

Jeffrey S. Novick, MS, RDN, LDN

Jeff@JeffNovick.com

**PROFESSIONAL
EXPERIENCE**

**Nutrition,
Dietetics and
Health Promotion**

Nutritionist/Dietitian (January 2008 - Present)

The McDougall Program, Santa Rosa, California

- * Instruct classes, groups, and individuals in the prevention, management and reversal of disease through nutrition and lifestyle modification
- * Created and updated all nutrition lectures
- * Facilitate and moderate an online support group forum

Vice President of Health Promotion (December 2009 – December 2016)

EHE International, New York, NY

- * Develop, facilitate and moderate an internal social networking platform
- * Evaluate and expand existing health coaching program
- * Write and develop wellness-based educational material

Nutrition Lecturer (March 2010 – November 2013)

The Engine 2 Program, Santa Rosa, California

- * Instruct classes, groups, and individuals in the prevention, management and reversal of disease through nutrition and lifestyle modification
- * Created and updated all nutrition lectures

Nutrition Consultant (Sept 2009 – Nov 2012)

Whole Foods Market, Austin, Texas

- * Developed, organized and implemented the Wellness Club program, an in store education program for customers and team members.
- * Developed and implemented a 3-Tier food rating system to help customers identify the healthiest foods available.

Adjunct Professor (May 2008 - 2010)

Kaplan University, Fort Lauderdale, Florida

- * Instruct online classes, through their online whiteboard system
- * Respond to students' questions in a timely manner
- * Facilitate a weekly seminar and an interactive discussion board

Director of Health Education, (January 2008 – August 2009)

National Health Association, Tampa, Florida

- * Write twice weekly educational articles on health, nutrition and wellness
- * Publish quarterly articles for the membership magazine, *Health Science*
- * Facilitate and moderate an online support group forum

Director of Nutrition, (February 1998 – November 2007)

Pritikin Longevity Center, Aventura, Florida

- * Instruct classes, groups, and individuals in the prevention, management and reversal of disease through nutrition and lifestyle modification
- * Organize and coordinate programming between various educational departments.
- * Created and updated all medical and nutrition lectures

Coordinator of Nutrition Education, (January 1996 - February 1998)

Family Practice Center, Terre Haute, Indiana

- * Developed, organized and implemented the Nutrition Education Initiative; a wellness-based nutrition curriculum for family practice physicians, residents and medical students.
- * Provided staffing, and consulting for faculty and resident physicians
- * Counseled patients and staff in nutrition and health promotion

Clinical Dietetics Instructor, (August 1995 - December, 1997)

Indiana State University, Terre Haute, Indiana

- * Supervised and instructed the senior undergraduate and graduate dietetics students during their hospital internship
- * Responsible for reviewing and assessing student performance during patient assessment, evaluation, and education of hospital patients

Health Educator and Nutrition Counselor, (July 1987 - December, 1995)

Center For Wholism, Bloomington, Indiana & Terre Haute, Indiana

Nutritional Health Research Institute, Urbana, Illinois

- * Developed personal nutrition, fitness and stress management programs for a wide variety of clients
- * Authored monthly nutrition column for community newsletter
- * Established and facilitated 3 community-based health and nutrition resource groups
- * Instructed classes, seminars, and groups in nutrition, fitness, stress- management, menu planning and cooking

Management and Leadership

Supplemental Distribution Manager, (November 1988 - August 1992)

Kraft Foods, Noblesville, Indiana

- * Developed, organized and implemented a supplemental distribution program, managing 33 major accounts producing over 8 million dollars in revenue per year
- * Produced districts highest gross margins and most profitable business segment

Territory Manager, (June 1985 - November 1988)

Kraft Foods, Noblesville, Indiana

- * Established, penetrated and managed all foodservice related business in central Illinois
- * Increased weekly sales volume 75% from ~\$20,000 to \$35,000.
- * Awarded Kraft Most Valuable Territory Manager 1986

Exercise and Fitness

Instructor, (September 1995 - December 1997)

