

JESSICA A. BARRETT, RDN, LDN

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Work Experience

East Carolina University – Healthier Lives at School and Beyond

Clinical Nutrition Specialist / January 2022 - Present

- Perform nutritional assessment for individual clients via school-based and home-based telemedicine
- Provide group education to staff and faculty of Duplin, Sampson, and Jones County public schools
- Provide medical nutrition therapy to individuals with health conditions and chronic disease
- Collaborate care with other providers
- Assess food insecurity and provide resources
- Formulate care plans

Private Practice

Registered Dietitian Nutritionist / April 2019 – Present

- Conduct individualized nutritional assessments based on laboratory tests, data, and analysis of dietary habits via telehealth
- Review dietary intake for factors that affect health conditions and nutritional risk
- Assess educational needs and provide nutrition counseling for clients and their families with chronic disease based on individual needs, including nutrient requirements, knowledge, and abilities
- Conduct group presentations
- Recipe development highlighting quick, easy, and affordable recipes to increase high fiber foods
- Contract with local restaurants for medically tailored diets, nutrition fact labels, and nutrition counseling

Mecklenburg County Health Department - WIC

Nutritionist / June 2021 – December 2021

- Perform program eligibility and nutritional assessment for individual clients via telehealth
- Provide medical nutrition therapy to individuals with health conditions and chronic disease
- Conduct nutritional planning, determination of supplemental food needs and provision of breastfeeding supplies
- Provide individual education in nutrition, breastfeeding, and health issues

YMCA of Greater Charlotte

Registered Dietitian Nutritionist / April 2019- March 2020

- Conduct individualized nutritional assessments based on laboratory tests, data, and analysis of dietary habits
- Review dietary intake for factors that affect health conditions and nutritional risk
- Evaluate health and disease conditions for nutrition-related consequences
- Assess educational needs and provide nutrition counseling for clients and their families
- Provide appropriate follow-up in accordance with the client's treatment goals
- Provide demonstrations, discussions, develop lesson plans, and educational handouts on diabetes and heart disease awareness
- Conduct group presentations
- Developed recipes highlighting quick, easy, and affordable recipes to increase fruits and vegetable intake

Nourish Charlotte

Relationship Specialist/Chef / July 2012-January 2017

- Preparing food according to client's needs, including allergies and restrictions
- Responsible for state and county compliance for food labeling
- Set guidelines for receiving inventory
- Oversee and assure quality and accuracy of health promotions

Skills Summary

- Critical thinking to integrate facts, informed opinions, active listening, and observations
 - Decision making, problem solving, and collaboration
 - Medical nutrition therapy counseling for chronic disease
 - Strong interpersonal skills to establish productive working relationships with multidisciplinary team and support services
 - Communicate effectively in both written and verbal form to patients/clients, public, medical staff, and physicians
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Education

- *BS Human Nutrition / Winthrop University / May 2017/ Cum laude*
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Certification/Licensure/Affiliations

- Registered Dietitian Nutritionist (RDN)
- Licensed Dietitian Nutritionist – North Carolina
- Member of Academy of Nutrition and Dietetics
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