

# JANICE HOLM DADA, MPH, RDN, CDCES, CEDS

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## REGISTRATION

Registered Dietitian Nutritionist, Commission on Dietetic Registration (CDR) 2007 – present

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## CERTIFICATIONS

- Certified Eating Disorders Specialist, International Association of Eating Disorder Professionals (iaedp), since June 2021
  - Certified Intuitive Eating Counselor, since July 2018
  - Certified Diabetes Care and Education Specialist (CDCES) (formerly known as Certified Diabetes Educator, CDE), National Certification Board for Diabetes Educators, since 2009
  - Board Certified Specialist in Sports Dietetics (CSSD), CDR, 2009-2014
  - Certified Health Education Specialist (CHES), National Commission for Health Education Credentialing, 2006-2012
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## EDUCATION

*VA GREATER LOS ANGELES HEALTHCARE SYSTEM* Los Angeles, CA  
Dietetic Internship (1120 hours of supervised practice rotations) 2006 – 2007

*UNIVERSITY OF CALIFORNIA, LOS ANGELES* Los Angeles, CA  
Master of Public Health, Department of Community Health Sciences June 2006  
Area of Emphasis: Health Promotion & Education

*UNIVERSITY OF CALIFORNIA, DAVIS* Davis, CA  
Bachelor of Science, Nutrition Science (emphasis in biochemistry) June 2004  
Minor, Exercise Physiology

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## EXPERIENCE

### OWNER and PRINCIPAL DIETITIAN

*SoCal Nutrition & Wellness, Inc. (www.socalnw.com), 2009 – present*

- SoCal Nutrition & Wellness is a non-diet, Health at Every Size® based nutrition private practice and consulting company offering personalized nutrition guidance for individuals, families and organizations in Southern California and beyond. Services offered include private counseling, workshops & speaking engagements, freelance writing, and unique projects.
- Primary specialty practice area: eating behaviors and non-diet wellness (eating disorders, disordered eating, weight inclusive care), diabetes. Sub-specialties: women's health, infant/child nutrition, digestive health, sports nutrition, heart health

### ADJUNCT FACULTY MEMBER

*Department of Biological Sciences, University of California Irvine (UCI), 2013 - 2018*

*Schmid College of Science, Department of Food Science, Chapman University (CU), 2010 - 2017*

*Department of Family & Consumer Sciences, CSU Long Beach (CSULB), 2011*

*Division of Natural Sciences, Department of Nutrition & Foods, Fullerton College (FC), 2008-2010*

*Department of Kinesiology & Health Science, CSU Fullerton (CSUF), 2008-09*

- Instructor for lifecycle nutrition course (CU). Course examines nutrition across the lifespan from both a biological and psychosocial perspective. The impact of nutrition on preconception, pregnancy, lactation, infancy, childhood, adolescence, adulthood, and aging is studied.
- Instructor for medical nutrition therapy course (CU). Course is designed to increase the students' knowledge of the pathophysiology of various disease states. Principles of dietary management as a preventative and therapeutic tool in health care are emphasized during various physiologic changes such as disease, metabolic alterations and stress. Students will learn how to modify the normal diet for the prevention and treatment of diseases.

- Instructor for human nutrition course (UCI, CU, CSULB, CSUF, & FC). Course emphasizes concepts of nutrition as related to nutritional needs, practices, and problems throughout the life cycle. Major principles, functions, and sources of nutrients; health & disease; chemistry & physiology, as related to nutrition, are discussed.

CLINICAL DIETITIAN, 06/07 – 09/09

**Veterans Affairs (VA) Greater Los Angeles Healthcare System, Long Beach site**

- Outpatient nutrition counseling
- Group nutrition education
- Preceptor to Dietetic Interns
- Development of new curriculum and educational materials for both patients and dietetic interns

**PUBLICATIONS** (detailed list of written work available by request)

***Intuitive Eating for Diabetes: A Science-Backed, Anti-Diet Approach to Managing Diabetes***

- Due for publication in Spring 2025 with New Harbinger Publications

***Today's Dietitian: The Magazine for Nutrition Professionals***

- Nearly 80 contributions to this print and online periodical stemming from special edition continuing education features to book reviews.
- Most recent work: CPE Article, September 2020. Weight-Inclusive Care: Evidence and Best Practices. Available at: <https://www.todaydietitian.com/pdf/courses/DadaWeightInclusive.pdf>

**HONORS**

- Recognized Young Dietitian of the Year, awarded by the California Dietetic Association 2011
- Selected as a “Top Nutritionist” by the medical review team for OrganizedWisdom.com

