

Judith L. Chavira-Mendoza

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PROFESSIONAL SUMMARY

A results-oriented practitioner with vast experience in medical nutrition treatment, multilingual communication, and nutrition education. Capable of establishing and executing tailored dietary programs, interpreting and transcribing complicated information, and presenting effective nutrition instruction to varied groups. Proficient in using electronic health record systems like Cerner and PCC, as well as maintaining program compliance with accreditation criteria. Capable of promoting multidisciplinary cooperation, performing research and data analysis, and maintaining cultural competence in all interactions. Skilled technical writing, curriculum creation, and student/professional mentoring.

CORE COMPETENCIES

Medical Nutrition Therapy (MNT) • Nutrition Education • Nutritional Assessment • Curriculum Development • Research & Data Analysis • Electronic Health Records (Cerner, PCC) • Program Accreditation Compliance • Community Outreach • Translation & Transcription • Public Speaking & Presentations • Interdisciplinary Collaboration • Event Coordination • Patient Advocacy • Technical Writing • Leadership & Mentorship • Budget Management • Cultural Competency • Food Safety & Quality Assurance

PROFESSIONAL EXPERIENCE

Assistant Director/Assistant Professor, Didactic Program in Dietetics | New Mexico State University – Las Cruces, NM | Starting Date July 2025

- Development of policies and procedures for effectively managing all components of the program and to ensure fair, equitable and considerate treatment of prospective and enrolled students (such as program admission, retention and completion policies).
- Teach undergraduate courses in the Human Nutrition & Dietetic Science (HNDS) program.
- Provide on-going review of program's curriculum to meet accreditation standards.
- Assist with the timely submission of required documentation supporting the graduate's eligibility for a Commission on Dietetic Registration (CDR) credentialing exam.
- Foster collaborations and participate in activities and on research teams that support the work of the Center of Excellence in Food and Sustainable Agriculture (CESFAS).
- Recruit, advise, mentor, evaluate, and provide academic/career counseling to undergraduate students.
- Promote programs within the department, College of ACES and NMSU to meet the LEADS 2025 goals, prioritizing the program expansion to non-traditional demographics.

Lead Clinical Dietitian | Morrison Healthcare - El Paso, TX | May 2024 – Present

- Provide comprehensive medical nutrition therapy (MNT), including individualized assessments, tailored diet modifications, evidence-based interventions, and patient education, while documenting care in Cerner Electronic Health Record (EHR) to ensure compliance with regulatory standards.
- Collaborate with multidisciplinary teams to develop and adjust nutrition plans, leveraging current clinical nutrition guidelines to improve patient outcomes and address diverse cultural, socioeconomic, and medical needs.
- Conduct RDN productivity reports, chart audits, oversee FT, PT, inpatient/outpatient, and PRN dietitians.
- Conduct end of year reports, attend regional meetings.
- Assure compliance with Joint Commission
- Hiring/training RDNs
- Precept dietetic interns
- Supervise diets in the Kitchen, menu development, in-services

Clinical Dietitian | Morrison Healthcare - El Paso, TX | September 2022 – May 2024

- Provide comprehensive medical nutrition therapy (MNT), including individualized assessments, tailored diet modifications, evidence-based interventions, and patient education, while documenting care in Cerner Electronic Health Record (EHR) to ensure compliance with regulatory standards.
- Collaborate with multidisciplinary teams to develop and adjust nutrition plans, leveraging current clinical nutrition guidelines to improve patient outcomes and address diverse cultural, socioeconomic, and medical needs.

Registered Dietitian Consultant | Nutritious Lifestyle - El Paso, TX | May 2022 – November 2022

- Conduct comprehensive nutritional assessments for residents during admissions, readmissions, annual evaluations, and significant health changes, including monthly enteral nutrition assessments, while ensuring accurate documentation in Point Click Care (PCC).
- Perform detailed kitchen inspections and evaluations to uphold regulatory compliance, food safety standards, and operational efficiency, aligning with organizational quality assurance protocols.

Adjunct Instructor | El Paso Community College (EPCC) - El Paso, TX | August 2017 – Present

- Deliver engaging and informative lectures to classes of 15–35 students in the Nutrition field, fostering a dynamic and inclusive learning environment while addressing diverse educational needs.
- Maintain accessibility to students through dedicated office hours, timely email correspondence, and constructive evaluation of academic performance, ensuring student success and course satisfaction.

Research Assistant | University of Texas at El Paso (UTEP) - El Paso, TX | February 2022 – April 2022

- Investigated the economic and health impacts of food insecurity in El Paso County by contributing to the design and implementation of a comprehensive study, including the development and piloting of survey instruments.
- Translated survey materials and delivery methods (phone, online, and mailed) from English to Spanish for cultural and linguistic accuracy, validated translations, and oversaw undergraduate research assistants' translation work to ensure quality.

