# Sylvia Gabriela Phillips

gabyphil@nmsu.edu
(575) 646-4117

## EDUCATION

**Ph.D., Plant and Environmental Sciences**

New Mexico State University, Las Cruces, New Mexico

Research: "Folic Acid Fortification of Nixtamalized Corn Products: A Nutritional Perspective"

Expected graduation date: December 2021

**M.S., Family and Consumer Sciences with emphasis in Human Nutrition**

New Mexico State University, Las Cruces, New Mexico, 2014

**B.S., Nutrition and Food Science**

Universidad Iberoamericana, México City, México, 1999
*(Coordinated Program accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND)*

Senior Thesis: "Effects of Carbohydrate Gel Supplementation on Mexican Elite Triathletes during an Olympic Distance Triathlon"

## PROFESSIONAL LICENSURE

**U.S.**
Registered Dietitian Nutritionist
NM Licensed Dietitian

**México**
Valid Mexican nutrition professional license (2000–Present)

## OTHER CERTIFICATIONS

- Accreditation Council for Education in Nutrition and Dietetics (ACEND), Program director workshop – Chicago, Illinois, 2015
- ServSafe Food Handler certificate, 2015
- Commission on Dietetic Registration (CDR), Certificate of Training in Adult Weight Management – Level 1, Nashville, Tennessee, 2015
- CDC-trained lifestyle coach – Emory University, Atlanta, Georgia, 2013

## EXPERIENCE

**NMSU Dietetic Internship Director** (June 2016–present)
NMSU Family and Consumer Sciences

- Develop and maintain strategies for assuring that all ACEND accreditation standards, policies and procedures are met.
- Maintain DI accreditation, including timely submission of fees, reports, and requests for major program changes.
- Maintain DI intern records, including transcripts and DPD verification statements for admission, rotation schedule, and verification statements at completion with DI verification statements kept indefinitely.
- Maintain complaints about the DI received from interns and others, including disposition of complaints.
- Develop and maintain policies and procedures for effective management of the DI.
- Develop and maintain policies and procedures that ensure fair, equitable, and considerate treatment of prospective and enrolled interns with recruitment, retention, and completion policies.
- Conduct intern recruitment, advisement, evaluation and counseling.
- Advise interns of requirements necessary to complete a Master of Science in Family and Consumer Sciences.
- Organize and proctor written comprehensive exams for dietetic interns as part of the requirements to complete a Master of Science.
- Conduct ongoing review of DI curricula to meet the accreditation standards.
- Communicate and coordinate with DI faculty, preceptors and other involved in the program such as the Dietetic Internship Advisory Committee.
- Facilitate the processes for continuous assessment of the DI and intern learning outcomes.
- Serve as a liaison between NMSU, registered dietitians, hospitals or any other facilities/community involved with the dietetic internship.
- Coordinate seminars, workshops and training to benefit dietetic interns and/or local registered dietitians.
- Recruit adjunct faculty as needed.
- Initiate and maintain affiliation agreements with local hospitals, facilities, and other universities as needed.
- Work closely with NMSU Cooperative Extension Service (CES) faculty and staff to provide meaningful experiences and benefits for CES and dietetic internship program.
- Promote NMSU leadership in the nutrition field in different capacities, such as creating partnerships among local agencies and institutions to provide non-academic education for adults related to nutrition and dietetic topics.
- Translate CES publications and any other NMSU publications from English into Spanish.
- Represent and enhance the presence of NMSU internationally in the nutrition and dietetics field.
- Help grad students to meet competencies in dietetics research. Have served as PI, Co-PI and faculty advisor for dietetic internship mini-research projects.

- Work on dietetic research as needed.
- Chair of the NMSU Dietetic Internship Advisory Committee and NMSU Dietetic Internship Selection Committee.
- Member of the Family and Consumer Sciences department curriculum & assessment committees and HNDS/Extension search committee for tenure track positions.
- College instructor for HNDS 500, HNDS 560, HNDS 562, HNDS 566, HNDS 568 and 2-week clinical simulation. Incorporating new teaching tools and topics to bring the dietetic internship to most up-to-date trends in the dietetic field, such as using 3D practice experience and developing virtual reality mock patients. Use diabetes pediatric online (P.E.D.R.O.) simulation that introduces dietetic interns into a hospital setting, and practicing patient interviews. Open electronic medical record platform and hands-on nutrition focused physical exam.

