

Maci Cummings

Behavioral Health Dietitian

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STRENGTHS

-  **Empathy in Dietary Interventions**
Able to foster strong patient relationships by showcasing interest in personal stories related to their nutrition challenges. This enhanced feeling of trust among patients seeking guidance.
-  **Collaborative Teamwork**
Worked efficiently with cross-disciplinary teams to synchronize treatment plans ensuring every aspect of patient health gets considered, welcomed peer input.
-  **Adaptability to Change**
Mentored interns in adapting quickly to fluctuating dietary needs with careful modifications to plans based on specific patient circumstances. Gained commendation for flexibility.
-  **Effective Communication Skills**
Communicated complexities of nutrition in clear terms, aiding patients in grasping essential dietary requirements necessary for recovery. Gained significant trust from clients.
-  **Commitment to Professional Growth**
Engaged consistently in learning opportunities such as educational seminars, and external certifications that positioned myself as a reliable resource within my organization.

SKILLS

- Medical Nutrition Therapy
- Patient Education
- Nutritional Assessment
- Microsoft Office Suite
- Electronic Medical Records
- Nutrient Analysis Software
- Food Safety Regulations

SUMMARY

Compassionate Registered Dietitian dedicated to enhancing nutritional outcomes for behavioral health patients. Extensive experience in acute care settings, delivering personalized medical nutrition therapy and conducting thorough assessments. Proven ability in collaborating with interdisciplinary teams and utilizing electronic medical records for effective patient management. Committed to continuous professional development through education, mentorship, and hands-on training of peers and interns. Eager to contribute expertise in behavioral health nutrition that improves patient well-being and satisfaction, making a meaningful impact within a team-oriented environment.

EDUCATION

Bachelor of Science in Dietetics
University of California, Los Angeles  GPA: 3.8  2026  Los Angeles, CA
Coursework: *Nutritional Assessment, Medical Nutrition Therapy, Food Science, Public Health*

TECHNICAL SKILLS

- Communication Tools:** Microsoft Office, Zoom, Slack
- Nutritional Analysis Software:** NutriCalc, CrossFit, MyFitnessPal
- Statistical Analysis Software:** SPSS, R, Excel
- Health Record Systems:** Epic, Cerner, Allscripts
- Meal Planning Tools:** MenuCal, Nutritique, Plangrid
- Presentation Platforms:** Microsoft PowerPoint, Google Slides, Prezi
- Online Learning Platforms:** Coursera, Udemy, Khan Academy
- Research Databases:** PubMed, Web of Science, Google Scholar
- Team Collaboration Tools:** Trello, Asana, Monday.com
- Nutrition Education Resources:** Caring Bridge, Food and Nutrition Service, NIH Toolkit

EXPERIENCE

- Dietetic Intern**
University Project  June 2025 - May 2026  Los Angeles, CA
- Supported patient nutrition care within supervision while interacting with various patient populations. Applied principles of nutritional assessment and developed individualized meal plans with therapeutic focuses. Enhanced collaboration across interdisciplinary teams, focusing on holistic care delivery.
- Conducted thorough nutrition assessments for patients experiencing diverse behavioral health disorders under guidance from supervising mentors.
 - Developed tailored meal plans, prioritizing therapeutic diets and providing vital nutritional education to enhance patient understanding.
 - Collaborated effectively with interdisciplinary teams, ensuring seamless communication and comprehensive care delivery for patient welfare.
 - Assisted in mentoring junior interns and volunteers, sharing insights on best practices within dietary interventions and nutritional support.
 - Participated in quality improvement initiatives aimed at boosting overall patient satisfaction, addressing feedback systematically.
 - Engaged in weekly case discussions that evaluated patient progress, modifying treatment plans as needed to achieve desired outcomes.

Nutrition Research Assistant
Academic Research  January 2025 - May 2025  Los Angeles, CA

Therapeutic Diet Planning

Team Collaboration

Case Management

Quality Improvement Initiatives

Interdisciplinary Communication

Research Methodologies

Nutrition Program Development

Public Speaking Skills

LANGUAGES

English Native

Spanish Proficient

MY CAREER



- Dietetic Intern at University Project (11 Months)
- Nutrition Research Assistant at Academic Research (4 Months)
- Nutrition Program Developer at Capstone Project (4 Months)

Contributed to researching the effects of dietary interventions on mental health standards. Conducted data analysis and assisted with writing articles for professional dissemination. Fostered resource creation and disseminated findings to both colleagues and clients.

- Supported impactful research investigating dietary changes' influence on behavioral health outcomes, enhancing empathy toward affected populations.
- Analyzed acquired data utilizing statistical software and aided in preparing detailed research papers for publication intentions.
- Created informative nutrition-related educational materials designed for distribution among patients and healthcare professionals alike.
- Conducted thorough literature reviews that bolstered awareness of evidence-based approaches in clinical nutrition applications.
- Presented significant research findings during attended symposiums, prompting fruitful discussions around clarity and applicability of methods utilized.

Nutrition Program Developer

Capstone Project 📅 August 2024 - December 2024 📍 Los Angeles, CA

Developed an engaging nutrition program aligning with student behavioral health needs. Hosted workshops, reaching an extensive student audience while fostering healthy habits. Collaborated with local services for supporting resources for attendees.

- Designed a holistic nutrition program that effectively engaged university students seeking behavioral health support systems.
- Implemented educational workshops promoting balanced nutrition and wellness strategies, successfully gathering over 100 attendees.
- Evaluated program success through participant feedback; made iterative improvements based on longitudinal survey assessments.
- Cultivated partnerships with local health services, facilitating referrals and accessible resources for at-risk students requiring assistance.
- Partnered with campus organizations in promoting progressive healthy eating norms leading to heightened program awareness and ownership.

LEADERSHIP & AWARDS

- Dean's List, University of California, Los Angeles (2023-2026)
- First Place, Campus Nutrition Challenge (2025)

CERTIFICATIONS

- Registered Dietitian Nutritionist (RDN) 📅 2026
- Certified Nutrition Support Clinician (CNSC) 📅 2026

PROFESSIONAL AFFILIATIONS

- President, Nutrition and Dietetics Club, UCLA (2025-2026)
- Peer Mentor, Dietetic Internship Program, UCLA (2024-2026)

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST