LIZA PAUL, MBBS, MS

Public Health Nutrition | Maternal & Child Health | Federal Nutrition Programme Delivery

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PROFESSIONAL PROFILE

Public health nutrition professional with a United States master's degree in Nutrition & Exercise Science and nine years of prior medical and maternal-and-child-health programme experience. Currently delivering nutrition assessment, counselling and care planning to women, infants and children through the federal WIC programme at a Federally Qualified Health Center in New York.

Medical training in obstetrics and gynaecology informs an assessment capability uncommon in the community nutrition workforce, particularly in the identification and management of high-risk prenatal and postpartum participants. Professional focus is the delivery of evidence-based maternal and early-childhood nutrition care within U.S. federal nutrition-assistance programmes, with emphasis on underserved, rural and immigrant-serving communities where participation gaps and workforce shortages are most acute.

AREAS OF EXPERTISE

- Maternal and prenatal nutrition assessment; gestational weight gain, anaemia and gestational diabetes risk identification
- Infant and early-childhood nutrition; breastfeeding support, infant feeding guidance and early growth monitoring
- Federal nutrition programme delivery: WIC eligibility determination, food package prescription, care planning and referral
- Community and public health nutrition education; group and individual counselling; culturally responsive practice
- Maternal and child health programme implementation, provider training and programme monitoring
- Nutrition programme data collection, analysis and outcome reporting (SPSS; research design)

EDUCATION

Master of Science, Nutrition & Exercise Science

Southeast Missouri State University, Cape Girardeau, Missouri, USA | **December 2025**

- Relevant coursework: Maternal & Child Nutrition; Nutrition in the Life Cycle; Nutrition & Aging; Vitamin Metabolism; Research Design; Introductory Behavioral Statistics; Health Promotion Programs; Physiology of Exercise; Cardiovascular Exercise Physiology

Postgraduate Training (PGT) in Gynaecology & Obstetrics

Chittagong Medical College and Hospital, Chattogram, Bangladesh | **January 2014 – July 2014**

Bachelor of Medicine, Bachelor of Surgery (MBBS)

Southern Medical College and Hospital, Chattogram, Bangladesh | **July 2012**

- Relevant coursework: Human Anatomy; Human Physiology; Biochemistry; Microbiology; Pathology; Community Medicine

PROFESSIONAL EXPERIENCE — UNITED STATES

WIC Qualified Nutritionist

Sun River Health (Federally Qualified Health Center), Middletown, New York | **February 2025 – Present**

- Conduct comprehensive nutrition assessments and identify nutritional risk for pregnant and postpartum women, infants and children under the USDA Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).
- Determine programme eligibility and prescribe food packages in accordance with federal WIC regulations and the revised USDA food package standards.
- Develop, document and monitor individualised nutrition care plans for high-risk participants, with structured follow-up and re-assessment.
- Provide individual nutrition counselling and group education on healthy eating, prenatal nutrition and infant feeding practice.
- Deliver breastfeeding support and guidance; coordinate referrals to clinical, social and community services within an integrated FQHC care model.

- Maintain participant documentation to federal programme standards, supporting programme integrity and outcome reporting.

Nutrition Intern

Mercy Hospital Fitness Center, Cape Girardeau, Missouri | **May 2025 – July 2025**

- Delivered outpatient nutrition and weight-management counselling under supervision.
- Supported meal preparation, portioning, packaging and food-storage protocols alongside the supervising practitioner.
- Developed participant-facing educational handouts and posters, and supported programme and event promotion.

Student Educator

University School for Young Children, Southeast Missouri State University, Cape Girardeau, Missouri | **January 2025 – December 2025**

- Supported classroom instruction and daily activities for young children alongside the supervising teacher.
- Maintained child welfare, health and safety standards, including supervision and hygiene protocols.
- Engaged professionally with staff, children and parents in an early-childhood education setting.

PROFESSIONAL EXPERIENCE — BANGLADESH

Medical Officer, Public Health Programmes (Maternal & Child Health)

Southern Medical College and Hospital, Chattogram, Bangladesh | **March 2019 – June 2023**

- Implemented and coordinated maternal and child health programmes, including immunisation drives, antenatal care initiatives and nutrition support services.
- Provided clinical and technical guidance to health staff and community health workers, ensuring adherence to national and international public health guidelines.
- Collected, analysed and reported programme data to monitor outcomes and support evidence-based decision-making.
- Delivered training sessions for healthcare providers and engaged community stakeholders to improve access to and awareness of maternal and child health services.

