

Jennifer Arussi, MS, RDN
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I help smart, busy individuals struggling with their weight change their eating habits, without the typical feelings of shame and deprivation.

PROFESSIONAL EXPERIENCE

Founder/Nutrition Therapist Change My Eating, Inc. www.ChangeMyEating.com, 2014-Present
In launching CHANGE MY EATING, I bring a wealth of clinical experience from treating hundreds of patients at Cedars-Sinai's Center for Weight Loss and The Diabetes Outpatient Treatment and Education Center. I have developed a niche helping patients who struggle with binge-eating disorder, grazing and emotional eating. I guide patients to change their problematic eating through dismantling the thoughts and feelings that drive them to eat, mindful eating awareness coaching and nutrition-related eating counseling that promotes satiation and weight loss. I accept Anthem insurance and in the process of being credentialed with Medicare, Aetna, United Healthcare, and Cigna.

Consultant and Contributor for Web-Based Obesity Series PatientTalk.com, 2015
Patient Talk is a web-based company designed to help patients understand the emotional issues they face when dealing with obesity, weight loss and bariatric surgery. I was hired as a consultant and participated in patient + provider recruitment and content for the project, as well as being one of the presenting providers in the series.

Adjunct Faculty/Nutrition Science Professor Santa Monica City College, August 2015-Present
In addition to my private practice, I enjoy dispelling nutrition/dieting myths and teaching the fundamentals of Nutrition Science to impressionable college students at Santa Monica College. Additionally, mentoring up-and-coming dietitians or nurses has been both fun and rewarding.

Medical/Surgical Weight Loss Dietitian III Cedars-Sinai Medical Center, 2004-2014
Nutrition Therapist/Diabetes Educator Cedars-Sinai Medical Center, 2003-2004
As one of Cedar's top level dietitians for over 10 years, I had the rare opportunity to develop and evolve the pre + post-bariatric and weight management programming. As a result my skills and expertise, I have been invited on numerous occasions to present my research findings and experience to physicians and clinicians on the topics of obesity interventions and bariatric nutrition.

Diabetes Educator and Nutritionist for High Risk Pregnancies Center for Fetal Medicine, 2014-2015
This was a short gig helping out my colleague who was out on maternity leave.

Guest Lecturer California State University Long Beach, Food & Consumer Sciences, 2001-2015
I have been invited periodically to present on the topic of bariatric surgery and diabetes.

Clinical Dietitian Sodexo-Marriott Inc. at Brotman Medical Center 2001-2003
Clinical Dietitian/Clinical Supervisor/Clinical Nutrition Manager
Sodexo-Marriott Inc. at Queen of Angeles Hospital, 1999-2003
After graduating my internship, I began to develop my clinical skills in these hospitals. While working at Queen of Angels, Sodexo came on board and I subsequently transferred within Sodexo to Brotman Medical Center. I worked in rehab, critical care, medical/surgical units, as well as the working with complex tube-feeding and TPN nutrition prescriptions.

SPECIALIZED EXPERIENCE WORKING WITH PATIENT POPULATIONS

Obesity, compulsive eating, emotional eating, binge eating disorder, bariatric surgery, gastric surgery, GERD, diabetes, PCOS, hyperlipidemia, gestational diabetes, and IBS

EDUCATION

2002	Masters of Science in Human Nutrition University of New Haven, CT
1998	Dietetic Internship Glendale Memorial Hospital, CA
1997	Bachelor of Science in Dietetics and Food Administration California State University Long Beach, CA Cum Laude
1994	Associates of Science of Biological Science Long Beach City College, CA Dean's Honors

REGISTRATION/CERTIFICATION

November 1998-Present	Registered Dietitian Nutritionist
2002	Certificate of Training in Adult Weight Management

PROFESSIONAL MEMBERSHIPS

1998-Present	The Academy of Nutrition and Dietetics
2010-2017	American Society for Metabolic and Bariatric Surgery
2014	American Association of Diabetes Educators

