

# Chelsea Q. Edwards, MS, RDN, LD

Commission on Dietetic Registration No.: 86052518  
Alabama Licensed Dietitian No.: 2822

## Objective:

To train future generations of allied health professionals to provide evidence-based, compassionate nutrition care and transform the medical landscape by advocating for inclusion and stigma-free care.

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## Education

**The University of Alabama** | Tuscaloosa, AL January 2017-December 2018  
Master of Science in Human Nutrition, Clinical Concentration | GPA: 3.8

**The University of Alabama** | Tuscaloosa, AL May 2013-December 2016  
Bachelor of Science in Food and Nutrition | summa cum laude | GPA: 4.0

**Auburn University** | Auburn, AL August 2007-December 2010  
Bachelor of Arts in Public Relations

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## Dietetic Internship

**The University of Houston** January 2017-July 2017  
1200+ Hours  
Clinical 15 weeks | Food Service Management 5 weeks | Community 6 weeks

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## Professional Experience

**Registered Dietitian Nutritionist/Owner** July 2018-Present  
*Chelsea Edwards Nutrition LLC* | Huntsville/Madison, AL

- Provide nutrition therapy services, with a specialty in eating disorders
- Facilitate monthly meal outings and support groups for eating disorder clients

**Registered Dietitian Nutritionist** November 2017-December 2018  
*Pinnacle Behavioral Health/Elk River Treatment Program* | Elkmont, AL

- Served as nutrition resource for clinical providers and residents
- Monitored and evaluated intake and anthropometric data for residents
- Developed cycle menus providing adequate nutrition for population

**Nutrition Volunteer** July 2016-November 2016  
*NorthBay Medical Center* | Fairfield, CA

- Planned and implemented gluten free menu for facility
- Created COPD and oncology patient education materials

**Freelance Marketing & Communications** July 2013-February 2015  
*Harrison Medical Center* | Bremerton, WA

- Acted as project manager for internal and external brochures, flyers and websites
- Wrote and edited material for internal and external communications and publications

**Marketing & PR Coordinator** October 2012-June 2013  
*Applied Technical Systems* | Silverdale, WA

- Assisted in all marketing and public relations efforts, conducted media relations
- Compiled and wrote quarterly newsletter

## **Communications Specialist**

August 2011-October 2012

*The Doctors Clinic | Silverdale, WA*

- Generated all advertising, marketing materials, marketing emails and press materials for multispecialty medical group with 80 physicians
- Maintained websites, intranet and social media pages

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## **Skills**

Nutrition Focused Physical Exam (NFPE) training from Academy of Nutrition and Dietetics, Adult and Pediatric First Aid/CPR/AED Certified, Epic, Cerner, BestNotes, MS Office, BlackBoard

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## **Memberships and Affiliations**

Academy of Nutrition and Dietetics | Member

North Alabama Dietetic Association | Treasurer 2018-2020

International Association of Eating Disorder Professionals | Member

Behavioral Health Nutrition Dietetic Practice Group | Member

Pediatric Nutrition Dietetic Practice Group | Member

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## **Conferences and Courses**

Alabama Dietetic Association Conference | 2018 and 2019

Academy of Nutrition and Dietetics Nutrition Focused Physical Exam (NFPE) Course | 2016

Family Based Therapy for Dietitians Course | EDRDPro | 2019

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## **Research Interests**

Weight Stigma, Eating Disorders, Malnutrition, Health at Every Size, Intuitive Eating, Pediatric Feeding Issues, Pediatric Food Environments, Sustainability, Diet and Mental Health, Harm Reduction in Nutrition Education

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## **Presentations**

The New Wave of Eating Disorder Treatment and Prevention | The Balanced Life LLC | 2019

*Co-presenter with Michaela Whitehead, LPC*

- Discussed role of early nutrition environment on eating disorder development
- Provided resources for prevention in early childhood and adolescence
- Presented treatment methods for dietitians and therapists

Guest Speaker at Oakwood University for Introduction to Nutrition Classes | 2019-present

- Provide one hour seminar on identifying and treating eating disorders to each semester's *Introduction to Nutrition* course

## Certifications

In Progress: Certified Eating Disorder Registered Dietitian | Anticipated Date: October 2021

*Under the Supervision of Megan Kniskern, MS, RDN, CEDRD-S*

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## Precepting

2018-present

- Provide future dietitians with supervision and mentorship to meet requirements for dietetic internship
- Provide resources to dietetic interns and supervise them in practicing counseling skills
- Teach counseling skills and nutrition therapy to interns
- Served 1000+ hours as a preceptor