I’m sure some of you volunteer your time – in your community, your church, or just helping someone close by. It’s a good feeling.

But I want to talk to you about another aspect of volunteer service, especially those of you who have not yet found the time or the right situation with special meaning that will make you decide to make that extra effort. I’d like you to think about what doing some kind of volunteer work could mean to your career.

When you lend your expertise, your knowledge, and your energy to organizations, you meet people who have connections: with medical professionals and facility owners/managers; with mayors, councilmen, and other local government people; with small business owners and corporate leaders. You will be letting people know that you have something special to offer. You bring them knowledge and experience that most organizations do not have. And you enhance the reputation of your employer, at the same time as you enhance your own.

And when people in the community start to think “Wow, Marcia, the Dietitian, gave us some great ideas,” and “Theresa, the Diet Tech really helped pull this program together,” then all our reputations are enhanced. When those you have worked with tell others, respect for our profession spreads. The individuals whose lives you have touched and helped are constituents of legislators. And the more those legislators hear from their constituents about the contributions of dietetic professionals, the more they will take our profession seriously.

There are so many ways to make a contribution. Here are just a few: work with your local school Wellness Committee; help a soup kitchen improve its menus; talk with Seniors at the nearest Congregate Meals or Senior Center; teach children and help them with homework at an afterschool program; take people on grocery store or farm market tours; help plan a health fair; organize a neighborhood program to help the needy; or work with the Emergency Response Team for your city or town. There are so many ideas, and so many organizations that would welcome your help.

Surely you can find one that matches your beliefs, your interests, and your abilities.

Volunteering – it’s good for us all!

Respectfully yours,

Audrey Adler President
This month, NJDA rolled out its newest advocacy initiative, the NJDA Ambassador Program. The Ambassador Program is a grassroots initiative that will encourage members of NJDA to become more actively involved in their state government. Members are matched with their local State Senator and members of the Assembly and are encouraged to set up meetings with each representative. These meetings are a great opportunity to develop relationships with your district legislators and to further promote NJDA’s mission to achieve licensure and serve as a resource to your state legislators on nutrition and health care issues. Each ambassador is provided with a personal binder, which includes biographical information on their respective district legislators, talking points to guide members through their meetings with legislators and a “leave behind” for the member to present to their legislators. The NJDA lobbying team from the Advocacy & Management Group (AJ Sabath and Beverly Lynch) are briefing ambassadors at the South, North and Central regional meetings. NJDA is excited for our members to become more actively involved in our quest to achieve licensure for Dietitians and Nutritionists in New Jersey.

NJDA Continues to Work as a ShapingNJ Partner

ShapingNJ is the state partnership for nutrition, physical activity and obesity prevention. The goal of this partnership is to prevent obesity and improve the health of populations that are at risk for poor health outcomes in New Jersey by making “the healthy choice, the easy choice.” ShapingNJ began in 2008 with a grant from the Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity. ShapingNJ currently has nearly 200 partners representing a vast array of sectors, including: state departments and programs, universities and schools, hospitals, professional associations, not for profit organizations, businesses, philanthropic organizations, community-based organizations, and faith-based organizations. NJDA is one of the original partners of ShapingNJ. Partner organizations commit to working for the common good of New Jersey residents in preventing obesity and other related chronic conditions, such as high blood pressure, diabetes, and cardiovascular disease. More specifically, ShapingNJ partners:

- Support, endorse and communicate ShapingNJ strategies
- Work to bring ShapingNJ strategies to New Jersey residents through their organization’s work
- Maximize the use of existing resources and identify additional resources to support the state plan
- Advocate for policy and environmental change to support ShapingNJ strategies

Since its inception, the partnership convened workgroup meetings to identify those groups of New Jerseyans most at risk for obesity and related health outcomes, identify strategies that effectively address risk factors associated with obesity and the needs in New Jersey, and conduct community feedback sessions to determine if the strategies were appropriate for the people they would impact. Today, ShapingNJ is putting the plan into action and measuring change. ShapingNJ’s work is focused in five broad settings that offer opportunities to address obesity prevention: community, school, child care, healthcare, and worksites. ShapingNJ has developed a wide variety of resources to help partners implement these strategies in various settings in New Jersey. You can find these resources on their website at:
Sunday kicked off the 2012 Public Policy Workshop with an address from Academy president, Sylvia Escott-Stump. Following the introduction, Joe Derochowski from Nielsen gave a presentation on consumer trends.