AWARDS

January 2013	Circle of Friends Honor Circle of Friends allows grateful patients to make a donation in honor of the physicians, nurses, caregivers and others who have made a difference during their time at Cedars-Sinai.
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PUBLICATIONS

1. Chapter Author of [21 Things You Need to Know About Diabetes and Weight-Loss Surgery](#)
The American Diabetes Association (December 2016)
Chapter Title: Food for Thought: A Dietitian's Perspective
2. *Who Said Processed Foods Aren't Good for You?*
<http://www.obesityhelp.com/articles/who-said-processed-foods-arent-good-for-you> (December 2016)
3. *The Biological Realities of Weight Regain*
www.obesityhelp.com/articles/the-biological-realities-of-weight-regain (July 2016)
4. Patienttalk Obesity Series <http://patienttalk.com/video/obesity-jennifer-treatment/>
5. Quotes in Diabetic Lifestyle Blog <http://www.diabeticlifestyle.com/blogs/weighty-issues/christmas-coming-cat-getting-fat-0> (December 2015)
6. Chapter Author of the [Clinician's Handbook for the Treatment of Obesity](#)
Chapter Title: Dietary and Lifestyle Strategies for Weight Loss (March 2015)
7. Quotes in <http://www.mensfitness.com/nutrition/what-to-eat/9-most-dangerously-addictive-junk-foods>
(March 2015)
8. Web MD quotes in US News and World Report Best Diet Review <http://www.webmd.com/diet/news/20150106/best-diets-ranking> (January 2015)
9. Hot Topics in Diabetes, Obesity, and Cardiovascular Disease Management "Augmenting Weight Loss Using Technology" (June 2014)
10. Bariatric Times "Augmenting weight loss using technology" (January 2014)
11. Quoted in Larchmont Chronicle "Juice choices proliferate at local bars, restaurants" (January 2014)

12. Program and patient highlighted in news segment (February 2013)
<http://www.nbclosangeles.com/news/local/How-to-Lose-the-Fat-after-Fifty-192398241.html>
13. Lifescript Health Insider Interview – Three Holiday Diet Tips to Help Stay on Track (December 20, 2012)
14. Cedars Sinai The Bridge Newsletter, “Watching your waistline while celebrating Hanukkah” (Dec 2012)
15. Science Daily and Cedars Sinai The Bridge Newsletter “Tricks to help you keep Halloween treats from ruining your diet” (October 2012)
16. Quoted in Dr. Braunstein’s blog “Don’t Get Punch Drunk Over Extreme Health Claims for Juices, Juicing” (March 2012)
17. Quoted in the Cedars-Bridge (Cedars Sinai newsletter) (March 2012)
18. Cedars-Sinai The Bridge (April 2011 Issue)
19. Cedars-Sinai Nurses Notes (April 2011 Issue)

PROFESSIONAL PRESENTATIONS

Cedars-Sinai CME Symposiums

- Faculty/Presenter at Comprehensive Approach to the Treatment of Obesity, Aria in Las Vegas *Gadgets and Apps: How Technologic Devices Can Augment Weight Loss Lifestyle Modification: The Cornerstone of Therapy* (September 2014)
- Presenter at Interdisciplinary Conference on Diabetes and Metabolism Grand Rounds *Remote Behavioral Counseling – Is this our Future?* (February 2014)
- Faculty/Presenter at Comprehensive Approach to the Treatment of Obesity, Beverly Hills Hotel *Gadgets and Apps: How Technologic Devices Can Augment Weight Loss* (March 2013)
- Faculty/Presenter at Comprehensive Approach to the Treatment of Obesity *Post Operative Nutrition Complications* (February 2012)
- Faculty/Presenter at Comprehensive Approach to the Treatment of Obesity *Lifestyle Modification: The Cornerstone of Therapy* (October 2010)
- Faculty/Presenter of Center for Minimally Invasive Bariatric Conference, La Quinta, CA *The Role of Medical Weight Loss in Patients who are Not Surgical Candidates* (October 2007)