**NMSU Dietetic Internship, Assistant Director** (May 2015–May 2016)

NMSU Family and Consumer Sciences

- Worked closely with the NMSU dietetic internship director to meet all the ACEND accreditation standards.
- Attended supervised practice rotation site visits in clinical, foodservice management, and community nutrition as needed.
- Worked closely with the extension component to coordinate rotations at both the county and state level for the dietetic interns.
- Created new community nutrition assignments to meet specific ACEND competencies.
- Modified existing supervised practice rotation assignments and rubrics as needed.
- Coordinated dietetic interns and meetings with preceptors as needed.
- College instructor for HNDS 562 and HNDS 564.

**Program Specialist** (October 2014–Present)

NMSU Extension Family and Consumer Sciences

**NDPP Lifestyle Coach** (May 2013–May 2016)

NMSU Extension Family and Consumer Sciences
NMSU-Molina Healthcare National Diabetes Prevention Program (NDPP) – CDC recognized provider for Doña Ana County

**Program Coordinator** (May 2013–September 2014)

NMSU Extension Family and Consumer Sciences –

NDPP/SNAP-Ed/EFNEP State Office

- Completed the Diabetes Training and Technical Assistance Center (DTTAC) Lifestyle Coach Training at Emory University (Atlanta, GA).

- Assisted in planning and setting up classes across the county.
- Assisted in developing enrollment forms and translating materials from English into Spanish.
- Recruited and screened possible participants.
- Identified those participants who are ready to make changes and commit to a one-year program.
- Led groups of participants through a year-long lifestyle change program using the National Diabetes Prevention Program curriculum.
- Supported participants by providing information, encouraging progress, and working with groups to address any challenges or barriers that arose.
- Documented attendance and body weight of each participant.
- Provided proper documentation of travel stipends for participants.
- As a registered dietitian, assisted in teaching nutrition component of different extension nutrition programs, such as Kitchen Creations and Fit Families.
- Used federal funding program guidance, recommended policies, curricula, and day-to-day activities to support NMSU's implementation of the SNAP-Ed/EFNEP grant.
- Assisted in agenda development, organized, attended and participated in regional training for SNAP-Ed/EFNEP. Provided training in person and electronically to the nutrition educators throughout the state as needed. Coordinated yearly required training and updates.
- Attended managerial evaluations as needed.
- Interacted and worked with regional coordinators.
- Participated in quarterly calls to counties.
- Worked with and mentored NMSU dietetic interns regarding assignments under the SNAP-Ed/EFNEP grants.
- ICAN social media development (Facebook and Pinterest pages).
- Started the ICAN presence on Facebook and Pinterest platforms.
- Created my own photos and also used Photoshop and other university resources to create visual content for ICAN posts.
- Ensured compliance with photo copyrights and social media good practices.
- Provided daily maintenance to social media pages in accordance with the ICAN nutrition guidelines.
- Created and maintained Pinterest boards such as Ideas for Cooking and Nutrition; Ideas for Cooking with Kids; Lunch Ideas; Summer Meals; Plan, Save and Cook; Easy Recipes; Fun Activities; Healthy Celebration Ideas; New Mexican Cuisine and More; Healthy Kids; Healthy Families, and Ideas de Cocina y Nutrición (in Spanish).
- Provided social media training to ICAN staff as needed.
- Followed EFNEP and NMSU social media guidelines.

**Nutrition Educator** (January 2012–May 2013)

Ideas for Cooking and Nutrition (ICAN) [SNAP-Ed/EFNEP]– Doña Ana County Cooperative Extension Service – Las Cruces, NM

- Planned, organized, scheduled and conducted nutrition classes for youth and/or adults.
- Assisted in planning and scheduling programs.
- Organized and participated in various activities related to the educational program.
- Administered pre and post assessments.
- Worked alone and with other educators to plan and coordinate nutrition education lessons.
- Networked with local food assistance and social service agencies to recruit participants and arrange classes.
- Taught nutrition classes to groups of adults and children. Monitored class attendance of adults and children.
- Collected evaluation data from adults and children and submitted reports.
- Identified participants' needs and referred them to appropriate agencies.
- Recruited volunteers to work with groups.
- Provided training to child care providers regarding Child and Adult Care Food Program (CACFP) specifics.
- As of May 2013, have worked with the following agencies/schools:

  Pro's Ranch Market, Hillrise Elementary School, Monte Vista Elementary School (Enrich the Kids, Inc.), Water Festival 2012, child care providers with varies agencies, Las Cruces High School – GRADS, Progressive Residential Services of New Mexico, Munson Senior Center, Montana Meadows Apartments, Doña Ana Community Resource Center, FYI-Las Cruces, Sunflower Adult Daycare, Radium Springs Community Resource Center, Discovery Child Development Center, Mira Vista Villas Apartments, Mountain View Regional Medical Center's Senior Circle, TOPS, Central Assembly of God, East Picacho Elementary School, Doña Ana County Head Start – Las Cruces

