A Message from our President

Kathleen Carozza, MA, RD
2016-2017 President - New Jersey Academy of Nutrition & Dietetics
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Dear NJAND Members,

I am looking forward to serving as your President for 2016-2017! For those of you who don’t know me, I’ve been involved with the association for about 17 years. I’ve served in several appointed and elected positions, including on the Nominating Committee, as Treasurer and Regional Co-Chair. Before becoming the College of Saint Elizabeth Dietetic Internship Director, I was a clinical coordinator and adjunct at the CSE and FDU. In addition, I worked in health care and child nutrition food service management and for Kraft as a contractor with nutrition labeling changes.

We will celebrate 85 years as an affiliate of our national association this year. The Academy is celebrating 100 years as the professional association dedicated to improving the health of our communities through food and nutrition. On the state level, we hope to dedicate time, talent and treasure this year to move our strategic plan forward and better fulfill our mission “To empower members to be the nutrition expert” and our vision to “Optimize New Jersey’s health through food and nutrition”.

Our strategic plan includes three major areas, members, the public and advocacy in public policy.

Membership: In response to our membership survey, we will be focusing on bringing more opportunities to members for networking. Specific geographic areas with high membership will be targeted for monthly breakfast or happy hour events. Other regional and networking events, continuing education meetings and listserv options for those in focused areas of practice will be a priority. Through outreach to our members we hope to increase membership engagement and satisfaction. Please reach out if you are willing to coordinate networking opportunities in your area!

The Public: Our public relations and communications committee members will develop a PR campaign focused on promoting our members as the nutrition expert in NJ. We will continue with our successful Nutrition Month outreach in the community and seek to build our social media presence through postings of interest to members and the public at large. Are you interested in supporting our community outreach and/or social media efforts? Let us know!

Advocacy in Public Policy: Our public policy team works tirelessly to seek licensure for RDNs in New Jersey. A small handful of members, recently supported by our trained volunteer Legislative Ambassadors, have carried the burden of this work dedicating hundreds of volunteer hours to this effort. It is a complex issue that has been on NJAND’s radar for 30 years. Unfortunately, the political climate in NJ has not been favorable towards protecting the public in the area of nutrition. Your association spends 25-30% of our income on our lobbyist efforts annually, which has put a financial stress on the association that we cannot ignore. Our membership survey indicated members want us to dedicate resources towards this effort. We must push forward with the current effort while we also evaluate the cost/benefit of these efforts. Please read the Q&A section of the newsletter about the licensure bill and know that much time and effort has been spent and yes, compromise has been sought to get this far. In addition to
New Jersey Breakfast Forum Focuses on Whole Child, Whole School, Whole Community
Feature Article Sponsored by American Dairy Association and Dairy Council, Inc.

"There is no greater issue than the health and wellbeing of our children," Dr. Katie Wilson, USDA Deputy Under Secretary for Food, Nutrition, and Consumer Services told participants at a New Jersey breakfast forum, hosted by American Dairy Association North East on March 22, 2016, at MetLife Stadium in East Rutherford. The forum, themed, The Invisible Thread "Mending the School Environment for Academic Excellence," brought together an influential audience to work together to ensure and improve the physical/mental health and wellness of the students of New Jersey as an effective means to support their overall development and academic success.

"We all heard it growing up, 'Breakfast is the most important meal of the day.' Time and again, research has demonstrated the value and the necessity of breakfast," said Dr. Wilson. Among school children, breakfast is associated with better academic performance, better attendance and certainly better overall health. When children skip breakfast, they miss out on important nutrients. "School meals are sometimes the only meal that these children eat during the day," said Rose Tricario, Director of the New Jersey Department of Agriculture's Division of Food and Nutrition, who also presented at the forum. With each school breakfast, children receive one-fourth of the Recommended Daily Value of protein, calcium, iron, and vitamins A and C from milk. Beginning the school day with nutritious foods including dairy, whole grains and fruits, enables their ability to concentrate and learn. By offering school breakfast after the bell, schools give all students access to a nutritious school breakfast.

