# JULIAN MERCER

**NUTRITIONIST**

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## PROFESSIONAL SUMMARY

Registered Dietitian Nutritionist with 7+ years in outpatient clinics and public health nutrition. Builds medical nutrition therapy plans for diabetes, heart disease, and weight management, and teaches clients habits they can keep. Comfortable with both one-on-one counseling and group classes in English and Spanish.

## PROFESSIONAL EXPERIENCE

**Outpatient Registered Dietitian** Feb 2022 - Present
**Kaiser Permanente, Oakland, CA**

- Counsel about 90 adults a month on type 2 diabetes, hypertension, and kidney disease, writing individualized plans from labs, medications, and food history.
- Lowered average A1C from 8.4% to 7.3% across a panel of 60 patients over six months through carbohydrate counting coaching and monthly check-ins.
- Teach a six-week diabetes self-management class to groups of 12 and keep attendance above 80% by sending text reminders before each session.
- Partner with endocrinologists and pharmacists on referrals, documenting recommendations in Epic within 24 hours of each visit.
- Created a bilingual handout set on label reading and portion planning that clinic staff now give to every new nutrition referral.
- Run telehealth follow-ups for patients who cannot travel, which cut missed follow-up visits by about a quarter.

**WIC Nutritionist** Jun 2019 - Jan 2022
**Santa Clara County Public Health Department, San Jose, CA**

- Assessed nutrition risk and issued food packages for 25 to 30 pregnant, postpartum, and child participants a day.
- Supported breastfeeding in new mothers through counseling and referrals, helping the clinic raise exclusive breastfeeding rates at six weeks.
- Delivered group workshops on toddler feeding and picky eating in English and Spanish to roughly 15 families each month.
- Reviewed anthropometric and hemoglobin data to flag growth concerns and refer children to pediatric providers.
- Entered every certification into the state WIC system with zero audit corrections in annual reviews.

**Clinical Nutrition Intern** Aug 2018 - May 2019
**UCSF Health, San Francisco, CA**

- Completed 1,200 supervised practice hours across inpatient, oncology, and outpatient rotations, and screened 15 to 20 patients per shift for malnutrition risk.
- Wrote enteral and parenteral nutrition recommendations for ICU patients, reviewed daily by the supervising dietitian.
- Presented a case study on refeeding syndrome to the clinical nutrition team at the end of the internship.

## CORE SKILLS

Medical nutrition therapy | Diabetes self-management education | Nutrition assessment | Carbohydrate counting | Motivational interviewing | Renal and cardiac diets | Enteral and parenteral nutrition | Group class instruction | Breastfeeding support | Epic charting | Telehealth counseling | Bilingual (English/Spanish) | Meal planning

## EDUCATION

**Master of Science in Nutrition and Food Science**, San Jose State University, San Jose, CA

## CERTIFICATIONS

Registered Dietitian Nutritionist (RDN), Commission on Dietetic Registration | Certified Diabetes Care and Education Specialist (CDCES), CBDCE | CPR/BLS for Healthcare Providers