

# ADAM M. BURDA, MS, RDN, LDN, FAND

## Contact Information

Office: 1056 Ag Sciences Building  
Cell Phone: 724-549-1525  
Office Phone: 304-293-2651  
Email: [amburda@mail.wvu.edu](mailto:amburda@mail.wvu.edu)

## Education

Dietetic Internship  
Indiana University of Pennsylvania  
12/2009  
Master of Science in Dietetics  
Indiana University of Pennsylvania:  
12/2009  
Bachelor of Science in Dietetics, Psychology Minor  
Indiana University of Pennsylvania  
12/2007

## Registration and Licensing

Registered Dietitian: 968433  
Credentialed 03/2010-Current  
Fellow of the Academy of Nutrition and Dietetics  
Credentialed 03/2015-Current  
Licensed Dietitian Nutritionist; WV: 779  
Licensed 06/2014-Current

## Offices Held

Advisor; WVeg  
12/2015-Current  
Advisor; Student Association of Nutrition and Dietetics  
11/2014-Current  
Chair of Bylaws; West Virginia Academy of Nutrition and Dietetics  
09/2014-Current  
Regional Director; Nutrition and Dietetic Educators and Preceptors (NDEP) Council  
06/2015-Current

## Work Experience

Subject Matter Expert (SME)  
McGraw Hill Higher Education  
09/2015-Current

I review question and test banks for individual chapters within McGraw Hill publications, which are related to nutrition. Currently, I have been assigned to review subject matter for the Williams text, entitled Nutrition for Health, Fitness & Sport, 11e. I review questions for validity, accuracy, relevancy, learning objective concurrence and Bloom's Taxonomy level appropriateness.

Teaching Assistant Professor & Director of the Graduate-Dietetic Internship Program  
West Virginia University  
06/2014-Current

In addition to fulfilling the responsibilities of Director of the Graduate-Dietetic Internship program, I have a 75% contractual split for academic instruction at the undergraduate level in the Human Nutrition & Foods Department. Some of my current teaching responsibilities include HN&F 171 Introduction to Foods (required as a General Education Curriculum (GEC) requirement for all freshmen), HN&F 293 (105) Orientation to Nutrition, HN&F 393 (355) Nutritional Assessment, HN&F 393A (364) Nutrition Education and Counseling, HN&F 474 Medical Nutrition Therapy II (part of our DPD curriculum requirements), and support the review of research material for our HN&F 401 Senior Seminar/Capstone class. I've had the opportunities to work with various graduate students in various capacities, which include, serving on a graduate committee, advising MS and PhD students with their interview materials (resume, cover letter), and most recently helping the newly admitted dietetic interns find and establish graduate faculty who may serve on their committee and/or act as the major advisor.

Private Nutrition Consultant

Nutrition & Wellness Concepts  
08/2012-Current

I was able to successfully start and run a small nutrition consulting business in Cumberland Maryland. The majority of my clients were local individuals struggling with weight and gastrointestinal issues. I also spoke at local small businesses and school districts regarding obesity, motivation and a career in dietetics.

Assistant Adjunct Lecturer

Frostburg State University  
08/2012-May 2014

I instruct 2 sections (3 credits and 30 students per section) of a 200 level Contemporary Nutrition class in the spring and fall, and 1 section in the summer, online. My responsibilities include facilitation of learning, development of tests, PowerPoints, group projects, and have my students active with Heifer International, a non-profit organization who raises money for developing countries.

Clinical Dietitian

Western Maryland Regional Medical Center  
10/2011-05/2014

As a clinical dietitian in an acute care setting, I work daily with a wide variety of patient-specific diseases, specifically congestive heart failure, renal conditions, diabetes type 1 and 2, bowel obstructions, tube feeding, and TPN. Most of these conditions require some sort of educational intervention from the dietitian. I am also active in a Standard of Care Committee who oversees The Joint Commission accreditation, as well as a Perfect Care Committee, who participates in patient centered satisfaction improvement.

High-Risk Nutrition Consultant

12/2011-03/2013

As a nutrition consultant, I was subcontracted through a local Women's, Infants and Children's Office. Working with high-risk children and mothers, I was responsible for educational interventions for low birth weight babies, gestational diabetics, and obese children.

