Celebrating 85 Years
Kathleen Carozza, MA, RD
NJAND President 2016-2017

As we prepare to usher in 2017, the Academy of Nutrition and Dietetics is celebrating its centennial and our affiliate, the New Jersey Academy of Nutrition and Dietetics is celebrating 85 years as the premier association for food and nutrition professionals!

We have an exciting PR campaign planned highlighting 85 of our members, their contributions to the health of NJ’s residents and their proudest moment as an RDN or NDTR! Please consider submitting your information or nominating a friend. The nomination form is available on our website at www.eatrightnj.org.

In addition, we are working with ShopRite to help promote the value of the RD and with Whole Foods on National Nutrition Month cooking demos. Our Community Outreach, Social Media and Public Relations committee members are hard at work and will be looking for volunteers to help in some of these initiatives. Our Historian is preparing 85 facts to share about the association, while the Annual Meeting Committee is planning an exciting event featuring our own members who are experts in various areas.

We hope you get engaged with us as our elected and volunteer members host networking and continuing education events as well as our annual meeting.

Lastly, I hope everyone will consider coming out for a fun afternoon with a partner or friend to support our scholarship funds at our Dance Party! Come and learn some ballroom dancing and spread the word to family and friends! If the event is successful up north, we’d like to expand it to the other regions!

The Art of Networking
Submitted by Jane Ryan, PhD, RD
NJAND Past President 2015-2016

In our changing healthcare environment, we can no longer just “wait for things to happen”….we must plan for and anticipate change and create mechanisms for making that change successful and sustainable. So how can we do this? Leverage the skills of those around you—at work, professional organizations, and the community-through networking.

There are many opportunities for networking within your organization. You can also network at trade shows, professional organization social activities and meetings, conferences, seminars, webinars, community events, and advanced education classes. Take advantage of networking opportunities online via LinkedIn groups, Twitter chats, Facebook,
Some tips include:

- Expand your network to include individuals at varying experience levels, not just peers. Also look outside your industry for potential contacts.
- Put your best foot forward at events you attend: Be authentic - introduce yourself and ask questions to initiate conversation.
- Show sincere interest in the people you are meeting.
- Prepare for an event by making sure you are up to date on the latest industry news, stats, and stories. It can serve as an icebreaker for conversation.
- Bring business cards to business events and share with people you meet.
- Follow-up with the contacts via email, social media and face-to-face meetings. Send them a link to an article that might interest them, ask them how their projects are going, or just make general conversation.
- Always let people you meet know that you value their relationship through a thank you note or email.

Networking offers opportunities to learn from people in your profession who have experience and expertise that can complement your own and offer a new and enlightening perspective. The skill of networking is a skill that can be learned and developed. Networking can lead to new professional opportunities that you might have never been given. These relationships can open doors with tremendous opportunities behind them!

References: Theundercoverrecruiter.com, Roberthalf.com, Advice.careerbuilder.com, Pcmag.com, Au.hudson.com

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**Save the Date - Friday April 28, 2017**

**The 85th Annual Meeting of the NJAND**

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**Healthy Initiatives at Newark Schools Supported by $20K Grant**

Helping kids to make healthy food choices and stay active has gotten a bit easier at Newark Public Schools. The school district received a $20,000 grant on November 30, 2016, during a grant celebration event at its Oliver Street School in Newark, New Jersey. The grant money came from the nonprofit Dairy Council Health Foundation, ShopRite, and American Dairy Association and NFL's Fuel Up to Play 60 program.

