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# Emily S. Maddux

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## CAREER GOALS:

- To obtain a challenging position in a progressive organization using the knowledge and skills gained through education and experience in Public Health and Nutrition
- To develop academic coursework, projects and experiential learning opportunities for students with an emphasis on the prevention of chronic diseases and conditions
- To provide education and training to health professionals in the field of nutrition and public health
- To further develop my skills in Motivational Interviewing and be able to train others in this area

**EDUCATION:** **Master of Science**, Public Health Nutrition concentration, and  
**Master of Public Health**, Community Health Education concentration  
**Dietetic Internship, Registered Dietitian Examination - 2007**  
**University of Tennessee-Knoxville** August 2005 – August 2007

**Bachelor of Science, *magna cum laude***  
**Lipscomb University** August 2001 – December 2004  
Major: Dietetics Minor: Distributive Science

**ACE® Certified Health Coach**, July 2016 – present

## EXPERIENCE: Lecturer, Dietetics Faculty

**University of Tennessee, Chattanooga**, August 2017 – present

- Facilitates undergraduate student learning through on-ground lectures, including activities, assignments, experiential learning opportunities as well as online classroom learning by utilizing the Quality Matters standards for the syllabi and set up of the online classroom
- Supports and mentors students for projects and volunteer opportunities both on campus and off
- Collaborates with faculty and staff across campus for interdisciplinary learning opportunities for students

## Director of Health and Wellness

**CareHere, LLC**, November 2014 – August 2017

- Established rapport and provides transparent communication directly with clients
- Guided clients in areas for improvement to show increased cost savings
- Collaborated with CareHere clients to develop and implement specialized programs and incentives based on the client's specific needs
- Provided reports and information to clients regarding wellness and incentive based programs
- Led and participated in ongoing evaluation of standardized protocols and works with a team of wellness professionals to implement new evidence based programs
- Directly supervised and mentored team leaders as they supported and guided other health coaches in providing effective wellness services
- Evaluated team leaders and health coaches on performance
- Provided nutrition education to patients through wellness classes, one on one coaching, or email interactions
- Participated in and presented wellness information during sales meetings with potential client groups for CareHere
- Participated in CEU events to stay up to date on the latest in nutrition management, counseling, preventive health, and improved health outcomes
- Participated on the Annual Wellness Planning Committee to develop programming for all CareHere client groups

- Collaborated with the VP and Associate VP of Health and Wellness as well as other Directors of Health and Wellness, to strategically plan for wellness programming within CareHere and for the client groups that CareHere serves

**Registered Dietitian/Health Coach, and Team Leader, Employee Wellness**

**CareHere, LLC, October 2010 – 2014**

- Led a team of Registered Dietitians and exercise physiologist in managing their work load, approved time, led team calls, and communicated updates/changes
- Collaborated with medical providers to carry out a plan of care for patients
- Communicated with other health coaches to provide quality care management to patients/employees
- Utilized motivational interviewing techniques to motivate patients to diet and lifestyle changes for health improvements
- Provided telephonic and face to face education to patients on diabetes, cholesterol, weight, reflux, pre-diabetes, and hypertension management, and other conditions or disease states
- Conducted live presentations for small and large groups

**Registered, Licensed Dietitian**

**Memorial Health Care System, September 2008 – October 2010**

- Provided Medical Nutrition Therapy for a wide variety of patients with a major focus on surgical intensive care patients
- Assessed nutritional status of patients with Gastrointestinal diseases to determine how best to meet their nutritional needs
- Provided inpatient nutrition education on a variety of diseases and conditions
- Collaborated with medical team members for quality patient care, including Physicians, Nurses, Speech Therapists, Wound Care Nurses, Case Managers, and Social Workers.

**Registered, Licensed Dietitian**

**Saint Francis Hospital – Memphis, September 2007 – 2008**

- Performed duties similar to position at Memorial Health Care System

**Dietetic Intern**

**University of Tennessee-Knoxville, January 2007 - June 2007**

- Medical Nutrition Therapy rotations in seven hospitals included experience in: cardiac, cancer, clinical, bariatrics, diabetes, metabolic support, renal, pediatrics, inborn errors of metabolism, and long-term care
- Community/Wellness experiences at: Blount Memorial Wellness Center, Knox County School System, Tennessee Valley Authority's LiveWell Employee Wellness Program, Mobile Meals and The Expanded Food and Nutrition Education Program.
- One month of food service management experience at Hillcrest Medical Center
- Assisted a professor as a Graduate Teaching Assistant

**Public Health Block Field Experience**

**Arizona Department of Health Services, June 2006-August 2006**

- Planned, implemented, evaluated, and supervised the *Director's Challenge Skyscraper Climb* for the Employee Wellness Council
- Worked with the Nutrition and Physical Activity section to develop two portions of a *Worksite Wellness Toolkit: Health Insurance and Health Care Consumerism*
- Instructed the weekly employee Pilates class

