

CURRICULUM VITAE

Rachel Joanna Hopper Mathisen, ScD, MPH, RDN, LD

EDUCATION

Non-degree seeking
2009 to 2010

University of Montevallo
Montevallo, AL
Courses taken to fulfill DPD requirements
Received Verification Statement 2011
R.D. received June, 2014

Sc.D.
1978 to 1984

Tulane University
School of Public Health and Tropical Medicine
Program: Nutrition
New Orleans, LA.

M.P.H.
1977 to 1978

Tulane University
School of Public Health and Tropical Medicine
Program: Nutrition
New Orleans, LA.

B.A.
1973 to 1977

Trinity University
Program: Biology
San Antonio, TX

PROFESSIONAL TRAINING:

09/2012 to 09/2013

Morrison-Chartwells Distance Dietetic Internship;
Credentialing: Registered Dietitian
Director: Karen Smith, M.S., R.D.

09/1984 to 04/1985

Sparks Center for Developmental and Learning
Disorders; University of Alabama at Birmingham
Post Doctoral Nutrition Practicum
Preceptor: Harriett Cloud, M.S., R.D.

06/1979 to 09/1979

Louisiana Pediatric Pulmonary Center;
Tulane Medical School, New Orleans, LA.
Pre-Doctoral Nutrition Traineeship
Preceptor: Diane Pafford, M.P.H., R.D.

06/1978 to 08/1978

Charity Hospital of New Orleans, Dialysis
Unit; New Orleans, LA.
Nutrition Practicum (RD supervised)

CREDENTIALS:

06/2014 to Present Registered Dietitian
07/2015 to Present Licensed Dietitian (Alabama)

PROFESSIONAL EXPERIENCE:

01/2016 to Present ***Adjunct Instructor in Kinesiology (Nutrition and Wellness Program)***
University of Montevallo

08/2010 to 08/2015 ***Assistant Professor of Dietetics***
University of Montevallo
Awards: Favorite Professor, 2010, 2011, 2014, 2015
Faculty Sponsor for the Montevallo Chapter of the Student Dietetic Association

Courses taught include:

KNES 310 Sports Nutrition. 3 credit hours
FCS 170 Introduction to Food Science and Meal Preparation, 3 credit hours
FCS 181 Introduction to Dietetics, 1 credit hour
FCS 281 Introduction to Nutrition, 3 credit hours
FCS 385 Nutrition and Metabolism I, 3 credit hours
FCS 480 Nutrition and Metabolism II, 3 credit hours
FCS 481 Nutrition and Metabolism III, 3 credit hours
FCS 473 Human Nutrition and Metabolism I, 3 credit hours
FCS 474 Human Nutrition and Metabolism II, 3 credit hours
FCS 485 Life Cycle and Community Nutrition, 3 credit hours

01/2010 to 05/2010 ***Adjunct Instructor in Dietetics***
University of Montevallo

10/1985 to 12/1988 ***Private Nutrition Consultant.***
The Missouri Department of Health contracted my services to co-develop a Neonatal Nutrition Training Program for dietitians in the state of Missouri. In this role I co-wrote a neonatal nutrition training manual and co-led neonatal nutrition workshops that complimented the information in the manual.

01/1984 to 02/1985

Nutrition Education Consultant

US Department of Maternal & Child Health Adolescent Training Project. Department of Pediatrics, University of Alabama at Birmingham.

09/1979 to 10/1982

Director of Nutrition and Instructor in Pediatrics

The Louisiana Pediatric Pulmonary Center, Tulane Medical School, New Orleans, LA. Provided nutritional care for pediatric outpatients and inpatients with pulmonary diseases. Taught undergraduate and graduate nutrition students and dietetic interns to provide nutritional care for the special needs of pediatric pulmonary patients. Taught medical students and pediatric residents about nutrition and pediatric pulmonary diseases. Conducted and assisted with clinical research projects.

01/1979 to 09/1979

Part-time Clinical Dietitian

Tulane Medical Center
New Orleans, LA.

RESEARCH EXPERIENCE:

1980 to 1984

Doctoral Dissertation: "Evaluation of a New Method of Nutritional Supplementation via Needle-Catheter Jejunostomy in Patients with Cystic Fibrosis." Pediatric Pulmonary Section Tulane Medical School. New Orleans, LA.

