Message from President, Jenna Cope, MPH, RDN

It's been said that change is the only constant. Due to a personal and professional change that will take me out of state, I need to step down as President of NJAND.

As per our bylaws, Lizz Nossier, President-elect will be transitioning to the President position effective August 1st. I am deeply saddened to have to transition from my position as President, as I feel a profound commitment to and a love for the work that NJAND does throughout New Jersey. We have a plan in place to ensure a smooth transition so NJAND's work this year can move forward without missing a beat!

I want to send my deepest thanks to everyone in the organization, for the opportunities to serve on various committees, as Treasurer, President-Elect and a time as President. I hope to continue following and advocating for all of the important work that the RDNs, NDTRs and NJAND are doing to contribute to NJ's health.

A Message from Elizabeth Nossier, MS, RDN

I am honored and enthusiastic about serving as President of The New Jersey Academy of Nutrition and Dietetics. I am grateful to have served in various positions on our Executive Board for the past 6 years, as Regional co-chair, Annual meeting chair, an Ambassador for licensure efforts, and most recently as your State Delegate to the Academy of Nutrition and Dietetics' House of Delegates. Since the beginning of my service as a student member and throughout my professional journey, I have encountered and have been blessed to have worked with and learned from a talented, creative, passionate, well rounded, committed, and hard-working group of members.

I am extremely proud of the accomplishments we have achieved as an organization and look forward to all of the exciting opportunities we have ahead of us as we make progress in meeting our mission, strategic plans, and goals. All of my experiences with NJAND have been incredibly rewarding and the mentorship and guidance I received from networking with our members has been invaluable. I encourage every one of our members who is passionate about a cause, who yearns for positive change, and who is in support of advancing our profession, to volunteer and make your voices heard by being active within the membership. I look forward to serving you as we enter our second century.

NJ Academy of Nutrition and Dietetics Celebrates 85 Years!
Future, Current & Past Presidents!

Check out the pictures from the 85th Annual Meeting! We had a great meeting with 339 participants, 27 vendors and 25 posters. We were bursting at the seams!

The board voted to host the annual meeting twice in each region to address the members’ concerns about location. So, next year's meeting will also be in Region Three but we need to find a bigger location!

We will move back to Region Two for 2 years and then host in Region One. In order to do this, we need volunteers in these regions to manage the meetings. We are looking for 1-2 people to chair the spring 2019 and 2020 meetings in Region Two. Ideally, these volunteers would participate in annual meeting committee phone calls this year and start to research facilities. Interested in volunteering? Contact Megan Squires, MS, RDN.

New Jersey had largest delegation at PPW!

On June 25-26th, 2017, New Jersey had 19 individuals attend the Academy's Annual Public Policy Workshop in Washington, D.C. As part of the workshop, individuals were prepped on legislation important to Nutrition and Dietetics on the National level including Nutrition Services in the CDC’s Prevention and Public Health Fund and the Re-authorization of the Farm Bill.

These two pieces of federal funding represent millions of dollars for nutrition services championed by NDTRs/RDNs in the State of New Jersey including programs such as SNAP, SNAP-Ed and EFNEP. Participants included Nutrition Undergraduates, Dietetic Interns, newly-minted and veteran RDNs alike. In D.C. we visited the Representatives' offices of all twelve Congressional Districts and both U.S. Senators where we discussed the...
New Jersey is now ranked 19th nationally for school breakfast, giving more low-income students a healthy morning meal. Previously, the state ranked 23rd last year, and 46th in 2011, for student participation in this critical child nutrition program. School breakfast provides children with one-fourth of the Recommended Daily Value of protein, calcium, iron, and vitamins A and C. Beginning the school day with nutritious foods including dairy, whole grains, and fruits enables children to concentrate and learn.

Food Research and Action Center reports New Jersey’s participation rate jumped 6 percent from the 2014-2015 to 2015-2016 school years. This surpasses the average national increase of 3.7 percent. The 19th placement is credited to more schools serving breakfast “after the bell” during the first few minutes of the day. The Breakfast After the Bell program, typically done in the classroom, significantly boosts participation by giving all kids a chance at a nutritious start to the school day with a healthy morning meal. A healthy breakfast gives students the nutrition they need to concentrate, helping them focus in class, score higher on standardized tests and avoid trips to the school nurse.

For more health benefits of eating school breakfast, visit www.BreakfastEveryDay.org or contact Stacey Jackson, MS, RDN, CDN, at sjackson@milk4u.org.

NJAND is proud to support Breakfast after the Bell!

NDTR Rep and NJAND Secretary supports our NDTRs!

