

Curriculum Vitae
Amy Tousman
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An experienced registered dietitian, and certified diabetes educator in private practice, specializing in diabetes education and counseling. Extensive experience in weight management, diabetes education, and nutrition in substance abuse recovery.

Education:

Bachelor of Science, Dietetics
University of Maryland, College Park, MD
1980

Masters in Public Health, Public Health Nutrition
University of Hawaii at Manoa
Honolulu, HI
1984

Employment History:

Network Coordinator: October 2006-July 2011
10 City Diabetes Program
Hawaii Business Health Council
Honolulu, HI

Coordinated and implemented training programs for pharmacists, nurses, life coaches, and dietitians. Develop patient handouts. Provided counseling for diabetes patients using motivational interviewing techniques.

Columnist: May 2000-June 2010
Honolulu Advertiser
Honolulu, HI
Wrote 400 word column, 1-2 times per month on popular nutrition topics.

Lecturer: January 1991-present
Kapiolani Community College
Medical Assisting Program
Honolulu, HI
Teach online nutrition class to medical assisting students

Lecturer: August 2006-present
University of Hawaii
Department of Food, Human Nutrition, and Animal Sciences
Honolulu, HI
Teach Nutrition Counseling Class, Introductory Nutrition class, Upper level Community Nutrition class, or Nutrition Education class, depending on department needs.

Consultant: 1988-present
Sand Island Treatment Center
Honolulu Hawaii

Provide nutrition counseling to residents in recovery from substance abuse. Write menus. Provide inservice training to kitchen staff. Teach general nutrition seminars for residents

Consultant: 1994-present
Poailani Residential and Outpatient Treatment Center
Kailua, HI

Teach monthly nutrition classes to clients of substance abuse program. Provide inservice training to kitchen supervisor. Write menus. Provide counseling to those whose medical condition requires special menus.

Consultant: 2000-present
Habilitat Substance Abuse Treatment Program
Kaneohe, HI

Provide inservice training to kitchen supervisor. Write menus. Provide counseling to those whose medical condition requires special menus.

Outpatient Dietitian: January 1992-July 2006
Health Education Center, Straub Clinic and Hospital
Honolulu, Hawaii

Provided nutritional consultations to clinic outpatients. Taught weight management, cardiac nutrition, and diabetes management classes. Provided screenings, pre-op and post-op nutrition classes to gastric bypass patients. Presented seminars to corporate clients and the general public. Created educational materials for classes and seminars. Participated in media interviews.

PROFESSIONAL AWARDS:

American Dietetic Association:

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| Hawaii Outstanding Dietitian of the Year | 2005 |
| Hawaii Recognized Young Dietitian of the Year | 1993 |

PRESENTATIONS:

Community Nutrition Programs Affecting Hawaii's Health: UH Center on the Family Seminar for Nihon University students: Aug 2010

Motivational Interviewing: Empowering Patients for Self-Care: Hawaii Pharmacy Association: June 2007

Eating Healthy with Diabetes: Alu Like Kapuna Conference: May 2006

The Art of Diabetes Management: Hawaii Dietetic Association Awards Dinner: May 2005

PROFESSIONAL CERTIFICATIONS

Registered Dietitian
Certified Diabetes Educator

PROFESSIONAL ORGANIZATIONS

Hawaii Dietetics Association:

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| President- | 2011--2012 |
| Public Policy & Advocacy committee: | 2000-present |
| Reimbursement Representative: | 2006-2010 |
| Treasurer: | 1997-1999 |
| State Media Representative: | 1990-1993 |

Hawaii Foundation for Dietetics:

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| President: | 2005-2006 |
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