1979

"Triceps Skinfold Thickness and Arm Circumference in Children with Cystic Fibrosis." Pediatric Pulmonary Section. Tulane Medical School. New Orleans, LA.

1977 to 1978

Master's Thesis: "A Scanning Electron Microscopy Study of the Articular Cartilage of Zinc Deficient Rats." Dr. Irving Redler Research Laboratory, New Orleans, LA.

PROFESSIONAL ORGANIZATIONS:

2012 to Present

Member: The Academy of Nutrition and Dietetics

2010 to 2011

Member: American Dietetic Association

2010 to Present

Member: Alabama Dietetic Association (ALDA)

2011: 2013 to Present Member: Birmingham Dietetic Association
2011 to 2013 Member: American Alliance for Health, Physical
Education, Recreation and Dance

PROFESSIONAL ACTIVITIES:

2014 - Present Poster Session Chairperson – 2015 and 2016 ALDA
Annual State Meetings
2012- 2015 Member: University of Montevallo Library Committee
2012 - 2015 Member: University of Montevallo Writing Committee
2010 -2011 Planning Committee Member
Childhood Obesity Project
Shelby County Children’s Policy Council
1982 Peer Reviewer for the Alabama Pediatric
Pulmonary Center- Nutrition Division
The University of Alabama at Birmingham.

PUBLICATIONS:

Hopper, Rachel J. “The Nutritional Problems of the Elderly in San Antonio”, in *Human Responses to Aging*. David Oliver, Ph.D., ed, Trinity University Press, 1976.

Mathisen R.J.H., Dodd D.B., Kanga J., et al: Evaluation of a New Method of Nutritional Intervention in Cystic Fibrosis via Feeding Jejunostomy. Cystic Fibrosis Club Abstracts 23:130,1982.

Mathisen, Rachel J. Contributed to: *The Practical Manual of Pediatrics* (2nd ed) by William W. Waring and Louis O. Jeansonne III. C.V. Mosby Publishers, 1982.

Hopkins, R.H., **Mathisen R. H.**, O’Connell R., and Waring W.W.: Jejunostomy Feedings in Cystic Fibrosis (Abstract). Southern Society for Pediatric Research. January 31, 1985.

PRESENTATIONS:

2014

Burnett, D., Evans, R., & **Mathisen, R.**, Black, R. (2014, December). Why college students gain weight-a qualitative study. Sixth Annual Conference on the Health Risks of Youth. Santo Domingo, Dominican Republic.

2012

Burnett, D., Evans, R., & **Mathisen, R.** (2012, November). Freshman 15: Fact or Fiction? *ASAPHERD Fall 2012 Conference*. Birmingham, AL.

Burnett, D., **Mathisen, R.**, & Evans, R. (2012, January). Adolescent suicide and obesity: Risk factors and prevention strategies. Third Annual Conference for Youth Health Risk, San Juan, Puerto Rico.

2011

Evans, R., Bell, D., Bloom, L., **Mathisen, R.**, & Burnett, D. (2011, November). Teen obesity, bullying, and suicide: Making connections through the curriculum. *ASAHPERD* program. Birmingham, AL.

Burnett, D., Roy, J., **Mathisen, R.**, & Westbrook, L. (2011, April). Adding an evaluation for barrier weight to weight management programming. AAHE/American Alliance for Health, Physical Education, Recreation and Dance National Convention and Exhibition. San Diego, CA.

PAST PRESENTATIONS:

1988

Mathisen, R. (Fall, 1988). "The Nutritional Requirements of Premature Infants." Neonatal Nutrition Workshop for Dietitians. St. Louis, MO.

1985

Hopkins, R.H., **Mathisen, R.H.**, O'Connell, R.O. & Waring, W.W. (1985, January). "Jejunostomy Feedings in Patients with Cystic Fibrosis." Southern Society for Pediatric Research. New Orleans, LA.

1982

Mathisen, R.H. (1982, Spring). "The Nutritional Management of Children with Food Allergies." Nursing Symposium on Children with Chronic Pulmonary Diseases. Louisiana State University School of Medicine. New Orleans, LA.

Mathisen, R.H. & Hopkins, R.H. (December, 1982). "Parenteral and Enteral Nutritional Support of Children with Cystic Fibrosis." The Cystic Fibrosis Center Directors' Meeting. Shreveport, LA.

ADDITIONAL WORK EXPERIENCE:

01/2008 to 01/2009

Medical Information Manager

Multispecialty Pediatrics, P.C.
Part-time 10 hours/week

04/2007 to 04/2008

Patient Services Specialist III
Pediatric Neurology at Children's South. Part-time/Irregular position. Responsible for helping to coordinate the transition of patients and staff from a large private pediatric neurology practice to a university-based practice.

12/2006 to 12/2007

Office Manager for Multispecialty Pediatrics
Responsibilities included overseeing the clerical staff; securing insurance referrals; preparing, coding and submitting patient billing; pursuing collections; reconciling the weekly and monthly billing and patient account reports; and assisting with payroll.

06/2005 to 12/2006

New Patient Coordinator at Multispecialty Pediatrics.
Part-time. Scheduled and prioritized new patient appointments. Revised the patient scheduling system to increase efficiency, to increase the volume of patients scheduled, and to streamline waiting times.

09/2003 to 05/2006

Supplemental Instructional Tutor
Spring Valley School, Birmingham, AL.
Tutored children with dyslexia and other learning challenges in math and language arts. Part-time.

TEACHING AWARDS:

2011 & 2012

Chi Omega Sorority – Best Professor Award

2011, 2012, & 2014

UM Women's Soccer – Favorite Professor Award

2015

UM Women's Volleyball – Favorite Professor Award

2015

UM Men's Soccer – Favorite Professor Award

SERVICE AND VOLUNTEER EXPERIENCE:

2011 to 2015

Sponsor – Student Dietetic Association
University of Montevallo

1989 to 2010

VARIOUS VOLUNTEER POSITIONS FOR
NON-PROFIT ORGANIZATIONS

- January, 2009 to 2010 Volunteer at Children's South (10 hours per week) Responsible for coordinating the scanning of medical records from physician's former private neurology practice and fulfilling medical record requests from patients, doctors, and agencies for these records.
- July, 2008 Medical Mission to Mexico with Constructores Para Cristos- Acted as the "pharmacy technician" since the scheduled pharmacist was unable to attend.
- May, 2007 Medical Mission to Mexico with Constructores Para Cristos - Triage patients and provided nutrition counseling as needed.
- 1997 to 2006 Vestavia Hills High School PTA Board. Highlights: *PTA Council Representative; Long-Range Planning Committee.*
- 1993 to 2005 Vestavia Hills PTA Council: Highlights: *Vice President PTA Council 2002-2004.*
- 2002 to 2004 Countrywood Highlands Neighborhood Association Vestavia Hills, AL. **President.** Responsible for recruiting officers for the board, chaired a project to remodel the entranceway to the neighborhood and replace and update the signage in the neighborhood, helped to reorganize our neighborhood association which consists of over 200 homes, and helped to reinstitute the neighborhood activities for which our neighborhood is known.
- 1993 to 2005 Vestavia Hills PTA Council: Highlights: *Vice President PTA Council 2002-2004.*
- 1994 to 2000 Pizitz Middle School PTA Board: Highlights: **Treasurer-Elect (1997-98) and then Treasurer (1998-99).** Responsibilities included preparing and managing a budget of over \$100,000; collecting and depositing all PTA funds; preparing PTA tax forms, and presenting monthly financial statements. *Co-Chairman Registration; Chairman and member of Budget and Finance Committee.*
- 1992 to 1999 Vestavia Hills Elementary Central PTA Board: Highlights- *Chairman PTA Reflections Competition, PTA Council Representative, Chairman PTA Nominating Committee.*
- 1990 to 1997 Vestavia Hills Elementary East PTA Board: Highlights- **PTA President Elect (1993-94) and then PTA President**

(1994-95). As president, my responsibilities included recruiting and then coordinating the volunteer and fund-raising activities of over 100 board members, presiding over monthly board meetings and several General PTA meetings, obtaining bids and ordering instructional materials for classroom teachers, and overseeing the financial commitments of the PTA with a budget of over \$30.000.

1989 to 1992

Charity League