

**LIZ HAHEL  
ELIAS  
CALLES  
CABANILLAS**

5323 S. McColl  
Road, Edinburg, TX  
78539

(956) 362-2379 |

[lcalles@dhr-rgv.com](mailto:lcalles@dhr-rgv.com)

[www.linkedin.com/liz-eliascalles](http://www.linkedin.com/liz-eliascalles)

*EDUCATION*

**Master of Public Health (MPH) candidate**

**Expected Spring 2023**

The University of Texas Health Science Center at Houston (UTHealth) School of Public Health in Brownsville, Texas

- Major: Healthcare Management Minor: Epidemiology
- Thesis: *In progress*

**Bachelor of Nutrition**

**Graduated 2019**

Universidad Autónoma de Nuevo León Facultad de Salud Pública y Nutrición in Monterrey, N.L., Mexico

- Major: Nutrition
- Thesis: *'Influence of an in vitro digestive process on the phenolic compound content and antioxidant capacity of the sweet orange (Citrus sinensis)'*

*EXPERIENCES*

**IRB Coordinator**

**April 2022-Present**

DHR Health Institute for Research & Development

- Coordinate new and continuing IRB submission through the management system to ensure compliance with state and federal regulations
- Communicate to Principal Investigators items that require clarification, or documents required for submission, to complete research application for IRB review
- Evaluate reports of unanticipated problems, amendments, and continuing review forms
- Provide guidance and serve as a resource to DHR RID

**Graduate Research Assistant, Department of Epidemiology**

**July 2021-Present**

UTHealth School of Public Health in Brownsville, Texas

- Developed data collection archive and reports for weekly progress review
- Cleaned data for management and analysis on SAS program of over 500 patients
- Assisted in laboratory methodology according to research protocols to increase data collection and sample power by 15%
- Increased efficacy in data collection and analysis by scheduling and participating in weekly meetings with research department
- Improved academic and professional writing skills by participating in department writing groups
- Maintained epidemiological updates through constant literature reviews
- Provided monthly updates by maintaining weekly and monthly source documentation and productivity reports
- Submitted documentation based on department policy within set timelines for Institutional Board following a prioritization strategy

**Case Investigator, DSHS Texas Statewide Contact Tracing**

**September 2020 – June 2021**

UTHealth School of Public Health, Remote

- Conducted over 10,000 COVID-19 bilingual health-assessments adhered to HIPPA law for data collection in cloud-based management software, Salesforce
- Directed individuals towards appropriate community health resources based on needs assessment and priority following department protocols
- Provided educational guidelines to individuals adapted to Health Department Guidelines
- Maintained constant COVID-19 updates through weekly individual and group training
- Participated in onboarding training of new employees by applying job shadowing method
- Adapted different supervision methods by keeping constant communication and daily progress reports

05/16/2  
022

**Sales Associate****November 2019 – August 2020**

Nice Prints in Mission, Texas

- Managed individual orders over \$200 through sales support and customer engagement
- Guaranteed service satisfaction by creating clientele rapport
- Reported in-store inventory through bi-weekly review
- Developed strategic action plan to increase service exposure through email and phone outreach
- Coordinated and supervised team (3) for social events through constant communication reports and timeframe prioritization

**Jewelry Consultant/Sales Associate****November 2019 – May 2020**

Kay Jewelers in McAllen, Texas

- Achieved \$4,000 established weekly sale goals during holiday season due to constant sales training and team engagement
- Operated and managed financial transactions including final sales, layovers and returns
- Prioritized clientele experience following company's policy such as maintaining adequate and orderly appearance in sales floor
- Guaranteed customer satisfaction through constant rapport and weekly engagement training

