Dear NJAND members,

I extend warm wishes to you for a joy-filled, happy and healthy summer! I am deeply honored to serve as your 2019-2020 President, and enthusiastically look forward to meeting new colleagues and reconnecting with old friends. I would like to take the opportunity to express my heartfelt thanks and appreciation to our Immediate Past President, Elizabeth Hanna, MS, RDN, CDE, and Megan Squires, MS, RDN our Executive Director for graciously sharing their time and expertise to prepare me for serving you this year. We are starting off with a momentous achievement: On Thursday June 13th, our A1582-Dietitian/Nutritionist Licensing Act of 2019 passed the full NJ state Assembly vote. The bill has not progressed this far in the State legislature for over 20 years! Thanks to the hard work and dedication of NJAND’s public policy committee, the National Academy of Nutrition and Dietetics, our advocacy firm- AMG, and RDN ambassadors around NJ, our elected legislative sponsors acknowledged the critical need for protecting the public from harmful nutrition advice and ensuring that...
nutrition experts provide Medical Nutrition Therapy. This is a giant step forward for licensure, but we are only halfway to victory! Next, the work begins to achieve full passing of the Bill in November 2019 by the NJ State Senate and on to the Governor’s office...

Special thanks to Rosemary O’Dea for tirelessly working to recruit and ensure that Ambassadors are adequately prepared to communicate with or meet with legislators in person. We will need the support of every legislative district in upcoming Senate committee hearings and will depend on our ambassadors to secure legislators willing to support our bill in the fall. In particular, we need RDNs/ DTRs from Passaic County (-District 35), as well as, District 20, District 22, District 39 and District 21, to get actively involved in working with us to reach out to legislators. If you are passionate about licensure for RDN’s in NJ, and reside in these districts, please consider signing up to be an Ambassador by contacting Rosemary O’Dea at rosemaryodea@comcast.net. We need RDNs and DTRs to stay tuned for updates and learn how we may all support the final passing of the bill; thus securing the provision of safe, effective, evidenced-based Medical Nutrition Therapy for the public.

Congratulations to our newly elected Board members and appointed Committee Chairpersons; and sincere thanks to multi-term Board Members who generously provide us with tacit knowledge, experience, intellectual capital and expertise. It is my privilege to serve with: Immediate Past President: Elizabeth Hanna, President Elect: Toni Bowman, Treasurer: Jane Pilanski, Treasurer-Elect: Danielle Revere, Secretary: Jacklyn Ranalli, Region 1 Co-Chairs: Caitlyn Devlin & Andrea Grasso-Irvine, Region 2 Co-chairs: Mandy Enright & Pinkin Panchal, Region 3 Co-Chairs: Donna Duardo & Christina Stella, Region 1 Nominating: Sarah Fine & Christina Riccardo, Region 2 Nominating: Christina Frescki & Heather Cunningham, Region 3 Nominating: Daniella Data & Anisha Chhibber and Academy Delegate: Chesney Blue. A very special welcome to: Newsletter Editor: Donna Bilenchi, Poster Session Coordinator: Kathleen Carozza, Fundraising Co-Chairs: Aline Jean-Marie & Suzan Asfour, Sponsorship Committee: Mandy Enright & Marissa Sweeny, Annual Meeting Chair (Co-chairs) : Lindsay Smolinski & Mary Rose Agel and the Speaker Committee: Jacklyn Ranalli and Katerina Melekos. If you’re interested in volunteering, please contact our Executive Director at ExecutiveDirector@eatrightnj.org and keep an eye out for more opportunities listed on our weekly e-blast.

Our 87th Annual meeting was successfully held at The Imperia on Friday, May 11th. Approximately 285 members, students, and vendors attended, and the NJAND Board received very positive feedback regarding the location, venue, food, presentations and speakers. Attendees also had great comments on our malnutrition-focused physical exam workshops. Many thanks to our Executive Director, Megan Squires, MS, RDN and the Annual Meeting Committee- Toni Bowman, Marisa Sweeney, Lindsay Smolinsky, MaryRose Angel, Jacklyn Ranalli, and Katerina Melekos; Fundraising Chair, Danielle Revere, Awards Committee Chair, Marissa Winters, Exhibitors Coordinator, Rose Gaano, and Volunteer Coordinator, Evelyn Fuertes, who worked tirelessly with superb organizational skills to
ensure this event was a success. We are also grateful for the ongoing support our sponsors and Benefactor- The National Dairy Council, have provided to our organization. For more information regarding our annual meeting, elected Board Members, award winners and pictures, please visit our site at eatrightnj.org. **Remember to save the date for next year's annual meeting at The Event Center at IPA in Freehold, NJ on Friday, May 8th, 2020.**

This spring and summer, our regional co-chairs and our PNG (Professional Networking Groups) and Public Policy Coordinators were busy planning events to help members network, build skills and acquire CPE, including the Webinar: What the Tech? Getting to Know GenZ by Stephanie Dove, RDN, SNS, on June 12th. The NJAND participated in VegFest in Atlantic City on Saturday, July 13th; and the Hunterdon County PNG hosted a Movie Night-Plant Pure Documentary viewing and discussion on June 5th.