The grant money helped start up the Fuel Up to Play 60 program, and was used to purchase a build-your own yogurt parfait bar and NFL flag football equipment for five schools, including Oliver Street School. Fuel Up to Play 60 is a school wellness initiative designed around a playbook of healthy eating and physical activity strategies for schools to create a healthier environment for students.
As part of the grant celebration, Leah Gorham, the registered dietitian at the ShopRite of Newark, hosted a ShopRite Nutrition Education Station activity, teaching kids to think about their drink choices. "We at ShopRite are excited about our partnership with the Dairy Council Health Foundation to help fund important school programs like Fuel Up to Play 60, which encourages children to eat better and exercise more," said Gorham. "I had a great time visiting students at Oliver Street School in Newark to talk about the importance of good nutrition. Health and wellness is a top priority at ShopRite, and many of our stores have registered dietitians on staff to help answer people's questions about food, nutrition and diet. Schools are great places to start conversations about healthy eating, and we're glad to work with Dairy Council Health Foundation to inspire young people to live healthier lives." ShopRite of Newark is advancing the nutrition education campaign with dietitian visits to the school, and in-store field trips.

Former New York Giants punter Sean Landeta was also on hand for the celebration. He spoke to the kids about being properly fueled so that they have energy to stay active throughout the day and are prepared for academic success.

As a result of the Fuel Up to Play 60 program, 13 million students are making better food choices by selecting nutritious options like low-fat and fat-free dairy products, fruits, vegetables and whole grains. Additionally, 16 million students are getting more physically active during the school day as a result of the program.

To find out more about Dairy Council Health Foundation's support of programs like Fuel Up to Play 60, visit www.dairycouncilhealthfoundation.org, or contact Stacey Jackson, MS, RDN, CDN at sjackson@milk4u.org.

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**Region 3 Fall Event at HealthBarn USA**

Submitted by Jenna Kong, Rutgers SHP Dietetic Intern

On this cool, crisp afternoon in October about 20 members of the NJAND, students, and allied health professionals visited HealthBarn USA’s beautiful location in Ridgewood, NJ. Founder of HealthBarn USA, Stacey Antine, MS, RDN began the interactive event by sharing with everyone her journey to make HealthBarn USA what it is today. The participants then began to roll out their dough for their garden-to-table brick oven pizzas. The HealthBarn USA team members assisted the participants with baking their pizza doughs in the toasty outdoor brick oven.

While waiting for the pizzas to crisp up and bake, the participants went on a lovely garden tour. The group explored the fresh and fragrant herbs, colorful produce, and beautiful flowers in the garden. They were invited to pick anything they would like from the garden to take home or to use to top their pizzas with. After the garden tour, the group went back onto the spacious deck to finish making their pizzas - we added a variety of ingredients to them including tomato sauce and pesto (made that morning at Health Barn USA!), sunflower seeds, fresh herbs and produce just picked from the garden.

The event concluded with the group enjoying their freshly made meal together. Everyone seemed to really enjoy the event, I know I did! As a Rutgers SHP Dietetic Intern, getting the opportunity to meet and network with professionals from the NJAND and dietetics community is extremely important to me. I am looking forward to attending more NJAND events!
NJAND is hosting a Scholarship Fundraiser at Rogers Dance Center!

Saturday January 21, 2017
2:00-4:00pm
Rogers Dance Center
216 Passaic Ave., Fairfield NJ 07004
$30/ticket, $60/couple (supports the student scholarship fund)

Ticket price includes dance lesson with Vasko Matakov, professional instructor, open dance, and time for networking. Light refreshments will be served. Come out and have some fun with us! Learn to dance while networking with colleagues!

Click here to register

Enhance Your Career Through Networking
Submitted by Kathleen Carozza, MA, RD

When surveyed, our members state they seek more opportunities for networking, and the New Jersey Academy of Nutrition and Dietetics (NJAND) has expanded our networking opportunities. Thanks to a successful Jersey Shore networking initiative by Mandy Enright, our Media Representative, additional networking events have been held throughout the state. Seeing the popularity of these events, we held a networking event during FNCE at the Harpoon Beer Hall in Boston. The evening included reconnecting with old friends, meeting new colleagues and enjoying the locally brewed beer. There is something about getting together outside of a work environment that rejuvenates. For me and a few others of the group who are educators and who have 'been around for a while', seeing the next generation of professionals enjoying the night and making new connections was rewarding!

