



Kay S Beatty, MS, RDN

PO Box 79, Bergton, VA 22811 | c: 540-560-9232 | kay@healthyweightoptionsLLC.com

WWW.HEALTHYWEIGHTOPTIONSLLC.COM

EXPERIENCE

- 3/2017- **Consultant Dietitian**
Mountainside Physical Therapy, Washington, VA
Provide nutrition counseling for weight control, disease management and general wellness
- 1/2017- **Owner, Healthy Weight Options, LLC**
Shenandoah Valley of VA
Help clients develop and implement weight management plans
Provide nutrition education and counseling in a variety of settings
- 1996-2016 **Community and Consultant Dietitian**
Primarily in Rockingham County, VA
Educated groups of adults and children
Reviewed Rockingham and Rappahannock County jail menus
- 1995-2015 **Independent Journalist**
North Fork Journal, Harrisonburg, VA & Rappahannock News, Washington, VA
Published human interest stories and nutrition columns
- 1/01-2/05 **Outpatient Coder and Relief Processor**
6/91-6/92 Rockingham Memorial Hospital, Harrisonburg, VA
1/93-8/93 Assigned appropriate ICD-9 and CPT codes for diagnosis and procedures, as indicated by the physicians. Abstracted patient charts using a grouper and the hospital information system.
- 11/93-6/94 **Clinical Dietitian**
Marriott Health Care Services, Atlanta, GA
At Oconee Memorial Hospital/Lila Doyle Nursing Care Facility, Seneca, SC
Performed duties in nutritional assessment and therapy of geriatric patients primarily in the nursing care facility. Participated in patient care team. Developed quality assurance procedures. Supervised three dietary employees and managed kitchen
- 7/92-12/92 **Intern, ADA-Approved Pre-Professional Practice Program**
Veterans Affairs Medical Center, Martinsburg, WV
Worked under preceptors' guidance in clinical, community and administrative dietetics. Worked in veterans' hospital, pediatrics hospital, WIC clinic, VA State Extension Service, school food service and community service agencies. Duties included nutritional assessments and therapy, patient counseling, educational materials development and food service management



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EDUCATION

Master of Science in Health Sciences—Dietetics, August 1993

James Madison University, Harrisonburg, VA

Thesis: Sports Nutrition Knowledge and Practices of Female Recreational Aerobics Class Participants

Bachelor of Science—Dietetics, December 1990

James Madison University, Harrisonburg, VA

Level 2 Certificate of Training in Adult Weight Management—April 1-3, 2016

Commission on Dietetic Registration, the credentialing agency for the Academy of Nutrition and Dietetics

Level 1 Certificate of Training in Adult Weight Management—October 22-24, 2015

Commission on Dietetic Registration, the credentialing agency for the Academy of Nutrition and Dietetics

PROFESSIONAL AFFILIATIONS

Commission on Dietetic Registration

Academy of Nutrition and Dietetics

Virginia Academy of Nutrition and Dietetics

Blue Ridge Academy of Nutrition and Dietetics