*** Special thanks to Dan Dychtwald, Public Policy Coordinator, and NJAND member who attended The Advocacy Summit (formerly called the public policy workshop - PPW) held in Washington DC - July 11-12, 2019 where they met with members of Congress to advocate for the Treat and Reduce Obesity Act, Childhood Nutrition Reauthorization, and Diabetes care....Attendees earned up to 11 CPEU's. Please contact Dan for additional information at ddychtwald@me.com.

Mark your Calendars: The Indians in Nutrition and Dietetics Member Interest Group (IND MIG) of the Academy of Nutrition and Dietetics) is hosting a free Webinar Titled: Modulating Cancer With Nutrition And Lifestyle; By Diana Noland, RDN, MPH, CCN, LD on Tuesday, August 13, 2019.

Thanks to Membership Chair Eleanor Schiavo, our membership survey results, combined with the Board SWOT analysis data, illuminated your priorities with focus on: regional continuing education events, job posts, our public policy committee, licensure, the annual meeting, fundraising, sponsorships, student engagement and high quality clinical programs. Over the next year, you will see the NJAND meaningfully address each priority. In line with the development of our Alliance Partnership Agreement, as outlined in our Strategic Plan, we are pleased to announce that the NJAND has officially signed a new partnership with SimplePractice: Trusted by over 35,000 customers, industry leader SimplePractice empowers health & wellness professionals to run their businesses more efficiently, streamlining administrative tasks, enabling regulatory compliance, and improving documentation and payments. If there are any organizations you think we should partner with, please reach out to Megan Squires at: ExecutiveDirector@eatrightnj.org.

I encourage you to participate in the 2020 Dietary Guidelines Advisory Committee process on Nutrition and Health. The Committee is using three rigorous, protocol-driven approaches to examine the evidence: data analysis, food pattern modeling, and systematic reviews. If you have
comments specific to the protocols, please submit them by Wednesday, July 24. See updates from each Subcommittee & learn more about the three scientific approaches the Committee is using to examine the evidence.

It is critical to the strength and vitality of the NJAND that we interact with all our members via multi-media platforms. To this end, the NJAND Social Media Committee is looking for enthusiastic student members and RDN/NDTR members to help grow our social media presence and influence. If you are interested please contact Lauren Pendergast and Katie Chiappini.

To learn more about the NJAND’s strategic plan, accomplishments and annual progress, you can view our annual report at: http://www.eatrightnj.org. We are immensely grateful for the generous time, diligent efforts and outstanding achievements of all of our members who are responsible for ensuring our organization succeeds, and who are making positive changes for the future of our profession.

Have a safe, happy, relaxing summer and I look forward to seeing you at future NJAND events; and in October at FNCE 2019 in Philadelphia.

Janet Reid Hector, EdD RDN
President New Jersey Academy of Nutrition & Dietetics-2019-2020
Linoleic and linolenic acid are classified as essential fatty acids. This is due to the bodies’ inability to produce these polyunsaturated fatty acids endogenously. Inadequate intake of these fatty acids can quickly lead to essential fatty acid deficiency. Symptoms
of essential fatty acid deficiency include: dry scaly skin, hair loss, and poor wound healing. Blood chemistry used to identify essential fatty acid deficiency are: elevated triene: tetraene ratio, liver function tests, hyperlipidemia and thrombocytopenia.

Essential fatty acid deficiency is avoided by providing 2%-4% of total energy from linoleic acid and 0.25%-0.5% from alpha-linolenic acid. This is easily achieved by consuming a varied, balanced diet or in the case of parenteral nutrition, providing daily intravenous fat emulsions. However, in the presence of gastrointestinal disorders, patients are at increased risk for malabsorption and thus fatty acid deficiency. It is important for the Clinical Dietitian to assess at risk patients for symptoms of malabsorption and overall adequacy of diet intake. In the patient receiving parenteral nutrition, shortages of lipid emulsions nationwide place this population at risk for essential fatty acid deficiency.

Patients with an impaired gastrointestinal tract, may have impaired pancreatic enzyme secretion or damage to the small bowel causing inadequate fat absorption. Examples of such conditions include: inflammatory bowel disease, extensive bowel resection, Cystic Fibrosis and pancreatic Insufficiency.

As part of a thorough nutrition assessment of this population, a detailed food recall or food diary should be documented to determine the adequacy of essential fatty acid intake. Patients should be encouraged to include oils in their diet including mayonnaise, corn oil, and margarine made with soybean oil. An intake of 10% of total calories from fat is recommended to prevent essential fatty deficiency. Patients with pancreatic enzyme deficiency should be assessed for the need of pancreatic enzymes. Patients on parenteral nutrition should have triglyceride levels checked for need of lipid restriction. If elevated, a minimal amount of intralipid could be provided (4-6%) to meet essential fatty acid needs and triene:tetraene ratio can be monitored. MCT oil can be used as a supplementary source of calories but does not provide essential fatty acids; therefore, they cannot be the only source of fat. In addition, carnitine levels should be assessed for need of supplementation.