Teacher Assistant | University of Texas at El Paso (UTEP) - El Paso, TX | January 2021 – January 2022

- Monitored student attendance, participation, and engagement through discussion boards, ensuring alignment with course objectives and fostering a collaborative learning environment.
- Designed and implemented interactive learning activities using Learning Management Systems (LMS) such as Blackboard, Zoom, and Kahoot, enhancing virtual and in-person instructional delivery and student engagement.

Graduate Student Assistant | Salud para Usted y Su Familia, New Mexico State University - Las Cruces, NM | Oct 2015 – Jun 2016

- Conducted Spanish to English and English to Spanish translations of research materials, session transcriptions, and documentation to support bilingual research initiatives and ensure linguistic accuracy.
- Assisted with the Southwest Institute for Health Disparities Research (SWIHDR) Conference, contributing to event logistics and preparation while examining local areas for the implementation of grant-funded research projects.

Medical Laboratory Technology (MLT) Lab Assistant | El Paso Community College - El Paso, TX | October 2014 – March 2016

- Supported the MLT Program Coordinator by managing procurement, inventory, and documentation of lab materials, student portfolios, and program paperwork, while maintaining compliance with biohazard protocols and sensitive information handling.
- Organized departmental activities, including Faculty Development Week meetings, budget monitoring to avoid overcharges, and assisting students with National Certification Exams to ensure program success and operational efficiency.

Researcher | Salud Para Usted y Su Familia, New Mexico State University - Las Cruces, NM | October 2015 – May 2016

- Translated research materials and transcriptions between Spanish and English, ensuring cultural and linguistic accuracy, and supported bilingual research sessions with precise documentation.
- Conducted community research to guide grant-funded project implementation and assisted with the Southwest Institute for Health Disparities Research (SWIHDR) Conference, managing event preparation and logistics.

Research Assistant | Dietary Research Department, Universidad Autónoma - Ciudad Juárez, Mexico | May 2008 – May 2010

- Conducted surveys and anthropometric measurements for elderly participants to assess cognitive function and evaluate health indicators related to quality of life.
- Analyzed collected data to generate insights on the well-being and nutritional status of the elderly population, contributing to the department's research initiatives.

EDUCATION

- **Doctor of Philosophy (Ph.D.)** in Interdisciplinary Health Sciences
University of Texas at El Paso (UTEP) – August 2019 to Present
- **Graduate Certificate** in Technical and Professional Writing
University of Texas at El Paso (UTEP) – January 2022 to October 2022
- **Master of Science** in Family and Consumer Sciences (Combined with Dietetic Internship)
New Mexico State University (NMSU) – May 2018
- **Master of Arts** in Spanish (Emphasis in Linguistics)
New Mexico State University (NMSU) – December 2016
- **Bachelor of Science** in Family and Consumer Sciences (Emphasis in Dietetics)
New Mexico State University (NMSU) – December 2014

CERTIFICATIONS

- Registered Dietitian Nutritionist (RDN) – Commission on Dietetic Registration
- Licensed Dietitian (LD) – Texas Department of Licensing and Regulation
- Dietetic Technician Registered (DTR) – Commission on Dietetic Registration
- EPCC Online Teaching Certification – Blackboard/Blackboard Ultra

- Graduate Certificate in Technical and Professional Writing – University of Texas at El Paso
 - Certificate in Health and Wellness: Designing a Sustainable Nutrition Plan – Harvard Medical School
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VOLUNTEER WORK

Kitchen Creations | Doña Ana County, Las Cruces, NM | April 2018 – May 2018

- Coordinated cooking classes and nutrition education sessions for participants with chronic diseases, managing logistics, purchasing the supplies, and teaching strategies for healthier living.

National School Lunch Program | NMSU and New Mexico Public Education Department, Las Cruces, NM | Oct 2017

- Delivered bilingual seminars to school staff on preparing healthier meals, promoting nutritious food choices, and enhancing the nutritional standards of public school cafeterias.

EPCC STEM Club | El Paso, TX | 2014 – Present

- Organized fundraising events, recruited members, and facilitated student access to national STEM conferences for internships, scholarships, and professional growth opportunities.

Society of Hispanic Professional Engineers (SHPE) Conference | Denver, CO | August 2013

- Managed attendee registration, coordinated guest speakers, and supported daily logistics to ensure the seamless execution of the conference.

Drive a Meal Program | NMSU, El Paso, TX | April 2013

- Ensured delivery of meals met dietary standards, providing bilingual support to address delivery logistics for low-income populations.

Centro Avanzado de Atención Primaria a la Salud | UACJ, Ciudad Juárez, Mexico | January – June 2008

- Offered free nutrition consultations, developed tailored dietary plans, and educated the community on disease prevention and healthier lifestyles.