

# Keala K. Swafford

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## Education

Oregon Health & Science University Graduate Certificate in Dietetics and Master of Science in Human Nutrition (2021)

Thesis: *Macronutrient content and glycemic control in adults with Type 1 Diabetes Mellitus*

University of Hawaii at Mānoa Bachelor of Science – Dietetics (2019)

Windward Community College Associates of Arts – Liberal Arts (2016)

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## Dietetic Experience

### Oregon Health & Science University Hospital

January 2020 – March 2020

- Conducted nutrition focused physical exams to identify malnutrition and coded for malnutrition using ICD-10 codes
- Prescribed enteral and parenteral nutrition formulas for patients on the general medicine and critical care floors.
- Provided effective and credible nutrition education to patients with heart failure, diabetes, and cirrhosis.

### Oregon Dairy and Nutrition Council

November 2019 – December 2019

- Led presentation advocating for registered dietitians' responsibility to ensure sustainable, resilient, and healthy food and water system.
- Created informative handouts for parents addressing how schools maintain food safe conditions for milk, why chocolate milk is offered at school, and how milk dispensers can be used to reduce waste in the cafeteria.
- Designed an informative handout for school administrative staff addressing how schools can initiate the "Let's Do Breakfast" movement and why incorporating breakfast into the school day is beneficial for student success.

### Portland Public Schools

October 2019 – November 2019

- Effectively identified staffing issues for 14 schools by assessing the current staffing hours, actual hours worked, additional food programs at each site and compared results to MEQ goals. Provided input and plausible solutions to adjust staffing hours at each school assigned.
- Assessed food quality while monitoring lunch service and participated in new product testing.
- Appointed to manage inventory list and directed reorganization of supplies to prevent excess food and supply waste at Roosevelt High School.

### Oregon Health & Science University Retail Food Service

October 2019

- Conducted a sanitation employee in-service for 20 staff members and developed a flyer about the importance proper glove use during food handling that is displayed for all food service employees to see.
- Proposed and presented feasible alternatives to reduce single-use condiment packages to food service managers to initiate hospital compliance with Single-Use Plastics Policy of the City of Portland.
- Conducted a market research analysis, created and implemented a new recipe for Indian Lamb Curry, prepared a recipe cost analysis, and received customer feedback at Mac Hall Bistro.

### Oregon Department of Education

September 2019 - October 2019

- Developed a 1-page newsletter and handout for school food service managers addressing the importance of incorporating cultural foods into school menus and strategies to identify recipes that fit the school community.

### Clackamas County WIC

September 2019

- Used motivational interviewing skills during counseling sessions to identify how parents can begin bottle weaning, reduce child consumption of sugar sweetened beverages, and increase energy intake for children
- Educated parents about WIC benefits and offered referral information to families about food pantries, dental services, and preschool services.
- Measured anthropometrics of infants and children and evaluated growth on appropriate growth charts.

### **Clackamas County Head Start**

August 2019

- Created an informative nutrition education video about the importance and impact of iron consumption on brain development in children.

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## **Work Experience**

### **Native Hawaiian Student Services**

University of Hawai'i Research Assistant

Nov 2017 – May 2019

- Recruited 67 participants for the "Exploring First Food Feeding Practices of Keiki on Oahu, Hawai'i" by posting recruitment flyers at community facilities, daycares, and social media and distributing flyers at community farmers markets and the New Baby Expo Hawaii.
- Collected and analyzed data to assess the dietary diversity and nutritional adequacy of Native Hawaiian, Pacific Islander and Filipino infants ages 3-12 months old.
- Transcribed interviews of caregivers and identified emerging themes that influenced feeding practices.

### **University of Hawai'i**

FSHN 389 Nutrition Assessment Teaching Assistant

Jan 2018 – May 2019

- Graded weekly student assignments and provided feedback for 24 students.
- Demonstrated proper techniques for using anthropometric measurement devices including stadiometer, body fat calipers and bio impedance analyzers.