## PROFESSIONAL ASSOCIATIONS:

- Academy of Nutrition and Dietetics, 2004-present
- Tennessee Academy of Nutrition and Dietetics, 2004-present
  - President, 2018-2019 (4 year term – President Elect-Elect, President Elect, President, Past President)
  - Board Member, 2016-present
  - Board Member, 2009- 2011
- Chattanooga Academy of Nutrition and Dietetics, 2008-present
  - President, 2010-2011
  - President-Elect, 2009-2010
- Junior League of Chattanooga, 2011 – 2014
- Memphis District Dietetic Association, 2007-2008
- Kappa Omicron Nu, Honor Society, 2006-2007

## COMMITTEES AND NOMINATIONS:

- HHP 100 Year Celebration Committee, University of Tennessee Chattanooga, 2018-present
- Reimbursement Committee, Tennessee Academy of Nutrition and Dietetics, 2017-present
- Advocacy Pillar Chair, Tennessee Academy of Nutrition and Dietetics, June 2017-May 2018
- Parent Council Co-Chair, Northside Learning Center, 2015-May 2018
- Awards Committee, UTC, Health and Human Performance Department, 2017-2018; 2018-present
- Executive Director Search Committee, Tennessee Academy of Nutrition and Dietetics, Summer 2017
- Junior League of Chattanooga, Community Impact Committee, 2013
- ColoRectal Cancer Awareness Committee at Memorial Health Care System, 2009 – 2010
- Wellness Committee at Memorial Health Care System, 2009-2010
- Participated in talking with Legislators about nutrition related issues at the Tennessee Dietetics Association's Hill Day in Nashville, TN, 2015, 2017, 2018

## PROJECTS OR PROGRAMS DEVELOPED:

- *Breakfast After the Bell Program*: TAND, Advocacy Pillar initiative; Budget Amendment for 2018 TN budget to approve the implementation of breakfast in the classrooms for high poverty schools in TN.
- Initiated development of the Chattanooga District Dietetic Association Strategic Plan when on the Board of the Chattanooga Academy of Nutrition and Dietetics
- Developed and initiated the annual "Love Your Heart" event Chattanooga Academy of Nutrition and Dietetics to generate donations for the Chattanooga Area Food bank – ongoing organization and support for this event since 2011
- Coordinated and managed the first Ask-the-Dietitian booth at the city wide Chattanooga Market
- Development of nutrition "blurbs" for the Wellness Café at Memorial Health Care System
- Nutrition Assessment Tool, a computer print out, used each morning at Memorial Health Care System by the Registered Dietitians to identify patient load
- Director's Challenge Skyscraper Climb, Arizona Department of Health Services
- Worksite Vending Machine Promotional Campaign Grant Proposal, Knox County Health Department
- University of Tennessee Department of Nutrition, Public Health Nutrition Program: Five Year Strategic Plan
- Community Food Security Knox County

- Classification of Health Educators for the State of Tennessee-It's Time for Change, Media Advocacy to Tennessee Legislators

**COLLABORATIONS AT THE UNIVERSITY:**

- Volunteer Consultant with the UTC Athletics Department for student athletes and teams, 2018 - present
- Advisor to UTC Dietetics Students, 2018 - present
- Mentor for Chattanooga School for the Arts and Sciences student with interest in the field of nutrition, 2018
- "Journey to Wellness" program for Faculty – presenter at session in Fall 2017, scheduled for two in Spring, 2018
- Chattanooga Area Food Bank – Quantity Foods dietetics class planning their Annual "Once in a Blue Moon" event for their Foundation Appreciation Event, Spring 2018

**COMMUNITY SERVICE:**

- Presented Sports Nutrition talk to the UTC Women's Volleyball Team, 2018
- Consulted with two UTC Athletes for Sports Nutrition advice
- Presented to Elementary Students at Hickory Valley Christian School on General Healthy Eating at their Health/Science Fair. *May 4, 2018.*
- Presented to Junior and Senior High School Students at Boyd Buchanan School about the profession of Dietetics. *April 24, 2018.*

**SPEAKING ENGAGEMENTS:**

- Conducted Sports Nutrition "team talks" for the United States Olympic Committee/United States Rowing Olympic Development Program (ODP), Junior Elite Rowing athletes, June and July 2019

**PUBLICATIONS:**

- Heath G., Schmidt, C., Hathaway L., Maddux E. Lifestyle is Medicine, *Book Chapter on Healthy Foods and Policy*, accepted for publication January 2018, in progress.

**REFERENCES:** Available upon request