The President’s Message
By Becky Spates, MS, RD, DLN

I hope everyone who attended our networking reception at FNCE had a wonderful time! It was a great opportunity to see everyone and talk about the exciting changes going on in our profession.

One of the key initiatives of the board is to reach out to all members and involve new people in the state association. There is now an excellent support system for all new leaders through ADA and NJDA. For the second year, there was a two day workshop at FNCE for affiliate officers to orient them to the resources available. There is an email system to connect all affiliate officers and share ideas and processes. There is an opportunity for the President-elect to attend the Leadership Workshop for three days to network with other new leaders, develop leadership skills and get acquainted with all of ADAs’ resources.

At the state level, we have established a Treasurer-elect position and also will now have various members of the board coordinate the annual meeting with the current annual meeting chair. We are also planning this event a year ahead to provide opportunities to develop a more varied agenda and increase our ability to provide new speakers and topics. This strategy will provide a learning environment for those interested in expanding their level of involvement.

Our progress with reworking and presenting the Licensure Bill continues full steam ahead. As the year progresses and we move into 2008, we must position ourselves to create high level of visibility for our profession.

You should have received an email for the announcement of a meeting with the Commissioner of Health for NJ on Dec 7th. This is another opportunity for you to establish your presence on the timely topic of obesity in NJ. Nutrition remains in the spotlight with the obesity awareness program, nutrition in the school system and the Mayor’s Wellness Campaign.

Our fall Board meeting took place on November 17th and we continue moving forward with all of the current initiatives as well as reviewing our strategic plan.

One of the ways we all can promote the awareness of the value of nutrition in the clinical venue is to begin using the Nutrition Diagnosis Process. We will be working with the regional co-chairs to offer workshops on the implementation of this process in acute care, long term care and all aspects of outpatient documentation. Implementation of this process will allow us to gather strong data to support the value of nutrition intervention in the management of diseases. Numbers continue to speak more clearly than any other form of data and we must take this step to truly measure the effectiveness of all we do.

As you move into the holiday season and make those New Years resolutions, I hope you will add professional leadership growth to your goals for 2008 and join us in expanding our visibility and advancing our profession.
programs for the commission on accreditation for dietetics education of the american dietetic association; a member of the commission on dietetic registration practice audit committee; a site visitor on the commission on accreditation for dietetics education of the american dietetic association for dietetic technician programs.

- her more than thirty years of outstanding leadership as a member and an officer of the american dietetic association at the district, state and national levels on numerous boards, committees, and task forces including treasurer of the american dietetic association; financial officer of the american dietetic association foundation; chairperson of the food and nutrition conference and expo program planning committee; delegate to the house of delegates from new jersey; chairman of the CEO search committee of the american dietetic association; and president of the new jersey dietetic association.

- her breadth of administrative knowledge and skills exhibited in her positions as director of food and nutrition information systems and associate food service director at columbia presbyterian medical center and public services coordinator and training and systems manager at memorial sloan-kettering cancer center.

- her management and foresight as the chairperson of the hotel, restaurant and institution management department at middlesex county college that witnessed the expansion of program offerings and the proliferation of the dietetic technology program that has an outstanding reputation in the field of dietetics.

- her leadership at middlesex county college as the dean of the division of business, computer science and engineering technologies where her integrity and honest communication serve as an example and motivation to others.

- her unwavering passion for the profession of dietetics revealed in every aspect of what she does: teaching future dietetic professionals and igniting them in a way that will transcend everything they do; emphasizing the importance of standards of professional conduct and ethics in the classroom and in the world; the pride she displays in the profession that defines her life.

- her significant contributions to the profession of dietetics throughout her career that will continue to resonate in the generations to come.

- her ability to build this extraordinary career while never losing sight of what matters the most – those that support her on a daily basis: her husband and her family.

ADA’s medallion awards, given each year since 1976, honor those who have shown dedication to the high standards of the dietetics profession through active participation, leadership and devotion to serving others in dietetics and allied health fields.

Marilyn was awarded in recognition of:

- her innovation in dietetic education as evidenced by her unparalleled inspiration and dedication as a mentor, teacher and speaker for all levels of dietetic education as she fosters a distinctive learning environment both in higher education and the healthcare industry.

- her distinctive contributions to the students in the dietetic education programs at college of saint elizabeth, middlesex county college, montclair state university, new york hospital-cornell medical center and the university of medicine and dentistry of new jersey where her seminars on foodservice systems management and food safety provide a unique vision of foodservice that leave students in awe of the accomplishments one woman can make.