Greetings, New Jersey Dietetic Technicians. Last year you all participated in a survey and some of you signed up for our ListServ. The survey revealed that there was a great interest in Scope of Practice and in an effort to assist in this concern, we added a Scope of Practice session to our Annual Meeting on April 28th, 2017. I hope many of you were able to attend.

This year the goal is to reach out to more NDTRs in the New Jersey affiliate and expand the ListServ. Please tell your NDTR colleagues about the ListServ so that they can join in. If you’d like to be on it, please e-mail me at healthyfoodcounts@gmail.com and I will add you.

Please feel free to contact me with any concerns that you’d like me to address this year concerning the DTR credential and practice.

NJAND offers many opportunities for networking throughout the state. I encourage everyone to attend these events. NJAND is also looking for volunteers for several open slots. This is a great opportunity to make a difference in our NJ affiliate.

Have a great summer!

Pat Gibbons, BS NDTR
NJAND DTR Representative
Member Partner Highlight!
Janet Blum, RD
Certified Health Coach

Janet Blum is a RD with 30+ years of experience in Medical Nutrition Therapy with Certifications in Adult Weight Management, Diabetes Education and a Master's Degree in Health Education. Six years ago Janet became a Certified Health Coach for a Lifestyle Change Program offering clients a comprehensive plan and resources for transforming their health. The weight loss component of the program makes eating 6 times a day, simple and foolproof. Clients are able to consistently lose harmful body fat while being plugged in to a robust virtual support system, while enjoying a free health coach/accountability partner. Because of the simplicity, clients can focus on the mental and emotional piece while seeing and feeling physical changes within the first week.

"Coaching this program has been such a joy. Once I discover that someone is truly ready to change the trajectory of their health, the results are predictable. I have been able to impact more lives in the past 6 years than I have in the prior 25 years as a RD".

We know that diet alone only provides short term results. When a simple, structured eating plan is combined with a program that teaches habits of health, and offers a free health coach; clients can successfully change from the diet mentality to the mindset of "creating health for the long term". Our program has all components of what we know constitutes optimal health. We talk about healthy sleep, movement, mindset and more.

"I've lost 35 pounds and have gained a whole new perspective on my health and well being. I have the freedom to choose to be healthy not just physically but emotionally as well" - Lisa B

To learn more about our program and/or the opportunity to add Health Coaching you YOUR toolbox, email Janet at janetrblum@gmail.com

Post and Search Jobs!

NJAND is now posting employment opportunities on our website. This is a free service for members and is something members are requesting. Jobs must be nutrition and dietetics related. They will be posted within four business days of receipt and stay posted for a minimum of two weeks. Find and Post Jobs Here!

Summer Meals supported by American Dairy Association!

New Partnership with AHA
NJ Academy of Nutrition and Dietetics partnered with the American Heart Association (AHA) this spring. The association sponsored a speaker for the American Heart Association’s GO RED for Women’s 15th annual fundraising event on May 19, 2017 in Princeton. Ten NJAND volunteers represented NJAND at a sponsored table and participated in the workshops before lunch. Lynda Hesse, RDN represented NJAND as a member of the panel of cardiac health experts answering questions during the luncheon.

NJAND seeks to partner with more organizations to raise our profile in the state and emphasize our role as the nutrition experts.

NJ Registered Dietitian Nutritionist Rev. Natalie Mitchem was honored with the Women of Distinction Award for her work leading the health programming of 91 African Methodist Episcopal (AME) churches with over 15,000 congregants. In this role she ensures heart health, wellness and fitness opportunities, along with heart disease and stroke prevention, which also includes CPR.

Her professional work is in Region One as the Health and Nutrition Coordinator at Burlington County Community Action Program/Head Start Program and is the Pastor of Quinn Chapel African Methodist Episcopal (AME) Church in Atlantic Highlands.

Professional Networking Groups and Listservs bring members together!

The number of professional networking groups has grown to seven throughout the state. We have the following covered, but are open to more! The purpose is for RDNs and NDTRs as well as nutrition students to get to know each other better, develop professional relationships and talk about life and the profession.

- African American (meeting primarily in north jersey)
- Central Jersey
- Essex County
- Greater Morristown Area
- Hudson County
- Jersey Shore
- South Jersey

Listservs now focus on four professional practice areas as follows:

- NDTR
- School Nutrition
- Functional Medicine
- Pediatrics
The purpose of the listservs is to share information about particular areas of practice using electronic means. Sharing information, answering questions and supporting each other in practice allows for professional growth, especially for those feeling isolated in their area of practice. Members interested in developing other state listservs are welcome to do so.

If you are interested in forming either a new Professional Networking Group or Listserv, please e-mail Megan Squires, MS, RDN at executivedirector@eatrightnj.org.