## LECTURES AND CONGRESSES

- Served as a judge for poster presentations at the 9th,10th & 11th annual Spectrum of Healthcare from Mother to Child conference. Texas Tech University. El Paso, Texas. 2017, 2018 & 2019.
- Gave lecture titled "Dietary Guidelines 2015: What's New and Different." El Paso Academy of Nutrition and Dietetics. El Paso, Texas, 2016.
- Gave training titled "ICAN Social Media" to SNAP-Ed/EFNEP nutrition educators at NMSU-Ideas for Cooking and Nutrition, 2014.
- Gave training titled "Recruiting" at the NMSU- Ideas for Cooking and Nutrition; New Mexico Expanded Food and Nutrition Education Program, as part of the Nutrition Educators' annual training, 2013.
- Gave lecture titled "Diabetes and Nutrition" at the XII Bi-National Health Week. Mexican Consulate in El Paso, Texas, 2012.
- Gave lecture titled "Nutrition during Pregnancy" through the Hidalgo State Health Services regional hospital. (Tulancingo, Hidalgo, México)
- Gave lecture titled "Protection of your health through correct handling and food preparation" Rotary Club. (Tulancingo, Hidalgo, México Chapter)
- Gave lecture titled "Experience in Triathlon" at the Third International Congress of the Mexican Nutrition Society (2000 – México City, México). The theme of the congress that year was "Ergogenic Aids: From Basis to Application"
- Attended several courses and congresses, including the 17th International Congress of Dietetics in Granada, Spain in 2016; the Food and Nutrition Conference and Expo (FNCE) in 2014, 2015 & 2018; and the 17th International Congress of Nutrition in Vienna, Austria in 2001.
- Attended the International Congress of the Gatorade Sports Science Institute three different years both in Chicago, Illinois (1998-2000) and México City.

## PUBLICATIONS

**Phillips, S.G.** & Vanderpool, C. (2017). Tips para alimentar niños en edad prescolar [Tips for Feeding Young Children]. Guide E-134. New Mexico State University, Cooperative Extension Service, Las Cruces, New Mexico. Retrieved from: http://aces.nmsu.edu/pubs/_e/E134_sp.pdf

**Phillips, S.G**. & Vanderpool, C. (2017). Porciones y medidas de ingredientes [In a Pinch Food Yields]. Guide E-132. New Mexico State University, Cooperative Extension Service, Las Cruces, New Mexico. Retrieved from: http://aces.nmsu.edu/pubs/_e/E132_sp.pdf

## ABSTRACTS

**Phillips, S.G**., & Lee, D. (2017). Folic Acid Fortification of Corn Masa Products: Assessing the Consumption, Importance of Fortification and Need of Nutrition Education among Hispanic population living in New Mexico, USA. *19th International Congress of Nutrition*, Buenos Aires, Argentina.

**Phillips, S.G**., Eastman, W.A. & Turner, C.W. (2016). A Combined Master's Degree and Dietetic Internship in a USA College with Predominantly Hispanic Population: Alleviating the Registered Dietitian Nutritionist Shortage. *Abstracts of the 17th International Congress of Dietetics*, Spain.

Eastman, W. A., Turner, C.W. & **Phillips, S.G.** (2016). From Concept to Candidacy to Accreditation: The Launch of a New Masters' Degree Dietetic Internship in the United States of America (USA). *Abstracts of the 17th International Congress of Dietetics*, Spain.

## Grants & Synergy Activities

06/2017–05/2020
Phillips and NMSU Foundation – **$96,197.20**
Paso del Norte Health Foundation: Initiative to increase the number of registered dietitians/nutritionists in the Paso del Norte region. Role: PI. Led team to expand NMSU dietetic internship partnerships, affiliation agreements and placements in rural hospitals.

12/2017–06/2019
Dr. Ulery, Dr. Lombard, Phillips & Alyce Matthews (dietetic intern) – **$28,918**
Interdisciplinary IMPACT Mini-Grant: Edible Safety of Produce in Farmington, NM.

06/2015–Present

- Promote NMSU leadership in the nutrition field in different capacities, such as the creation of partnerships among local agencies and institutions to provide non-academic education for adults related to nutrition and dietetic topics.
- Work closely with the extension component to coordinate rotations at both the county and state level for dietetic interns. Developed a community needs assessment assignment for dietetic interns designed to provide valuable information related to nutrition problems within a given county and identify nutrition education gaps.