Senior Medical Officer

Southern Medical College and Hospital, Chattogram, Bangladesh | **August 2014 – February 2019**

- Monitored and evaluated nutritional status during pregnancy and early childhood to prevent malnutrition, growth faltering and developmental delay.
- Assessed and managed patients across obstetric and general medical presentations, and assisted senior physicians and surgeons during examinations and surgical interventions.
- Advised patients on lifestyle modification, including diet, physical activity and smoking cessation, to improve health outcomes.
- Collaborated with nutrition and physical therapy colleagues to deliver coordinated patient care.
- Contributed to clinical quality improvement processes and care-delivery standards.

PUBLICATIONS AND SCHOLARLY WORK

Peer-Reviewed Publications

- [Publication 1 — full citation required: authors, year, title, journal, volume, pages, DOI]
- [Publication 2 — full citation required: authors, year, title, journal, volume, pages, DOI]

Citation record: 2 publications, 15 citations (Google Scholar). Profile URL to be added once claimed.

Manuscripts in Preparation

- “Nutritional Risk Identification and Care Planning in Pregnancy Among WIC-Enrolled Populations: Evidence, Practice Gaps, and Implications for U.S. Maternal Health Outcomes” — practitioner-informed narrative review, in preparation.
- “Breastfeeding Support and Infant Feeding Practice in Federal Nutrition Programmes: Barriers, Equity Gaps, and Pathways to Improved Early-Childhood Outcomes in the United States” — scoping review, in preparation.
- “Participation, Retention and Reach in the U.S. WIC Programme: Service-Delivery Modernization, Access Barriers, and the Case for Clinically Trained Nutrition Staff” — policy-oriented review, in preparation.

CERTIFICATIONS AND PROFESSIONAL TRAINING

- Basic Life Support (BLS) — 2026
- Pediatric First Aid, CPR and AED — 2025
- Advanced Diet Planning & Meal Preparation — Alison, 2025
- Weight Reduction Strategies — Alison, 2025

- Human Health: Diet & Nutrition — Alison, 2024
- Postgraduate Training in Gynaecology & Obstetrics — Chittagong Medical College and Hospital, 2014

LICENSURE AND PROFESSIONAL MEMBERSHIPS

- Registered medical practitioner, Bangladesh Medical and Dental Council (BMDC) — Bangladesh licensure; not licensed to practise medicine in the United States.
- Member, Bangladesh Medical Association (BMA)
- [Pending] Academy of Nutrition and Dietetics
- [Pending] American Society for Nutrition
- [Pending] National WIC Association

TECHNICAL AND RESEARCH SKILLS

- Statistical and research: SPSS; research design; programme data collection, analysis and outcome reporting
- Software: Microsoft Word, Excel, PowerPoint; Canva
- Nutrition practice: nutrition assessment and risk classification; individualised care planning; motivational and behaviour-change counselling; group education delivery; educational material development

CLINICAL COMPETENCIES (ACQUIRED IN MEDICAL PRACTICE, BANGLADESH, 2012–2023)

Listed for completeness of professional background. These competencies were acquired and exercised in Bangladesh under Bangladesh medical licensure and are not part of the candidate's professional practice in the United States.

- Antenatal and postnatal care; obstetric assessment and monitoring
- Obstetric and gynaecological ultrasonography
- Normal vaginal delivery; assistance in caesarean section
- Suturing technique; venipuncture; blood pressure measurement
- Patient interaction, health education and clinical counselling

INTERNAL NOTE — REMOVE THIS PAGE BEFORE SENDING TO THE CLIENT OR ANY THIRD PARTY

Open queries for Liza Paul to confirm before this CV is finalised:

- DATE CONFLICT: the original resume shows the WIC role in Middletown, New York running from February 2025 to present, while the Student Educator role (January–December 2025) and the Mercy Hospital internship (May–July 2025) are both in Cape Girardeau, Missouri. Three concurrent positions in two states cannot be verified as stated. Confirm the true start date of the WIC role, and whether the Missouri roles were part-time, remote, or ended earlier than listed. This must be resolved before any petition use — adjudicators read employment timelines closely.
- BLS CERTIFICATION: listed as 2026. Confirm the exact month and issuing body.
- PUBLICATIONS: full citations required for both papers — authors, year, title, journal, volume, pages and DOI. Confirm whether each is peer-reviewed and indexed, and supply the Google Scholar profile URL.
- SUN RIVER HEALTH: confirm the exact job title on the employment record, and whether the organisation permits staff to name it as an institutional affiliation on publications.
- MBBS POST-NOMINAL: confirm the client is comfortable using 'MBBS' after her name. It is accurate and appropriate, but every accompanying document must avoid implying U.S. medical practice.
- OMITTED FROM THIS DRAFT: the original resume listed clinical procedures within a general Skills section. These have been moved to a clearly dated and bounded section to prevent any inference of unlicensed medical practice in the United States. Do not restore them to the main Skills block.
- STILL TO ADD once available: conference abstracts and presentations; peer-review activity; U.S. professional memberships once joined; Certified Lactation Counselor credential; personal website URL.