Indiana State University, Terre Haute, Indiana

- * Assisted in the instruction of graduate and undergraduate laboratory classes in exercise physiology and exercise testing
- * Developed curriculum and instructed classes in weight training

Foodservice and Culinary Arts

Kitchen Manager, (September 1983 - June 1985)

Bombay Bicycle Club, Urbana, Illinois

- * Managed kitchen staff of 15 employees
- * Achieved and maintained food and labor cost 3% below company goal
- * Acknowledged as managing most profitable unit with lowest employee turnover

Chef/Kitchen Manager, (October 1982 - June 1983)

Ambrosia, Grand Junction, Colorado

- * Managed all related kitchen aspects of a “fine-dining” French restaurant

Kitchen Manager, (September 1981 - October 1982)

T.G.I. Fridays, Rochester New York

- * Managed kitchen staff of 40 employees
- * Achieved and maintained food cost 2% below company goal

Line Cook, (January 1981 - September 1981)

Houlihans, Garden City, New York

- * Prepared recipes according to company specifications
- * Created daily menu specials

EDUCATION

Indiana State University, Terre Haute, Indiana

Masters of Science Degree in Food and Nutrition, August 2000

Bachelor of Science Degree in Dietetics (Minor in Exercise Physiology), May 1995

Awards, Honors and Accomplishments:

- * GPA 4.0/4.0 (ISU Undergraduate and Graduate)
- * G.O.L.D (Graduate Of The Last Decade) Award Recipient, August 2003
- * Indiana State University Family And Consumer Science Graduate Award, 1998
- * West Central Indiana District Dietetic Scholarship, 1998
- * Indiana State Public Health Foundation Excellence in Health Science Research Award, 1997
- * Union Hospital Foundation Award for Research, 1997
- * American Dietetic Association Janet Smith Memorial Scholarship, 1997
- * Indiana State Dietetic Association Lute Trout Fellowship, 1997
- * Indiana State University Graduate Research Conference, Presenter, 1997
- * Alan C. Rankin ISU Distinguished Senior Award, May 1995
- * ISU College of Arts & Sciences Undergraduate Research Award, May 1995
- * Outstanding Senior, Food and Nutrition Department, May 1995
- * Indiana State University High Honors Collegiate Scholar, 1993-1995
- * Who's Who Among Students in American Universities and Colleges, 1995
- * United States Achievement Academy's All-American Scholar, 1994, 1997
- * Dietetics Advisory Board Junior Class Representative, 1994
- * Indiana State Dietetic Association Minority Scholarship, 1994
- * Indiana State University Foundation Scholarship, 1993
- * Deans List, All Semesters, 1992-1995

State University of New York, Cobleskil, New York

Associate Degree in Food Service Management and Culinary Arts, January 1981

Awards, Honors and Accomplishments:

- * Deans List, Spring 1980
- * Participant in the National Culinary Arts Show, New York
 - Awarded: Gold Medal- King Crab Display (Individual Award)
 - 1st Place- Baked Breads (Team Award)
 - 2nd Place- Buffet Table Presentation (Team Award)

PROFESSIONAL ASSOCIATIONS

- * **Medical Advisory Board**, Executive Health Exams, 2009 - 2012
- * **Pritikin Longevity Center**, Science Advisory Board, 2001- 2007
- * **National Health Association**, Science Advisory Board, 2000 – 2008
- * **Health Science Magazine**, Featured Columnist & Writer, 1999 – 2014
- * **Florida State Medical Board**, Licensed Dietitian/Nutritionist, 1998 – Present
- * **National Health Association**, Vice President, Board of Directors, 1998-2008
- * **National Health Association**, Board of Directors, 2010 - 2014
- * **West Central Indiana District Dietetic Association**, President, 1997-1998
- * **Veggie Life Magazine**, Web Site Advisory Panel, 1997 - 2001
- * **Phi Kappa Phi National Honor Society**, Member, 1997 - Present
- * **Indiana State University Nutrition Journal Club**, Vice President, 1996 - 1997
- * **Phi Upsilon Omicron National Honor Society**, Member, 1993 - Present
- * **American Dietetic Association**, Member, 1992 - Present