- her comprehensive focus as she works to ensure the future of the dietetics profession through her contributions as a member of the future practice and education task force of the american dietetic association; program representative for dietetic technician

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FNCE 2007 Highlights

The University of Medicine and Dentistry of New Jersey Dietetics Programs sponsored a reception at FNCE celebrating 35 years of dietetic education, innovation and leadership. The event was very well attended by alumni, preceptors, faculty, current students and other friends of our various dietetic education programs including the Dietetic Internship, the Coordinated Program in Dietetics, the Master of Science in Clinical Nutrition, the Doctorate in Clinical Nutrition and the PhD in Health Sciences-Nutrition Track.

A concurrent reception was held for all members of NJDA right next door, sponsored by Ross Pharmaceuticals.
As we move ahead toward licensure, Denise Langevin and I met with Dale Florio and Rob Nixon from the Princeton Public Affairs Group on October 31, 2007. We discussed looking for new sponsors that either know or work with our members, or those who are committed to improved health and good nutrition. After the elections we will be asking senate and assembly members to be key sponsors of our bill.

The Senate Commerce Committee and the Assembly Regulated Professions Committee will have new members and chairs. Both of these committees will hear and vote on our bills before it goes to the full house in the Assembly and the Senate. After the election, we will know better whom to choose for our Assembly bill sponsors. Running our bill through the Health committee on the Senate side is not a possibility as Commerce committee hears all licensing bills. The Division of Consumer Affairs is under the Attorney General and all licensing in New Jersey is through the Division of Consumer Affairs. This remains the same as in the past.

There was some concern from our members that an article that appeared in Star Ledger Friday Oct 19 — “Professional licensing boards in Jersey in line for overhaul” might affect us. The overhaul relates to the licensing board itself and not any new boards. We do not have to worry about this. We drafted our bill with our own Board of Licensed Dietitians/ Nutritionists this time. Denise gave PPAG a list of boards from other states for comparison. PPAG feels that having our own Licensing Board is possible in the current legislative environment. ADA also feels the same.

We are planning for a Legislative Day Reception continued on page 7
The Mayors Wellness Campaign is an initiative of the New Jersey Health Care Quality Institute. Its goal is to provide mayors and other key community leaders with evidenced based tools to combat the obesity epidemic. Program information is provided in four key categories: Youth, Seniors, Employees and Communities. While the primary focus is on getting people moving, Ms. Doyle recognizes that people also need guidance in the area of healthy eating. Judy is looking forward to the support and participation of the RDs in this effort.

This spring, NJDA members will have the opportunity to partner with the Mayors Wellness Campaign’s New Jersey weight loss challenge. The program will be modeled after similar programs in Indiana and Boston. Judy Doyle, RN, MAS, Project Manager for the Mayors Wellness Campaign, is in the process of obtaining funding and sponsorship as well as planning the details of the weight loss challenge.

While the details are being finalized, the program will likely include community “weigh-ins” at central locations throughout the state and “weigh-outs” after 100 days. During the 100 day campaign, the hope is for communities to hold events focused on physical activity, especially highlighting parks and recreation facilities in New Jersey. NJDA plans to participate by assisting at the weigh-in and weigh-out programs by providing basic nutrition information at the events as well as providing participants with information on local weight loss programs and instructions on finding RDs in private practice. Our goal is to promote the RD/DTR as the nutrition professionals.

Several NJDA members have already volunteered to participate, but many more will be needed. Please contact Kathleen Carozza, MA, RD at kcarozza@cse.edu if you would like to participate in this effort.

For more information about the Mayors Wellness Campaign, check out the website at mayorswellnesscampaign.org.

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Come, Explore Your Future!
NJDA Members Can Make a Difference in New Jersey Schools

BY: ERLISA LEVIN MPH, RD

Childhood obesity has tripled in the past two decades with 20% of the childhood population currently being obese. Unfortunately, an obese child has 70% chance of becoming an obese adult. Children may not automatically select healthy foods. Their innate preference for sweet foods makes them particularly vulnerable to the highly sugared cereals, soda, and candy.

