



## **Janice Holm Dada, MPH, RD, CSSD, CDE, CHES Biographical Sketch**

Janice Dada is the owner and principal dietitian of SoCal Nutrition & Wellness, a private nutrition practice and consulting company geared toward promoting healthy eating, physically active lifestyles and overall wellness. Janice is a Registered Dietitian (RD), a Board Certified Specialist in Sports Dietetics (CSSD), a Certified Diabetes Educator (CDE), and a Certified Health Education Specialist (CHES). Further, Janice is trained in Childhood/Adolescent Weight Management and received a certificate of training through the Commission on Dietetic Registration. She attended the University of California at Davis where she received a Bachelor of Science in nutritional biochemistry with a minor in exercise physiology. In addition, Janice completed a Masters degree in Public Health from the University of California at Los Angeles.

Janice is a member of the American Dietetic Association, the world's largest organization of food and nutrition professionals. Janice is an executive board member of the California Dietetic Association—Orange district, currently holding the position of public policy chair. Additionally, Janice is an adjunct faculty member at Chapman University and Fullerton College. She has also taught college nutrition classes at California State University Fullerton and has guest lectured at University of California at Irvine and Santa Monica College.

Janice excels at educating groups and individuals. In her practice, she helps guide her clients toward their nutrition and wellness goals using a combination of motivational interviewing and intuitive eating principles. She has helped thousands of patients in their efforts manage weight, diabetes, cholesterol, blood pressure, disordered eating behaviors, and more. She has also competed in several marathons and half-marathons and enjoys helping others achieve optimal nutrition for sports performance.

Furthermore, Janice is a freelance writer. Her work has been featured in Today's Dietitian, a magazine for nutrition professionals and on Superkidsnutrition.com, a website geared toward promoting healthy pregnancy and child nutrition.