Essential fatty acid deficiency can be an issue for at risk patients. Monitoring for physical signs of deficiency, along with routine blood chemistry monitoring can help to prevent this condition from occurring.

References:
2) Gramlich, L. Essential fatty acid requirements and intravenous lipid emulsions. JPEN 2019:00:1-11
Update on Licensure

We are proud to announce that the Dietitian/Nutritionist Licensing Act (A1582) has passed its first major hurdle in June of this year. The Assembly bill, A1582, was voted out of the Assembly after lengthy negotiations with stakeholders. This monumental step is one that the legislation has not achieved in past years.

Through meticulous advocacy and lobbying efforts by way of our successful Ambassador Program, the New Jersey Academy of Nutrition and Dietetics has been coordinating several individual member and lobbyist guided meetings around the State to educate and inform legislators and key decision makers about the harms of individuals practicing without the proper education and experience in the medical nutrition field.

Additionally, the group has been meeting with opposition groups to evaluate their concerns in order to find mutually agreeable terms that protect your practice while acknowledging the expertise represented in various fields. For example, the Certified Nutrition Specialists have been collaborating with NJAND and our national group upon revelations that their profession now necessitates similar educational and clinical requirements. Coming to these agreements has enabled the legislation to garner more support and far less opposition than we have faced in the past. NJAND is optimistic that these terms will have a substantial impact on the viability of the legislation.

Although this is a pivotal milestone in the long and arduous legislative process, the bill must still be considered and voted on in the Senate. It is likely that the New Jersey Legislature will be in recess until after the general elections in November, at which time they will reconvene and act on additional legislation. In an effort to continue the momentum of the bill, we would like to encourage members to reach out to their Senators - which can be found by searching your town here - to continue educating on the importance of licensing your profession. Please feel free to contact Brianna Hill at the Advocacy & Management Group at brianna@amg101.com with any questions or concerns.

Public Policy Team News Ambassador Recognition

Each quarter, we want to recognize the work of one of our many outstanding Ambassadors for the NJAND. This quarter, we recognize Rosemary O’Dea, Public Policy Team member and Chair of the Ambassador Program. Rosemary has served as Chair since 2012 and a member of the Public Policy team since 2008, where her focus has been on consumer protection, licensure and scope of practice protection. Rosemary is also a former President of the NJAND, having served from
2011-2012. In addition to her work with the Academy, Rosemary works as a Faculty Member and Mentor at Rowan College of Gloucester County where she teaches nutrition and health science courses online and in the classroom.

Why is Rosemary passionate about policy and advocacy? Rosemary explains, "because doing so makes a difference in our profession. I thoroughly enjoy working grassroots in public policy, particularly with the NJAND Ambassador program. I work with RD's in many different professions: some in private practice, others in clinical, management, research, education, etc. Some are seasoned Ambassadors with many legislative visits accomplished. Others are students, dietetic interns and those new to public policy. I like seeing these 'newbies' coming out of a legislative meeting feeling accomplished and realizing that they made a difference. We have a passion for our profession. We just need to educate our legislators as to the value the RD provides for consumers."

Please join me in congratulating Rosemary and all our ambassadors for their contribution to our profession and the NJAND. Next quarter, we will be profiling another ambassador. If you are interested in becoming an ambassador or would like more information on the program, please contact Rosemary at rosemaryodea@comcast.net.

Student Scholarship Winners

Congratulations to Reshma Adwar and Nicole Federica, winners of this year's Policy and Advocacy Summit (formerly PPW) Student Scholarships. Both Reshma and Nicole will be attending the Summit and representing the NJAND all expenses paid. Next quarter, the policy team will be shining the spotlight on Reshma and Nicole as they share their experiences at the Summit and their passion for policy and advocacy. Again, our congratulations to them both!

Take Action Today on TROA and DSMT

Earlier this year, we asked you to take action on the Treat and Reduce Obesity Act (TROA) and the Expanding Access to Diabetes Self-Management Training Act (DSMT). We need your help once again on these important bills! TROA and DSMT offer clinically- and cost-effective solutions to address obesity and diabetes, two major chronic diseases that cost our nation billions of dollars each year. Take action today!
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.

Professional Networking Groups and Listservs bring members together!

The number of professional networking groups has grown to nine 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
- Hunterdon County
- Hudson County
- Jersey Shore
- South Jersey
- Bergen County

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 joining a professional networking group or listserv can email Megan Squires, MS, RDN at: executivedirector@eatrightnj.org.

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.

Academy Resources for Members and the Media!
Get the most out of your membership!

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

Follow the link, EatrightProMediaResources
Upon following the link, click on the menu tab, then on "Trends and Reviews" where you will find reviews of nutrition related apps and books!

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?

STAY CONNECTED

facebook

twitter

instagram