**EXPERT WITNESS**

- *Bailey v Haven of Joy*

**CONSULTING, past and present**

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|------------------------------------|--|--------------------------------|
| ○ Advance Storage Products         | ○ Lewis Brisbois Bisgaard & Smith, LLP | ○ Sedgwick, LLP                |
| ○ Balboa Horizons                  | ○ Los Alamitos Ortho & Sports PT       | ○ SOCO Farmers Market          |
| ○ Baker Commodities                | ○ LOVE Wine Events                     | ○ South Coast Plaza            |
| ○ BHS Wellness                     | ○ LSA Associates                       | ○ STARS                        |
| ○ Casa Capri Recovery              | ○ Magellan                             | ○ Surrogate Parenting Services |
| ○ Cal State Long Beach             | ○ McCarthy Construction                | ○ TEVA – Employee wellness     |
| ○ Cigna                            | ○ Miramar Recovery                     | ○ The Eleven Agency            |
| ○ Community Service Programs, Inc. | ○ Montage Resort & Spa                 | ○ The Mental Health Collective |
| ○ Coyote Hills Senior Care         | ○ NEW Health Consultants               | ○ The New Mom School           |
| ○ Crossover Healthcare             | ○ Newport Academy                      | ○ Tishman Speyer               |
| ○ Crowell & Moring LLP             | ○ Newport Mesa USD                     | ○ Today's Dietitian magazine   |
| ○ Empathia Pacific                 | ○ No Limit Personal Training           | ○ Toshiba                      |
| ○ GE Capital                       | ○ Northbound Treatment Services        | ○ Total Training by Tammy      |
| ○ Glucofit club                    | ○ OCTA                                 | ○ TowerCo.                     |
| ○ Granola Babies                   | ○ Optum Health                         | ○ UCI Anteater Rec. Center     |
| ○ Hotel California by the Sea      | ○ Pacific Life                         | ○ UCI Student Health Center    |
| ○ JAE Electronics                  | ○ REACH Fellowship                     | ○ United Behavioral Health     |
| ○ KGA, Inc.                        | ○ Sage Hill School                     | ○ Wellness Corp. Solutions     |
| ○ Latisys                          | ○ C.J. Segerstrom & Sons               | ○ Wells Fargo Foothill         |
| ○ Learning Motherhood              |  |                                |

## SELECTED PRESENTATIONS & APPEARANCES

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1. Guest on *The Francy Life - Not Your Momma's Podcast*, episode #42: Nutrition Advice for Busy Momma's.
2. Guest speaker on infant and toddler nutrition for *Learning Motherhood*. **September & October 2022.**
3. Two-Part Workshop for the *Center for Individual and Family Therapy (CIFT)*: "How to Identify Eating Disorders in a Community Setting," June 2022.
4. Nebraska Academy of Nutrition & Dietetics Annual Conference, Pediatric Weight Concerns: helping without harming, April 2022.
5. REACH Fellowship, 2-part workshop: 1) Weight Science & The Origins of the Body Mass Index, 2) Introduction to Intuitive Eating. May 2021
6. Casa Capri Recovery, weekly nutrition and cooking groups, 2019-2020. Topics included body image, basic nutrition, intuitive eating, liver health, nutrition myths, mindful eating, and more.
7. Mommy Esquire, webinar: Nutrition Strategies for Families, June, 16, 2020.
8. 2<sup>nd</sup> International Conference on Diabetes & Eating Disorders, San Diego, CA. "Diabetes and Orthorexia Nervosa," February 9, 2020.
9. Guest on *Mom Genes: The Podcast*. Episode #7: Your Food Intake.
10. Webinar for Today's Dietitian, *Orthorexia Nervosa: What Dietitians Need to Know about this "Healthy Eating" Disorder*, December 5, 2019.
11. CAND Annual Conference, The Non-Diet Approach to Integrative & Functional Nutrition, April 2019.
12. Worksite Wellness at Lewis Brisbois Bisgaard & Smith
13. Patton State Hospital Nutrition Seminar, Orthorexia in Athletes, March 2019.
14. EDRDPro Webinar, Integrative & Functional Nutrition Within a Non-Diet Paradigm, February 2019.
15. The Non-Diet Approach to Integrative & Functional Nutrition, *CAND – Orange District Member Meeting*, May 2018.
16. Family Nutrition Workshop; Baby's First Foods Workshop, *The New Mom School*, 2016-2020.
17. The New Mom School, Recurring presentations from 2016-2020: "Nutrition for the New Mom" and "Nutrition for the 2<sup>nd</sup> time Mom"
18. Tishman Speyer, Wilshire Courtyard: Cooking Demonstration and Nutrition Discussion, recurring in 2014, 2015 and 2016.
19. McCarthy Construction, Newport Beach: Cooking Demonstration + Nutrition Discussion, recurring 2016.
20. Intro to Solids and Baby Food Making Class, held at Granola Babies & SOCO Farmer's Market, Costa Mesa, recurring in 2015 and 2016.
21. Nutrition Workshop: Debunking Common Nutrition Myths, May 2016. Held at *The Dailey Method*, Newport Beach.
22. "Intro to Solids" class for new parents, held at XPECTing, Costa Mesa, recurring in 2014, 2015 and 2016.
23. California State University, Long Beach: February 2016 and 2015, *Specificity in Nutrition* presentation (using a translator) to visiting students from Sendhai University in Japan.
24. California State University, Long Beach: February 2016 and 2015, *Nutrition for Female Athletes* (using a translator) to visiting students from Sendhai University in Japan.
25. California Academy of Nutrition & Dietetics, Orange County, November 2015: "Freelance Writing"
26. International Association of Eating Disorder Professionals (IAEDP), Orange County Chapter, December 2015: "Mindful Eating During the Holidays"
27. "Intro to Solids" class for new parents, held at private residence, Newport Coast, March 2015.
28. California State University, Long Beach: 2014 and 2015, *Sports Nutrition Assessment for Athletes* (using a translator) to visiting students from Sendhai University in Japan.
29. California State University, Long Beach: February 2015, *Food & Nutrients for Athletes and Physically Active Individuals* (using a translator) to visiting students from Sendhai University in Japan.
30. California State University, Long Beach: February 2014, Sports Nutrition Basics presentation (using a translator) to visiting students from Sendhai University in Japan.
31. Chapman University Department of Physical Therapy: Nutrition for General Health, Exercise/Sports, and Weight Concerns, 2012 through 2019,
32. OCTA: October 2013, Mindful Eating