The discussion began with the connection of science and practicality within the nutrition field. Derochowski then brought attention to the fact that the nutrition field is directly related to consumer trends in the retail food industry. The discussion focused on where people eat their meals, mostly at home, and marketing health to fit consumer's needs.

An update on the Center for Medicare and Medicaid Services was then given by Kathleen Niedert. She discussed current Academy initiatives and multiple strategies for working within the CMS system. Debating over the definitions within the Affordable Care Act has caused some concern for nutrition professionals, but there is an ongoing commitment to increase coverage for medical nutrition therapy for more disease states than just diabetes and renal disease. Niedert concluded with information on how members can be involved and help progress current initiatives. Marty Yadrick followed Niedert with an update from the AND Political Action Committee (ANDPAC). His presentation described how the ANDPAC runs and how pro-nutrition candidates are supported. ANDPAC is the only political action committee that broadly focuses on health, food, and nutrition and ranks among the top 35 health related political action committees.

Susan Roberts, speaking for Partnership for a Healthier America (PHA), presented on sustainability and solutions for childhood obesity. The group PHA works closely with the Let’s Move initiative; however it works outside the White House with companies to reach agreements on how they can better the environment and promote healthier lifestyles. Companies make legal commitments to PHA, such as reformulating products or offering healthier menu choices, and then PHA monitors the compliance. Through these partnerships, the general population will be encouraged to make healthier lifestyle choices.

Continuing on the discussion of children, employees of Coca-Cola, Kellogg’s, and the Dairy Council participated in a panel discussion about the marketing of food to children. Each industry member presented on how their products are advertised and what products and promotions they offer to children in order to promote healthy food choices. Information was presented on the Interagency Working Group on Food Marketed to Children, which is comprised on members of the FTC, CDC, FDA, and USDA. The group is self regulated, but learning from the presentations, many food industry members are also. For example, Kellogg’s has certain requirements that foods must meet (Kellogg Global Nutrient Criteria-KGNC), or they cannot be marketed to children until they are reformulated.

After the presentations, the attendees then separated into workshops focused on the AND priority state and federal issues. The issues of concern are the Older Americans Act, Drug Shortage Prevention,
In April, the preschoolers at the Mount Zion Child Development Center in New Brunswick graduated from the All 4 Kids program amidst shouts of “Healthy, happy, active, fit! All for Kids eat smart, don’t sit!” The chant is part of the multistate All 4 Kids program promoting healthy eating behaviors, physical activity and body image acceptance among preschoolers to prevent obesity. Rutgers University implemented the USDA-funded program in New Jersey through its collaboration with the University of Nevada Cooperative Extension (UNCE), which developed the All 4 Kids curriculum.

All 4 Kids’ classroom activities are implemented in thirty-minute sessions three times a week for eight weeks. The interactive curriculum is designed to help meet the state educational and teaching standards in areas such as language, social-emotional development, and visual/performing arts as well as health and physical education. Therefore, it easily replaces some of the existing activities without losing any of the required educational components or needing additional classroom time.

The All 4 Kids lessons include age-appropriate games, dances, and other interactive sessions. The dances with country, hip-hop, and salsa rhythms are choreographed to improve motor skills, while lyrics emphasize healthy eating messages. Children learn about topics such as healthy food options (such as “go” and “woah” foods, acceptance of new or unfamiliar foods), energy, and recognizing hunger and fullness. Acceptance of self and others is incorporated into the lessons by encouraging recognition of different body shapes, sizes, and colors.