Hudson County Meet Up
Yoga in the Park!
Submitted by Lauren Pendergast

On June 27th, the Hudson County Professional Networking Group had their yoga networking event! Dietitians and students from Hudson County took part in an awesome yoga class led by one of our very own dietitians, Pamela Terlizzi, who is also a certified yoga instructor. The weather was cool and the sky was the perfect shade of blue. It was the perfect night for an outdoor exercise class on the waterfront in Hoboken. After the class, we had the opportunity to network and devour some yummy snacks. Attendees shared a little about themselves and what they do and new friends were made! The Hudson County PNG has events about once a month. If you would like to attend, please contact Lauren Pendergast at lauren.m.pendergast@gmail.com.

Essex County PNG
Submitted by Katelyn Collins

The Essex County PNG had its first networking event last month! The group met in Montclair and had a chance to get to know each other over drinks. The event drew dietetic professionals from a wide variety of practice areas! To get involved with the group, join the Facebook page at https://www.facebook.com/groups/1024984214268996/ or email Katelyn Collins at katelyn.collins49@gmail.com.

Jersey Shore PNG

Mandy Enright coordinates the Jersey Shore group and has held many different type of meet ups for the local members! The latest was a dinner at the Tulip Tree Cafe on the grounds of Calgo Gardens in Howell, NJ.

It was a great chance to meet up and chat about life and get to know each other better!
Academy Resources for Members and the Media!

Get more value for your membership!

Did you know the Academy provides updated media information, sample public service announcements and infographics for your use?

See the link below for that information and under the menu tab "Trends and Reviews" you will find reviews of nutrition related apps and books!

EatrightProMediaResources

Looking for graphics to use for your social media or nutrition education material? Did you know the USDA Agricultural Research Services offers a variety of food, farm and nutrition related graphics and pictures that are free and legal to use?

Food and Nutrition Related Legislative Issues in New Jersey

The NJAND Board is making a concerted effort to expand our legislative activity beyond our licensure efforts.

Our Vision is to Optimize New Jersey's health through food and nutrition and our mission is to empower members to be New Jersey's food and nutrition leaders.

We want legislators and local officials in New Jersey to know we are the experts and can provide evidence based guidance that can help them make legislative and regulatory decisions that benefit the health and nutritional status of all NJ residents.

Several areas of advocacy this year include support for expanded school breakfast and support for expanded care for people with pre-diabetes.

The NJ Anti-Hunger Coalition provides an overview of some state legislative issues related to food access and improved nutrition. Find out more on their website.

If you are not sure how to contact your state representative, you can find out more here.

New Newsletter Format Coming!

Starting with the September edition, the newsletter will have a new format that includes articles in each of the following topic areas:

- NDTR News and Updates
- Clinical Nutrition and Practice Issues
- Food Industry Updates
- Public Policy and Community/Public Health Nutrition
- Healthcare Technology for Professionals and Lay Audiences

Check our a sample in our features below! If you are interested in contributing, please contact Kathleen Carozza at kathleencarozza@gmail.com.
Parenteral nutrition (PN) is a common form of nutrition support prescribed in approximately 300,000 hospital stays in the United States per year. (1) PN has been classified as a high alert medication due to the nutrients, electrolytes and drugs it contains. (1,2) Frequent nutrition assessments by the Registered Dietitian can help to identify potential safety risks with PN. The major areas where complications can develop are: order writing, metabolic and administration. (2,3) The American Society of Parenteral and Enteral Nutrition has Clinical Guidelines that are useful for clinicians to use as a guide when monitoring patients receiving parenteral nutrition. These guidelines can be found on the ASPEN website: www.nutritioncare.org. Here are some areas to look at when assessing a parenteral nutrition order.

Learn More

Tech Savvy

Submitted by Jeanette Kimszal, RDN

Product review for EatLove.is

Do your clients ask for meal plans that may take hours to create? Fret no more! Now there is a new service for Dietitians that will make planning meals for their clients super easy!

EatLove.is is rolling out a professional version strictly for RDNs. This website provides meals based on medical nutrition therapy for specific conditions that can even be used for RDNs in the hospital.

It is a super easy service to be used with a few clicks of the button and you can send your clients meals in minutes. No more having to spend hours on meals and recipe calculations. This program can put in the specific calories, sodium, sugar, and other essential nutrients that a patient needs to help improve their health.

Thanks for your support in 2016-2017.
It was a pleasure to serve as your President.
Please see our accomplishments at NJAND 2016-2017 Annual Report

Kathleen Carozza, MA, RDN
Immediate Past-President