management, ensuring optimal use of time, materials, and people.
- Organized and detail-oriented, able to manage multiple priorities with precision.

Language Skills

- Bahasa Indonesia (Native)
- English (Intermediate)

Tools



Past Project

Enumerator at RSUD M. Natsir Solok

September 2024 - October 2024

- Gathered around 1000+ surveys within 2 weeks in a group of 8 people regarding RSUP M. Natsir's patients and visitors satisfaction with the health service provided.
- Coordinated survey distribution and data collection processes, ensuring timely and accurate responses.

Research Project: Nutrition Education on Anemia during Pregnancy

July 2024 - August 2024

- Conducted a research project aimed at evaluating the effectiveness of video-based nutrition education for pregnant women.
- Developed and presented a video on anemia during pregnancy, focusing on dietary recommendations to improve maternal health.
- Delivered the education to a group of pregnant mothers at the Bungus Public Health Center, monitoring their understanding and engagement with the material.
- Assessed the impact of the video as an educational tool, analyzing feedback to determine its effectiveness in improving knowledge about anemia prevention and treatment.

Intern Project: Prevention of Anemia during Pregnancy trough "Numil Cemia"

December 2023

- Collaborated with a team of 6 people to develop and implement "Numil Cemia," an innovative program aimed at educating pregnant women about nutrition through visual food group categorization.
- Designed and curated food images to represent different food groups, making nutrition information accessible and engaging.
- Promoted the program as a preventive measure, enabling women to understand the benefits of balanced nutrition during pregnancy.

Intern Project: Dim Sum - A Nutrition-Focused Food Product

October 2023

- Collaborated with a team of 8 people to create a chicken-filled Dim Sum product designed for hospital workers, emphasizing both taste and nutritional value.
- Conducted nutritional analysis to ensure the product met dietary guidelines while maintaining high flavor standards.
- Successfully marketed the product to hospital employees, achieving 100% profit and positive feedback on taste and quality.

Leadership Experience: KKN Nagari Sungai Tarab Universitas Andalas

July 2023 - August 2023

- As the leader of my KKN (Community Service) group, I led a 40-day project in Sungai Tarab Village, where our main focus was addressing the issue of stunting in the 4 different village community.
- In addition, we also initiated several programs aimed at improving local livelihoods, including the development of liquid fertilizer innovation and maggot cultivation as a sustainable source of income for the villagers.
- As the group leader, I responsible to coordinating with team members to plan, prepare, and implement all activities, collaborating with the local government and community leaders to ensure smooth execution and community engagement, overseeing the overall progress and ensuring that all programs were successfully carried out to address both immediate and long-term needs.

Research Project Enumerator: Ramadhan Diabetes Nutrition

August 2022

- Gathered and interviewed Nutritionist around all Public Health Center in Padang about Ramadhan Diabetes Intervention in each PHC

Certification & Training

Nutritional Related

- Webinar HGN-63 Persagi DPD Banten: “Protein Hewani Cegah Stunting” February 11th 2023
- Webinar HGN-63 Persagi DPD Sumatera Barat January 25th 2023
- Seminar DPD AsDI Sumatera Barat “Peran Nutrisi Enteral dalam Mempercepat Terapi Penyembuhan dan Mengurangi Risiko Malnutrisi di Rumah Sakit” June 19th 2022

Training

- Risetku Academy: SPSS 101 March 24th 2023
- Legislative Leadership Training (L2T) FL2MI Sumatera Barat January 28th - 31st 2022
- Indomindmap: Growth Mindset Practitioner August 4th 2021
- Climate Change Mitigation: How to Raise Public Awareness June 26th 2021
- English Club BEM KM FKM Unand: Speech 101: “Upgrade Your Speaking Skills and Be a Good Speaker: May 22nd 2021

Reach out!

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Connect with me



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