In addition to the classroom components, All 4 Kids encourages healthy eating and physical activity habits in the home environment. Each family receives weekly family packs filled with nutrition information and simple strategies to involve the family in the learning experience and in supporting the healthy eating and physical activity behaviors. They also receive a DVD of the dances and songs to continue the learned activities at home. Additionally, the program includes three family events, in which parents communicate with the program staff and participate in games and dances with their children, and they are encouraged to try foods that may not be familiar to them.

The program include both process and outcome evaluations. With the guidance of the UNCE team and the NJ site Principal Investigator Dr. Fitzgerald, Rutgers University’s Nutritional Sciences students conducted the anthropometric measurements for the children and the caregivers and measured children’s gross motor skills, snack food selections, and acceptance of self and others before and after the program. They also interviewed the primary caregivers to collect information about children's food intake, television viewing, sleep schedule, and physical activity patterns.

The first phase of the All 4 Kids implementation was strongly supported by the Mount Zion Preschool and enthusiastically accepted by the parents. As one parent wrote about her son’s changed behaviors, “Before the All 4 Kids Program, the only snacks he wanted to eat were fruit snacks or chips or candy. Now since he participated in the program, he eats more fruits and vegetables throughout the day without me even having to ask…. He tells his cousins about woah foods and go foods and tells them how eating healthy and exercising is good for you.” Through a collaborative effort with the Mt Zion AME Church Health Ministry and the preschool administration, Rutgers University is now getting ready for a school-wide implementation of the program in the new school year. In this phase, the preschool teachers will be trained to deliver the program. This is the perfect solution to build capacity at the organizational level ensuring sustainable infrastructural change to continue supporting healthy eating and physical activity behaviors among preschoolers and their families. It appears that there will be more “healthy, active, happy, and fit” preschoolers in New Brunswick.
and Diabetes Prevention with medical nutrition therapy. Presenters on each subject outlined the importance of each to nutrition professionals and enforced key areas to be discussed on the hill on Tuesday. Of concern for the Older Americans Act is that it is currently stalled and affects many people. It was encouraged that attendees ask for the development of a bill to include language for qualified nutrition staff so that the population can receive cost effective nutrition services focused on screening, assessment, counseling, and education.

There has been a large increase in drug shortages over the past few years. In order to help health professionals battle the effects of not having certain medications, vitamins, or minerals, it is necessary for a new procedure to be put in place to help notify those being affected when the shortages occur, or are soon to occur. While meeting with representatives, it was encouraged to ask them to sponsor the Drug Shortage Prevention Act. This will allow the FDA to work with manufacturers to develop new sources of drugs and ensure the supply chain is not interrupted. For the Preventing Diabetes in Medicare Act, it was discussed that the cost of diabetes treatment is astounding and MNT and lifestyle changes have been shown to save money in as little as three years. Many Medicare participants with pre-diabetes can avoid the disease with lifestyle intervention. Including pre-diabetes care in Medicare can help contain healthcare costs and decrease diabetes.

The first day of the PPW was concluded with a networking reception. Many attendees were there to meet with others in the field as an opportunity to learn how some AND members have been able to accomplish policy changes. Awards were also given out to honor different leaders in the field.

The 2013 Public Policy Workshop March 10-12, 2013
★★★★ Policy from the Ground Up ★★★★
Registration is Now Open!

www.eatright.org/ppw

“If dietetics is your profession, policy should be your passion”

Policy from the Ground Up is the theme for the Academy’s 2013 Public Policy Workshop, to be held March 10 to 12 in Washington, D.C. The event will focus on leveraging grassroots efforts to make a local and sustainable impact on the dietetics profession. Attend PPW to network with colleagues, learn how to advocate for important food and nutrition legislation and educate members of Congress. If you plan to attend, please contact Chesney Blue, Public Policy Coordinator at Chesney_Blue@hotmail.com for more details.
Fall In Love with Dairy Again

Do you love the taste of dairy foods, but sometimes feel gassy or bloated after having milk, cheese or yogurt? If so, there are a variety of tips that may help you to enjoy the recommended 3 servings of low-fat or fat-free dairy foods every day – without experiencing pain or embarrassment.

