

Curriculum Vitae

Melissa Brillhart MA, RD, LD

University of West Georgia
College of Education
Sport Management, Wellness, and Physical Education
1601 Maple St.
Carrollton, GA 30118
678.839.6073
mbrillha@westga.edu

Academic Achievement - Education

M.A. Health Studies
University of Alabama
Tuscaloosa, Alabama
August 2008

B.S. Dietetics
Minor: Leadership Studies
Kansas State University
Manhattan, Kansas
May 2003

Teaching Experience

Fall 2022-Present **Clinical Assistant Professor-Health and Community Wellness**

Fall 2016-Summ. 2022 **Instructor**

Department of Sport Management, Wellness, and Physical Education.
College of Education, University of West Georgia
Evaluated highly by students.

Courses Taught

CMWL 3210	Principles of Nutrition (Fall 2020, Spring 2021, Summer 2021, Fall 2021, Spring 2022, Fall 2022, Spring 2023, Fall 2023, Spring 2024, Summer 2024, Fall 2024, Spring 2025, Summer 2025, Fall 2025)
CMWL 3220	Principles and Foundations of Health Promotion, Education, and Evaluation (Fall 2021, Spring 2022)
CMWL 4100	Wellness Coaching (Fall 2020, Spring 2023, Fall 2023, Spring 2024, Fall 2024, Spring 2025, Fall 2025)
CMWL 4101	Worksite Wellness (Spring 2024, Fall 2024, Spring 2025, Fall 2025)
CMWL 4685	Community Nutrition in Action- Course Developer (Spring 2022)
NUTR 3200	Sports Nutrition- Course Redesign and Modality Change (Spring 2023, Spring 2024)
NUTR 4100	Nutrition Education & Counseling Strategies- Course Developer (Fall 2019, Fall 2020, Spring 2021, Fall 2021, Fall 2022, Fall 2023)
PWLA 1600	Personal Wellness (Fall 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018, Spring 2019, Fall 2019, Spring 2020, Fall 2020, Spring 2021, Summer 2021, Fall 2021, Spring 2022, Summer 2022, Fall 2022, Spring 2023, Fall 2023, Summer 2024, Summer 2025) Course Redesign 2025
PWLA 1699	Personal Nutrition (Fall 2020, Spring 2024)

Updated January 2025

Professional Presentation

Brillhart, M., Brandenburg, J., Knoll, C., & Brandenburg, E. (2025, May 20). *Expanding experiential learning to drive student success in health & wellness* [Panel presentation]. **UWG's 12th Annual Innovations in Pedagogy Conference**, Tanner Health School of Nursing Building, University of West Georgia, Carrollton, GA.

Grant

University of West Georgia. Technology Fee Grant. Awarded \$11,400 which allowed access to technology to support engaging learning experiences that enhanced student learning and collaboration. Funding allowed students to benefit from an interactive classroom environment that supported participation, hands-on learning, and shared ideas. (2025)

Service

Sport Management, Wellness & Physical Education Department

- CMWL Program Communications LinkedIn (lead content developer) Fall 2025-present
- CMWL Advisory Board (faculty representative)-Fall 2023-present
- GA School Nutrition (GA Dept. of Education) Internship (faculty liaison)-Spring 2023-present
- Dietetics Professional Pathway in CMWL (coordinator)-Fall 2022-present
- Minor in Nutrition Promotion and Education (coordinator)- Spring 2021-present
- Nutrition Ambassadors (Faculty advisor and founder)-Fall 2022-present
- Dietetics' Professional Pathway in CMWL Development (contributor) - Spring 2021-Spring 2022
- Wolf Wellness Lab Team (faculty partner)– Fall 2020 to present
- Student Service Learning (community partner/supervisor)- Spring 2021-present
- UWG Preview Days (Faculty representative) --Fall 2020-present
- Info Fest (faculty representative)-Fall 2021-present
- UWG Health Fair (faculty representative)- Fall 2021-present
- UWG Graduations (faculty representative)- Fall 2020-present

College of Education

- CMWL Tenure Track Search Committee (chair)- Spring 2025
- COE Undergraduate Success Committee (USC) (secretary/member)-Fall 2024-present
- COE Faculty Development, Mentoring, Retention (FDMR) (secretary/member)- Fall 2024-present, Fall 2021-Spring 2023.
- Early Learning Center Alice Huff Richard's Grant SEL/Nutrition Family Activity (planner/contributor)- Fall 2021

