**PERSONAL**

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Assoc. Prof. ZENAIDA F. VELASCO | | |
| Rank/Title First Name M.I. Surname | | |
| Position(s) | Adviser, ROTARACT | | |
| Discipline | Nutrition | | |
| Department | Nutrition and Dietetics | | |
| Phone (Office) | (02) 731 4323 | | |
| Email address  (official) | [zfvelasco@ust.edu.ph](mailto:zfvelasco@ust.edu.ph) | | |
| Consultation Period  (2nd Term, AY 2016-2017) | W, 2:00 – 4:00 PM | | |
| Qualifications | Degree | School | Year Graduated |
| Doctorate |  |  |  |
| Masterate | MA Psychology | Polytechnic University of the Philippines, Manila | 2000 |
| Undegraduate | BS Foods & Nutrition | University of Santo Tomas | 1976 |
| Professional Memberships | Name of organization | Position | Inclusive years |
| NDAP | National President and Life time member | 1975 - present  President 2017-2019 |
| NDAP Foundation | Vice President | 2017-2019 |
| Phil. Assn. of Diabetes Educators | Treasurer | 2017-2019 |
| Nutrition Foundation of the Philippines | Board of Trustee |  |
| Academy of Nutrition and Dietetics | Member |  |

**BIOGRAPHY (Bionote: 75-100 words only)**

|  |
| --- |
| Type below:  Zenaida F. Velasco has manifested leadership and excellence in different Nutrition, Health and Wellness practice areas through high visibility in media, postgraduate education, community extension and research to uplift the corporate and professional image of her profession: for trail blazing as a nutritionist-dietitian-psychologist-educator earning twice the Excellence Teaching award from UST; for designing and implementing the PEP or Physical/Psychological Enhancement Program to catapult UST in a top performing school in Nutrition and Dietetics; for successful pioneering endeavors in wellness-related entrepreneurial ventures, which created positive impact in marketing the RNDs capability to varied clientele, for the unstinting support and services to the NDAP throughout her 42 years of professional life; organizing fitness-cum fund raising activities, spearheading online elections for NDAP and for establishing the Nutrition & Emotional Wellness Center to provide nutritional management and psychological well-being services- the first of its kind in the Philippines. Ms. Velasco believes that the biggest room in the world is the room called improvement; she is one of the pioneers of the John Robert Powers International since 2000 and is a much sought after speaker on personality development. |

**TEACHING**

|  |  |
| --- | --- |
| Academic Year | Courses handled |
| 2012-2013 | FFT, FNR2, FSS2 and PHN/PPM,FSS1, HC, Food Service Practicum |
| 2013-2014 | FFT,FNR2,FSS2,PHN/PPM, NutEd,FSS1,HC and Hospital Practicum |
| 2014-2015 | FFT, FSS1, NutEd, FNR2. FSS1, HC Food Service Practicum |
| 2015-2016 | FFT, FNR2, FSS2, Food Service Practicum,FSS1, HC |
| 2016-2017 | FSS1, HC,FS Practicum and Personality Development |

**EXPERIENCE**

|  |  |  |  |
| --- | --- | --- | --- |
| Academic Year | Committee Memberships | | |
| Role/Position | Committee/Event | Inclusive Dates  (mm/dd/yy) – (mm/dd/yy) |
| 2012-2013 |  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| 2012-2013 |  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| 2013-2014 |  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| 2014-2015 |  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| 2015-2016 |  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| 2016-2017 |  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**PUBLICATIONS AND CREATIVE WORKS**

|  |
| --- |
| BOOKS (since 2011) |
| Type below in APA format (from latest): |
| PUBLICATIONS (since 2011) |
| Type below in APA format (from latest):  Gonzales-Suarez, C.B., Lee-Pineda, K., Caralipio, N., Grimmer-Somers, K., Sibug, E.O., and Velasco, Z.F. (2013). Is What Filipino Eat Between Meals Associated with Body-Mass Index? *Asia Pacific Journal of Public Health, 27*(2), 650-661. |
| CREATIVE WORKS (since 2011) |
| Type below in APA format (from latest): |

**AWARDS/RECOGNITIONS** (since 2011 including fellowships)

|  |  |  |
| --- | --- | --- |
| Type  (Academic Honors, Professorship, Fellowships) | Details | Year |
| Professional | Outstanding Nutritionist-Dietitian, Professional Regulation Commission | 2013 |
|  | Dangal ng UST Lorenzo Ruiz Award | 2015 |
|  | Outstanding San Juaneno Excellence Award | 2015 |

**SPEAKERSHIP** (since 2011)

|  |  |  |
| --- | --- | --- |
| Role  (Speaker, Expert Panel Member, Trainor, etc.) | Seminar/Workshop/Conference/Training – Sponsoring Organization | Year |
| Nutrition expert | Avon Philipppines | 2015 to present |
| Nutrition Expert/Consultant | Tupperware Philippines | 2015-2016 |
| Expert Panel | FNRI Pinggang Pinoy |  |
| Resource Person | For Senate of the Philippines for RA10862 | 2015-2016 |
| Task Force | PRC – Board of Nutrition & Dietetics RA 10862 | 2016 to present |
| Chair, Expert Panel | Batangas State University - CONAS | 2016 to present |
| Trainor/Facilitator | PRC,Manila & Lucena on Customer Service | 2014 to present |
| International facilitator | John Robert Powers – one on one classes, executive and corporate accounts | 2000 to present |

**SUPERVISION**

|  |
| --- |
| Undergraduate researches supervised (since 2011) |
| Type below in APA format (from latest): |