

Interviewee: Regina Galvan – Garcia, MS,RD,LD

Job title: Bariatric Dietitian / Food Service Director at INNOVA Hospital San Antonio

Date: April 27, 2009

1. What is your educational background?

B.S. Nutrition, University of the Incarnate Word

Dietetic Internship, University of the Incarnate Word

M.S. Nutrition, with a concentration in Health Promotion, University of the Incarnate Word

2. What made you become interested in Nutrition?

I originally was a nursing major and was required to take an Introduction to Nutrition course. I already was interested in the subject and taking that course made me more so realize how much I liked that area. After I realized that nursing school was not for me, I decided to make Nutrition my field of study.

3. What was your first Nutrition-related job experience like?

I actually started at Healthsouth, about 11 years ago, as a dietary coordinator. The job was both clinical and managerial; I was looking over the kitchen, as well as patients. I stayed with the company as a consultant dietitian for a few years and then decided to come back full-time when the hospital became Innova.

4. What is your favorite aspect of Nutrition?

I think it's extremely gratifying to help someone make a change, which will last a lifetime.

5. Why do you feel that more people need to be educated about Nutrition?

There is so much misinformation out there that needs correcting. So many people just have a general lack of education when it comes to proper nutrition.

6. What are your current job duties / responsibilities?

I am the only full time dietitian here at INNOVA; I work with counseling and educating patients before, during, and after their bariatric surgery. I make sure that they are nutritionally being taken care of. I also manage the food service department at INNOVA.

Part time I work for United Healthcare/UMR as a Certified Health Coach. I absolutely love this job because I get to talk to clients all over the country promoting wellness.

7. What do you like most / least about your job?

It's really exciting to be interacting with people that are about to undergo a life changing surgery (bariatric); it's great when they come back afterwards and say that they no longer have diabetes or hypertension.

I dislike the pay; I think that Dietitians do not get paid what they are worth.