University

- UWG Quality Enhancement Plan Committee- (COE Champion)- Fall 2025-present

- Institute for Faculty Excellence- Innovations in Pedagogy (session proposal reviewer) Spring 2023-present
- Wolves Don't Waste (Food Recovery Network Chapter) Student Organization (founding advisor) Fall 2022-Fall 2024
- UWG Wellness Champions (faculty supporter)-Fall 2021-Fall 2023
- Diabetes Prevention Program Lifestyle Coach for Faculty and Staff of USG- Spring 2021-Fall 2023
- Food is Medicine Lectures and Cooking Demonstrations (developer/contributor)-Fall 2020–Fall 2022

Professional

- Georgia Academy of Nutrition and Dietetics Political Action Committee (trustee)- Summer 2023-Spring 2025
- West Georgia RDN Network (founder)-Fall 2021-present
- Georgia Academy of Nutrition and Dietetics District/Region Task Force (member)-Fall 2021-Spring 2022
- Georgia Academy of Nutrition and Dietetics Public Policy Committee (member)-Spring 2022-Spring 2023.
- Georgia Academy of Nutrition and Dietetics Annual Conference and Exhibition (session moderator)-Spring 2022

Community

- UGA Carroll County Extension Empowering Parenthood Expo Planning Committee (faculty liaison)-Fall 2023–present
- Central Middle School Council (advisory member)- Fall 2022-Spring 2025
- UGA Extension/Carroll County PDT (Program Development Team) (member)-Fall 2021-present

Work Experience

Course Developer and Facilitator-August 2022-March 2023

USG Wellbeing-Atlanta, GA

- Co-collaborated with a multi-institutional team in developing and implementing a comprehensive virtual nutrition lifestyle program for close to 1000 USG employees.
- Responsibilities included program planning, material creation, facilitation of sessions, and program evaluation.

Registered Dietitian/Health Coach – January 2014-May 2018

Tanner Health System -Carrollton, GA

- Collaborated in developing and implementing a comprehensive interdisciplinary worksite wellness program for over 2000 Tanner employees and was responsible for program planning, execution, and evaluation.
- Collaborated in designing and implementing a thriving Health Coaching program for employees, with approximately 200 participants participating.

- Managed a chronic disease management program in collaboration with Human Resources.
- Developed the curriculum and taught a 7-week nutrition and fitness class for obese children and their families.
- Assisted in designing and implementing a community-wide weight management program for approximately 100 participants.
- Served as a class facilitator for a year-long Diabetes Prevention Program offered through the Center for Disease Control.
- Assisted in developing the wellness department's annual budget and short and long-term goals for the program.
- Processed, managed, and reported health trend data for employees

Contract Dietitian- January 2013-May 2015

Children's Healthcare of Atlanta –Atlanta, GA

- Taught nutrition classes to children who attended a comprehensive weight management camp.
- Provided interactive grocery store tours for participants' parents.
- Facilitated health goal setting with camp participants and their families.
- Lead training sessions for health care providers on motivational interviewing techniques for overweight/obese children and their parents in their practices.

Health Coach- February-December 2013

Corporate Health Partners-Atlanta, GA

- Provided a comprehensive worksite wellness program for 800 employees at Greenway Medical Technologies, a large electronic medical record development company.
- Collaborated closely with the Human Resources Vice President and the Wellness Program Manager to determine the wellness needs of employees based on insurance claim data and aggregate reports from health screenings.
- Collected biometric data at extensive onsite wellness screenings.
- Facilitated results coaching and ongoing long-term coaching with participants individualized to the participants' health needs, resulting in multiple health improvements.
- Planned and facilitated monthly health seminars on various topics with an average attendance of 60 people.
- Collaborated with the onsite bistro chef on menu planning and healthy food initiatives in the workplace.
- Successfully planned and implemented a six-week "Get Moving Greenway" challenge, accumulating 1040 hours of physical activity.
- Successfully planned and implemented a four-week "Maintain, Don't Gain" holiday challenge with over 100 participants.
- Collaborated with local farmers/merchants to provide an onsite farmer's market with over 100 employees in attendance.
- Assisted in the formation of a wellness team and co-facilitated monthly meetings.

