

# NAJMA POLISH

WIC Nutritionist

[najma.polish@gmail.com](mailto:najma.polish@gmail.com)

(279) 568-1904

1234 Oak Street, Charlotte, NC 28205



## PROFILE

Dedicated WIC Nutritionist with 1 year of experience in providing nutritional assessment, education, and support to low-income women, infants, and children. Proficient in developing individualized nutrition care plans, facilitating group education sessions, and collaborating with interdisciplinary teams. Demonstrated ability to build rapport with clients, maintain accurate documentation, and stay current on WIC program regulations and guidelines. Committed to promoting optimal health and wellness in diverse populations.

## LINKS

[linkedin.com/in/najmapolish](https://www.linkedin.com/in/najmapolish)

## SKILLS

Nutritional Assessment

Meal Planning

Breastfeeding Support

Dietary Counseling

Food Safety Knowledge

Cultural Competency

Health Promotion

## LANGUAGES

English

Japanese

## EMPLOYMENT HISTORY

### WIC Nutritionist at WIC of North Carolina, NC

Apr 2023 - Present

- Successfully implemented a new nutritional assessment system for WIC participants, resulting in a 15% increase in accurate assessments and improved nutritional outcomes for over 10,000 clients in North Carolina.
- Streamlined the process of providing nutritional education and counseling to WIC participants, leading to a 25% increase in client satisfaction rates and a 20% reduction in appointment wait times.
- Developed and launched a community outreach program targeting low-income families, resulting in a 30% increase in WIC enrollment and ensuring access to essential nutritional support for an additional 5,000 families in North Carolina.

### WIC Nutritionist Assistant at WIC Nutrition Program - Guilford County Health Department, NC

Jul 2022 - Feb 2023

- Successfully conducted 1000+ nutrition assessments and counseling sessions for low-income pregnant, postpartum, and breastfeeding women, infants, and children up to age 5, contributing to a 30% improvement in their overall nutritional health.
- Implemented an innovative educational program that reached over 500 families, resulting in a 20% increase in WIC participation and improved knowledge of proper nutrition and health practices.
- Streamlined the WIC certification and recertification process for over 800 clients, reducing average wait times by 25% and improving client satisfaction rates.
- Collaborated with local community organizations and healthcare providers to expand access to WIC services, increasing program enrollment by 15% and providing vital support to an additional 300 families.

## EDUCATION

### Bachelor of Science in Nutrition and Dietetics at University of North Carolina at Chapel Hill, NC

Aug 2018 - May 2022

Relevant Coursework: Nutritional Biochemistry, Medical Nutrition Therapy, Human Anatomy and Physiology, Food Science, Community Nutrition, Dietetics Management, Food Service Systems, Nutrition Counseling and Education, and Nutritional Assessment.

## CERTIFICATES

Certified Nutrition Specialist (CNS)