

WORK EXPERIENCE

Instructor

August 2008 – present

University of Mississippi
Department of Family and Consumer Sciences
University, MS

- Teach up to 12 semester hours of basic nutrition and/or medical nutrition therapy classes
- Assist other faculty members with research

Clinical Research Coordinator

September 2006 – August 2008

University of Mississippi Medical Center
Diabetes and Metabolism Center
Jackson, MS

- Develop and implement various diabetes education programs for selected Medicare beneficiaries and clinic partners in the MS Delta.
- Supervise educators and administrative staff for diabetes education program.
- Oversee budget and ordering supplies for diabetes education program.

Adjunct Instructor

Spring semester 2007

University of Mississippi
Department of Family and Consumer Sciences
University, MS

- Develop and present lectures on Medical Nutrition Therapy for diabetes, cardiovascular, and hypertension as part of an undergraduate Medical Nutrition Therapy course.

Outpatient Dietitian

October 2003 – August 2006

University of Mississippi Medical Center
Ambulatory Clinics, Jackson Medical Mall
Jackson, MS

- Provide medical nutrition therapy for ambulatory patients with a variety of disease states.
- Provide diabetes self-management training according to American Diabetes Association recognition guidelines for patients enrolled in the Diabetes Clinic.
- Assess nutrition needs and education needs of patients considering bariatric surgery, and provide post-operative follow-up assessment and education as needed.
- Develop and implement 6 week weight management program.

Nutrition Counselor

November 2003 – May 2004

Inches Aweigh
Jackson, MS

- Educate clients on calorie-controlled diet at a female-only fitness club.

Contract Dietitian*June 2003 – September 2003*

G.V. “Sonny” Montgomery VA Medical Center
Jackson, MS

- Provide medical nutrition therapy for ambulatory veterans enrolled in Primary Care Clinics.

OTHER PROFESSIONAL EXPERIENCE

University of Mississippi Medical Center’s Bariatric Surgery Multidisciplinary Committee
2005 - present

Judge, Mississippi Science & Engineering Fair – Region II
Jackson State University *2007, 2008*

Planning committee for 2006 Annual Women’s Health Update presented by the Center of Excellence for Women’s Health at the University of Mississippi Medical Center.
January 2006 – May 2006

Preceptor, University of Southern Mississippi Dietetic Internship. *October 2003 – August 2006.*

Reviewer, “Understanding Food Labels” *November 2005*

- Reviewed brochure published by the American Dietetics Association, providing feedback and critique.

Mentor, Northwest Rankin Senior project *2005-2006 Academic Year*

Reviewer, “The Truth About Fad Diets” *November 2004*

- Reviewed brochure published by the American Dietetics Association, providing feedback and critique.

Co-chair, “Taking Steps for a Healthy Mississippi” *April 2004*

- Organized students and volunteers for a 2 mile walk sponsored by the Mississippi Dietetics Association to raise awareness of obesity in Mississippi.

EDUCATION AND TRAINING

University of Mississippi Medical Center *Jackson, MS*
Enrolled in the Clinical Health Sciences PhD program, Spring 2007 - current

University of Southern Mississippi *Hattiesburg, MS*
Master of Science in Human Nutrition, May 2003

University of Southern Mississippi *Hattiesburg, MS*
Dietetic Internship, May 2003

University of Mississippi *Oxford, MS*
Bachelor of Science in Family and Consumer Sciences, May 2001

HONORS

Outstanding Young Dietitian of the Year 2006 Mississippi Dietetics Association

LICENSURE AND CERTIFICATIONS

Registered Dietitian with the American Dietetics Association, *August 2003 - current*

Licensed Dietitian by the State of Mississippi Board of Health, *August 2003 – current*

Certified Diabetes Educator, *October 2006 – current*

PROFESSIONAL ASSOCIATIONS

Chair-elect, Committee on Education and Research, Mississippi Dietetic Association, *2009-2010*

President, Central District Dietetics Association, *2008-2009*

President-elect, Central District Dietetics Association, *2007-2008*

Member, American Dietetics Association

Member, Mississippi Dietetics Association

Member, Diabetes Education Practice Group of American Dietetics Association

Member, Mississippi Association of Diabetes Educators

PUBLICATIONS/OTHER RESEARCH

Parkes E, Brackin B, Bouldin M. The effects of diabetes self-management on weight outcomes. *Obesity*, 2008;16:S312-311.

