



Maria del Rocio Bou González

ID: 35754130D

Nationality: Spanish, Mexican

Date of birth: 12/05/1997 Place of birth: Mexico City, Mexico

Email address: lca.rocibou@gmail.com

LinkedIn: <https://www.linkedin.com/in/rociobougonzález/>

Home: Mexico City (Mexico)

WORK EXPERIENCE

Particular – Mexico City, Mexico

City: Mexico City | Country: Mexico

Nutrition asistant

[2020 – 2021]

- Managed and updated patient nutritional records.
- Collaborated in nutritional education activities, including workshops and counseling sessions.
- Assisted in menu planning according to dietary guidelines and patient needs.

Particular – Mexico City, Mexico

City: Mexico City | Country: Mexico

Nutritionist

[2022 – 2025]

- Provide nutritional assessments following the nutrition care process.
- Develop individualized meal plans tailored to patient needs.
- Monitor patient progress and provide continuous follow-up.
- Maintain accurate clinical records.
- Educate patients on healthy eating habits and lifestyle changes.
- Stay updated on scientific evidence and nutrition trends.

La Gaceta de Nutrición – Mexico City, Mexico

City: Mexico City | Country: Mexico

Link <https://lagacetanutricion.com>

Founder & Website Manager

[08/2022 – Current]

- Manage the CMS (WordPress) and keep website content updated.
- Implement on-page and off-page SEO improvements.
- Monitor traffic metrics and user behavior.
- Create graphic materials for web and social media (posts, infographics, ads).
- Write and schedule publications: recipes, articles.
- Developed interactive tools such as calculators.

EDUCATION AND TRAINING

Nutrition and Food Sciences

Universidad Iberoamericana, Mexico City [08/2016 – 12/2021]

City: Mexico City | Country: Mexico | Final grade: 9.03 | Level in EQF: EQF level 6 | Number of credits: 376

Diploma in Public Health

National Institute of Public Health (ESPM-INSP) [05/2022 – 11/2022]

City: Mexico City | Country: Mexico | Final grade: 9.5 | Level in EQF: EQF level 5



Master in Public Health

Universidade de Santiago de Compostela [09/2024 – 07/2025]

City: Santiago de Compostela | Country: Spain | Level in EQF: EQF level 7 | Type of credits: ECTS | Number of credits: 60

LANGUAGE SKILLS

Mother tongue(s): Spanish

Other language(s):

English

LISTENING C1 READING C1 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

Galician

LISTENING A1 READING A1 WRITING A1

SPOKEN PRODUCTION A1 SPOKEN INTERACTION A1

Catalan

LISTENING A1 READING A1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

SKILLS

Technical skills

WordPress / WebCMS / SPSS / Canva / Python / Microsoft Office / Google workspace

Soft skills

Problem solving / Resilience / Empathy / Decision-making / Clear written and verbal communication / Cross-cultural communication / Adaptability / Self-motivation / Mentoring/coaching / Proactivity / Emotional intelligence / Time management / Critical thinking / Teamwork and collaboration / Active listening / Creativity and innovation

PUBLICATIONS

[2021]

Role of diet, supplementation, and physical activity during the preconception period on perinatal outcomes.

As part of my bachelors, we conducted a systematic review for academic purposes (bachelor's thesis).

- Responsibilities included designing the review protocol, selecting and evaluating studies, extracting and synthesizing data, and drafting the final report.

(Unpublished) PROSPERO CRD42022298561

[2025]

Energy Drink Consumption in the Eastern Mediterranean Region: A Systematic Review.

As part of my Master's in Public Health, I contributed to a systematic review, currently under review and developed within the framework of a doctoral research project.

- Contributed to methodology development, formal analysis, research, data curation, and visualization
- Drafted, reviewed, and edited the manuscript in collaboration with a multidisciplinary team
- Strengthened skills in teamwork, data management, and scientific writing

(Under review) PROSPERO CRD42023473014

CONFERENCES AND SEMINARS

[2021] Online



Speaker – First Mexico-India Interuniversity Dialogue

- Invited speaker representing the university in an event with 80+ students from diverse institutions
- Participated in discussions on innovation, health, and safety to strengthen academic and cultural ties
- Gained experience in intercultural communication, teamwork, and leadership in an international academic setting

[03/2025] Spain

Speaker-Territorial Health Department of A Coruña, Spain

As part of my professional internship at the Territorial Health Department of A Coruña, Spain:

- Delivered a presentation on the food environment, nutrition-related policies, and public health considerations
- Engaged with health professionals and stakeholders to share evidence-based insights
- Contributed to community health initiatives through dissemination of research-based knowledge

HONOURS AND AWARDS

[2021] CENEVAL (EGEL-N)

Recognition for Excellence in the National Bachelor's Exit Exam

Award, granted to top-performing graduates for outstanding academic achievement.

[2024] Xunta de Galicia – Secretaría Xeral da Emigración

Beca de Excelencia Xuventude del Exterior (BEME)

Scholarship awarded to students of Galician origin living abroad in recognition of outstanding academic achievement, to support the pursuit of a Master's degree.

VOLUNTEERING

[01/2021 – 05/2021] Mexico

Volunteer Nutritionist – RENOVACIÓN: Unión de Fuerzas, Unión de Esfuerzos A.C.

Volunteer Nutritionist – Community center:

- Supported women, primarily teachers, through nutrition guidance and health promotion activities.
- Delivered workshops and educational talks on healthy eating and lifestyle habits.
- Led group yoga sessions to encourage regular physical activity.
- Developed strong skills in community engagement, health education, and program facilitation.