

Paula J. Martin, MS, RDN, LDN

1354 Reads Run
Traverse City MI 49685
(412) 953-1913
PaulaJo.Martin@gmail.com

Objective:

To provide high quality services in the areas of non-profit management, human resources, community organizing and public health promotion for individuals and/or groups in the community.

Experience:

October 2018-Present

**Title: Community Nutrition Specialist, Food & Farming
Groundwork Center For Resilient Communities**

Key Functions:

- Project and grant management related to Farms, Food & Health and Culinary Medicine Programs. Faculty member Culinary Medicine Conference
- Development and implementation of a Culinary Nutrition Continuing Medical Education program.
- Coalition building
- Curriculum Development for community stakeholders
- Event Management
- Food access environmental strategy implementation
- Program evaluation
- Community Nutrition Research, *Dinner with Your Doctor* Clinical Intervention

February 2017- January 2019

**Title: Community Health Coordinator
Taste the Local Difference**

Key Functions:

- Coordination for two grant funded programs:
 - Building Healthy Communities with the Northern Michigan Health Department
 - Community supported agriculture worksite wellness with the Michigan Health Endowment Fund

December 2016-October 2018

Title: Consultant

Current Project: Groundwork Center Food and Farming

Key Functions:

- Project management related to development and implementation of a Culinary Nutrition Continuing Medical Education program.
- Coalition building
- Curriculum Development
- Event Management

May 2016 -November 2016**Groundwork Center for Resilient Communities**

Traverse City, Michigan 49684

Title: Food and Farming Fellow**Key Functions:**

- Primary role is to support grant-funding programs related to Farm To School “10 Cents A Meal for School Kits and Farms”.
- Grant application and grant scoring development to support the Michigan Department of Education.
- Provided framework and survey development for human resources projects related to the development of an Employee Wellness Program.
- Data mining to support school districts in Northwest Lower Michigan.
- Tabling events and outreach promotion for Groundwork.
- Consultation for member benefits and volunteer service programming goals.

July 2014-April 2016**Carnegie Mellon University**

Pittsburgh, Pennsylvania 15213

Title: Director of Health Promotion Programs**Key Functions:**

- Human Resource management for Health Promotion Office, manager for 2.5 FTE Health Promotion Specialists, and 14 Student Employees
- Sustainability point person for “Scotty Goes Green”
- Health Assessment Surveys and Program development
- Training including continuing education, professional in-services and employee onboarding
- Advocacy and Trainer for LGBTQ services, “Safe Zone” training, and Bystander Intervention.
- Dining Services manager of nutrition analysis web-based service and phone application, local food procurement and composting initiatives. Medical meal plan accommodations and food allergy management
- Billing and budget management for Health Promotion business operations
- Management of web-based information including online email question/answer service

- Primary contact and educator/ presenter for stress management, fitness, alcohol and other drugs, smoking cessation and sexual health/sexual violence prevention
- Staff Chair Healthy Campus Committee, and Public Health Symposium: Pathways to Health Coordinator
- Marketing and communications management for University Health Services
- Campus Consultant for Green Practices Committee, Carnegie Mellon Qatar, Steinbrenner Institute for Environmental Education and Research and the Divisions of Student and Campus Affairs

August 2005- July 2014

Carnegie Mellon University

Pittsburgh, Pennsylvania 15213

Title: Campus Nutritionist and Health Promotion Specialist

Key Functions:

- Development and instruction of two 9 week courses entitled Personal Nutrition and Relationships 101
- Consultant to campus dining service, university athletics and the school of drama
- Procurement and management of nutrition education budget
- Marketing and health promotion education
- Guest speaker for campus based health and wellness conferences
- Medical Nutrition Therapy. Primary areas: weight management, disordered eating, sports nutrition, diabetes and food allergies for student body, faculty and staff
- Educational material development
- Management of web-based nutritional information including online email question/answer service
- Human resource management for peer health advisory staff

April 1999- October 2005

The Sewickley Valley YMCA

Sewickley, Pennsylvania 15143

Title: Nutritionist/Instructor

Key Functions:

- Nutritional consultation by appointment
- Instructor of 12 week Healthy Lifestyles Wellness Class for adults. Assisted in developing the current program.
- FitKids program development team member
- Staff and community Nutrition Education Specialist focusing on general wellness
- YMCA Certified Personal Trainer
- Marketing and Promotion of YMCA wellness services for print media

September 2003- August 2005

University of Pittsburgh, Student Health Education

Pittsburgh, Pennsylvania 15213

Title: Health Education Dietitian

Education:

University of Pittsburgh – School of Health and Rehabilitation Sciences- Masters of Science with an emphasis in Public Health Education, Wellness and Human Performance obtained August 2008.

University of Pittsburgh - Clinical Dietetics and Nutrition Bachelor of Science obtained June 1998. Cum Laude.

Registered October 1998, Licensed April 2003

Community College of Beaver County – Monaca, Pennsylvania - Studies in Natural Sciences. Dean's List

Additional Trainings:

Michigan State University Extension Master Gardener Trainee (February 2017)

Chemicals and Health by Johns Hopkins University on Coursera. Certificate earned, with distinction, on April 25, 2015.

Current Certifications:

- National Restaurant Association, ServSafe Certified Trainer.
- CPR/AED American Heart Association, Healthcare Provider Certified.
- EcoAmerica, Climate for Health Certified Ambassador.

Activities and Professional Involvement:

- Great Lakes Culinary Institute at Northwestern Michigan College, Advisory Committee
- Northern Michigan Dietetic Association member and newsletter contributor.
- Hunger and Environmental Nutrition, Dietetics Practice Group-Public Policy Committee. This committee works to educate our membership about local, state, and national health and environmental policy. Grassroots and national coordinated efforts.
- Food and Culinary Professionals Dietetics Practice Group member
- Northern Michigan Food and Farming Network member

Recognition:

- 2015 Andy Award Nominee (Andrew Carnegie, University recognition) and 2013 Pittsburgh Business Times, HealthCare Hero Finalist