Clinical Dietitian

Raleigh General Hospital

01/2010-03/2011

My responsibilities as a clinical dietitian in this hospital included the previous-mentioned responsibilities as a clinical dietitian, but did not include the specific committees. With this organization I was active with the Ethics Committee and Senior Friends Organization. With Senior Friends, I was responsible for educating a group of elderly individuals on the importance of proper dietary habits in an aging community.

Health Specialist

Indiana County Head Start

08/2010-12/2010

As a health specialist, I was tasked the responsibilities of maintaining health records of infants, toddlers and pregnant females. I was responsible for home visits where I would complete dental, hearing and vision screenings. As children with health disparities were identified, I would either complete educational sessions with the parents or refer them out to doctors' offices.

**Skills**

I have experience and proficiency in using the following; Microsoft Word, Microsoft Excel, Microsoft PowerPoint, Microsoft Publisher, Open Office Systems, Online WebCT systems, BlackBoard Systems, Windows and Mac operating systems, various data-collection software programs. I also have a strong skill-set with communication and media engagement. My honest demeanor and friendly personality allow me to develop a trusting rapport with newly befriended individuals.

**Interests & Achievements**

At or around August, 2015, I was contacted by a film Producer who was contracted by the Academy of Nutrition and Dietetics in order to compose a piece which would be featured at the opening session of the 2015 Food and Nutrition Conference & Expo, in Nashville, TN on October 3<sup>rd</sup>, 2015. I graciously accepted this offer, and within a few short months, I was watching myself on the jumbo-screen in a hall filled with students, professionals and those interested in nutrition.

At the beginning of March, 2015, I was contact by the Academy of Nutrition and Dietetics (AND, Academy), who notified me that I was chosen as the winner of the Registered Dietitian Nutritionist (RDN) Day contest, and would be feature in Times Square, NYC, on March 15<sup>th</sup>, as well as being recognized on the Academy's social media outlets.

I recently agreed to be the advisor for our University's Student Association of Nutrition and Dietetics (SAND). The group meets routinely throughout the year to discuss upcoming events the organization will either host or be engaged in, and to also discuss hot topics and/or emerging trend in the field of Dietetics.

I'm currently active within the Academy of Nutrition and Dietetics, holding office as the Regional Director for the Nutrition and Dietetics Educators and Preceptors (NDEP) area 5 group (KY, IL, IN, WV, TN, OH). Due to my commitment to my profession as a Registered Dietitian Nutritionist, I was also recognized by the AND to serve as a Fellow of the Academy of Nutrition and Dietetics (FAND).

I'm lucky enough to be part of the Health Sciences and Technology Academy found within the Health Sciences campus. I've served as a key note speaker at the summer fair in 2014, and most recently served as a competition judge for their annual science fair, May 2015 and stay actively engaged as an annual presentation reviewer at the summer technology camps.

I was asked and accepted the invitation to be inducted into the Lambda Chapter of Phi Upsilon Omicron honors society, as an honorary member. As an instructor within higher education, I effectively fulfill the purposes of Phi U, which include: recognize and promote academic excellence, enhance qualities of leadership by providing opportunities for service, and encourage lifelong learning and commitment to advance family and consumer sciences and related fields.

One of my current interests is pediatric obesity, prevention of and community involvement with the condition. In my spare time, I am lucky enough to speak to local elementary schools about the topic. Also, a local community college has asked me to regularly educate their nursing students about pediatric obesity and how to address the condition in a hospital environment.

My current position within higher education also allows me the opportunity to stay abreast with current curriculum standards, as they pertain to nutrition education and development.

Public awareness about nutrition is also a strong interest I possess. I was lucky enough to have the opportunity to be included in 2 separate articles in Today's Dietitian magazine; 12/2010 and 06/2013 issues. Channel 4 news in Pittsburgh, PA heard of the weight loss success I've had and included a small video of my accomplishment on their news station in 08/2010 (see below link).

With regards to the above mentioned weight loss, my greatest achievement in life is maintaining a 150 pound weight loss. As a 15 year old, I tipped the scales at 300 pounds. After developing my own dietary habits and incorporating lifestyle changes, I was able to successfully lose and keep off 150 pounds.

Please follow the link to view more about my weight loss journey.  
<http://www.youtube.com/watch?v=WzB8FTw95Y>