Through its statewide Breakfast After the Bell program, New Jersey continues to build on the number of children receiving school breakfast, rising to be the 23rd ranking state this year from 48th just four years ago according to Food Research Action Network School Breakfast Scorecard School Year 2014-2015.

For more benefits of eating school breakfast, visit www.BreakfastEveryDay.org or contact American Dairy Association registered dietitian nutritionist Stacey Jackson, MS, RDN, CDN via email or by calling 914-615-9286.
Dietetics Professional Spotlight: Brian Bowers, RD
Bjbwellness@gmail.com

Education Background and Career Goals:
Brian graduated from West Chester University (PA) in 2013 with a B.S. in Nutrition and Dietetics and interned at the clinically-focused University of Maryland Medical Center Dietetic Internship in Baltimore, MD in 2014. As a college athlete in division 1 soccer, Brian was intrigued by the correlation between athletic performance and nutrition, with career aspirations to work in sports nutrition and wellness.

Current Practice:
During his internship elective rotation, Brian contacted John Rickards, another former athlete & RD from La Salle University who has his own private practice business. He spent a week shadowing John, sitting in on counseling sessions, attending business meetings for prospective clients, and learning the ropes of what it takes to do nutrition counseling and work in private practice. Rickards helped Brian become credentialed as an in-network provider for many of the major insurance companies in the area and offered him a nutrition counseling position at AFC Fitness in Jenkintown. Doors opened!

Since becoming credentialed as an in-network provider Brian works at several gyms, wellness centers and YMCAs in the Philadelphia area and surrounding suburbs. In addition, on-site wellness locations ranging from car dealerships to retirement communities to professional sports organizations, have requested Brian for individualized nutrition counseling and classes. He's also a telephonic health coach for a growing wellness company.

To hone his clinical skills, Brian works part time at Lourdes of Burlington and per diem at a rehabilitation facility in Philadelphia.

Advice to other young RD's interested in private practice?
Get credentialed with insurance companies and be an in-network provider. Market your services. Employee Wellness is popular and a skilled dietitian is considered a valuable asset. Fine-tune your skills. Find a colleague who can mentor you. The opportunities are vast and the sky is the limit!

Are you a NJ nutrition professional with something to share? We would love to include your article in an upcoming NJAND eNews! Email your NJDA eNews co-editors, Cris Carlin and April Schetler, for more info!

PUBLIC POLICY UPDATE:
NJAND Licensure Bill Frequently Asked Questions

1. What has happened with our licensure bill?
What are the next steps? S-1318, the Senate version of our bill with amendments passed out of the Senate Commerce Committee. Click here to access Bill S-1318. This committee was a sticking point for movement of our
bill in the past but amendments agreed to with the Chairperson which basically made it a title protection act with scope of practice protection only in hospitals and nursing homes allowed the Chairperson to move the bill and it passed. This was a big first step in the process. The bill must pass the full Senate, the Assembly Committee (which it did in the past) and the full Assembly. If it passes both houses of the Legislature, it must be then signed by the Governor to become law.

2. What is the difference between title protection and a scope of practice? Which ones does this bill address? Title protection controls the use of designated titles. In this amended bill only those with the outlined education and training may use the following titles: dietitian/nutritionist, nutritionist, dietitian, dietician, nutrition counselor, nutrition consultant, LDN, LD, LN. Scope of practice outlines what a licensed professional can do and prevents anyone else who is not licensed from performing those functions. In our bill as amended, scope of practice is limited to health care facilities: developing, implementing and managing nutrition care systems and ordering therapeutic diets in a health care facility.

3. How will this bill protect consumers? Only those with the appropriate education and training will be able to use the designated titles. This will help consumers identify qualified nutrition professionals.

