

JOY D. MOOREHEAD, MS, RDN, CD, CLT

Curriculum Vitae

Offices in:

23745 225th Ave SE, Suite #201
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2940 Limited Lane NW, Suite #101
Olympia, WA 98502

joy@customfitnutrition.net, www.customfitnutrition.net

CERTIFICATION

Certified Dietitian, Health Professions Quality Assurance Division, State of Washington, Current Registered Dietitian/Nutritionist, Commission on Dietetic Registration, American Dietetic Association (now known as Academy of Nutrition and Dietetics), Current Certified LEAP Therapist, Oxford Biomedical Labs, Florida, Current

EDUCATION

University of Washington, Seattle, Washington, MS (Nutritional Sciences), March 2008
Bastyr University, Kenmore, Washington, BS (Nutrition), June 2005

CURRENT EMPLOYMENT

Registered Dietitian & Consultant, Custom Fit Nutrition, LLC, Olympia and Maple Valley, July 2007-present

Consultant dietitian, owner, private practice. Responsible for providing medical nutrition therapy and nutrition counseling for chronic disease prevention & management, providing liaison services between health care modalities/practitioners, promoting team approach to client care. Also provide presentation/teaching services for groups. Specializing in medical nutrition counseling for food sensitivities/allergies, GI conditions and blood sugar management to include Diabetes, Hypoglycemia & Insulin Resistance.

Co-Presenter, Instructor, Minnesota Academy of Nutrition and Dietetics Webinar, November 11, 2014
Presented information regarding the use of Mediator Release Testing in Private Practice

PUBLISHED WORKS

Soda intake and osteoporosis risk in postmenopausal American-Indian women, Public Health Nutrition, 7 Oct 2010.

PREVIOUS DIETETIC EMPLOYMENT

Registered Dietitian, Maxim Healthcare Services, Inc., Seattle, September 2007- May 2009

Contract dietitian for DSHS Special Commitment Center:

Responsible for policy development of and initiating medical nutrition therapy, including dietary and supplement counseling for adults aged 18 to end of life in long term care environment. Also responsible for menu development and nutrient analysis to meet all medical nutrition requirements, total population approximately 300.

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DIETETIC INTERNSHIP EXPERIENCES

Clinical Nutrition – UW Medical Center including ICU, Hematology/Oncology, Stem Cell Transplant and Whole Organ Transplant units
Ambulatory Nutritional Counseling, UW Roosevelt Diabetes Clinic
Community Nutrition – WSU Extension, Pierce County and Bellevue School District, Sherwood Forest Elementary
Long-Term Care – Dietitian Consulting Service, LLC
School Food Service/Child Nutrition – Bellevue School District

VOLUNTEER WORK

Yearly Pro-Bono Medical Nutrition Therapy in private practice setting for select clients, current
Heart-Healthy Cooking Instructor/Nutrition Educator, Tenino, Washington, 2007
Treehouse Wellness/Nutrition Educator, Teenage girls in Foster Care, Junior League 2006
WIC Conference, Registration Table, 2006
Wellness/Community Nutrition Educator, WA Bar Association Retreat, 2006
Research Assistant and Nutrition Educator (Nutrition Practicum), Seattle School District, 2005
Nutrition Educator, First Baptist Church, Bothell, Washington, 2003-2005
Nutrition Educator, Union Gospel Mission Women's Shelter, Seattle, Washington, 2003

HONORS, AWARDS, MEMBERSHIPS

Katsumi Higuchi Scholarship, University of Washington, 2006
Aerospace Education Foundation Spouse Scholarship, 2005
Bastyr University Employees' Student Scholarship, 2004
Bastyr University Undergraduate Scholarship, 2004

CAREER HISTORY

Registered Dietitian, Custom Fit Nutrition, LLC, Olympia and Maple Valley, Washington, 2007-present
Registered Dietitian, Maxim Healthcare Services, Inc, Seattle, Washington, 2007-May 2009
Manufacturing Engineer, Buyken Metal Products, Kent, Washington, 2002-2003
Technical Design, Boeing Commercial Airplane Group, Seattle, Washington 1991-1993, 1996-1997, 2001
Technical Design/Project Planning, BFC Architectural Metals, Seattle, Washington, 2000-2001
Technical Design/Project Planning, Ametech, Inc., Seattle, Washington, 1997-1999

PERSONAL DATA & INTERESTS

Born August 12, 1964; Fayetteville, North Carolina; Veteran U.S. Air Force, 1986-1992; Married, 2 children (ages 28 & 24)
Interests include traveling, music, hiking, water sports and being creative with woods/metals.

REFERENCES

Carolyn MacLean, LMP (206) 322-7633
Mark Anstadt, ARNP, (206) 384-0376
Cynthia Cote, MD, (425) 413-8292