Registered Dietitian- September 2005-July 2013

Updated January 2025

Tanner Health System- Carrollton, GA

- Provided assessment and counseling for outpatient and inpatient populations utilizing the Nutrition Care Process.
- Developed and implemented a reminder card system that decreased the no-show rate by 9%, and 79% of patients surveyed found it helpful.
- Designed outpatient nutrition material.
- Contributed as a team member in the American Diabetes Association's Recognized Diabetes Education program.
- During tenure, created and executed 100+ nutrition presentations to the general public and hospital professionals.
- Designed and provided nutrition programs for the health resource center.
- Developed and taught nutrition classes for Get Healthy West Georgia's 2013 Weight Loss Challenge, which resulted in 2,472 pounds lost by 233 individuals.
- Developed and implemented a prosperous Healthy for Life team member wellness program for 65 employees, resulting in 473 pounds and 153 inches lost.
- Developed and executed the teaching of multiple class series, including topics on cardiac, diabetes, cooking demonstrations, and childhood obesity prevention.
- Created nutrition displays and highly utilized kits at various health outreach events.
- Designed and implemented an evaluation form for all wellness programs.
- Collaborated with interdisciplinary team members through patient rounds and developed and implemented nutrition care plans.
- Completed departmental PI projects through patient satisfaction rounds, test trays, and chart audits.
- Supervised and mentored dietetic interns

Contract Instructor- January-December 2006**Kaiser Permanente- Atlanta, GA**

- Facilitated weight management class series for insurance plan participants.
- Collaborated with an Exercise Specialist on lesson plans.

Clinical Dietitian- June 2003-August 2005**Morrison Healthcare/South Fulton Medical Center- Atlanta, GA**

- Provided assessment and counseling for medical/surgery, oncology, women's health, transitional care, and acute rehabilitation units. Assisted with supportive care for ICU/CCU and telemetry units.
- Educated food service and hospital staff on patients' meal plans.
- Provided outpatient counseling and helped to improve the referral and scheduling process.
- Created nutrition materials for and participated in health fairs, cardiac screenings, and National Nutrition Month.
- Assisted with the Nutrition Support Committee.
- Assisted in revising departmental policies and procedures and the hospital nutrition formulary.

Non-Academic Teaching and Training Experience

Updated January 2025

- District 4 Public Health Department- Created and facilitated workshops for employees related to wellness-September 2024, September-October 2023
- High Impact Practice Small Group Study-Fall 2022
- COE Small Group Study of “Wounds that You Cannot See”-Spring 2022
- UWG Faculty Learning Community-Participant in “Engaging Students Online”- Fall 2021
- Diabetes Prevention Program – Facilitated a year-long lifestyle change program. March 2021-March 2022
- Project SEARCH- Teach nutrition classes- Spring 2021-present
- Kids N Fitness Program – Taught a seven-week nutrition and fitness program for obese children and families. 2016
- Get Healthy, Live Well Kids- Created curriculum and taught a seven-week nutrition program for obese children and families. Nov. 2017/Jan. 2018

Memberships

- Academy of Nutrition and Dietetics-Spring 2021-present
 - Dietetic Practice Group: Nutrition Educators of Health Professionals (NEHP)
- American Council on Exercise- 2017-present

Certifications

- Mental Health First Aid-September 2025-present
- American Council on Exercise- Certified Health Coach (Recertified 6/2023)-July 2017-present
- SERV Safe Food Handler-September 2021
- American Heart Association- CPR Certified- March 2017-present
- National Diabetes Prevention Program - Certified Lifestyle Coach - 2017 and recertified 2021
- National Wellness Institute-certified Worksite Wellness Specialist- April 2014-May 2017

Awards

- UWG Office of Human Resources “Cultivating Wellbeing Award” - Spring 2025
- UWG Center for Student Involvement and Inclusion “Small Student Organization of the Year Award Wolves Don’t Waste” - Spring 2024
- UWG COE “Leading the Pack: Focused on the Future” -Fall 2023
- UGA Carroll County Extension “Friend of FACS (Family and Consumer Sciences)”-Spring 2023