4. Hospital regulations already identify the RD as the provider of nutrition services in hospitals. Why do we need licensure there and why protect scope of practice there? Current CMS regulations allow dietitians to write diet orders in hospitals and eventually in long term care, if approved within the institution. However, other health professionals have stated that they can only take orders from licensed health professionals so being licensed with a protected scope of practice in health care facilities will facilitate this process.

5. If I don't practice in either acute care or long term care do I need to be licensed? It will be crucial to be licensed so that you may utilize any of the titles that are protected. In addition, consumers, other health professionals, institutions and insurance companies will identify you as a professional who meets the requirements to be a licensed dietitian/nutritionist.

6. How will this legislation impact the DTR? The bill currently states that nothing in this bill would "Prohibit a dietetic technician from providing nutrition services under the supervision of a licensed dietitian/nutritionist." Dietetic Technicians would not be allowed to use the protected titles. However some Dietetic Technicians who have baccalaureate degrees may be eligible to be licensed under the "grandfather clause" during the first year after licensure is implemented if they have been practicing 3 out of the last 5 years.

7. How much will licensure cost me? Where and when do I pay? Licensure fees will not be established until the bill has been enacted into law and regulations have been promulgated for its implementation. At that point in time procedures for applying for licensure will be disseminated.

8. What can I do to help in this effort? Maintaining your membership with the Academy, volunteering to be an Ambassador (if interested contact Rosemary O'Dea at Rosemaryodea@comcast.net), contributing to our state Political Action Fund, keeping up with NJAND communications and being ready to contact your state legislators when asked.

If further questions/concerns do not hesitate to contact any of our Licensure committee members:
- Chesney Blue: Chesney.Blue@gmail.com
- Denise Langevin: denise.langevinrd@gmail.com
- Cody Magulak: cjmagulak@gmail.com
- Rosemary O'Dea: Rosemaryodea@comcast.net
Chesney Blue, immediate past-president, delivers water donated from NJAND to Newark Public School at JFK recreation center.

Trending Now: Changes to the Nutrition Facts Label
By Ashley Cully, RD
Retail Dietitian Manager of ShopRite of Marlton and Union Mill Road

On May 20, the FDA finalized the new Nutrition Facts label that must be in place by July 28, 2018. According to the FDA, the new labeling guidelines will make it easier for consumers to make better informed food choices. The changes to the current label, which has been in use for over 20 years, is based on updated scientific information, new nutrition and public health research, dietary recommendations from expert groups, and input from the public. For registered dietitians who educate consumers based on scientific evidence, this is very exciting news! As Retail Dietitians working in the supermarkets, I believe these new labels will provide a great teaching opportunity for us to educate customers and empower them with additional tools on how to make the best possible purchasing decisions for their health and wellness needs. While these new labels will not tell people how to eat, it will make them aware of what they are eating. Maybe it will even push them to get a little extra help from their in-store dietitian.

Below are a few clarifications of the new labeling rules and how they’ll affect customers:

When will consumers start seeing this?
The effective date is July 26, 2016, so consumers could start seeing the new Nutrition Facts label as early as this summer.

Serving sizes may change.
Serving sizes are set by the FDA. In some cases, the serving size on the new label will increase or decrease. This is because serving sizes by law must be based on the amounts of food that people typically consume, not on how much they should consume. For example, a serving of ice cream was previously ½ cup and now is changing to ⅔ cup. A serving size of soda was previously 8oz and now is changing to 12oz.

How will this impact consumers?
With more information available to them, customers will have a clearer picture on what they are actually consuming when it comes to making food choices for themselves and their families.

Why is "Added Sugars" Important?
Using the current labeling standards, it can be difficult to decipher how much sugar in a product comes from naturally occurring sugar (think apples, yogurts) and how much comes from sugar that is added to that same product. This new label will help customers have a clearer understanding on how much extra sugar is added to a product, hopefully leading to healthier purchasing decisions that can affect their overall health and wellness.

I’m hopeful that consumers will take advantage of these new labeling guidelines and, with some assistance on our behalf, they will be empowered to use these new food labels to make good purchasing decisions that will help them make good choices when it comes to the foods they eat.