Enjoy Dairy Again with These Tips:

Sip it.
Start with a small amount of milk daily and increase slowly over several days or weeks to build your tolerance.

Try it.
Opt for low-lactose or lactose-free milk and milk products. They are real milk products—with lower amounts or zero lactose—provide the same nutrients as regular dairy foods, and they taste great.

Stir it.
Mix milk with other foods, such as soups and cereal; blend with fruit or drink milk with meals. Solid foods help slow digestion and allow the body more time to digest lactose.

Slice it.
Top sandwiches or crackers with natural cheeses such as Cheddar, Colby, Monterey Jack, mozzarella and Swiss. These cheeses are low in lactose.

Spoon it.
Enjoy easy-to-digest yogurt. The live and active cultures in yogurt help digest lactose.

Some examples of resources that NJDA members may find helpful include:

**ShapingNJ School Toolkit: Creating Healthy Active Schools (June 2012)**
The purpose of this Toolkit is to provide guidance and suggest tools and resources for school communities working to advance school wellness and create healthier school environments throughout New Jersey. This Toolkit compiles shared knowledge that the ShapingNJ School Workgroup has gathered over the past few years through our joint work with an eye toward enhancing, simplifying, and advancing the planning and decision making processes that continue to occur at the community level. The primary audience of this Toolkit is school community members, including administrators, staff, teachers, parents, and community members. This Toolkit provides user-friendly strategies, policy components and associated actions, practices, tools, and resources for current or potential members of School Wellness Teams (sometimes referred to as Wellness Councils) to advance comprehensive policy development and implementation efforts focused on nutrition and physical activity in schools.

**ShapingNJ Child Care Best Practices Toolkit (June 2012)**
This toolkit, designed by ShapingNJ Child Care Workgroup members, provides simple and easy to use tools, practices and guides to impelment low cost, safe and appealing options for young children to eat healthy and play actively in child care centers.

**ShapingNJ Healthcare Workgroup Resource Toolkit (June 2012)**
The purpose of this toolkit is to provide resources and documents that are helpful in changing environments to enable mothers to exclusively breastfeed their babies beginning with community support, supporting breastfeeding in maternity hospitals through adopting the World Health Organizations/UNICEF’s “Ten Steps to Successful Breastfeeding”, and supporting mothers when they return home and go back to work. The ShapingNJ Healthcare Workgroup members have been active participants in laying the groundwork for the NJ Baby-Friendly Hospital Initiative, supporting the project and continuing to sustain efforts to support exclusive breastfeeding in maternity hospitals, ambulatory practices, worksites, faith-based communities and other community support organizations for mothers and families.

**ShapingNJ Worksite Resources (June 2012)**
Compiled by ShapingNJ partners, this guide provides nine tools and resources currently being used in New Jersey to make workplaces healthier and more active.

Be sure to visit the ShapingNJ website for these and other helpful tools. In addition we are including in this newsletter a copy of the “NJ Fact Sheet” compiled by ShapingNJ. NJDA members may find helpful information on this fact sheet when discussing the implications of the obesity problem in New Jersey.

