



JILL WEISENBERGER, MS, RDN, CDE, CHWC, FAND

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## EDUCATION

- **M.S., Food Science and Human Nutrition**, College of Agriculture, University of Florida, December 1990
- **B.S., Advertising**, College of Journalism & Communications, University of Florida, August 1983.
- **Registered Dietitian**, since April 1991.
- **Certified Diabetes Educator**, since May 4, 2002.
- **Certified Health and Wellness Coach (Wellcoaches)**, since October 30, 2015.

## MEDIA

### Author

- *Prediabetes: A Complete Guide: Your Lifestyle Reset to Stop Prediabetes and Other Chronic Illnesses* (American Diabetes Association, 2018)
- **Best-seller:** *Diabetes Weight Loss Week by Week* (American Diabetes Association, 2012)
- *The Overworked Person's Guide to Better Nutrition* (American Diabetes Association, October 2014)
- *21 Things You Need to Know About Diabetes and Your Heart* (American Diabetes Association, 2015)

### Nutrition Communications Consultant

#### **Spokesperson/Brand Ambassador/Representative**

Jill shares her enthusiasm and expertise on behalf of a variety of clients including:

- Dow Agro Sciences Omega-9 Oils and Good Fats 101
- Sunkist
- Campbell's V8
- Egg Nutrition Center

Duties include:

- Present live and virtual webinars
- Engage consumers on social media, including Twitter Parties
- Design educational materials
- Develop recipes with clients' product line or for publications
- Write online and print content
- On-camera talent

### Health & Nutrition Writer

Hundreds of published articles; frequent contributor to national magazines and other publications and organizations including:

*Environmental Nutrition, Diabetes Forecast, EatingWell, Diabetic-Living, Food & Nutrition magazine, IG Living, Today's Dietitian and Kids Eat Right.*

### Contributing Editor

- *Diabetic Living magazine*, 2017- present



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- *Environmental Nutrition*, 2010-present
- *Her Sports + Fitness* magazine, July 2006 – December 2008
  - *Florida Magazine's Association's 1<sup>st</sup> place for best service feature, 2008*

## ACTIVITIES

Member, The Academy of Nutrition and Dietetics and 5 Dietetic Practice Groups:

- Diabetes Care and Education
- Weight Management
- Nutrition Entrepreneurs
- Sports, Cardiovascular & Wellness
- Food & Culinary Professionals
  
- 2012-2015, Authors Specialty Chairperson for Nutrition Entrepreneurs Practice Group
- 2011-2014, Columnist for newsletter for Diabetes Care and Education Practice Group
- 2010-2011, Publications chairperson for Diabetes Care and Education Practice Group
- Member, Tidewater Dietetic Association, held various board member positions
- Member, Virginia Dietetic Association.
- Tidewater representative for Nutrition Services Payment System committee, 1993.

Member, American Association of Diabetes Educators (AADE)

- Editorial Advisor for *AADE In Practice*

Member, American Diabetes Association

- Contributor to *Diabetes Forecast* magazine, Ask the Expert

## OTHER EXPERIENCE

### **Private Practice Dietitian and Coach**

*July 2010 - present Yorktown & Newport News, Virginia*

Counsel and coach individuals for behavioral changes and therapeutic diet changes for the management of diabetes, prediabetes, obesity, high cholesterol and more.

### **Clinical Nutrition Consultant**

*August 1992 – June 2009 Yorktown, Virginia*

Medical contracts included a rehabilitation hospital, a weight loss treatment program, a military medical clinic, an OB/GYN office, the Leonard R. Strelitz Diabetes Institutes, substance abuse treatment facilities, a skilled nursing care facility, acute care hospitals, a city recreation center and a residential school for disabled children.

Clinical duties: tasks included performing nutritional assessments, teaching diabetes self-management skills, following research protocols, developing a research protocol, designing and producing nutrition education materials, creating inservice training programs, designing and implementing quality assurance programs, revising policies and procedures manuals, and counseling patients on therapeutic and regular diets. Topics include diabetes, prenatal, dyslipidemia, hypertension, weight control, renal nutrition and nutrition for wellbeing.



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**Lead Research Dietitian**

*September 2006 – July 2010*

**Research Dietitian**

*July 2002 – September 2006*

**Hampton Roads Center for Clinical Research**

*Norfolk, Virginia*

Lead the nutrition department and supervised nutritionists. Provided nutrition counseling to patients in clinical research trials for weight loss, diabetes, dyslipidemia, and hypertension. Followed research protocols as outlined by pharmaceutical companies. Designed and implement patient education programs including individual and group counseling, parties, grocery-store tours, contests, seminars, blast e-mails. Assisted clinical research coordinators in maintaining detailed records.

**Professor**

*August 2009 – July 2010*

DeVry University

*Chesapeake, Virginia*

Taught onsite and online class for three terms: Nutrition, Health and Wellness

**Diabetes Educator**

*August 2000 – March 2002*

Sentara Southside Hospitals

*Norfolk, Virginia*

Assessed nutritional needs and glycemic control of outpatients with diabetes and pre-diabetes. Taught nutritional management of diabetes and co-diagnoses such as hypertension, obesity, dyslipidemia, and gastrointestinal disorders. Provided ongoing care through individual sessions, group meetings and telephone contacts.

**Adjunct Faculty Member**

*Fall Semester, 1993*

Thomas Nelson Community College

*Hampton, Virginia*

Taught Nutrition I and Introduction to the Dietetic Health Field to students in the Dietetic Technician and Nursing programs. Designed the class outlines, prepared lectures, discussions and laboratory methods of learning.

**Clinical Dietitian**

*January 1991 - October 1992*

Riverside Regional Medical Center & OB/GYN Center Newport News, Virginia

Provided nutritional care to a variety of patient types, including cardiac, diabetic, geriatric, renal, and OB/GYN. Assessed nutritional needs and counseled patients in appropriate dietary changes based on diagnosis, medical history, laboratory data, nutritional history, and individual ability and motivation to change. Assessed tube feeding and hyperalimentation requirements, monitored tolerance.

**Program Development**

*1990, Gainesville, Florida*

Developed and implemented a nutrition/weight control program for the Alachua County, Florida chapter of the American Cancer Society for their smoking cessation workshop. Wrote, designed and made camera-ready *You Don't Have to Gain Weight When You Quit Smoking*, a 25 page-educational booklet. Evaluated the program and followed the outcome for six months following smoking cessation.