Lectures

- Presenter at Los Angeles Dietetic Consortium: *Pre + Post Operative Behavioral/Nutritional Considerations for the Upcoming Dietitian Professional* (November 2015)
- Presenter at Los Angeles Jewish Federation, *Protein: What You Need to Know to Be Lean and Strong* (May 2015)
- Presenter at Los Angeles Athletic Club, *Protein: What You Need to Know to Be Lean and Strong* (Feb 2015)
- Faculty/Presenter 15th Annual Board of Governors Healthcare College, *Beyond Greens and Grains: Unconventional Weight Loss Methods* (May 2013)
- Faculty/Presenter of Southern California Chapter of American Society of Enteral and Parenteral Nutrition, *Bariatric Surgery: Dietary Modifications and Supplementation* (November 2012)
- *Healthy Meals at Cedars-Sinai Medical Center*
Resource and Outcomes Management Department at Cedars-Sinai (August 2011)
- *Nutritional Issues Following Bariatric Surgery*
In-service to Minimally Invasive Surgery Allied Healthcare Professionals (April 2011)
- *Eat More Weigh Less by Increasing Your Intake of Fruits and Vegetables*
Senior Care Health Education Lecture Series at Cedars Sinai (October 2009)
- *Obesity Prevention and Aging*
Senior Care Health Education Lecture Series at Cedars-Sinai (May 2009)
- *Increase the Volume in Your Diet*
Spine Center, Cedars-Sinai Medical Center (March 2008)

Cedars-Sinai Program Development

- Developed Google Plus Cedars-Sinai Weight Loss Community (January 2013)
- Developed and facilitated “Employee Weight Loss Challenge” for Center for Weight Loss staff (February - May 2012)
- Developed and presented multiple post-op nutrition presentations to bariatric patients: Grocery Shopping: Being a Smart Consumer, Post Operative Vitamin and Mineral Goals, Protein Supplements: Shaking it Up, Protein Rich Food Choices/Meals, Understanding Vitamins and Minerals after Bariatric Surgery
- Responsible for forming partnership with Horton & Converse Pharmacy to sell recommended medical weight loss products; received Efficiency Award (November 2010)
- Assisted in the re-development of the “Surgical Nutrition and Behavior Seminar”, a mandated program requirement for all patients interested in bariatric surgery (October 2010)
- Developed “Life After Bariatric Surgery”, a mandated program requirement for all patients following bariatric surgery (February 2011)
- Developed Maintenance Program “Skills” schedule and curriculum – Phase II of Active Weight Loss – received Efficiency Award (Dec 2009)
- Developed and implemented “Active Weight Loss” 12-week curriculum (2008)
- Produced and compiled medical weight loss data – 2 year data (2009-2011, 2012)
- Developed and implemented multiple Holiday Weight Loss Challenges for Active Weight Loss Program
- Responsible for patient recruitment through development of medical weight loss fact sheet, signage in and around the medical center, and participation at health fairs both at Cedars and in the community
- Assisted with the creation and implementation of the Nutrition/Physical Activity Intake Form and Surgical Nutrition Evaluation which is completed at every initial surgical evaluation
- Developed various handouts and class curriculum to improve communication, efficiency and education to patients: meal planning guidebook, Horton & Converse Meal Plan Prescription, M.D. Meal Plan, protein quiz, alternative meal replacement guide, product catalogs that demonstrate product packaging and nutrition labeling, conventional lunch/dinner meal planning

Cedars-Sinai Staff Development and Organization

- Trained several dietitians and dietetic interns how to conduct nutritional assessments and enter medical weight loss nutrition and weight information into the electronic medical record
- Responsible for planning, developing and distributing “Active Weight Loss” and “Skills” schedules quarterly
- Participate in bi-monthly clinical and operations meetings to coordinate patient care and improve program processes