

**Rachel D. Villarreal RD, LD, CDE**  
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## **EDUCATIONAL BACKGROUND**

- DEC 2015**      **Masters of Science**  
Major: Nutrition  
Texas Women's University
- 2004**            **US Military Dietetic Internship,**  
Major: Dietetics  
Brooke Army Medical Center, San Antonio, Texas
- 2003**            **Bachelors of Science in Dietetics**  
Major: Nutrition  
Rutgers University, New Brunswick, New Jersey

## **EXPERIENCE**

**03/01/2016 to present** Clinical Assistance Professor Department of Health and Biomedical Sciences, UTRGV

**09/2014 to 2/29/2016** Clinical Coordinator at UT Pan American and UTRGV.

**2013- Fall** Teaching Assistant UT Pan American for DIET 3357 Medical Nutrition Therapy Lab

**2014 Spring** Teaching Assistant (TA) at UT Pan American for DIET 2352 Food Preparation Lab

**01/2012 to Present** Personal Diabetes and Nutrition consultant.

**6/2011 to 12/2011** Diabetes Education Coordinator, Joslin Diabetes Center affiliated with Doctors Hospital at Renaissance. 5525 Doctors Drive, Edinburg, Texas 78539, (956) 362-5650

**04/2009 to 5/2011** Diabetes Center Manager, Rio Grande Regional Hospital. 222 E Ridge rd., Suite 211, McAllen, Texas 78501, (956) 632-6523

**07/2007 to 04/2009** Certified Diabetes Educator, Registered Dietitian, Diabetes America, 4609 SPID, Corpus Christi, Texas 78411, (361) 851-1113

**06/2006 to 07/2007** Health Educator, Registered Dietitian, Texas A&M Health Science Center, Coastal Bend Health Education Center- Diabetes Education, 2601 Hospital Blvd, Physicians Plaza West, Suite 215, Corpus Christi, Texas 78410, (361) 857-2945

**06/2003 to 06/2006** Chief of Outpatient Nutrition and Wellness center, CPT Active Duty Army, Brooke Army Medical Center, San Antonio, TX 78209, (210) 916-5525

### **PROFESSIONAL CREDENTIALS**

Certified Diabetes Educator No. 2071-0311

Registered Dietitian No. 945060

Texas Licensed Dietitian No. DT 06987

ServeSafe Food Protection Manager Certification No. 1601596

ServeSafe Proctor and Instructor Certification No. 630586

Certified Insulin Pump Trainer

Johnson & Johnson Animas® 2020 Insulin Pump  
Johnson & Johnson Animas® One Touch® Ping  
Omni-pod Insulin Management System  
The ACCU-CHEK® Spirit Insulin Pump System  
The MiniMed Paradigm Real Time insulin pump system

Abbott Freestyle Navigator CGMS

Medtronic CGMS® iPro™ Continuous Glucose Recorder

### **PUBLICATIONS**

Villarreal, R (2004). Banned but not beyond reach. *Armed Forces Medicine*.

### **CONFERENCE FACULTY**

7<sup>th</sup> Annual Diabetes Conference – Corpus Christi, Texas  
Session: Don't Eat Anything White

3<sup>rd</sup> Annual Diabetes Conference – Corpus Christi, Texas  
Session: Exploring the Glycemic Index

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## **GUEST LECTUER AT UT PAN AMERICAN**

- 2015 DIET 3358 Medical Nutrition Therapy II
- 2014 DIET 4259 Seminar in Dietetics
- 2014 DIET 3358 Medical Nutrition Therapy II
- 2013 DIET 4259 Seminar in Dietetics
- 2011 DIET 4259 Seminar in Dietetics

## **GUEST LECTURER**

- 2006 Irma Lerma Rangel College of Pharmacy – Kingsville, Texas  
Cardiovascular lecture  
Nutrition and diabetes lecture  
Skills tests on blood pressure and blood glucose monitoring  
Insulin administration lecture
- 2006 Del Mar Community College  
Nutrition and Nursing

## **SERVICE**

- 2017 Liaison for Texas Academy of Nutrition and Dietetics, South Region
- 2013-2017 Member of Economides FFA Booster club
- 2011-2017 Treasurer Edinburg Beef Club
- 2009-2017 Board member Edinburg Beef Club
- 2009-2010 President of Rio Grande Valley, American Diabetes Association

## **PROFESSIONAL ORGANIZATIONS**

American Diabetes Association

American Association of Diabetes Educators

Academy of Nutrition and Dietetics