

Pamela Riggs, MS, RDN, CSOWM

Committed to improving the quality of life for others, Pamela shares her nutrition expertise and knowledge with empathy and compassion. She is a Registered Dietitian and in 2013 joined MarinHealthSM as a nutrition practitioner. She brings over 25 years of professional experience in the field of nutrition, fitness and health promotion and her areas of expertise include: cancer prevention and treatment, healthy weight management, heart disease and diabetes prevention, management of women's health issues, integrative nutrition practices including wise supplementation, and nutrition for optimizing sports performance. Pamela works with both individuals and small groups to help optimize health and wellbeing through good nutrition and an active lifestyle.

After receiving her undergraduate degree in nutrition from California State University at Chico, she completed a dietetic internship at Beth Israel Hospital in Boston, Massachusetts. She also holds a Master's Degree in Human Nutrition in Health and Disease from the University of New Haven and has received a Certificate of Training in Adult Weight Management from the American Academy of Nutrition and Dietetics. Her professional experience and career has been quite broad including holding a variety of positions in healthcare, public health, academia, as well as the nutrition and wellness industry.

Pamela believes changes in eating and exercise habits really can become part of an ongoing commitment to a healthy lifestyle. In fact, she has seen many clients achieve long term success with their weight and wellness. She believes the key is to take one day at a time, remain vigilant and aware and surround yourself with people who support your goals.

Professional Memberships

- Academy of Nutrition and Dietetics
- Dietitians in Integrative & Functional Medicine
- Weight Management Practice Group
- Nutrition Entrepreneurs Practice Group
- Oncology Nutrition Practice Group

Education

- University New Haven, MS Nutrition in Health & Disease



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