Schools are one of the primary locations for reaching the nation's children and youth. In 2002, a retrospective study was done on NJ's 6th graders BMI records in 40 randomly selected public schools. The results indicated that 20% of NJ’s 6th graders are obese, and 18% are overweight. In 2004, the United States Department of Agriculture (USDA) mandated that a wellness policy and committee be adopted in every school district that partakes in the federally funded child nutrition programs. The New Jersey Department of Agriculture has implemented a Model School Nutrition Policy that became a requirement for all schools to adopt by September 2007. This policy promotes fresh fruits and vegetables, 100% fruit juice, low fat milk, whole grains, physical activity, nutrition education and reduction of trans fat. Through this policy, the school districts are dedicated to insuring that school personnel has the necessary skills needed to implement the policy, to supporting healthy eating through nutrition education and to providing students with the opportunity to positively impact their health, and contribute to their ability to learn. As part of the development of the wellness/nutrition policy, teams consisting of parents, students, food service staff, school members, community members and school administrators are being formed in each school district to implement the policy and evaluate the outcomes of these initiatives.

NJDA feels that this is a great opportunity for our members to get involved by sharing their expertise as a parent or community member on one of these teams. There are over 621 schools districts in New Jersey and NJDA would like to see as many members as possible involved in this initiative. Our goal is to see New Jersey RD's and DTR's volunteering on the wellness teams in 20% of the school district by 2009. For those members who are either not in the work force currently but involved in their community and local districts or for those who would like to become more involved in community/wellness and prevention, this is a great way to utilize your nutrition knowledge and training. You can make a difference in the health and wellness of children in your community by volunteering.

If you would like to get involved in this initiative, the first step is to contact your local superintendent or Board of Education. Let them know you are an RD or DTR and a member of the NJDA and you would like to share your knowledge and expertise about nutrition by being a part of their local wellness team. A sample letter will be available on the www.eatrightnj.org website for you to personalize. To find out who to contact in your district, follow this website www.state.nj.us/education. If you are already a part of one of these teams, or if you join one in the future, please let NJDA know by e-mailing Erlisa Levin at erlisa95@hotmail.com.
Meeting with Princeton Public Affairs Group (PPAG)

Event in March—National Nutrition Month to promote our profession. PPAG will assist us with invitations and follow-up. We hope to be able to have the event from 11 am-1 pm in the Annex with Governor’s Proclamation for Nutrition Month along with resolutions in both houses. The Legislative Date will be chosen according to Monday or Thursday of week around March 13th, trying to pick day when both houses are in session. Proclamations will be requested in February or early March. We will hold an NJDA Legislative Committee Meeting the end of November to start planning this Legislative Day Activity.

Also in progress is a program, Conversation with the NJ Commissioner of Health, Fred Jacobs, MD, JD at UMDNJ Scotch Plains on Friday, December 7, 2007 1-4 pm for 2.5 hours of continuing education credits to discuss the obesity crisis in NJ and have dietitians dialogue and create collaborations for potential solutions. NJDA members are encouraged to attend. Sponsors of this session are UMDNJ, NJDA and NJ DOHSS.

The latest draft of our Licensing Bill for dietitians/nutritionists in NJ (10.26.07) is currently in review with ADA counsel. After this review we will have a final copy that will be presented to our sponsors. PPAG will use the revised bill and present that to our future sponsors at the beginning of 2008.
Upcoming Events

January 12
An Open House for the Montclair State University Dietetic Internship will be held on Saturday, 1/12/08 from 10-12 in University Hall room 4008. See www.montclair.edu for directions and a map of the campus.

May 16
Mark Your Calendars for NJDA’s 76th Annual Meeting

If you could make a difference, would you? That’s a theme the 2008 Annual Meeting Committee is using to plan NJDA’s 76th Annual Meeting. As dietetic professionals there are many ways we make a difference every day...to the quality of life of our patients/clients; to our jobs; to public policy; to the health and wellness of our communities; to our profession; to our families and friends.

NJDA’s Annual Meeting is a great place to update our skills, to network and to energize ourselves so that we can continue making a difference. Be sure to join us on Friday, May 16, 2008 at the Hyatt New Brunswick as we bring together a great array of speakers and exhibitors and provide a wonderful opportunity for you to network with friends and colleagues from around the state. Look for more details in our next newsletter and through NJDA email blasts in the coming months.

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- We care about the concerns of ADA members.
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  - fax 312/899-4790 - phone 800/877-1600 ext. 5000
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- Action will be taken within 2 months
- For more info visit ADA’s member home page and click on Member Issues or visit www.eatright.org/issues.