**Clinical Nutritionist****January 2018 – July 2018**

Instituto Nuevo Amanecer, Monterrey, N.L, Mexico

- Assisted over 500 nutritional consultations for children primarily in low socioeconomic status who were diagnosed with cerebral palsy
- Continued clinical updates through monthly multidisciplinary training based on institutional and national guidelines
- Discussed individual clinical cases by collaborating with six multidisciplinary departments and staff
- Developed nutritional programs for family members according to children's needs based clinical guidelines
- Aided in teaching and therapeutic departments by implementing plans according to individual accommodations
- Delivered nutritional recipe training adequate for children diagnosed with cerebral palsy to family members
- Maintained record of patients and parents program progress through updated reports

**Food Service Nutritionist****July 2017 – December 2017**

EuroAmerican School of Monterrey in Euro Sur, Monterrey, N.L, Mexico

- Oversaw food safety measures applied in the institution by supervising kitchen staff of 5
- Strengthened food safety measures according to state's regulations and through weekly educational 15-minute training sessions
- Analyzed parent's satisfaction of quality of service by implementing bi-weekly survey evaluations
- Developed standardized meal plans according to nutritional standards and Institution's regulations

**Dietitian Assistant****January 2017 – June 2017**

ISSSTE Constitución, Monterrey, N.L, Mexico

- Coordinated over 150 outpatients' profiles by providing nutritional assessments based on diagnosis (Diabetes Mellitus, Cholecystitis, and Dialysis) and nutritional habits (caloric intake and activity level)
- Reported data of over 150 clinical profiles under the institution's operating system
- Determine patients' nutritional needs by assessing risk factors to ensure adequate meal plans
- Recorded inpatient risk factors through medical records and dietary restrictions
- Confirmed adequate and timely meal distribution by assisting with inpatient department
- Maintained proper sanitization protocols through updated multidepartment training

***SKILLS***

- 
- Proficient in Microsoft Office: Word (Advanced), PowerPoint (Advanced), Excel (Advanced)
  - Biostatistics: SPSS (Basic), STATA (Basic), SAS (Basic)
  - Fluent in written and spoken Spanish
  - Community health worker
  - Nutritional assessment and program implementation
  - Training program implementation
  - Interpersonal skills
  - Adaptability

- Data collection and management
- Data analysis
- Public health program evaluation
- Strategic management
- Community health assessment
- Priority management
- Mentorship
- Administrative organization
- Analytical thinking
- Detail oriented

## *RESEARCH AND PRESENTATIONS*

---

### ***‘Influence of an in vitro digestive process on the total phenolic content and antioxidant capacity of the sweet orange (Citrus sinensis)’***

Specific Aims: To determine the total phenolic content (TPC) and antioxidant capacity of sweet orange during the phases of an *in vitro* digestion process

Principal Investigator: Dr. Ana Laura de la Garza Hernández. October 2018 - August 2019

### ***‘Correlation of total phenolic content and antioxidant capacity of the sweet orange (Citrus sinensis)’***

Poster presentation at XXXIV National Nutrition Congress AMMFEN, in Monterrey, N.L, Mexico

### ***Food service sanitary procedures in low-income public schools***

Presentation to foodservice staff in low-income elementary schools in Monterrey, N.L, Mexico about proper sanitary based on assets assessment to raise awareness and prevention of foodborne transmission due to lack of sanitation practices.

### ***The importance of personal hygiene in children from low-income public elementary schools***

Presentation to children attending low-income elementary schools in Monterrey, N.L, Mexico

### ***‘The importance of a balanced nutrition’***

Workplace health promotion presentation regarding a healthy and balanced diet to 10 employees at YAZAKI in Monterrey, N.L, Mexico (2016) to raise awareness on benefits of a complete and balanced diet

## *VOLUNTEER WORK*

---

### **CASA**

**2021**

Court Appointed Advocate, Edinburg, TX

- Collaborated in staff meetings twice a month with multidisciplinary departments for evaluation of case
- Monitored case plan and court orders abiding to established protocols
- Reported evaluated case reports in court hearings
- Engaged in court hearings by creating relationship with individuals and familiarizing with the current case and protocols
- Implemented advocate engagement and connection tools in monthly visitations