Welcome to the NJDA eNews!

What an exciting time for our nutrition profession. There are so many opportunities to impact the communities around us with accurate, timely, and evidence based information that can make a difference in their health and wellness.

As nutrition professionals, we have the responsibility to continuously move our career field forward by being current and assuring that the value of our services is understood by providers, employers, other health professionals and the communities we serve.

Let’s take the time to learn from each other, mentor those who are new in our profession, and extend the reach of our profession through involvement and volunteerism. We are all very busy in our work, school and personal lives; but remember that even the smallest contribution of time helps to elevate the value of our profession.

With this in mind, I welcome you to submit ideas, articles and pictures for use in our upcoming newsletters. As well, to contact me personally if you have an interest in volunteering your time to work with the NJ Dietetic Association to support our legislative, community education, and organizational efforts.

I’m look forward to seeing you at upcoming events across the state!

Sincerely,

Jane Ryan, PhD, RD, FAND
President, NJDA
Jneryan103@gmail.com
In the Spotlight: We are proud of you!

Carolina Marrero, Rutgers University-SHRP dietetic intern class of 2015 is the recipient of the Academy of Nutrition and Dietetics Foundation, Commission on Dietetic Registration Diversity Scholarship!

Carolina is a resident of East Brunswick, NJ and completed both MS and BS Degrees in Nutrition and Dietetics at the University of New Haven, Connecticut, prior to being accepted as dietetic intern in the Rutgers-SHRP Dietetic Internship Program.

Congratulations Carolina from everyone at the New Jersey Dietetic Association! Click here to join us in congratulating Carolina!

Update: NJ Quest for Licensure

From the State House: NJDA Advocacy Update
AJ Sabath, Lynn Haynes and Jessica Frasco

The new legislative session began in January 2014, marking the new two year session for 2014-2015. With the start of the new term, our bill’s progress is cleared and we must start from the beginning. However, we are not discouraged because of the strong grassroots efforts lead by the NJDA Ambassadors. We were able to resign almost all of our sponsors and cosponsors from the 2012-2013 session. We have added several new Ambassadors to our force and we look forward to continued communication between our Ambassadors and legislators this fall through spring 2015.

In Trenton, we will continue to speak with key legislators about the need for licensure. We are working closely with the Licensure Committee on devising new tactics and approaches in order to progress our legislation during the 2014-2015 session. As many of you are already aware, this is a marathon—not a sprint—and we look forward to working with NJDA on its continued advocacy efforts this fall and winter.

The NJDA Ambassador Program was developed for members to serve as the “go-to” individuals providing nutrition information for their state legislators. If you have questions, comments or would like to get involved, click here to contact Rosemary O'Dea, MA, RDN, Consumer Protection Coordinator-NJDA and Chairperson of the NJDA Ambassador Program.
Working Outside the Box: Christina Frescki

Christina Frescki, MBA, RD
Manager, Employee Wellness Programs for NJ TRANSIT

Where did you begin your career?
I began my career, oh so many years ago, in data and database management. I felt that I would be more rewarded professionally and personally if I could work directly with people. I pursued my RD and worked clinically until I had some really good nutrition education experience under my belt. Then, I began to pursue different opportunities.

What attracted you to this position at NJ TRANSIT?
I was drawn to this position because I saw it as an incredible opportunity to merge my previous corporate business experience, my MBA and my RD credentials.

What role can nutrition professionals play in corporate wellness in the future?
Since wellness is a growing field, there is the opportunity for RDNs to help design programs for employers from the ground up. The Wellness program can educate, inspire and encourage people to make lifestyle changes that can improve their lives for good!

Looking Ahead: Alleviating hospital-based malnutrition

Summary brief: “Alleviating Hospital Based Malnutrition: A Baseline Progress Report” 2014
Submitted by Cris Carlin, PhD, RD, Therapeutic Nutrition Representative, Abbott Nutrition

Healthcare is laser focused on improving quality and safety of patient care. While many improvements have been achieved, malnutrition persists which impacts health outcomes such as complication rates, LOS, re-admissions and mortality.

To drive improvements in outcomes, the Center for Medicare and Medicaid Services (CMS) has imposed financial costs and incentives on hospitals to encourage positive changes to patient care delivery.

Malnutrition is finally being identified and treated as a means to improve patient care outcomes. Nutrition is now taking the lead as an important factor. More timely nutrition intervention strategies upon admission and at discharge to improve recovery at home are being implemented across the country to achieve the heightened patient care outcome goals set by CMS.
What's the Story? Pre & Probiotics

Submitted by Charlotte Genetta, RD, CDE, Virtua Center for Nutrition and Diabetes Care. Charlotte has also been a professional volunteer for the Crohns & Colitis Foundation of America since 1983.

Probiotics, Prebiotics and their interaction with our health has been getting a great deal of serious attention with early results emanating from the Human Microbiome Project and the American Gut Project. It is now obvious that this is a major ecosystem in its own right. Our gut microbes contribute 10 times more genetic material to our combined super organism than our own human genes. That's 2-3 lbs of microbes in our gut alone! Microbial genes are very responsive in evolving to defend against pathogenic organisms and confer protection to us, their hosts, in the process. Heritage microbes passed from mother to child tend to be the most beneficial.

We have a great deal of data from these studies but what it all means will require much further elucidation. We do know that the greater the diversity in our microbiome, the lower the inflammation in our body. Using tailored probiotics in times of illness or imbalance will surely be the modality of treatment in the not too distant future. Dietitians need to recommend better diets for gut microbes from diverse fermentable soluble fibers and also a better variety of fermented foods until very specific correlations are known.

In Your Neighborhood: West Windsor Farmer's Market

Submitted by Michele Damon, RDN, DaVita

The West Windsor Farmers’ Market in Mercer County has served as a community gathering place, a destination for foodies and a home to good food and seasonal produce for the past 11 years! Come check it out, open every Saturday from May through November!

The Farmer's market features:

- 15 farms and 11 artisan food vendors
- Weekly cooking demonstrations featuring both familiar and unfamiliar vegetables available from the farmers
- Local and fresh produce tastings
- TO GO items such as prepared meals, frozen soups, pot pies and pulled pork

An important mission of the market is to provide accurate nutrition information for the public! Contact Michele Damon to find out how you can get involved with this great community event!

www.westwindsofarmersmarket.org
NJ Networking: Upcoming Events

**Region 1**  
**Co-chairs Chris Gunning & April Schetler**  
**Flying Fish Brewery Tour & Tasting** Saturday 11/8, 1PM. $10 per person gets you the tour, a souvenir pint glass and a beer!

**Region 2**  
**Co-chairs Rachel Simpers & Molly Fallon - details to follow**

**Region 3**  
**Co-chairs Kathleen Carozza & Aaron Raymond**  
**Walking food tour of Hoboken** this fall - details to follow!

Get Involved: Current Opportunities

- **NJDA Outreach Committee** promotes dietetics in our state by taking part in various community and corporate events. Contact Sunny Shahinian by clicking [here](#) if you are interested in being a part of this great outreach program!

- **Website Coordinator** needed to maintain and update eatrightnj.org.

- Want to spotlight an outstanding colleague? Review a popular nutrition app? Showcase an event in your community? **Newsletter submissions** needed by December 1st for the January NJDA eNews. Email your co-editors [Cris & April](mailto:NJDA@hq4u.com) for a submission form.

WE WANT YOU!