Feature Article:
NJ SCHOOL BREAKFAST PARTICIPATION SOARS!

New Jersey has the highest increase in the nation for school breakfast participation. The state moved up in rank to 28th nationally, from previous rankings of 37th last year and 46th in 2012, for student participation in this critical child nutrition program. School breakfast provides children with one-fourth of the Recommended Daily Value of protein, calcium, iron, and vitamins A and C. Beginning the school day with nutritious foods including dairy, whole grains, and fruits enables children to concentrate and learn.

Food Research and Action Center reports New Jersey’s participation rate jumped nearly 13% from school years 2012-2013 to 2013-2014. This trumps the average national increase of about three percent. A state-wide implementation of Breakfast After the Bell programs has helped change the way schools serve breakfast, allowing students to eat breakfast during the first few minutes of the school day rather than before school. This approach, typically done in the classroom, significantly boosts participation by giving all kids a chance at a nutritious start to the school day. A healthy breakfast helps students focus in class, score higher on standardized tests and avoid trips to the school nurse. For more health benefits of eating school breakfast, visit BreakfastEveryDay.org

Feature article submitted by the American Dairy Association and Dairy Council

A Message from our President:
Nutrition Across the Continuum of Care
By Jane Ryan, PhD, RD

Nutrition plays a key role in all phases of the continuum of care in the healthcare arena. This becomes evident through improved quality of life, improved clinical outcomes, and cost effective care. As nutrition professionals, we can support the components of the continuum of care through timely and effective nutrition screening, assessment, interventions, and evaluations. But the most important thing we can do
is to "take action".

Take the time to learn what community based health and social programs you have in your communities that are available to your patients. Develop programs that can identify needs for counseling, education, and access to food and services. Become active in your professional organization's initiatives that promote attention to nutrition in health policies for prevention, and care of our populations.

The future of healthcare demands YOU at your BEST! Develop your clinical expertise, be aware of current research and technology, master your leadership skills, and take advantage of technology and innovation that will extend the reach of nutrition through all phases of the continuum of care.

What's New: Getting Under the Gown!
By Donna Wixted
Nutrition Coordinator/Registered Dietitian
Virtua Health

Yes, that's right! I'm calling all Dietitians out to support an amazing advancement in our scope of practice: Nutrition Focused Physical Assessment. Although NFPA has been a part of our dietetic curriculum since 1997, nutrition professionals may have been intimidated by its hands-on requirement. Since we first began our journeys toward a degree in nutrition, we have been compiling skills for assessment, catching red flags for intervention, and identifying signs and symptoms of a decline of nutrition. Although our evaluations did not necessitate gloves, ...

Questions about NFPA for Donna? dwixted@virtua.org

Get Your Power Back!
By Jen Siglin, RD
Powerback Rehabilitation Center

What is so unique about Powerback Rehabilitation Center?
Powerback is a patient-centered, outcome-focused interdisciplinary approach that is directed by patient identified goals. It embraces food first with choice in dining including liberalized diets coupled with extensive diet education. One-on-one counseling with a dietitian and diet technician, cooking demos with a chef team, and a unique "Culinary Healing" Bistro menu with Portion Control support the culture. Speech therapy works closely with the dietitian and the chef to create an individualized diet for each patient's needs.

What are the challenges of an Open Dining Model (continued)...?

Questions for Jen? Jennifer.siglin@genesishcc.com
Nutrition Support: From Hospital to Home
By Liz Nossier
Clinical Nutrition Manager
Barnabas Health

Clara Maas Medical Center is a 469 bed acute care, community hospital and member of the Barnabas Health System. As the Clinical Nutrition Manager of a team of 9 RDs, we are fast-becoming more patient outcome driven in support of the Health System initiatives.

Dietitians are dedicated to improving patient outcomes, during admission and especially after discharge, in order to prevent future patient re-admissions. Patients often require nutritional supplementation in order to...

Questions for Liz? ENossier@barnabashealth.org

The Power of Nutrition: Recovery at Home
By Susan Lutz, RD
Kennedy Health System; Kennedy Home Care

The value of working both as a Kennedy Health System dietitian in the hospital and with Kennedy Home Care is the ability to follow the patient full circle. It’s rewarding to see your patient improve at home! After 3 years with Kennedy Homecare, I realize that an RD in homecare needs to enjoy teaching, be flexible, be resourceful, and be able to accept and work with all different types of people. A homecare dietitian is not for the novice or inexperienced. We need to work closely with the other therapies and know when to consult Speech, PT, or Nursing. It’s a real team effort (continued)...

In-Season Produce for Spring

Spring: What's in season? Click here to find out!
Are you a NJ nutrition professional with something to share?
Email your NJDA eNews co-editors, Cris Carlin and April Schetler, for more info!

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