

DEBORAH GAROFANO MS, RD, LD

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Skills Summary

Registered Dietitian and educator with extensive and effective nutrition counseling, teaching and program development experience in diverse settings. Experience in higher education course development and teaching with student-focused class management. Consistently demonstrates strong leadership, organizational skills, compassion, and ability to manage a challenging workload. Proven ability to establish productive relationships and strategic partnerships. Effectively communicates evidence-based nutrition research combined with practical skill development for healthy behavior change in a diverse clientele.

Credentials & Licensure

- Registered Dietitian Nutritionist (RDN), Commission on Dietetic Registration
 - Licensed Dietitian/Nutritionist, South Carolina, License number 589
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Education

M.S, Preventive Medicine, University of Iowa, Iowa City, Iowa 1993

Thesis: *Quality of Football Player Diets with Respect to Residence & Training Table Status*

Dietetic Internship, University of Iowa Hospitals and Clinics, Iowa City, Iowa

B.S. Dietetics; Iowa State University, Ames, Iowa, 1990

Professional Experience

Teaching Experience

- **South University, Adjunct Faculty**, College of Nursing, Columbia, SC Campus 2015-2020
NUTR 2050: Nutrition
- **Kaplan University, Adjunct Faculty**, Online College 2010-2013
SC 115: Nutrition. Selected to be a pilot course advisor.
- **University of South Carolina, Adjunct Faculty**, Columbia, SC 2007-2012
University 101 Freshman / Exercise Science students; Personal Fitness & Weight Control
- **Webster University, Adjunct Faculty**, Columbia, SC 2008-2011
BIOL 1318: Nutrition, Biology Department
- **Florence-Darlington Technical College, Online Adjunct**, Florence, SC 2003-2007
Nutrition in the Lifecycle
- **Sacred Heart University, Adjunct Faculty**, Fairfield, CT 1998 -2001
Sport Nutrition, Department of Human Movement and Sport Science
- **University of Iowa, Adjunct Faculty**, Iowa City, IA 1992-1993
Sport Nutrition, Department of Leisure Studies

Program Manager and Development Experience

Columbia VA Health Care System, Columbia, SC

MOVE! Weight Management Program Coordinator

2022 – present

- Manage the VA MOVE! Weight Management Program; coordinate class enrollment, develop and teach group and virtual classes, create marketing materials.
- Efficiently manage program consults, scheduling for groups and individual appointments, conduct nutrition assessments, and track outcomes.
- Dietitian lead for weight management medication committee to improve patient access.
- Collaborate with physicians, nurses, dietitians, and all healthcare teams to improve patient nutrition counseling access and outcomes.
- Develop, market and present nutrition education to VA staff as a Whole Health and Healthy Living team member.
- Lead the eating disorder multi-disciplinary team at the facility.
- Maintain highest productivity of dietitian staff.

TeleMOVE! Weight Management Program Coordinator

2012 - 2022

- Managed one of largest home telehealth weight management programs in the national VA system, managing high consult numbers and efficient Veteran enrollment into program.
- Supervised TeleMOVE! dietitians and provided leadership to telehealth team and clinical staff.
- Provided therapeutic diet counseling utilizing various technology platforms.

University of South Carolina Student Health Services, Columbia, SC

2007-2012

Campus Dietitian

- Established and provided nutrition counseling services and workshops for students, university faculty/staff, and summer camp students.
- Supported campus health nutrition initiatives and outreach events.
- Managed a challenging workload efficiently and with high productivity, maintaining exceptional customer approval ratings.
- Created relationships with campus leaders and organizations to promote healthy nutrition.
- Acted as preceptor and mentor for dietetic and exercise science interns.
- Actively participated and provided leadership on the eating disorder management team.
- Provided written and print media interviews for community and campus community.

University of South Carolina Athletic Department, Columbia, SC

2007-2008

Sports Dietitian

- Created a new sports dietitian position.
- Developed training table and travel menus in conjunction with dining services staff.
- Collaborated with coaches, strength coaches and athletic trainers to provide individual counseling and team education for sport performance as well as body composition testing.
- Conducted one-on-one counseling sessions for sport performance, weight management and eating disorder treatment.

University of Iowa, Iowa City, IA

1991-1994

Athletic Department Sports Dietitian and Student Health Campus Dietitian

- Provided nutrition and eating disorder counseling and campus programming to students and student-athletes.
- Collaborated with coaches and athletic department staff for team nutrition education and body composition testing. Assisted with training table and game day meal planning.

Clinical Dietitian Positions

McLeod Regional Medical Center , Florence, SC	2002–2007
Gottlieb Medical Center , Melrose Park, IL	2001–2002
Bridgeport Hospital / Yale New Haven Health , Bridgeport, CT	1997– 2001
Cape Cod Hospital , Hyannis, MA	1994–1996

- Conducted inpatient and outpatient nutrition assessments and provided medical nutrition therapy for patients with chronic and acute medical conditions.
 - Created and presented nutrition information to the public through various local media outlets.
 - Educated patients and families on therapeutic diets and healthy lifestyle changes.
 - Cardiac rehabilitation dietitian and cardiac primary prevention program coordinator.
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Publications and Presentations

Veterans Affairs Medical Center Healthy Living Team: Frequent speaking engagements

Sport Nutrition Knowledge among Collegiate Athletes, Coaches, Athletic Trainers, and Strength and Conditioning Specialists, Torres-McGehee, Zippel et al.; Journal of Athletic Training, 2012.

“Nutrition and Stress” in *Coaching Volleyball*, June/July, Aug/Sept 1995, Kinda Asher, ed., American Volleyball Coaches Association, Sport Graphics, Indianapolis, In, 1994.

“Nutrition in a Competitive Environment” in *Mental Training and Performance Enhancement; A Guide for Volleyball Coaches and Players.*, Brett Mills, ed., Eddie Bowers Pub., Dubuque, Iowa, 1994.

American Heart Association and NCAA Speakers Bureau

Professional Affiliations

Academy of Nutrition and Dietetics; Sports and Cardiovascular Nutritionists Practice Group

State Leadership: South Carolina Dietetic Association: Membership Chair 2008-2010

Local Leadership: Columbia Midlands Dietetics Association Education Chair 2011-2012 and President-Elect 2012-2013, Columbia, SC; Pee Dee Dietetics Association Treasurer/Secretary, Florence, SC; Southern Connecticut President-Elect; Dietitians of Cape Cod & the Islands President, Hyannis, MA; Iowa City District President, Iowa City, IA

Awards & Honors

University of SC Division of Student Affairs Continuing Excellence Award Nominee, 2012

University of 101 Teaching Award Nominee, 2010, 2011, 2012

McLeod Regional Medical Center, Florence, SC Merit Award, 2008

Outstanding Dietitian of the Year Nominee, South Carolina Dietetic Association, 2005

References available upon request.