



Lea Crosetti Andes RD, CSSD Resume

PROFILE

Ten years of experience working with multidisciplinary teams in the healthcare field. Extensive background in developing, training and implementing educational programs for healthy lifestyles. Passionate about food, health, and nutrition.

EXPERIENCE OWNER RD, NUTRITION BY LEA, SANTA CRUZ – 2015

- Preparing organic, whole food, plant based meals and delivering to clients to support their nutritional needs.

OWNER RD, BARIATHLETES, SANTA CRUZ – 2008-PRESENT

- Design nutrition programs for bariatric and endurance athletes, striving to improve performance and health.
- Educate health professionals on the specific nutritional needs of bariatric athletes.
- Develop nutrition and fitness articles and presentations for websites, newsletters and webinars.
- Manage nutrition and fitness booth at health conferences and expos.

CORPORATE WELLNESS RD, MARINO WELLNESS, LOS ANGELES – 2013-2014

- Create lunch and learn workshops for various companies. Manage nutrition booth during health fairs. Provide nutrition consultations for the corporations employees.

HEALTH EDUCATOR RD, KAISER PERMANENTE, LOS ANGELES – 2006-2013

- Lead seminars for Kaiser Sports Medicine faculty and fellows on sports nutrition and the female athlete triad.
- Train Kaiser staff and outreach programs to implements Kids In Dynamic Shape (KP KIDS) program in their facilities.
- Design and implement farmers market food demos and nutrition cooking classes.
- Responsible for running programs and nutrition consultations that include: eating disorder recovery, pre and postoperative bariatric classes, Optifast, adult and pediatric weight management, pediatric diabetes, teen obstetrics, cardiology, nephrology, endocrinology, oncology, and infectious disease.

REGISTERED DIETITIAN, LAC + USC HOSPITAL, LOS ANGELES – 2005-2006

- Conduct nutrition screening and assessment to create and implement patient care plans.
- Responsible for running high risk pediatric nutrition clinic where children and their families were educated about PEG tube feeds, failure to thrive, obesity and diabetes.
- Supervised and mentored dietetic interns in clinical nutrition.

EDUCATION

ACADEMY OF NUTRITION AND DIETETICS & ITS COMMISSION ON DIETETIC REGISTRATION
- Certified Board Specialist in Sports Dietetics, 2012

ACADEMY OF NUTRITION AND DIETETICS & ITS COMMISSION ON DIETETIC REGISTRATION
Certificate of Training in Childhood and Adolescent Weight Management, 2006

LAC + USC HOSPITAL - Dietetic internship, 2005 UNIVERSITY OF HAWAII AT MANOA – BS In Dietetics, 2004

PROFESSIONAL SPEAKING AND PUBLICATIONS

- Academy Nutrition and Dietetics - Weight Management Dietetic Practice Group - 2015
- Weight Loss Surgery Foundation Association - 2013 & 2015
- California Dietetic Association - 2012
- American Diabetes Association Oregon Chapter - 2011
- Your Weight Matters Magazine 2010-2015
- Academy Nutrition and Dietetics Weight Management Matters Newsletter 2015
- Journal of Food Science Education -2007