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**NJDA Reception – FNCE**

**ROSEMARY O’DEA, MA, RD – IMMEDIATE PAST-PRESIDENT- NJDA**

A reception was held for NJDA members on Sunday evening October 7 at the Loews Hotel in Philadelphia during FNCE. The reception was a huge success with over a hundred members in attendance. Thanks go to Abbott Nutrition, the American Dairy Association and Dairy Council and Association Associates, Inc for their generous sponsorships.
NJDA has launched a new program this fall called the Ambassador Program, of which I am serving as chairperson. This program was developed for members to serve as the “go-to” individuals providing nutrition information for their state legislators. I am happy to report that the NJDA Ambassador Program is continuing to grow. At the present time we have over fifty members signed on to be Ambassadors with 38 out of 40 legislative districts covered. Our Ambassadors represent many areas of dietetics practice throughout all areas of the state. We have retired members as well as new graduates and dietetic interns who have agreed to meet with their local legislators. Beverly Lynch, of our new lobbying group, Advocacy and Management Group, will be providing training sessions for our members in all of our regions. The NJDA legislative team will also be available for guidance to our members as well. Legislative districts #31 and #33 (Bayonne, Jersey City, Union City, Weehawken, West New York and Guttenberg) are still in need of Ambassadors. If you live in these areas or in any area of the state and are interested in serving as an Ambassador or have questions concerning this program please contact me at: Rosemaryodea@comcast.net

Sequestration’s Impact on the Healthcare Industry

BY: EMILY JOHNSTON, RD, CDE – State Policy Rep

The Affordable Care Act has been monopolizing a lot of our attention recently, but there is another piece of legislation RDs need to be familiar with. It’s referred to as “Sequestration”. The national debt is ever-increasing and as of yet Congress has not been able to come to a consensus on how to deal with it in the budget or what to do with the debt ceiling. The term “Sequestration” basically means that there will be big cuts made to government spending across the board in order to decrease the budget to a point where the country is not continuing to add to an already large amount of debt. Billions of dollars will be slashed from all types of federal programs over the next few years, and those dollars can make a big difference in the lives of millions of Americans. What does the removal of money from those programs mean to us? According to the Academy’s Sequestration Issue Brief:

- The National Institutes of Health would award 700 fewer research grants;
- Head Start would be able to serve 96,179 fewer children;
- 659,476 people would not be tested for HIV;
- 48,845 women would not be screened for cancer;
- The Maternal and Child Health Block Grant would serve 5 million fewer families;
- Surgical centers that are currently inspected every 3-4 years would go 30 years between inspections;
- Senior Nutrition programs would serve 17 million fewer meals;
- And much, much more.

Sequestration would not take effect until the end of the year, and Congress still has a little time to put a stop to these program cuts. As healthcare professionals and advocates for health promotion, we need to make our voices heard. Reach out to your Senators and Congressmen. Write a letter or make a visit to their offices. Let them know just how these cuts affect you and the people you serve. The Academy website has plenty of information on what to say and how to say it; just go to the Public Policy/Legislation tab (http://www.eatright.org/Members/content.aspx?id=8488) and look for Sequestration. Every voice counts, so take a stand, and don’t think that you can just leave it up to someone else.
On Sun, 9/30/12, the Clara Maass Medical Center (CMMC) Foundation, in cooperation with 10 Essex County schools in Belleville, Nutley, Bloomfield, Montclair, and North Newark, tackled childhood obesity with the Lifeline Challenge to Healthy Living Walk, which took place at The Turtle Back Zoo. Attendants, along with family and friends, had the choice of walking a 1 or 3 mile course throughout the zoo.

CMMC Foundation’s program, titled Lifeline Challenge to Healthy Living, combines instruction in nutrition and physical fitness for elementary-aged students through fun, interactive lessons and activities, where students learn how to make healthy food and beverage choices and how to incorporate physical activity into their daily routines. Proceeds from the Lifeline Challenge to Healthy Living Walk benefited this and other programs that empower children and their families to make healthy and active lifestyle decisions.

Special guest Beth Milton, Special Projects Coordinator of Shaping NJ, educated a total of 12 NJDA members as well as members of the community on the state’s obesity prevention initiatives after the walk during a lecture and lunch.