We often think of networking as getting to know colleagues and reflecting on how we might use the connections in our career. Interestingly, the closing speaker at FNCE, Gale Porter, former VP for Virgin America, spoke about the importance of networking with a different slant. In her talk, "Your Network is Your Net Worth", she spoke about networking in all areas of our lives. Getting to know people everywhere and anywhere we meet. She emphasized how the seemingly random meetings we have can lead us to making connections that enrich not only our professional, but more importantly our personal lives. Sometimes reaching out to a colleague, connection or friend for a favor can feel awkward, like we are taking advantage of a relationship. But the reality is, most people like helping others and are happy to do so.

As we enter a new year, I hope you can find ways to enhance your professional and personal life through your network of colleagues, neighbors, friends and family.

Region 1 Fall Event at Auburn Road Winery
Submitted by Stephanie Long, Region 1 Co-Chair
On October 25th, members in the South Jersey area headed to Auburn Road Winery in Salem County for networking and fun! They enjoyed a wine tour led by the owner of the winery which provided information on how the wine is made, how it is stored and the science and art of wine making. Attendees were given the option of tasting 6 different wines, with each wine explained in detail. After the tour and wine tasting, the students and professionals spent time networking and playing Dietitian BINGO! This time allowed everyone to meet new people and get to know one other. The winner of Dietitian BINGO received free admission to the next region 1 event in the Spring!

NJAND is seeking RFPs for booking, accounting & tax preparation services
Please refer interested parties to Megan Squires - ExecutiveDirector@eatrightnj.org

Building Our Profession - One Intern at a Time!
Submitted by Geri McKay
Program Director, Rutgers University Dietetic Internship

Rutgers University School of Health Professionals Dietetic Internship (formerly UMDNJ) has been preparing qualified Nutrition professionals for 44 years and Geri McKay has been setting the pace for 28 of those years! As program director, Geri ensures that her program meets the rigorous standards of ACEND, the Accreditation Council for Education in Nutrition & Dietetics. The clinical preceptors and site liaisons (acute care, LTC, sub-acute, community venues) are considered the pillars of her internship, many who are graduates and most with advanced degrees and certifications in nutrition -- they set the bar high and expect excellence from their students.

The 20 dietetic interns hand selected each year must meet the qualities she feels are necessary to succeed: Be Industrious - Resilient - and have Perseverance. They also need to be flexible, adaptable, open to constructive criticism, be self-directed, demonstrate leadership and show commitment to our profession! Whew-a tall order for a young professional but Geri and her team are selective and feel that these characteristics are necessary to graduate a competent dietitian and nutrition leader who can successfully navigate the demanding and ever changing healthcare environment.

The interdisciplinary schools of healthcare professionals (medicine, dentistry, pharmacy, PT) at Rutgers University, offer dietetic interns a unique opportunity to network and train in a case study format as an inter-professional education (IPE) experience. Geri and her clinical preceptors ensure that students learn to network, collaborate, and contribute.

This type of innovative training is helping to build a dietitian who is a leader and clinical specialist. Today's nutrition professionals cannot be limited by an old silo mentality but rather function in effective interdisciplinary teams, working together for quality care, cost effective delivery, and better outcomes.

Teamwork: Professional Networking at it's Best!
Submitted by Jamie Elizabeth, MS, RD

In Skilled Nursing Facilities, the coordination of care among the entire interdisciplinary team, patient and family is essential to delivering optimal patient care. Communication among all parties ensures everyone is working towards common goals. All staff can reinforce education with the patient and family. For example, the Dietitian may recommend a specialized diet, yet can't be with the patient for all meals so the Nursing Staff, who are more hands-on, advise the patient as needed.