Parkes E, Bouldin M, Roach J, Cooper T, Brackin, B. The effects of diabetes self-management education on glycemic outcomes. Poster presented at the 2007 National Prevention and Health Promotion Summit. November 2007; Washington, DC.

Parkes E, Grothe KB, Bouldin M, Brackin B, Low A, Valderrama R, Jones E, Sumrall C. Patterns of Weight Change with Intensive Diabetes Management in an Ethnically Diverse Low-Income Sample. *Obesity*. 2007;15:A133.

Grothe K, Low A, O’Jile J, Salameh J, Parkes E, Bouldin M. Psychological Predictors of Weight Loss Following Bariatric Surgery in Women. *Obesity*. 2006;14:A80.

Grothe KB, Low AK, O’Jile JR, Salameh JR, Parkes E, Bouldin M (June 2006). Gender Differences in Psychological Variables in Patients Presenting for Weight Loss Surgery. Poster presented at the 14th Annual Congress on Women's Health.

Parkes, E. Nutrition Management of Patients Following Bariatric Surgery. *Am J Med Sci*. 2006;331:207-213.

Co-investigator, “Family Fitness Makeover”

University of Mississippi Medical Center, Jackson, MS

American Dietetics Association Foundation (*August 2005-August 2007*)

PROFESSIONAL PRESENTATIONS

“Calories In, Calories Out”. Harriet-Williamson Annual Diabetes Conference, University of Mississippi Medical Center School of Nursing, Jackson, MS *November 2, 2007*.

“Patterns of Weight Change with Intensive Diabetes Management in an Ethnically Diverse Low-Income Sample.” (Oral abstract presentation). University of Mississippi Medical Center’s School of Graduate Studies in the Health Sciences Research Day. *October 26, 2007.*

“Put a Little Chocolate in Your Day”. Harriet-Williamson Annual Diabetes Conference, University of Mississippi Medical Center School of Nursing, Jackson, MS *November 3, 2006.*

“Practical Pearls in Medical Nutrition Therapy: Guidelines for Busy Practitioners”. Diabetes Management Conference (Delta Series). Greenville, MS *July 21*; Greenwood, MS *August 11*; Clarksdale, MS *September 1, 2006*.

“Healthy Eating Overview”. Adult Health Conference for Public Health Physicians, Jackson, MS. *May 15, 2006.*

“Fast-Food Guidelines for Busy Families”. Midday Mississippi, WAPT news channel. *April 14, 2006.*

“Lessons from the New Food Guide Pyramid: How to apply general guidelines to diabetes medical nutrition therapy” Harriet Williamson Annual Diabetes Conference, University of Mississippi Medical Center School of Nursing, Jackson, MS *November 18, 2005.*

“My Pyramid: USDA’s new food guidance system” Metabolic Rounds presentation, Jackson, MS *October 5, 2005.*

“Clinical Nutrition in Practice: Outpatient Nutrition Services at the Jackson Medical Mall” Metabolic Rounds presentation, Jackson, MS *June 1, 2005.*

“Fads & Follies” (professional version) Diabetes Management Conference (Delta Series) Clarksdale, MS *May 20*; Greenville, MS *June 17*; Greenwood, MS *August 12, 2005.*

“Nutrition Assessment and Education of Bariatric Surgery Patients” University of Mississippi Medical Center School of Nursing Conference, Jackson, MS *March 11, 2005.*

“Nutrition 101: Translating diet guidelines into a language your patients can understand” Continuing Education program sponsored by the University of Mississippi Medical Center School of Nursing, Jackson, MS *November 5, 2004.*

“Fads & Follies: Getting the ‘skinny’ on popular diets” Community Conference for Women, sponsored by the Center of Excellence for Women’s Health at the University of MS Medical Center, Jackson, MS *August 16, 2004.*

“Medical Nutrition Therapy in Diabetes” Diabetes Management Conference (Delta Series) Cleveland, MS *March 26*; Clarksdale, MS *April 30*; Greenwood, MS *July 23, 2004.*