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## **Other Relevant Experience**

### **4-H Healthy Living 'Ai Pono**

Student Educator, January 2019 – May 2019

- Collaborated with a team of 5 faculty members of UH Mānoa and 5 teen ambassadors to curate and showcase 'ai pono recipes and nutrition information about local produce. Educational materials and food demonstrations were presented to the community at the Kaiāulu Days at Windward Mall and at the Kilauea District Park Summer Fun Program.

### **Waianae Coast Comprehensive Health Center**

Mākeke Market Volunteer, September 2018 – July 2019

- Communicated with farmers market customers about the SNAP incentive program that supports local food purchases of fruit, vegetable, poi, meat, fish, and eggs.
- Supported efforts to ensure that market food vendor menus consist of at least 1 local and healthy food option and assessed that produce vendors are selling at least 5 locally grown produce.
- Collaborated with SNAP-Ed program at UH Mānoa, staff at the Mākeke Market, and 8 produce vendors to provide nutrition education through the use of small-signs with QR codes that displayed health benefits, nutrition facts, and recipes for various locally grown foods.

### **Child Health Assessment in the Pacific Fellowship**

University of Hawai'i CHAP Fellow, May 2018 – Aug 2018

- Developed and implemented a field experience to investigate fruit and vegetable intake of children 3-17 years old.
- Interviewed children and parents to identify barriers that prevented optimal fruit and vegetable intake and services that could help improve intake.
- Proposed a pilot program entitled *Let's E.A.T – Eat and Talk* to address potential solutions to overcome precieved barriers and increase fruit and vegetable intake in children 3-17 years old.

## **USDA Child and Adult Care Food Program**

CACFP Intern at PATCH, May 2018 – Aug 2018, May 2017 – Aug 2017

- Researched and developed nutrition education resources for the USDA CACFP.
- Dissimulated nutrition education documents through the mail and e-mail.
- Designed and implemented Food Program's monthly newsletters; accessible on the PATCH website.
- Created personalized cycle menus for childcare providers a part of the USDA CACFP.
- Researched and gathered information to be used for a Food Allergy Training session.

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## **Certifications and Trainings**

Oregon Health & Science University Unconscious Bias Training, Completed May 2020

IPE 501: Foudnation of Patient Safety and Interprofessional Practice Course at OHSU, Completed April 2020

Institute for Healthcare Improvement PS 101-PS 105 Certifications, Completed April 2020

CITI Program Course: Human Subjects Research, Responsible Conduct of Research, Effective until June 2022

American Red Cross Training Service: Basic Life Support, Effective until June 2021

Completed anthropometric standardization course through CHAP, Completed June 2018

Food Safety Manager Certified for the Hawaii State Department of Health, Effective until October 2022

ServSafe Food Protection Manager Certification, Effective until October 2022

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## **Honors and Memberships**

Portland Academy of Nutrition and Dietetics Member (2019-Present)

Oregon Academy of Nutrition and Dietetics Member (2019-Present)

Academy of Nutrition and Dietetics Student Member (2018-Present)

Dean's List University of Hawai'i at Mānoa (2016-2019)

Dean's List Windward Community College (2015-2016)

Native Hawaiian Science and Engineering Mentorship Program Member (2017-2019)

Office of Hawaiian Affairs (OHA) STEM Scholar (2017-2018)

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## **Scholarships**

Dr. Hans & Clara Zimmerman Foundation Health Scholarship (2019-2021)

Makaloa Graduate Scholarship (2019-2021)

Kamehameha Schools 'Imi Na'auao Scholarship (2019-2020)

Watumull CTAHR Scholarship (2018-2019)

Manawa Kupono Scholarship (2018-2019)

UH Manoa Second Century Scholarship (2017-2019)

Kaiulani Home for Girls School Scholarship (2016-2019)

Na Ho'okama a Pauahi Scholarship (2014-2019)

Ida M. Pope Scholarship (2016-2018)

Pili Pono Scholarship (2016-2018)

OHA NHSEMP Scholarship (2017-2018)

HGEA Kendall Scholarship (2015-2019)

Phi Theta Kappa Scholarship (2015-2016)

Pauahi Foundation Class of '72 Scholarship (2015-2016)

Pauahi Foundation Class of 1970 Scholarship (2014-2015)

Mary Atherton Richards Scholarship (2014-2015)