The interdisciplinary team will meet quarterly for each resident, and continue to interact in person or electronically as needed to exchange information and update the plan of care. Physicians do not attend meetings, yet are readily available via phone and are in the facilities at least weekly. And their Nurse Practitioners are in-house daily to address medical needs. Weekly Utilization Review meetings to discuss the progress of all patients and plan for discharge do not usually include the dietitian. However, Nutrition Recommendations and input into the discharge plan is essential.
Collaboration and teamwork are central to establishing a successful patient plan of care. Effective communication among all healthcare providers helps to address patient preferences, identify a challenging home environment and facilitate a successful transition from healthcare facility to home.

Quality Update from the Academy
Malnutrition Quality Improvement Initiative

This October, thousands of nutrition professionals gathered in Boston to attend the Academy of Nutrition and Dietetics’ 2016 Food and Nutrition Conference & Expo (FNCE). A sponsored session at FNCE - “Leading Malnutrition Quality Improvement for Better Hospital & Patient Outcomes” - focused on one of the Academy’s new initiatives - the Malnutrition Quality Improvement Initiative (MQii). This initiative aims to improve the overall malnutrition care provided to hospitalized older adults. If you weren’t able to attend FNCE or missed the session, read on to learn more about this important effort.

What is the MQii?

The MQii began in 2013 when a variety of organizations began to highlight existing gaps in malnutrition care and the impact that these gaps had on patient outcomes. It was launched as a collaborative effort between The Academy of Nutrition and Dietetics and Avalere Health, with support from Abbott Nutrition, with the mission of advancing evidence-based, high-quality, patient-driven care for hospitalized older adults (age 65 and older) who are malnourished or at-risk for malnutrition.

The Academy, Avalere Health, and a group of external advisors developed and tested four malnutrition clinical quality measures (eCQMs) that can be used to help hospital-based RDNs improve malnutrition screening, assessment, diagnosis and documentation. In addition, the Academy, Avalere Health, and an external review group have developed and tested a free MQii Toolkit. The MQii Toolkit is an evidence-based guide for quality improvement that can be used by all members of the health care team to enhance clinical knowledge and promote best practices for malnutrition care, and it streamlines the process for implementing the eCQMs at health care facilities.

What does the MQii have to offer health professionals?

The MQii Toolkit can help you identify gaps in your facility’s current malnutrition care practices and provide resources to address target improvement areas. Using the MQii Toolkit can reduce the variation in clinical practice for malnutrition care across different care providers, and improve care coordination - resulting in outcomes that are important to both patients and providers. Optimal malnutrition care can reduce facility costs through improvements in average length of stay and 30-day all-cause readmission rates. The MQii Toolkit can also help identify best practices for leading a malnutrition quality improvement program and how to navigate through healthcare institutional challenges and barriers.

Implementation of the malnutrition eCQMs can also help define and address the gap in malnutrition care. Evidence suggests that 20% to 50% of patients are at-risk for malnutrition or are already malnourished at the time of hospital admission. Yet, only 7% of these patients are being diagnosed with malnutrition during their hospital stay, potentially leaving millions of patients untreated. By adopting these malnutrition eCQMs in your own hospital, you will have data to know if there is a gap that needs addressing and you will have the tools you need to do so.

The eCQMs are under consideration by the Centers for Medicare and Medicaid services. “If these measures are accepted, they will be the first electronic clinical quality measures specific to nutrition and dietetics practice, and would be a major milestone and achievement for RDNs everywhere,” says Lucille Beseler, President of the Academy of Nutrition and Dietetics. The Academy needs help sharing this initiative and encourages you to learn more. These quality measures will provide our profession with the opportunity to make a greater contribution to our healthcare system.

For more information:
MQii Toolkit: [www.mqii.today](http://www.mqii.today)
Electronic Clinical Quality Measures (eCQMS): [www.eatrightpro.org/eMeasures](http://www.eatrightpro.org/eMeasures)
Malnutrition Resources: [www.eatrightpro.org/malnutrition](http://www.eatrightpro.org/malnutrition)

References: