

Donald W. Williams-Gutiérrez

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OBJECTIVE:

To be accepted into and complete the Ph.D in Interdisciplinary Health Sciences at The University of Texas at El Paso. Gain knowledge and skills in evidenced-based research, best-practices in health education and coaching in the community, and teaching at the university level. Areas of interest include holistic health, wellness, food and exercise as medicine, natural and alternative medicine, and health disparities, with an emphasis in primary prevention of chronic diseases such as cardiovascular disease and cancer in the U.S.-México Border region.

Education:

New Mexico State University, Las Cruces, NM

Dates of Enrollment: August 2016-Present

- College of Enrollment: Education
- Degree: Graduate Certificate – Online Teaching and Learning
- Anticipated Date of Completion: August 2017

New Mexico State University, Las Cruces, NM

Dates of Enrollment: August 2011-December 2012

- College of Enrollment: Health and Social Services
- Degree: Master of Public Health
- Concentration: Community Health Education
- Minor: U.S.-Mexico Border Health
- Date of Graduation: December 15, 2012

Walden University, Minneapolis, MN

Dates of Enrollment: September 2010-June 2011

- College of Enrollment: Health Sciences
- Degree in Progress: Master's of Public Health

The Ohio State University, Columbus, OH

Dates of Enrollment: September 2005-June 2009

- College of Enrollment: Pharmacy
- Degree: Bachelor of Science in Pharmaceutical Sciences
- Date of Graduation: June 14, 2009

Certificates/Certifications/Licenses/Skills:

American College of Sports Medicine – Certified Personal Trainer (ACSM-CPT)

- Issuing Agency: American College of Sports Medicine (ACSM)
- ACSM ID- 725579
- Certified October 2013
- Certified through December 2019

Certified Health Education Specialist (CHES)

- Issuing Agency: National Commission for Health Education Credentialing, Inc. (NCHEC)
- CHES ID- 20873
- Certified October 2012
- Certified through October 2017

Other Language Proficiency

- Spanish
- Speaking/Understanding – Strongly conversant
- Reading – Proficient
- Writing – Proficient

Work/Professional/Volunteer Experience:

New Mexico State University – Doña Ana Community College, Department of Humanities & Social Sciences, Las Cruces, NM

Dates: January 2014-Present

- Instructor for Face-to-Face Personal Health and Wellness courses
- Instruct 25-60 students per semester

- Prepare and plan lecture materials, class activities, examinations, online discussions, and projects
- Lead in-class lectures and discussions
- Collaborate with other instructors on how to improve each student's learning experience
- Conduct and coordinate common assessment to ensure all students are meeting course objectives in order to identify areas for improved instruction

United States Army Public Health Center, William Beaumont Army Medical Center, Army Wellness Center, El Paso/Fort Bliss, TX

Dates: March 2013-Present

- Health Educator / Research Participant
- Data Collection for the United States Army Public Health Center and United States Army Office of the Surgeon General
- Ensure quality of data collected and recorded in Army Wellness Center tracking system (AWCHWT) and Department of Defense Health Records (AHLTA)
- Provide primary prevention health education and health coaching to Active Duty Soldiers, family members, Retirees, and Department of the Army Civilians to promote enhanced and sustainable healthy lifestyles.
- Evaluate each client's Health Assessment Review to assist in determining cardiovascular disease risk stratification, level of self-efficacy, stages of change for healthier lifestyle, perceived stress level, and what personal goals they have for themselves.
- Offer exercise prescription to clients based on fitness results and personal goals
- Teach clients about various stress management techniques utilizing biofeedback technology

American Red Cross, William Beaumont Army Medical Center, Department of Preventive Medicine, El Paso, Texas

Dates: September 2012-March 2013

- Assisted in administration work of influenza vaccinations for soldiers, family members, and retired veterans at various locations throughout Fort Bliss and the community
- Assisted department and Wellness Center with tasks related to record keeping, patient education, and reviewing and ensuring articles for community publishing are reading-level appropriate
- Educated Fort Bliss community on various health topics at health fairs
- Assisted department in creating health education and promotion presentations for various target audiences

William Beaumont Army Medical Center, Department of Preventive Medicine, El Paso/Fort Bliss, TX

Dates: June 2012-August 2012

- Master of Public Health Field Experience
- Educated and interviewed soldiers/family members/veterans on prevention, treatment, and transmission of sexually transmitted infections
- Assisted in translating for those with limited English proficiency
- Aided with hearing conservation inspections
- Supported with child development center inspections
- Educated soldiers/dependents/veterans on various health topics during health fairs
- Gained knowledge on animal bites and latent tuberculosis infection
- Conducted sexual health education class to soldiers
- Learned about food safety inspection, environmental health issues, and industrial hygiene
- Assisted Industrial Hygienist with air particle testing
- Observed and Learned from Occupational Health Nurses about Occupation-related health and safety

Walmart Supercenter, El Paso, TX

Dates: October 2009-March 2013

- Perform various tasks at cash register, including customer service and check-cashing
- Help maintain a clean and safe work environment

The Ohio State University College of Pharmacy, Columbus, OH

Dates: September 2005-June 2009

- Student Assistant in the College of Pharmacy Mailroom
- Delivered packages and equipment to laboratories
- Assisted in set up of Research Days for College of Pharmacy & Biological Sciences

Accomplishments:

- Received five Commander coins as a Health Educator for providing education, training, and support to soldiers and civilians on Fort Bliss and White Sands Missile Range
- Completion of *Cardiovascular Nutrition and Fitness* through Human Kinetics in February 2015 [10 Continuing Education Credits]
- Completion *Personal Resilience Mentor Training Program* through the Institute of HeartMath in September 2014
- Completion of *Essential Coaching Skills for Tri-Service Health Education Professionals* through WellCoaches School of Coaching in October 2013 [10 Continuing Education Credits]
- Completion of *American College of Sports Medicine Certified Personal Trainer Workshop* in June 2013 [21 Continuing Education Credits]

Professional Memberships & Conferences Attended:

- Attended New Mexico Public Health Association Annual Conference (April 2016)
- Society for Public Health Education (National) (May 2016 – Present)
- Society for Public Health Education (Paso del Norte [PdN] Chapter) (May 2016 – Present)
- New Mexico Public Health Association (May 2016 – Present)
- American College of Sports Medicine (May 2014 – Present)

Extracurricular Activities:**Eta Sigma Gamma, Beta Omega Chapter, New Mexico State University**

Dates: January 2012-December 2012

Positions Held: Co-Secretary

- Attend and aid in the running of meetings
- Type up minutes for meetings
- Plan campus activities related to health education and promotion
- Collaborate with other organizations and agencies to promote and educate the campus and community on various health topics

Master's of Public Health Advisory Board

Dates: September 2011-December 2012

- Attend Faculty/Student Meetings
- Work with students/faculty to improve MPH program
- Improve MPH website
- Improve outreach for prospective students
- Review student exit surveys in order to improve program

Pharmacy Scholars/Pharmacy Scholars Advisory Board

Dates: September 2005-June 2009

- Attend Faculty/Staff/Student Dinners/Discussions
- Plan activities for the Pharmacy Scholars Program
- Share my college experience with prospective students
- Interact with other Scholars groups

Stadium Scholarship Program

Dates: September 2005-June 2009

- Worked Facilities, cleaning residence hall and bathrooms
- Work Facilities as Captain, inspecting workers after they clean
- Attend movie nights, alumni dinners, study sessions
- Work on bringing back SSP traditions such as yearbook, newsletter

Honors/Awards:

- Morrill Scholars Scholarship (Full in-state tuition)
- Buckeye National Scholarship Plus (Out-of-state scholarship)
- Stadium Scholarship Program Scholarship