Congratulations LaChell Miller, RD!

LaChell Miller is a Registered Dietitian and Certified Culinarian who received her BS degree, in Culinary Nutrition at Johnson & Wales. She has worked in various areas of nutrition such as print publishing, hospitals, and grant-based organizations. Currently you can find her at the Essex Green ShopRite, Village Supermarket as a Retail Dietitian.

Recently Miller won two prestigious awards Role Model of the Year Award and Retail Dietitian of the Year Award from the Produce for Better Health foundation, a non-profit and leader in fruit and vegetable education and nutrition marketing. Produce for Better Health Foundation motivates people to eat more fruit and vegetables to improve public health. Miller recently presented at PBH annual meeting in Scottsdale Arizona to retail and corporate Dietitians across the country on how to successfully drive this campaign.

Miller’s best advice to fellow dietitians is to prove your hard work and worth to industry leaders. Build your sense of confidence in public speaking and networking with others to make programs happen.

We Love Jersey Fresh Produce!
Claire DiVito, RD

Claire DiVito, R D recently joined the Zallies Family Shop Rite team in West Deptford and Glassboro, NJ and believes she found her dream job! With experience providing outpatient nutrition counseling in a physician’s office, this new position with Shop Rite offers an upbeat, wellness venue focusing on healthy eating.
Claire Divito

Observing the milking operation in the "Milk Parlor"

And summertime brings an abundance of Jersey Fresh produce to entice customers and heighten nutrition awareness! Shoprite showcases their partnership with local farmers. A dedicated Farm Stand draws customers to the produce section of the store and even highlights the specific local farm source such as Stella or Cassidy Farms. Customers know the quality of produce from these community farms and having access to fresh from the farm goodness at the local supermarket is a welcomed convenience.

Claire collaborates regularly with the 'produce guys'. They know how to select - store - prepare and even pair produce for optimal enjoyment! Jersey tomatoes and corn are most popular in the heart of summer. But don't overlook NJ Best Blueberries coming in now along with plump asparagus and sweet squash. Farm Fresh makes a dietitian's job to promote healthy eating just a little easier!

NJAND is now offering all members discounted benefits, including dental and vision!

These benefits will not only be made available to you as an NJAND member but also your spouse and children, up to age 26, at no additional charge. With three plans to chose from, starting at $10 per month, per family, NJAND is excited to help members save money on their healthcare needs in 2016! Click here to view a webinar that provides details about The Options Plus Discounted Benefits Program and how it works.

Visit the NJAND website for benefit enrollment/information www.optionsplusplan.com/njda or contact our Benefit Liaison, Debra Tucker, at 877-783-0236 for more information.

NJ Academy of Nutrition and Dietetics' Board Transition Meeting

Thirty-two members of NJAND's board met for our transition meeting on June 1st at the Fulper Family Farmstead in Lambertville, NJ. Stacey Jackson, the NJ rep for the American Dairy Association and Dairy Council (ADADC) offered the venue which included a farm tour sponsored by the ADADC. The board dinner was catered to include several of the farms own
Two dozen of the members gathered early for a tour of the 5th generation dairy farm that’s been in continuous existence since 1909. Samples of their cheeses and yogurt were enjoyed as we gathered prior to the tour. The farm tour included the milking barn, presentations by the farm’s vet of record and their nutritionist, who discussed feeding practices. The farm has many sustainability efforts which were also described and viewed. The entire operation is supported by solar energy and the manure is used for fertilizing the soil as well as “cleaned” and used as bedding. Members had a lot of good questions for the farmers, vet and nutritionist. One of the favorite stops on the tour was the calf barn where we were able to get up close and pet the little ones.

The transition meeting is a time to review the previous year’s work, plan for the future and vote on our annual budget. This venue also provided time for networking and learning more about our great garden state where family farming is alive and well! http://fulperfarms.com/  http://www.adadc.com/